

2017 Heartland Area YMCA Regional Championships East Region

March 3-5, 2017

Hosted by YOSI Seals

East Belleville YMCA, Belleville, IL

Ozark/USA Swimming Official Approval Sanction Number:

YMCA National Short Course Sanction ID:

Hosted By:

East Belleville YMCA (Gateway Region YMCA) www.yosiseals.org

Sanction:

This is a closed YMCA meet sanctioned with USA (Ozark) swimming and YMCA National. This meet is open to the following teams: CMTY, CRCY, EDWY, HTCY, RLAY and YOSI.

Meet Director: Lisa Brede yosiseals@hotmail.com

Meet Referee: Jacques Thro

Location:

East Belleville YMCA, Belleville, IL

Travel Directions:

From I-64 take exit 16. Travel South on Green Mount Road for 3.8 miles, turn left onto Carlyle Avenue. The YMCA is across from Southwestern Illinois College and the Metro-Link Station.

Parking:

Limited parking is in front of the YMCA but there is ample parking in the college lots across the street or in the Wal-Mart Shopping center next door.

Facility:

The pool is a 25 yard, 6 lane pool with competitive non-turbulent lane lines. A Daktronics timing system with touch pads and a 6-line scoreboard will be used. The gymnasium will be available for team crash area. All swimmers must report to the bullpen for their events which will run next to the gymnasium. Food concessions will be available onsite. No food or beverages are allowed on the pool deck. Fitness areas are off limits to all swimmers and nonmembers of the facility. A coach must be present at all times to monitor the swimmers. Spectator seating will be provided on the pool deck. No flash photography may be used prior to and during the start of each race. Everyone **MUST** be quiet during starts. No flash or lighted cameras, smart phones, tablets, or other devices may be used **at any time** during the meet. Locker rooms will be available for changing. No shaving will be allowed on meet premises. No recorders or cameras of any type will be allowed in the locker rooms.

Crash Area:

The Crash Area will be located in the gym. Fitness areas are off limits to all swimmers. Each team will be assigned a designated area in the gym based upon the number of athletes participating in the meet. The spacing of the designated area will be marked, and may not be altered. Lawn chairs may be brought into each team's designated area. **No cots or tents will be allowed in the crash area.**

Coaches:

Only coaches with current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard/YASA with successful completion of the Safety Training for Swim Coaches online test) and Principles of YMCA Competitive Swimming and Diving certifications are permitted on deck.

All participating coaches must have completed the online YMCA coach registration for the current season. Coaches must receive coaches' clearance of certification from Aaron Heiss.

Deck passes will only be issued to qualified coaches that meet all certification requirements. There will be a hospitality room for coaches and meet officials only.

Swimming Schedule:

ALL EVENTS WILL BE TIMED FINALS. The meet will be pre-seeded.

Bull Pen:

There will be a bullpen located next to the crash area. All Swimmers and all age groups must report to the bullpen except for the 1000 and 1650 events. Swimmers in the 1000 and 1650 events should report to directly to their lane assignments.

Team Eligibility:

The executive director of each participating YMCA must sign an acknowledgement that all swimmers and coaches representing his/her YMCA satisfy the eligibility requirements (see form attached).

All participating teams must have completed the YMCA Team Registration for the current season.

Entries:

The entries and officials list must be received by **February 23, 2017 by 8:00 pm.** All other forms and entry fees must be received by the Coaches Meeting on **March 3, 2017.** The entries must be submitted electronically and may be provided on computer disc or electronically via e-mail to the Entry Chair. Submission format is Meet Entry Hy-Tek file. An entry report will be emailed in response to receipt of the entries within 48 hours. It is the responsibility of each team to check their entries for errors. There will be no additions or changes once the entry deadline has passed. No deck or late entries will be permitted.

Exhibition swimming is prohibited. Swimmers may compete in seven individual events. There is no limit as to the number of relays a swimmer may swim. A swimmer is limited to three (3)

individual events on Saturday and three (3) individual events on Sunday. Each team may enter two (2) relay teams per relay event. A swimmer's age as of **December 1, 2016** determines the age group for competition. Swimmers must meet all the Heartland Area YMCA and "The Rules that Govern Competitive Sports" eligibility requirements. In individual events, a swimmer may only swim in one competitive age group. In case of 12 year olds, they may swim in the 15-21 events that are not being held in their age group. In relay events, a swimmer may swim up one age group (or two age groups for 11-12's only). The 8 & under and 9-10 age groups cannot swim up 2 age groups.

The 400 IM, 500 Free, 1000 Free and 1650 Free will be limited to the Top 24. **Teams will be given a psych sheet of these events by 10:00 pm on February 24, 2016. Teams may choose alternative events for those swimmers not making these events by 5:00 pm on February 26, 2017.**

Time Trials:

Time trials will be offered to swimmers already registered for the Regional Championships who would like an opportunity to qualify for a more advanced meet. Time trials will be held on Friday, 3/3 and Sunday, 3/5, immediately following the final session of the day. Events will be limited to 500 yards or less. Swimmers will be limited to 2 individual events and 2 relay event swims in the time trial session. Forms for time trials can be picked up at the computer desk. Completed time trial forms and payment must be submitted by a coach no later than the conclusion of the 400 IM events (#6) on Friday and the 25 Free events on Sunday (#126). The host team reserved the right to limit the time trials. Swimmers will need to provide their own timers (2) and lap counters. Time trial fees are \$10 per splash and \$25 per relay.

Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session. Scratch sheets must be turned in to the Administrative Referee one (1) hour prior to the start of the session. A no-show for an event only removes that swimmer from that event. Declared false starts may be used for an event. The declared false start must be in writing to the Meet Referee or Deck Referee before the heat for which the declaration is being made is called to the blocks.

This will be an USA Swimming approved meet. Those teams that want their swimmers' swims observed and times recorded in the USA Swimming data base (SWIMS) must provide the name (first, middle, last), date of birth, and USA Swimming athlete registration number with their meet entries. Please do not build an ID in Team Manager if the swimmers are not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS.

Entry Fees:

Entry fees are \$5.00 per individual event and \$20.00 per relay. There is also an \$8.00 swimmer surcharge. **Entry fees MUST be paid at or prior to the coaches meeting March 3, 2017.**

Please turn in the team entry fee sheet with checks made out to **Gateway Region YMCA.**

Entry Submission:

Mail check, summary of fees form, and an email contact to:

YOSI Seals Swim Team
C/O Julie Rothweil
2627 Carlyle Ave
Belleville, IL 62221

The Meet Entry Hytek file should be submitted by e-mail to Lisa Brede, yosiseals@hotmail.com
Note that entry submissions will not be considered complete until all materials, including payment, are received.

Officials:

The meet will be conducted by a minimum of four certified officials:

- At least two of the officials must be certified YMCA Swim Officials; USA-S certified Swim Officials may fill the other deck positions.
- One of the YMCA certified officials must be a certified YMCA Level II Official and serve as the meet referee
- One of the officials must serve solely as the Administrative Official.

Each team is required to supply certified officials for the Regional Championships.

Officials' submissions via e-mail should be made to Jacques.Thro@claconnect.com. Emails must be received by Jacques Thro, no later than **February 23, 2017, 8pm.**

Timers:

Timers will be required from all teams. Number of timers required from participating teams will be based on number of swimmers attending. Timers will report to the pool deck 15 minutes before the first event is scheduled to begin each day. Timers must not use cell phones, smart phones, tablets, cameras, or other electronic or computer devices while timing.

Swimmers competing in the 500/1000/1650 freestyle events will need to provide their own lap counters. Swimmers competing in the 1000/1650 freestyle events will also need to provide their own timers.

Swimmers Conduct:

It is expected that all swimmers and spectators alike will exhibit courteous sportsmanship at all times. Running, ball-throwing, horseplay and vandalism will not be permitted in any area of the facility. Radios, CD/MP3 players, etc. will be permitted with **HEADPHONES ONLY.** Parental supervision of the swimmers in all areas is a requirement for team participation. There is no flash, or lighted cameras, smart phones, tablets, cameras, or other electronic or computer devices at start of heats.

All swimmers are required to report to the bullpen when the event is called for all three days.

These rules will be strictly enforced. Any violation of these rules or codes of conduct may result in the disqualification of a swimmer or an entire team by the Area Committee.

Awards & Scoring:

Points and awards will be awarded to the top 16 finishers in each event.

Scoring:

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards:

Individual & Relays

1st-8th place Championship Medals

9th-16th place Special Ribbons

Team Awards:

The teams will be divided into two classifications for team awards – Large team and Small team. The three largest teams based on total athletes entered into the meet will be classified as Large teams and the next three will be classified as Small teams. 1st-3rd place Team Trophies, boys/girls combined will be awarded to the top three Large teams and the top three Small teams.

All team trophies will be presented after the conclusion of finals on Sunday. Coaches or a pre-designated parent only may pick up individual awards following the completion of the meet.

Results:

Following the meet, the meet results will be sent to the regional representative and Tom Warrick. Final results will be posted on the YOSI Seals Swim Team website at www.yosiseals.org. Teams may bring 1 disk/thumb drive for computer results of the meet to pick up Sunday with awards. **Please be sure to label your device for pick up.**

During the meet, results of each event will be posted.

Rules:

The Regional Championships shall be governed by current Heartland Area YMCA Bylaws, National YMCA “Rules that Govern Competitive Sports,” and the current USA Swimming Technical rules. This meet is held under the approval of USA Swimming. USA Swimming technical rules will apply. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. In granting this approval it is understood and agreed that USA Swimming shall be exempt from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Liability:

The East Belleville YMCA, YOSI Seals Swim Team and the Heartland Area Swim Committee do not assume any responsibility for injury and lost or stolen articles.

Hospitality:

A Hospitality Room will be available for coaches and meet officials.

Heat Sheets:

Heat Sheets will not be sold at the meet. Once entries have been submitted, the heat sheets will be available online at www.yosiseals.org. All parents will need to print out their own copy if needed. The heat sheets will also be posted around the crash area and spectator viewing area.

Swim Supplies:

On the Blocks will be at the meet both Saturday and Sunday.

Concessions:

Concessions will be available.

Additional Information:

Visit the YOSI Seals Swim Team website at www.yosiseals.org for up-to-date information about the East Regional Championships, including meet information, meet results, timer assignments and related information.

Time Schedule:**Fri., March 3, 2017**

5:00-6:00 P.M. Warm-ups (see schedule)

5:15 P.M. Officials Meeting

5:40 P.M. Mandatory Coaches Meeting

6:00 P.M. 1st Event Called

6:10 P.M. Session 1 Begins

Sat., March 3, 2017

7:00-8:00 A.M. Warm-ups

7:00 A.M. Scratch/Relays Due

7:15 A.M. Officials Meeting

8:00 A.M. 1st Event Called

8:10 A.M. Session 2 Begins

At the conclusion of event 50 there will be a 15 minute warm-up period before event 51, the 1650 Free

12:30-1:30 P.M. Warm-ups

12:45 P.M. Scratch/Relays Due

1:15 P.M. Officials Meeting

1:40 P.M. Session 3 Begins

Sunday, March 5, 2017

7:00-8:00 A.M. Warm-ups

7:00 A.M. Scratch/Relay Sheets Due

7:15 A.M. Officials Meeting

8:00 A.M. 1st Event Called

8:10 A.M. Session 4 Begins

At the conclusion of event 110 there will be a 15 minute warm-up period before event 111, the 1000 Free

1:15-2:15 P.M. Warm-ups

1:25 P.M. Scratch/Relays Due

2:00 P.M. Officials Meeting

2:25 P.M. Session 5 Begins

NOTE: The timeline may be adjusted as necessary depending on number of entries received.

Warm-Up Schedule:

The lane distribution for warm-up is based on the number of entered swimmers in each age group/session. Time and lane assignments will be sent to coaches and posted on our website prior to the meet.

Event Schedule:

Friday Evening, March 3rd – Session 1 Begins 6:10 PM

Girls	Event	Boys
1	11-12 200 Individual Medley	2
3	13-14 400 Individual Medley	4
5	15-21 400 Individual Medley	6
7	11-12 200 Free	8
9	13-14 500 Free	10
11	15-21 500 Free	12

Saturday, March 4th – Session 2 11-12, 13-14, 15-21 Begins 8:10 AM

Girls	Event	Boys
13	11-12 200 Free Relay	14
15	13-14 200 Free Relay	16
17	15-21 200 Free Relay	18
19	11-12 100 Breast	20
21	13-14 200 Breast	22
23	15-21 200 Breast	24
25	13-14 200 Free	26
27	15-21 200 Free	28
29	11-12 50 Back	30
31	13-14 100 Back	32
33	15-21 100 Back	34
35	11-12 100 Fly	36
37	13-14 100 Fly	38
39	15-21 100 Fly	40
41	11-12 50 Free	42
43	13-14 50 Free	44
45	15-21 50 Free	46
	10 MINUTE BREAK	
47	13-14 400 Medley Relay	48
49	15-21 400 Medley Relay	50
	15 MINUTE BREAK	
51	13-14 1650 Free	52
53	15-21 1650 Free	54

Saturday, March 4th – Session 3
8 & under and 9-10
1:40 PM

Girls	Event	Boys
55	9-10 200 Free Relay	56
57	8 and under 100 Free Relay	58
59	9-10 100 Breast	60
61	8 and Under 25 Back	62
63	9-10 50 Back	64
65	8 and Under 25 Fly	66
67	9-10 100 Fly	68
69	8 and Under 50 Free	70
71	9-10 50 Free	72

Sunday, March 5th – Session 4
11-12, 13-14, 15-21
Begins 8:10 AM

Girls	Event	Boys
73	11-12 200 Medley Relay	74
75	13-14 200 Medley Relay	76
77	15-21 200 Medley Relay	78
79	13-14 200 IM	80
81	15-21 200 IM	82
83	11-12 100 Free	84
85	13-14 100 Free	86
87	15-21 100 Free	88
89	11-12 50 Breast	90
91	13-14 100 Breast	92
93	15-21 100 Breast	94
95	11-12 100 Back	96
97	13-14 200 Back	98
99	15-21 200 Back	100
101	11-12 50 Fly	102
103	13-14 200 Fly	104
105	15-21 200 Fly	106
	10 MINUTE BREAK	
107	13-14 400 Free Relay	108
109	15-21 400 Free Relay	110
	15 MINUTE BREAK	
111	13-14 1000 Free	112
113	15-21 1000 Free	114

Sunday, March 5th – Session 5
8 & under and 9-10
2:25 PM

Girls	Event	Boys
115	9-10 200 Medley Relay	116
117	8 and under 100 Medley Relay	118
	10 MINUTE BREAK	
119	9-10 100 IM	120
121	8 and under 100 IM	122
123	9-10 100 Free	124
125	8 and under 25 Free	126
127	9-10 50 Breast	128
129	8 and under 25 Breast	130
131	9-10 100 Back	132
	10 MINUTE BREAK	
133	9-10 50 Fly	134



YMCA Sanctioned Championship Meet
Declaration Form

Meet Name: _____
Meet Date(s): _____
Meet Location: _____

Participating YMCA: _____
YMCA Address: _____

Head Coach: _____
Coaches Attending: _____

Meet Referee: _____

Entry Contact Name: _____
E-Mail Address: _____
Phone: _____

I attest that all swimmers representing the YMCA above are full privilege members of the YMCA. I also attest that all coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard/YASA with successful completion of the Safety Training for Swim Coaches online test) and Principles of YMCA Competitive Swimming and Diving.

Name of Head Coach

Signature of Head Coach

Name of YMCA Executive Director or Designee

Signature of Executive Director or Designee

Heartland Area YMCA Championships

March 3-5, 2017

East Belleville YMCA, Belleville, IL

Complete this form and mail (or bring to coaches meeting on Friday) with your entry file and fees with check made payable to Gateway Region YMCA to:

Yosi Seals Swim Team
c/o Julie Rothweil
2627 Carlyle Ave
Belleville, IL 62221

Summary of Fees:

Individual Entries _____ x \$5.00 = _____

Relay Entries _____ x \$20.00 = _____

Swimmers x _____ \$8.00 = _____

Total:

Name of Team: _____ Code: _____

Head Coach: _____ Phone: _____

Email Contact: _____

Certified Coaches Attending the Meet:

1. _____
2. _____
3. _____
4. _____

In consideration of this entry and its acceptance, I intending to be legally bound, hereby cosign, waive and release any and all rights and claims for damages which may occur against the Heartland Area Swim Committee, YMCA of Southwest Illinois Swim Team, Gateway Region YMCA, and their representatives, employees, volunteers, or successors for any and all injuries suffered by me or any contestants or spectators or representatives in said meet, as a representative of my club and/or association.

Executive Director

Date

Head Coach

Date