Iowa YMCA State Swimming Championship

MEET ANNOUNCEMENT

About the Championship

Date: March 3-4, 2017

Location: Marshalltown, IA

Entry Deadline: February 12, 2017

Hosted by: Marshalltown YMCA-YWCA

Meet Director: Shelley Lechnir, shelley.lechnir@ymca-ywca.org

Web Site: iowayswimming@gmail.com

Contents

About The Championship	2
Meet Format Waiver	2
Location and Facility	2
Web Site	3
Contact Information	4
Meet Timeline	4
Inclement Weather/Cancelation:	5
Notices	5
Eligibility	5
Entry Information	6
Volunteers/Officials/Timers	7
Check-in Procedure	7
Championship Procedures and Operations	8
Awards and Recognition	11
Spectators	12
Liability, Safety and Emergency Procedures	13
Parking	15
Lodging	16
APPENDIX 3: YMCA Sanctioned Meet Declaration Form	18

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the IA-LSC of USA Swimming.

YMCA Sanction number: TBD
USA-S/IA Approval number TBD.

MEET FORMAT WAIVER

RESERVE THE RIGHT TO MAKE CHANGES: The host organization reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

LOCATION AND FACILITY

Location: Marshalltown YMCA-YWCA, 108 Washington St. Marshalltown, IA 50158

Emergency Phone Number: 641-752-8658

The Linda Bloom Natatorium is configured as an 8 lane, short course. Water depth at start is 12 foot (minimum 5 feet required) and at turn end is 4 feet. Electronic starting/Recall system with sound and strobe will be used. The competition course has been certified in accordance with 104.2.2C (4) 16 Daktronics touch pads and timing system, 2 score boards, announcing system, 22 foot projection screen, three mounted pan/tilt/zoom cameras, video mixing equipment, skybox control room

REC POOL WARM UP/COOL DOWN RULES

Recreational pool has use of 4 – 20 yard lanes. Depth of the lanes is 3'6".

The Marshalltown YMCA-YWCA has strict rules regarding use of the Recreational Pool for swim meet warm ups. Any violation of these rules can and will result in disqualification from the entire meet.

1. Swimmers are to remain in the designated lanes for warm and cool down purposes only. These are designated with lane ropes.
2. Swimmers are not allowed to "play" in the pool.
3. There will be 2 lifeguards on duty in the Rec pool area to ensure the safety of the swimmers and enforce all rules. Their word is final.

Swimmers are subject to disqualification for the following:

1. Playing on the Ginny Lee(boat) or floatable play features
2. Playing in or around the slide entrance to the pool or climbing the stairs to the slide.
3. Playing in or around the spa
4. Horseplay on the deck.

Please note that the deck in the Rec pool must stay clear as this is not a camp area and is used as a pathway for swimmers go to the lap pool.

Spectators are comfortable in one of the 1700 well lit, humidity and temperature controlled bleacher seats. Portable bleachers add 100 seats on deck. Every seat in the house is equivalent to a pool side view

SWIMMER HOLDING AREA

The Marshalltown YMCA-YWCA gymnasium will be used as a team/athlete holding area. Both sides of the gym are available. If banners are hung, they must be affixed to the walls with masking/ painter's tape, **NO DUCT TAPE PLEASE**. Team areas will be designated according to size and marked with each team's name. During off events, Swimmers need to wear clothing and footwear in the building.

Each team is responsible for their area. Each team is responsible for providing a monitor for their area and picking up trash before leaving. The gym floor will be covered, but we still ask persons to respect our facility by not inflicting marks or scratches on our floor. In order to keep the facility in top condition, items brought into the gym are subject to inspection by State Meet personnel and may be denied use in the gym.

Please do not bring lawn chairs, playpens, or tents of any type into the gymnasium. Chairs are allowed in the hallway outside the gym with the condition that space is left for the swimmer walkway.

Free WiFi – YMCA/YWCA; No password required. Please note with thousands of people trying to use WiFi access could be difficult.

WEB SITE

Meet Information can be found at: iowayswimming@gmail.com

RESULTS POSTING

Results will be posted in the lap pool entrance and/or gymnasium on a timely basis.

WEB RESULTS/ LIVE STREAMING

Live results are published to the BlueWave website during the meet at www.bluewaveswimteam.com on the home page. Following the meet, results are available for download in the following formats: SDIF and PDF. Downloadable results are available under the "Blue Wave Winter" tab on the home page. SDIF format allows state meet results to be imported into either Hy-Tek Team Manager or Easy Team Manager.

LIVE STREAMING: The home page will also contain a link to watch each event live at no cost to the viewer. Please pass along this information to anyone who is unable to attend the meet.

http://ustre.am/by3k

Contact Information

Meet Director: Shelley Lechnir –	shelley.lechnir@ymca-ywca.org
Entry Chairperson: Lydia Ahrold –	iowayswimresults@gmail.com
Meet Referee: Dee Norton –	dee.norton@mchsi.com
Administrative Official:	TBD
Officials Coordinator: Dee Norton –	dee.norton@mchsi.com
Safety Director: Paul Brown –	brown@crmetroymca.org

Meet Timeline

Warm-up and start times for all sessions are subject to change depending on the size of the meet

WARM UPS

Start at 7:30a.m. promptly. Lane assignment schedules can be found on the State Swim Meet website www.iowaymcaswimming.org They will be determined by logistics and number of state meet qualifiers from each team. Warm ups will be offered to all teams at scheduled times in 20 minute increments (state rule 3.2.16). Sprint warm ups with starts will be administered in shot gun style the last 5 minutes of each warm up session. Swimmers may use the Recreational pool to warm up or cool down. Please see recreational pool rules.

7:30-9:30AM Warm-up times begin

Session 1	7:30 – 7:50
Session 2	7:50 – 8:10
Session 3	8:10 – 8:30
Session 4	8:30 – 8:50
Session 5	8:50 – 9:10
Session 6	9:10 – 9:30

Starts and Sprints will be the last 5 minutes of each session.

8:15AM	Coach and Scratch Meeting (Board Room)
8:45AM	Officials Meeting (Board Room)
9:15AM	Timers Meeting (Board Room)
9:30AM	Pool Closed
9:40AM	Worship Service in Gym
9:50AM	Parade of Athletes line-up coordination in gym holding areas
10:00AM	Parade of Athletes (Athletes are to stay in pool area)
10:15AM	National Anthem
10:30AM	Meet Starts
BREAK	Event 49 or 50
	All Star Recognition (Line up on the South side of the pool)

Coach/Parent/Volunteer Relays (Sign up in the Board Room)

Competition will start around 10:15am Saturday and 10:30 Sunday after the Parade of State Meet Athletes.

INCLEMENT WEATHER/CANCELATION:

It is to the sole discretion of the Championship Meet Committee to cancel or postpone the event due to inclement weather. Should the meet be delayed or cancelled due to inclement weather the information will be posted on the State Swim Meet website. The news would be broadcasted on local radio stations KXIA 101.1 and KDAO 99.5. These TV stations will also be notified: KCCI Channel 8, KWWL Channel 7, KCRG Channel 9.

NOTICES

USA Swimming Statements:

- The competition course has been certified in accordance with 104.2.2c(4). A copy of such certification is on file with USA Swimming.
- Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.
- It is understood and agreed that USA Swimming and ISI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must not be older than twenty-one (21) years of age. The determining date for age is December 1st, 2017.

YMCA Meet Participation: In order for an athlete to be eligible to compete in the Iowa YMCA State Championship Meet, he/she must have competed in three closed inter-association YMCA meets and their assigned sanctioned Sectional Championship Meet. See definitions and standards in *Competition* section below.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of Sept 1 and the entry deadline

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: All coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line team and coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: Maximum of 5 events may be qualified for. 3 Individual and 2 Relays.

All entries for the State Championship Meet will be sent to the Iowa YMCA to Executive Committee at (iowayswimresults@gmail.com) by the host team of the Sectional Meet you attended.

The sectional meet results will also be sent to the Iowa State Swimming Executive Committee.

QUALIFICATION PERIOD: The qualification period is February 10 or 11, 2018 only during the sectional meet.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES:. No Times (NT) are not allowed. Submit entry times in actual time (no conversion), SCY, LCM. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: There are no swimmer entry fees for the State Championship Meet. Entry fees are carried over from the Sectional Swim Meet Championship Meets have a $15.00 fee per swimmer. Each team should submit the championship fees and form to Iowa YMCA Swimming by Wednesday, February 14.

OTHER: Fine Designs will be on-site selling meet apparel. Elsmore swim shop will be on site with suits, googles, and other misc. swim related items for sale.

ENTRY DEADLINE: Entries for this meet are advanced from the Sectional Swim Meets.

ENTRY PROCEDURE: Swimmers with qualification times and/or the heat winner from each event at the Sectional Swim sites will have their entries forwarded from this meet to the State Championship Meet.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS

All teams with 10 or more swimmers participating in each day of Y State will be required to supply timers for their assigned lanes. This is mandatory for each team. There must be three timers at each lane at all times and one of those timers must be a level #1official.

Application to Officiate at Y State Meet

Level 2 officials should contact Dee Norton and Jack VerHelst to officiate at the 2018 YMCA State Meet.

SIGN-UP PROCEDURE: Assigned by team

DECK CLEARANCE POLICY: Only volunteers with deck passes will be permitted on-deck. Deck passes must be visible at all times.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches check in will be held in the coaches hospitality room each morning prior to and during warm-ups. Coaches should bring ID with them along with their state issued deck pass. A meet deck pass will be issued to certified coaches. This pass should be visible when on deck.

COACHES MEETING/SCRATCH MEETING:

The coaches/ scratch meeting will be held each day prior to the meet at 8:15a.m. in the Board Room. The meeting is mandatory for all coaching staff. Please be on time and have any swimmer scratches ready. All scratches must be given by the end of the coaches meeting the day of the Meet that the swimmer would have participated. After that, they will be considered a "no show".

OFFICIALS AND TIMERS MEETING:

Each day there will be an officials meeting at 8:45a.m. and timers meeting at 9:15a.m. in the Board Room to go over pertinent data. Please be prompt for the meetings and listen for PA announcements of meetings.

HOSPITALITY ROOM

A coach and meet volunteer hospitality room with drinks, snacks and sandwiches is offered at the State Swim Meet. **This room is reserved for coaches or persons volunteering/working the day of the event.** Please do not abuse this privilege, and show courtesy to the other volunteers who need to eat throughout the day. This room is to honor all coaches and volunteers who give their time and talents to Iowa YMCA swimming.

LUNCH BREAK

A 30 minute lunch break will be scheduled each day after event 49 or 50 to give awards for Iowa All Star. We will also run a parent/coach/volunteer relay at this time; start thinking about your team. This time will also be used to give timers and computer personnel a break.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Representative, Member of Iowa YMCA Executive Committee, a coach from a YMCA Team.

The Rules That Govern YMCA Competitive Sports must be followed at all levels of YMCA competition. Some, but not all, of those rules are referenced below. Coaches, athletes and YMCA supervisors are responsible for knowing and abiding by the Rules That Govern.

Any questions pertaining to a definition of the following YMCA Inter-Association Meets, YMCA Championship Meets, and Sanctioning procedures can be found in the Rules that Govern YMCA Competitive Sports document. Download from www.ymcaswimminganddiving.org

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, and USA-S Technical Rules (including the below noted exceptions)

YMCA Exceptions from the USA Swimming Technical Rules

1. A certified lifeguard should be on duty at all times and should have the sole responsibility of guarding the pool. Coaches who hold lifeguard certification are not be considered on-duty lifeguards.
2. Pool depth should be at least five feet at any end of the pool where racing dives will be performed. If the pool water depth at the starting end of the pool is less than the prescribed five feet, all swimmers must start their races in the water, even if starting blocks are available.
3. Timed Finals for all our Iowa YMCA swim meets. (A "No Show" (NS) or "Declared False Start" (DFS) will count as an event, but will NOT eliminate the swimmer from further competition.)
4. December 1 is the date used to determine Swimmer's Age Group for the season.
5. Lead off splits cannot be used for state qualifying times or state records.
6. Iowa YMCA State Records can only be set at the Iowa YMCA State Meet.

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of December 1, 2017

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet. Scratch meeting will be held each day prior to the meet at 8:15a.m. in the Board Room.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition pools from the starting end feet first. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

PARADE OF ATHLETES

Athletes will be grouped by team and paraded from the gym (holding area) through the rec pool into the lap pool where they will have a chance to wave proudly to family and friends as they are honored for their accomplishment. This will be a big task that will take time, therefore, coaches and or parent volunteers are asked to assist in grouping teams together in the gym for the parade. Announcements will tell swimmers when/ where to line up in the gym for the parade. **PLEASE EMAIL TEAM LOGOS TO shelley.lechnir@ymca-ywca.org. in jpeg format in order to create a team banner and video slide of each YMCA or team.**

READY BENCH: There will be a modified clerk of course for this meet. A ready bench will be located at the SE corner by the shallow end of the competition pool. Swimmers should report to this area prior to going to the blocks, when their event is called in the gym and through announcements in the lap pool. When it is time a volunteer will then send the swimmers behind the blocks to prepare for their race. Volunteers will make sure the swimmers are in the correct lanes and heat. Ultimately it is the responsibility of the swimmer to report on time and to the right lane.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23). All protests must be written out by the certified coach of the team. It then must be given to the head official by that coach within 30 minutes of the event. The Championship Committee will then review the protest. They will decide to overturn or uphold the initial call.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck Changes are prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permit in any areas of the facility.
- Swimmers must wear hard-soled footwear at all times except on pool deck. Pool deck is very slippery when wet so wearing sandals would be advised.
- Have adult parent/volunteers stop any swimmer's inappropriate behavior and report where needed.
- Adult supervision is required in team camp areas.

OFF LIMIT AREAS

The facility will be open for members to access the fitness floor upstairs. Participants/Attendees for the YMCA State Meet are only allowed in the gym and lap pool or areas of travel between. Please honor this and do not travel to the upper level.

LOCKER ROOMS

Locker rooms adjacent to the lap pool in the lap pool corridor hall will be designated for BOYS ONLY on Saturday and GIRLS ONLY on Sunday. These are the only locker rooms available for swimmers to change and shower in. Please no shaving at the meet site.

RESTROOMS

Facilities are located in various places throughout the building. The Swimming Natatorium has specific restrooms available directly outside of the pool. There are also family locker rooms available to the public the day of the competition. Numerous diaper changing stations are located in the restroom areas.

NO SWIMMERS ARE ALLOWED TO CHANGE IN THE FAMILY LOCKER ROOMS PLEASE. THESE ARE DESIGNATED FOR PUBLIC RESTROOMS.

AWARDS AND RECOGNITION

SCORING:

Scoring through 8 places
Individual Events
9, 7, 6, 5, 4, 3, 2, 1

Relay Events*
18, 14, 12, 10, 8, 6, 4, 2

*Each team may enter as many relays as they can fill without duplicating a swimmer, however, only one relay from each team may score in each age group. Relay awards will be presented in order of finish.

AWARDS: Medals are given for 1st - 3rd places. Ribbons are given to those earning 4th -8th. Coaches will be given medals and ribbons at the end of the meet only after team holding areas are confirmed as clean. Awards will only be given to team coaches.

Individual Awards
Medals 1-3
Ribbons 4-8

Team Awards
Division 3 - up to 45 entries
Division 2 - 46 to 120 entries
Division 1 - 121 and up

RECOGNITIONS: All Star Recognition (Line up on the South side of the pool) during the break after event 49 or 50. Nominating forms must be turned in by February 18, 2017.

SPECTATORS

ADMISSION FEE: There is no admission fee to get into the meet.

HEAT SHEETS/PROGRAMS: Programs will be available for $5 each. These are located in the lobby just inside the Natatorium entrance. Highlighters will be available for purchase as well.

CONCESSION STAND: The Marshalltown YMCA-YWCA concession stand offers a wide variety of items for all to enjoy. Some items include hot dogs, pizza, walking tacos, pretzels, nachos, donuts, bagels, muffins, coffee, fountain soda, bottled soda, bottled water, juice, tea, hot chocolate, potato chips, fruit, pop tarts, breakfast bars, cookies, popcorn, etc.

Large coolers are not allowed in the Natatorium; Coolers WILL be allowed in the gym. No glass containers are to be brought into the building or pool. Designated eating areas available by the concession stand. Food and drink are allowed in the Natatorium in the bleachers only; keep food off the pool deck please respect the facility and find a trash can for waste, treat our building like your own.

SEAT SAVING POLICY: Although there is plenty of seating, please be mindful of the space you use. Do not hold spots for others or designate areas for teams. Refrain from bringing bags, coats and coolers into the bleachers. Natatorium seating is for parents and fans only

HANDICAP SEATING: There are designated handicap seating areas on the upper level with access by elevator as well as seating on the main deck. There are also areas next to handicap seating designated for families of handicap persons.

POOL DECK

Only event swimmers, deck officials and coaches with deck passes are allowed on deck. Please refrain from crossing the crowd control stanchions and chains. No one is allowed at the start end of the pool and the shallow end of the pool unless they have a deck pass, others will be asked to leave. Coaches will have designated seating along the north side of the pool.

WORSHIP SERVICE

The Marshalltown YMCA-YWCA will offer a nondenominational worship service on Sunday morning. All persons are encouraged to come and be involved in worship. A local speaker of choice will use the time allotment to challenge the listeners spiritually and offer prayer for the athletes. Christianity is a vital part of the YMCA movement and heritage. The brief service will be held in the Gym from 9:40-9:50 AM.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- All children under 8 must be supervised at all times while in the building.

- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Spectators are not permitted on deck
- No smoking, drugs, or alcohol are permitted anywhere on the Marshalltown YMCA-YWCA campus.
- Lost and found from the State Swim Meet will be kept for two weeks following the meet. After that time, items will be donated to a local charity.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of travel from their Association to the meet, during the entire period of the meet and return to their Association. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/IA approval, it is understood and agreed that USA Swimming and IA-LSC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

FIRST AID

Available for all at the lifeguard station on the deck in the lap pool.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director

2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

EVACUATION PROCEDURE: Please use nearest exit to you. Depending on the type of evacuation required facility staff will direct you in the appropriate direction. Please remain calm during emergencies. A copy of the facility EAP is available upon request.

Facility Directions

Place: Marshalltown YMCA-YWCA
Linda Bloom Swim Natatorium
108 Washington Street
Marshalltown, IA 50158

Directions: The address is 108 Washington Street; however, the building is located directly behind the previous Y facility that has an address of 705 Center Street. The YMCA-YWCA is due west of the Center Street viaduct. Look for bright yellow "Swim Meet" signs.

From the North

Enter Marshalltown on Highway 14. Once in Marshalltown, the highway is also called 3rd Avenue. Cross the Iowa River Bridge, and continue traveling South on 14/3rd Ave to Church Street (4th set of stop lights after entering town). Turn right (west) on Church Street and continue 3 blocks to Center Street. Turn Left (South) on Center Street. Continue over the Viaduct over the railroad tracks. At the South side of the viaduct, exit right off of the viaduct (please note that South bound traffic must exit right only). This resembles an off ramp. Turn left onto Washington Street. The Marshalltown YMCA-YWCA is visible at this point.

From the South

Enter Marshalltown on Highway 14. Once in Marshalltown, the highway is also called Center Street. Travel North through town on 14/Center Street. After traveling though intersection of 14/Center and Anson St, (Hy-Vee) turn right onto the exit ramp just before the viaduct (please note that all North bound traffic must exit right). This off ramp curves under the viaduct and becomes Washington Street. The Marshalltown YMCA-YWCA is visible at this point.

From the West

Enter Marshalltown on Highway 30. While traveling east, take the exit marked Highway 14 and Marshalltown Community College. Turn left onto Highway 14/ Center St. Travel North through town on 14/Center Street. After traveling though intersection of 14/Center and Anson St, (Hy-Vee) turn right onto the exit ramp just before the

viaduct (please note that all North bound traffic must exit right). This off ramp curves under the viaduct and becomes Washington Street. The Marshalltown YMCA-YWCA is visible at this point.

From the East

Enter Marshalltown on Highway 30. While traveling west, take the exit marked Highway 14 and Marshalltown Community College. Turn right onto Highway 14/ Center St. Travel North through town on 14/Center Street. After traveling though intersection of 14/Center and Anson St, (Hy-Vee) turn right onto the exit ramp just before the viaduct (please note that all North bound traffic must exit right). This off ramp curves under the viaduct and becomes Washington Street. The Marshalltown YMCA-YWCA is visible at this point.

PARKING

Parking and entrance to the Natatorium is located on the North side of the Community Y building. **Enter through the doors marked "Linda Bloom Natatorium".** Front building entrance is for community members using the facility for regular purposes. Swim meet attendees may use parking throughout the Y campus. Additional parking located under the viaduct behind the Marshalltown Family Aquatic Center. Any illegally parked vehicle may be towed at the owner's expense.

LODGING

Where to Stay

Where to Stay

Motels/Hotels

Baymont Inn & Suites
115 Iowa Avenue West, 641-752-4844
baymontinns.com
(breakfast, fitness center, handicapped accessible, pool, wifi)

Best Western
3303 South Center Street, 641-752-6321
bestwestern.com
(bar/grill, breakfast, fitness center, handicapped accessible, pool, wifi)

Comfort Inn
2613 South Center Street, 641-752-6000
choicehotels.com
(breakfast, fitness center, handicapped accessible, pool, pets, wifi)

Economy Inn Motel
3108 South Center Street, 641-752-5485
(handicapped accessible, pets)

Executive Inn Motel
2009 South Center Street, 641-752-3631
(breakfast, handicapped accessible)

Hampton Inn & Suites
20 Iowa Avenue West, 641-753-6795
hamptoninn.com
(breakfast, fitness center, handicapped accessible, pool, wifi)

Motel 6
18 East Berle Road, 641-753-8181
motel6.com
(breakfast, fitness center, handicapped accessible, pets, wifi)

Super 8 Motel
3315 South Center Street, 641-753-3333
super8.com
(breakfast, handicapped accessible, wifi)

Tremont's Historic Inn on Main
24 West Main Street, 641-752-1234
tremontonmain.com
(bar/grill, wifi)

B&B

The Woodland Bed and Breakfast
3304 East Main Street Road, 641-753-5351
thewoodland-bedandbreakfast.com
(breakfast, pool, wifi)

Campgrounds

Central Iowa Fairgrounds
1308 East Olive Street, 641-753-3671
centraliowafairgrounds.net

Grammer Grove Wildlife Area
2030 127th Street, Liscomb, 641-752-5490
mycountyparks.com

Green Castle Recreation Area (being developed)
2891 Green Castle Road, Gilman, 641-754-5490
co.marshall.ia.us

Riverview Park
402 Woodland Street, 641-754-5715
ci.marshalltown.ia.us

Shady Oaks Campground
2370 Shady Oaks Road, 641-752-2946
bigtreehouse.net

Timber Valley RV Park
2552 Smith Avenue, 641-752-4114

Timmons Grove County Park
1801 Marsh Avenue, 641-752-5490
mycountyparks.com

22 marshalltown.org/visit

APPENDIX 1 & 2: Order of Events/ Qualifying Times

Iowa YMCA Order of Events and State Qualifying Times

(Times valid through the 2018/2019 Season)

GIRLS Time Standard	#	Age Group	Event	#	BOYS Time Standard
34.00	1	11 - 12	50Y Butterfly	2	37.50
1:13.00	3	12 - 21	100Y Butterfly	4	1:15.00
2:50.00	5	9 - 10	200Y Freestyle	6	2:50.00
2:30.00	7	11 - 12	200Y Freestyle	8	2:30.00
2:20.00	9	13 - 14	200Y Freestyle	10	2:15.00
2:20.00	11	15 -21	200Y Freestyle	12	2:10.00
1:38.00	13	8 & U	100Y Medley Relay	14	1:50.00
2:46.00	15	9 - 10	200Y Medley Relay	16	2:52.00
2:23.00	17	11 - 12	200Y Medley Relay	18	2:36.00
2:19.00	19	13 - 14	200Y Medley Relay	20	2:28.00
2:19.00	21	15 - 21	200Y Medley Relay	22	2:25.00
18.50	23	8 & U	25Y Freestyle	24	18.25
34.00	25	9 - 10	50Y Freestyle	26	35.00
30.50	27	11 - 12	50Y Freestyle	28	30.75
28.50	29	13 - 14	50Y Freestyle	30	27.00
28.50	31	15 - 21	50Y Freestyle	32	27.25
2:36.00	33	12 - 21	200Y Individual Medley	34	2:36.00
1:52.00	35	8 & U	100Y Individual Medley	36	1:54.00
1:30.00	37	9 - 10	100Y Individual Medley	38	1:30.00
1:17.00	39	11 - 12	100Y Individual Medley	40	1:21.00
5:44.50	41	12 - 21	400Y Individual Medley	42	5:51.00
50.00	43	8 & U	50Y Backstroke	44	50.00
40.50	45	9 - 10	50Y Backstroke	46	41.75
36.25	47	11 - 12	50Y Backstroke	48	37.50
2:39.00	49	12 - 21	200Y Backstroke	50	2:47.00
22.25	51	8 & U	25Y Butterfly	52	24.00
40.50	53	9 - 10	50Y Butterfly	54	43.00
2:41.00	55	12 - 21	200Y Butterfly	56	2:44.00
56.00	57	8 & U	50Y Breaststroke	58	1.01.00
46.25	59	9 - 10	50Y Breaststroke	60	47.50
39.75	61	11 - 12	50Y Breaststroke	62	41.75
3:01.00	63	12 - 21	200Y Breaststroke	64	3:01.00
42.50	65	8 & U	50Y Freestyle	66	42.00
1:20.00	67	9 - 10	100Y Freestyle	68	1:18.75
1:07.00	69	11 - 12	100Y Freestyle	70	1:10.00
1:04.00	71	13 - 14	100Y Freestyle	72	1:00.50
1:03.00	73	15 - 21	100Y Freestyle	74	1:00.00
22.50	75	8 & U	25Y Backstroke	76	22.50
1:30.00	77	9 - 10	100Y Backstroke	78	1:35.00
1:18.00	79	11 - 12	100Y Backstroke	80	1:22.00
1:13.00	81	13 - 14	100Y Backstroke	82	1:13.50
1:15.00	83	15 - 21	100Y Backstroke	84	1:25.00
25.75	85	8 & U	25Y Breaststroke	86	26.50
1:42.00	87	9 - 10	100Y Breaststroke	88	1:45.00
1:27.00	89	11 - 12	100Y Breaststroke	90	1:33.00
1:24.00	91	13 - 14	100Y Breaststroke	92	1:20.00
1:24.00	93	15 - 21	100Y Breaststroke	94	1:30.00
6:19.00	95	12 - 21	500Y Freestyle	96	6:20.00
1:28.00	97	8 & U	100Y Freestyle Relay	98	1:29.00
2:29.50	99	9 - 10	200Y Freestyle Relay	100	2:34.00
2:10.00	101	11-12	200Y Freestyle Relay	102	2:16.00
2:03.00	103	13 - 14	200Y Freestyle Relay	104	2:03.00
2:03.00	105	15 - 21	200Y Freestyle Relay	106	2:03.00

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

***(Note:** Return signed Declaration form to the meet director)*

Participating YMCA: Marshalltown YMCA-YWCA

YMCA Address: 108 Washington St. Marshalltown, IA 50158

Meet Name: Iowa YMCA State Swimming Championships

Meet Date(s): March 4, 2017 – March 5, 2017

Meet Host: Marshalltown YMCA- YWCA

Meet Location: 108 Washington St. Marshalltown, IA 50158

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Iowa YMCA State Swimming Championships for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. (We suggest you investigate trip insurance). I hereby certify that YMCA has a minimum of $1,000,000/$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the Iowa YMCA State Swimming Championships. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Marshalltown YMCA-YWCA, their agents, representatives or assigns, and the Marshalltown YMCA-YWCA for any and all injuries which may be suffered by participants at the Iowa YMCA State Swimming Championships. Furthermore, we understand that the YMCA of the USA and Marshalltown YMCA-YWCA are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Shelley Lechnir Shelley Lechnir

Name and Signature of Head Coach

Carol Hibbs Carol Hibbs

Name and Signature of YMCA Executive Director or Designee

This is the last page of the Meet Announcement

Date of Template: December 2017