**East Field South District Championship**

**Meet Announcement**

**About the Championship**

Date: March 13 – 15, 2020

Location: Prince George’s County Sport and Learning Complex

Entry Deadline: March 5, 2020

Hosted by: Western Y and Y in Central Maryland

Meet Director: Dave Blake

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Note: TOC must be refreshed after updates

# 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 Potomac Valley LSC of USA Swimming.

YMCA Sanction number: xxxxxxxx.
USA-S/approval number xxxxxx.

**ADJUSTMENTS TO THE MEET ANNOUCEMENTS:** The Championship Meet Committee 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 or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

**MEET TIMELINE:** Warm-up and start times for all sessions are subject to change depending on the size of the meet. Any changes to the timeline will be communicated by March 11, 2020.

**Friday, March 13, 2020 – Session I and II**

|  |  |
| --- | --- |
| 4:00 p.m. | Warm-ups |
| 4:30 p.m. | Positive Check-in all individual events |
| 4:15 p.m. | Officials Meeting |
| 4:30 p.m. | Timers Meeting |
| 5:00 p.m. | Meet Start |

**Saturday, March 14, 2020 – Session III and IV**

|  |  |
| --- | --- |
| 7:00 a.m. | Warm-ups |
| 7:15 a.m. | Officials Meeting |
| 7:30 a.m. | Timers Meeting |
| 7:45 a.m. | Mandatory Coaches Meeting |
| 7:45 a.m. | Positive Check in for events 33 – 36 (13-14 400 IM & 15-21 400 IM) |
| 8:00 a.m. | Session Start |
| 9:30 a.m. | Relay declaration for morning session for Top 8 seeded relays closes |

**Saturday, March 14, 2020 – Session V and VI**

|  |  |
| --- | --- |
| 12:30 p.m. | Warm-ups |
| 12:45 a.m. | Officials Meeting |
| 1:00 p.m. | Timers Meeting |
| 1:30 p.m. | Session Start |

**Saturday, March 14, 2020 – Session VII**

|  |  |
| --- | --- |
| 4:15 p.m. | Warm-ups |
| 4:30 p.m. | Officials Meeting |
| 4:45 p.m. | Timers Meeting |
| 5:10 p.m. | Opening Devotionals |
| 5:15 p.m. | Session start |

**Sunday, March 15, 2020 – Session VIII and IX**

|  |  |
| --- | --- |
| 6:30 a.m. | Warm-ups |
| 7:05 a.m. | Officials Meeting |
| 7:15 a.m. | Coaches meeting if needed |
| 7:20 a.m. | Timers Meeting |
| 7:50 a.m. | Session Start |

**Sunday, March 15, 2020 – Session X and XI**

|  |  |
| --- | --- |
| 12:00 p.m. | Warm-ups |
| 12:15 p.m. | Officials Meeting |
| 12:30 p.m. | Timers Meeting |
| 1:00 p.m. | Session start |

**Sunday, March 15, 2020 – Session XII**

|  |  |
| --- | --- |
| 4:00 p.m. | Warm-ups |
| 4:15 p.m. | Officials Meeting |
| 4:15 p.m. | Opening Devotionals |
| 4:30 p.m. | Timers Meeting |
| 5:00 p.m. | Session start |

**INCLEMENT WEATHER/CANCELATION:** In the event that the meet has to adjusted, postponed, or cancelled the Meet Committee and the District Committee will communicate any and all decisions with the utmost expediency. The Meet Committee and District Committee decisions are final.

# Location and Facility

Location: Prince George’s County Sports and Learning Complex

 8001 Sheriff Road,

 Landover, MD 20785

The Prince George’s County Sports & Learning Complex is configured as a 16 lane,

25 yard course. Water depth ranges from 7 to 12 feet (minimum 5 feet

required). For Sessions I, II, III, IV, V, VI, VIII, IX, X, and XI sixteen (16) lanes

will be used for competition. For all other sessions, eight (8) lanes will be used for

competition. Colorado Timing System and Kiefer Wave Eater racing lane lines will

be used. The competition course has not been certified in accordance with

104.2.2C (4).

# Web Site

Meet Information can be found at: [www.ycmswimming.org](http://www.ycmswimming.org) and <https://www.teamunify.com/Home.jsp?team=mawym>

Online Meet Results: [www.ycmswimming.org](http://www.ycmswimming.org), <https://www.teamunify.com/Home.jsp?team=mawym> and Meet Mobile.

# Contact Information

Meet Director: Dave Blake, dave.r.blake@gmail.com

Entry Chairperson: Dave Blake, dave.r.blake@gmail.com

Meet Referee: Bob Johnson, johnsra@comcast.net

Administrative Official: Mike Phillips, mphillips.de@gmail.com

Officials Coordinator: Bob Hansen, rfhjr2@comcast.net

Meet Safety Director: Mary Wilson, mwilson10575@yahoo.com

Volunteer Coordinator: Melanie Greenhill, melaniegreenhill@ymaryland.org

District Coordinator: Anna Seifert, anna.seiffert@ymcade.org

# 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 be at least five (5) years of age, and not older than twenty-one (21) years of age on 12/1/2019. All athletes 18 and older must comply with the [USA Swimming Minor Athlete Abuse Prevention Policy](https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/usaswimmingmaapp.pdf) (MAAPP).

**YMCA Meet Participation**: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1, 2019.

**Times**: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2019 and the entry deadline.

No Times (NT) are not allowed. Submit entry times in actual time (no conversion), SCY or SCM only. Entered times must be the swimmer’s BEST time achieved during the qualifying period.

PROOF OF TIME AND PARTICIPATION OF SWIMMERS IS REQUIRED UPON

CHALLENGE. FAILURE TO PROVIDE SUCH PROOF WHEN REQUESTED WILL

BE SUBJECT TO INVESTIGATION BY THE EAST FIELD SOUTH DISTRICT

COMMITTEE AND POSSIBLE DISQUALIFICATION BY THE MEET COMMITTEE

AND/OR EAST FIELD SOUTH DISTRICT COMMITTEE.

**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:** Coaches must hold current certifications in the following courses in order to receive a deck credential:

* Safety Training for Swim Coaches
* Basic Life Support (Professional Rescuer CPR)
* First Aid
* Principles of YMCA Competitive Swimming and Diving
* Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

**Coach Registration**: Each coach must have completed the annual YMCA on-line 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:** A swimmer may enter a maximum of seven (7) individual events. Of those, the maximum per day is as follows:

▪ Swimmers may swim in one (1) individual event and one (1) relay on Friday. Swimmers may swim in three (3) individual and two (2) relays per day on Saturday and Sunday.

▪ Friday evening’s 500 Freestyle for 12 & under has been reclassified as 11-12. However, a 10 & under swimmer may participate in this event if they have the qualifying time. Their participation in the 500 Freestyle does not affect their age group status for their other individual swims.

▪ Each YMCA team may enter two (2) relay teams in each relay event per age group and only one relay team per team may score in an event.

▪ A relay shall consist of four swimmers of the same sex. All eligible swimmers listed on the entry forms are considered alternates. Any four may swim the day of the meet.

▪ A swimmer may participate in only one age group.\* A swimmer may move up an age group for the entire meet.

▪ The host team reserves the right to limit the number of heats in certain events due to timeline constraints.

▪ TIME TRIALS: **If time permits, Time Trials may be offered at the discretion of the meet director and meet referee.** Swimmers may compete in one time trial event per day. Requests for time trials should be made to the Administrative Official on the available form with the prior approval of the Meet Referee. Relays may be swum during one of the offered time trials. The cost of an individual Time Trial is $10.00, the cost of a relay is $20. Time trial events count toward an athlete’s total events including the limits on the number of individual events each day. USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7.

Time Trials will be offered on any day as long as time permits and the swim falls within these standards of a National qualifying time:

50's within .5 secs

100's within 1 sec

200's within 2 secs

400's within 4 secs

500's within 5 secs

* A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
* Time trial events must count as a part of this daily total.

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

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

**ENTRY FEES**: $7.50 per individual event

$20 per relay event

$13.00 per swimmer surcharge

**OTHER**:

* **T-SHIRTS:** T-shirts will be available for sale at the meet via Metro Swim Shop.
* **VENDOR:** Metro Swim Shop will be on-site for any swimwear needs.
* **OPENING DEVOTIONS:** Immediately preceding the finals sessions on Friday, Saturday and Sunday, devotions will be offered by swimmers. Please submit any requests to participate in the opening devotions with your entries. The meet committee will decide which submission to use after all entries have been received.
* **GRADUATING SENIORS:** We will be recognizing the graduating seniors from each team during the morning sessions on Saturday and Sunday. The swimmer’s name, team and plans after graduation will be announced.

**ENTRY DEADLINE**: Complete team entries must be submitted by March 5, 2020. For entries to be considered complete, all of the following must be received by the deadline:

* Online Meet Entry File submitted
* Completed Team Summary Sheet
* Completed Meet Declaration Form
* Graduating Seniors Information Form - should be completed in the OEM System
* Check for Entry Fees

**ENTRY PROCEDURE**: All entries must be made through the ONLINE ENTRY SYSTEM. Website link: <http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=MDSouthDistrict>

**SWIMS DATABASE**: Please ensure that all USA registered swimmers have their USA ID system listed correctly. Please remove all Swimmer ID’s from non USA registered Swimmers files prior to submitting entries.

**PAYMENT:** Checks should be made payable to Western Family YMCA mailed to:

Western Family YMCA

ATTN: Tom Janton

2600 Kirkwood Hwy

Newark, DE 19711

# Volunteers/Officials/Timers

**OFFICIALS:** Each team is required to supply at least one (1) certified YMCA official for each session. Your team’s Official Coordinator should contact the Officials Chairman Bob Hansen, rfhjr2@comcast.net with any questions. Here is the link for Officials to sign up: [Officials Sign up](https://docs.google.com/forms/d/e/1FAIpQLSfQeGUGAV-ndIIgsLsg6Mo2Nbq36jvooc7Isdrj83vGxBilmw/viewform) please have your Official Coordinator send it out to your teams officials.

**TIMERS:** Each team **must** provide timers. Each team will be notified of their lane assignments based on the number of swimmers per session two weeks prior to the meet.

**SIGN-UP PROCEDURE**: A SignUp Genius for timers and officials will be sent out by the the volunteer coordinator. We appreciate everyone’s support in running a positive, effective championship meet.

**BACKGROUND CHECK POLICY**: All YCM Parents must be Safe Sport Certified; all timers must be compliant with the [USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).](https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/usaswimmingmaapp.pdf)

# Check-in Procedure

**MEET CHECK-IN PROCEDURE**: Coaches must check-in on the first day of competition to receive their badge and wristband. All volunteers including timers and officials must check in at the volunteer check-in table to receive their badges and wristbands. Only Swimmers will gain access to the pool deck via the locker rooms.

**EVENT CHECK-IN**:

|  |  |  |
| --- | --- | --- |
| **Event** |  | **Check in Deadline** |
| 1 – 2 | 12 & U 500 Freestyle | Friday at 4:30 p.m. |
| 3 – 4 | 13-14 & 15-21 1000 Freestyle | Friday at 4:30 p.m. |
| 33 – 34 | 13-14 & 15-21 400 IM | Saturday at 9:30 a.m. |
| 89 - 92 | 13-14 & 15-21 500 Freestyle | Sunday at 9:30 a.m. |

**COACHES MEETING/SCRATCH MEETING** See Meet Schedule on pages 2 & 3 of the meet notice.

**OFFICIALS AND TIMERS MEETING**: See Meet Schedule on pages 2 & 3 of the meet notice.

# Championship Procedures and Operations

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, and District Committee.

**RULES**: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports and USA-S Technical Rules.

**MEET FORMAT**: All 10 & U events and all relay events will be contested as timed final events.

All individual events for the 11-12, 13-14 and 15-21 age groups will be contested in a prelim/finals format, with the exception of the following events:

|  |  |
| --- | --- |
| **Event** | **Timed Finals Events** |
| 1 – 2 | 11-12 500 Freestyle |
| 3 – 4 | 13-14 & 15-21 1000 Freestyle (scored separately) |
| 45 – 48 | 13-14 & 15-21 400 IM |
| 101 – 104 | 13-14 & 15-21 500 Freestyle |

The top 8 finishers in 11-12 individual events in the prelim sessions, except as noted for timed finals events, will swim in the finals session.

The top 16 finishers in the 13-14 and 15-21 individual events will swim in the finals session with the 1 – 8 place prelim finishers swimming in the A Final heat and the 9 -16 place prelim finishers swimming in the B Final heat. Finals will be swum with the B Final followed by the A Final when two heats are swum.

The Open 400 yard relays will be contested at the end of the prelim sessions on Saturday and Sunday; except the top 8 seeded relay teams who will swim at finals. If a Head Coach wishes to request that their relay team swims in the morning session, they must declare their intention to the Administrative Official prior to 9:30 a.m. the day of the event.

The 11-12, 13-14 and 15-21 200 yard relays will be contested at the beginning of the prelim sessions on Saturday and Sunday. Breaks before and after relays will be determined by the Meet Referee to allow for appropriate rest between events for the swimmers.

The top 8 teams entered in the 13-14 & 15-21 200 yard relays will swim at the beginning of the Finals session. The top 8 seeded relays for the Open 400 yard relays will swim at the end of the Finals session If a Head Coach wishes to request that their relay team swims in the morning session, they must declare their intention to the Administrative Official prior to 9:30 a.m. the day of the event. This will allow the Meet Director and Administrative Official the opportunity to connect with the 9th and 10th placed teams to determine the time of their swim(s).

Counters and timers for 500 and 1000 must

**EVENT SEEDING**: Events will be seeded slowest to Fastest. Prelims are run in a two pool configuration. The Meet Referee/Administrative Official reserve the right to combine heats.

**SCRATCH PROCEDURES**: Any swimmer qualifying for a Finals heat based on the results of event prelims must declare their intention to scratch within 30 minutes of the announcement of qualifiers. An athlete is considered entered and will be seeded into an event and does not swim the event, that event still counts toward the athlete’s total number of events for the meet. It is strongly encouraged that any swimmer qualifying in the top 24 of a prelim event scratch if there is no intention of returning to Finals.

**DECLARED FALSE START**: An athlete may also withdraw from preliminary heat, timed final 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. A swim off is part of the qualification process and does not count as another event.

**NO SHOW**: An athlete who is seeded in a final event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay event, including time trials.

**WARM-UP SAFETY PROCEDURES**: Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to enter the pool feet first. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

**STARTS**: 'Fly-over' starts will only be used during preliminary sessions 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. One can take a declared false start for a swim off and be relegated to the lower position. (USA Swimming Rule 102.5.2)

**SWIMS (USA-S):** This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile, the spectator hallway, and the host team’s website, www.bryswimming.org.

**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).

**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 access is limited to only registered and approved coaches, swimmers, and working officials, and working parent volunteers who are SafeSport Certified. Timers must be must be compliant with the [USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).](https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/usaswimmingmaapp.pdf) (they do not have to be SafeSport Certified).
* All non-athletes must use the designated rest rooms.
* Coaches and their assistants will be held responsible for the conduct of their swimmers. Coaches are expected to model appropriate behavior toward officials, parents, swimmers, volunteers and fellow coaches and to require the same of all persons associated with their team and YMCA. Individuals behaving inappropriately in the opinion of the Meet Referee, Meet Director, and South District Coordinator will be removed from the meet.
* Except where the 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. 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, locker rooms or behind the starting blocks.
* Photographs are not allowed to be taken behind the block during competition.
* No Flash Photography at the start of competition races.
* 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 permitted in any areas of the facility.
* 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.
* Spectators are not permitted on deck.
* No smoking, drugs, or alcohol are permitted in the swimming complex.

# Awards and Recognition

**SCORING:** When 16 competitors qualify for finals of a championship meet, the scoring will be as below. When only top 8 competitors return for evening Finals or no evening Final is offered (10 and under), scoring will be up to and including 16th place. Relays will score through 16th place. Only 1 relay per team will score in an event.

Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

**INDIVIDUAL AWARDS:** For all 10 and under and 11-12 individual and relay events for 1st-3rd places receive medals and 4th-8th places receive ribbons. For all 13-14 and 15-21 individual and relay events, 1st-3rd places receive medals.

**TEAM AWARDS:** All team awards will be given in three **categories – large team division, medium team division,** and **small team division.** The 'small team, medium team’ vs. large team' division will be done based on the number of athletes competing in the meet as of the meet entry deadline of Thursday, March 7, 2020. The District Committee will determine the large, medium, and small team divisions. Decisions regarding team divisions will be announced to the participating teams with the initial psych sheet and other pertinent meet information on Wednesday, March 13th, 2020.

The top boys’ and top girls’ teams in each age group, in each division, will each receive an age group championship plaque.

The top boys’ and top girls’ teams in each division, according to overall cumulative boys or girls point totals, each receive a championship banner. The top three combined boys’ and girls’ teams in each division, according to overall cumulative point totals, receive a Meet Championship banner.

All teams earning a new banner will receive that banner with the team’s name and award (girls/boys/small team/medium team/large team/combined team) indicated and the year at the bottom. Space will be left on the banners so that when a team earns a banner award in subsequent years, the team will receive the year decal to add to their existing banner. Teams who have received a particular banner in the past will receive a year sticker to add to their existing banner.

**Note:** Coaches will pick up all individual and team awards promptly at the end of the meet from the awards table. If coaches do not pick up their team awards a shipping and handle fee will be assessed.

**RECOGNITIONS:** We will be recognizing the graduating seniors from each team during the morning sessions on Saturday and Sunday. The swimmer’s name, team and plans after graduation will be announced. Teams will be assigned specific recognition times which will be published prior to the start of the meet.

# Spectators

**ADMISSION FEE:** Included in swimmer surcharge.

**HEAT SHEETS/PROGRAMS:** The Championship Program will be posted for for all sessions. All final sessions will have lane/heat assignments posted as well. The Championship Program will also be available for free on the Meet Mobile App.

**CONCESSION STAND:** Food and drink will be available for sale by the facility.

**ATHLETE APPAREL** Metro will be on-site for any swimwear needs.

**HANDICAP SEATING:** Available.

# Liability, Safety and Emergency Procedures

**LIABILITY LIMITS**:

* In granting of the USA-S/Potomac Valley Swimming approval, it is understood and agreed that USA Swimming and PVS 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.

**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.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

# Directions

**FROM I-95/495 TAKE EXIT 17B (ROUTE 202 NORTH TOWARDS BLADENSBURG). TURN LEFT ONTO BRIGHTSEAT ROAD. TURN RIGHT ONTO SHERIFF ROAD. TURN LEFT AT THE FIRST LIGHT (HARVEY DRIVE). DRIVE UP THE HILL ONTO THE GROUNDS OF THE COMPLEX.**

# Parking

Swim meet parking is in Lot D.

# APPENDIX 1: Order of Events

**FRIDAY, March 13, 2020**

**SESSIONS I and II– Timed Finals**

These will be contested Fastest to Slowest

Using a two 8-Lane Pool Configuration

**Warm Up at 4:00 PM                                             Meet Starts at 5:00 PM**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session I Girls Event Number  | Girls Qualifying Time  | Event  | Boys Qualifying Times  | Session II Boys Event Number  |
| 1  | 6:35.09   | 11-12 500 Freestyle\*  | 6:36.99   | 2  |
| 3  | 13:15.29/ 12:19.99   | 13-14, 15-21 1000 Freestyle\*\*  | 12:42.99/ 11:30.99  | 4  |

\*A 10 & under swimmer may compete in the 11-12 500 Freestyle.

See page 6 of Meet Announcement.

\*\*Events will be contested together but will be separated for scoring.

Session I will be contested in the 8 lane pool closer to the scoreboard.

Session II will be contested in the 8 lane pool further from the scoreboard.

**SATURDAY, March 14, 2020**

**SESSIONS III and IV – 13-14 and 15-21 Prelims**

(all events in **BOLD**will be swum as Timed Finals & all events in *italics*will have the

fastest heat swim at finals)

Events 45, 46, 47, and 48 will be contested fastest to slowest.

**Warm Up at 7:00 AM                                                 Meet Starts at 8:00 AM**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session III Girls Event Number  | Girls Qualifying Time  | Event  | Boys Qualifying Time  | Session IV Boys Event Number  |
| 5  | NT  | *13-14 200 Medley Relay*  | NT  | 6  |
| 7  | NT  | *15-21 200 Medley Relay*  | NT  | 8  |
| 9  | 28.39   | 13-14 50 Freestyle  | 28.19   | 10  |
| 11  | 27.99   | 15-21 50 Freestyle  | 25.09   | 12  |
| 13  |  2:38.49  | 13-14 200 Backstroke  | 2:33.99   | 14  |
| 15  |  2:32.99  | 15-21 200 Backstroke  | 2:23.69  | 16  |
| 17  | 1:22.99   | 13-14 100 Breaststroke  | 1:19.99  | 18  |
| 19  | 1:18.99  | 15-21 100 Breaststroke  | 1:12.29  | 20  |
| 21  | 2:17.99  | 13-14 200 Freestyle  | 2:14.19  | 22  |
| 23  | 2:11.99  | 15-21 200 Freestyle  | 2:00.09  | 24  |
| 25  | 2:49.99   | 13-14 200 Butterfly  | 2:37.69  | 26  |
| 27  | 2:42.99   | 15-21 200 Butterfly  | 2:29.29  | 28  |
| 29  | NT  | *13-14 400 Freestyle Relay*  | NT  | 30  |
| 31  | NT  | *Open 400 Freestyle Relay*  | NT  | 32  |
| 33  | 5:49.19   | **13-14 400 IM**  | 5:35.59  | 34  |
| 35  | 5:42.99  | **15-21 400 IM**  | 5:15.99  | 36  |

Session III will be swum in the 8 lanes closer to the scoreboard.

Session IV in the 8 lanes further from the scoreboard.

**SESSIONS V & VI – 10&U Timed Finals and 11-12 Prelims**

(all events in **BOLD**will be swum as Timed Finals)

**Warm Up at 12:30 PM                                              Meet Starts at 1:30 PM**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session V Girls Event Number  | Girls Qualifying Time  | Event  | Boys Qualifying Time  | Session VI Boys Event Number  |
| 37  | 34.49   | **10 & U 50 Freestyle**  | 34.99  | 38  |
| 39  | 30.09  | 11-12 50 Freestyle  | 30.19  | 40  |
| 41  | 1:30.29  | **10 & U 100 Backstroke**  | 1:32.49  | 42  |
| 43  | 1:17.89  | 11-12 100 Backstroke  | 1:19.09  | 44  |
| 45  | 47.09  | **10 & U 50 Breaststroke**  | 48.19  | 46  |
| 47  | 41.09  | 11-12 50 Breaststroke  | 41.09  | 48  |
| 49  | 2:58.29  | **10 & U 200 Freestyle**  | 2:58.29  | 50  |
| 51  | 2:29.99   | 11-12 200 Freestyle  | 2:29.99  | 52  |
| 53  | 1:42.09  | **10 & U 100 Butterfly**  | 1:42.09  | 54  |
| 55  | 1:20.59  | 11-12 100 Butterfly  | 1:22.59  | 56  |
| 57  | NT  | **10 & U 200 Freestyle Relay**  | NT  | 58  |
| 59  | NT  | **11-12 200 Freestyle Relay**  | NT  | 60  |

Session V will be contested in the 8 lane pool closer to the scoreboard.

Session VI will be contested in the 8 lane pool further from the scoreboard.

**SESSION VII – FINALS for 11-12, 13-14 and 15-21 Events**

All events will be swum in the 8-lane pool closer to the scoreboard.

**Warm Up at 4:15 PM                                        Finals Start at 5:15 PM**

|  |  |  |
| --- | --- | --- |
| Girls Event Number   | Event | Boys Event Number  |
| 5  | *13-14 200 Medley Relay*  | 6  |
| 7  | *15-21 200 Medley Relay*  | 8  |
| 39  | 11-12 50 Freestyle  | 40  |
| 9  | 13-14 50 Freestyle  | 10  |
| 11  | 15-21 50 Freestyle  | 12  |
| 43  | 11-12 100 Backstroke  | 44  |
| 13  | 13-14 200 Backstroke  | 14  |
| 15  | 15-21 200 Backstroke  | 16  |
| 47  | 11-12 50 Breaststroke  | 48  |
| 17  | 13-14 100 Breaststroke  | 18  |
| 19  | 15-21 100 Breaststroke  | 20  |
| 51  | 11-12 200 Freestyle  | 52  |
| 21  | 13-14 200 Freestyle  | 22  |
| 23  | 15-21 200 Freestyle  | 24  |
| 55  | 11-12 100 Butterfly  | 56  |
| 25  | 13-14 200 Butterfly  | 26  |
| 27  | 15-21 200 Butterfly  | 28  |
| 29  | *13-14 400 Freestyle Relay* | 30  |
| 31  | *Open 400 Freestyle Relay* | 32  |

**SUNDAY, March 15, 2020**

**SESSIONS VIII and IX – 13-14 and 15-21 Prelims**

(all events in **BOLD**will be swum as Timed Finals & all events in *italics*will have the

fastest heat swim at finals)

Events 101, 102, 103 and 104 will be contested fastest to slowest.

**Warm Up at 6:30 AM                                                   Meet Starts at 7:30 AM**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session VIII  Girls Event Number  | Girls Qualifying Time  | Event  | Boys Qualifying Time  | Session IX Boys Event Number  |
| 61  | NT  | *13-14 200 Freestyle Relay*  | NT  | 62  |
| 63  | NT  | *15-21 200 Freestyle Relay*  | NT  | 64  |
| 65  | 1:03.99   | 13-14 100 Freestyle  | 1:02.19  | 66  |
| 67  | 1:00.79  | 15-21 100 Freestyle  | 55.19  | 68  |
| 69  | 2:35.99  | 13-14 200 IM  | 2:31.29  | 70  |
| 71  | 2:28.99  | 15-21 200 IM  | 2:16.29  | 72  |
| 73  | 1:13.49  | 13-14 100 Butterfly  | 1:10.69  | 74  |
| 75  | 1:09.29  | 15-21 100 Butterfly  | 1:01.29  | 76  |
| 77  | 3:01.99  | 13-14 200 Breaststroke  | 2:52.99  | 78  |
| 79  | 2:58.39  | 15-21 200 Breaststroke  | 2:45.59  | 80  |
| 81  | 1:12.99  | 13-14 100 Backstroke  | 1:10.69  | 82  |
| 83  | 1:07.99  | 15-21 100 Backstroke  | 1:03.29  | 84  |
| 85  | NT  | *13-14 400 Medley Relay* | NT  | 86  |
| 87  | NT | *Open 400 Medley Relay*  | NT | 88  |
| 89  | 6:22.39  | **13-14 500 Freestyle**  | 6:12.69  | 90  |
| 91 | 6:16.29  | **15-21 500 Freestyle**  | 5:38.99  | 92 |

Session VIII will be contested in the 8 lane pool further from the scoreboard.

Session IX will be contested in the 8 lane pool closer to the scoreboard.

**SESSIONS X & XI – 10&U Timed Finals, 11-12 Prelims**

(all events in **BOLD**will be swum as Timed Finals)

**Warm Up at 12:00 PM                                             Meet Starts at 1:00 PM**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session X  Girls Event Number  | Girls Qualifying Time  | Event  | Boys Qualifying Time  | Session XI Boys Event Number  |
| 93  |  1:19.99  | **10 & U 100 Freestyle**  | 1:19.99  | 94  |
| 95  | 1:07.69  | 11-12 100 Freestyle  | 1:08.09  | 96  |
| 97  | 1:30.99  | **10 & U 100 IM**  | 1:30.99  | 98  |
| 99  | 2:49.99  | 11-12 200 IM  | 2:50.99  | 100  |
| 101  | 42.09  | **10 & U 50 Butterfly**  | 41.99  | 102  |
| 103  | 35.09  | 11-12 50 Butterfly  | 35.49  | 104  |
| 105  | 1:46.69  | **10 & U 100 Breaststroke**  | 1:46.69  | 106  |
| 107  | 1:28.69  | 11-12 100 Breaststroke  | 1:29.29  | 108  |
| 109  | 40.99  | **10 & U 50 Backstroke**  | 43.09  | 110  |
| 111  | 36.09  | 11-12 50 Backstroke  | 35.49  | 112  |
| 113  | NT  | **10 & U 200 Medley Relay**  | NT  | 114  |
| 115  | NT  | **11-12 200 Medley Relay**  | NT  | 116  |

Session X will be contested in the 8 lane pool further from the scoreboard.

Session XI will be contested in the 8 lane pool closer to the scoreboard.

**SESSION XII – FINALS for 11-12, 13-14 and 15-18 Events**

All events will be swum in the 8-lane pool closer to the scoreboard.

**Warm Up at 4:00 PM                             Finals Start at 5:00 PM**

|  |  |  |
| --- | --- | --- |
| Girls Event Number  | Event  | Boys Event Number  |
| 61  | *13-14 200 Freestyle Relay*  | 62  |
| 63  | *15-21 200 Freestyle Relay*  | 64  |
| 95  | 11-12 100 Freestyle  | 96  |
| 65  | 13-14 100 Freestyle   | 66  |
| 67  | 15-21 100 Freestyle   | 68  |
| 99  | 11-12 200 IM  | 100  |
| 69  | 13-14 200 IM  | 70  |
| 71  | 15-21 200 IM  | 72  |
| 103  | 11-12 50 Butterfly  | 104  |
| 73  | 13-14 100 Butterfly  | 74  |
| 75  | 15-21 100 Butterfly  | 76  |
| 107  | 11-12 100 Breaststroke   | 108  |
| 77  | 13-14 200 Breaststroke  | 78  |
| 79  | 15-21 200 Breaststroke  | 80  |
| 111  | 11-12 50 Backstroke  | 112  |
| 81  | 13-14 100 Backstroke  | 82  |
| 83  | 15-21 100 Backstroke  | 84  |
| 85  | *13-14 400 Medley Relay*  | 86  |
| 87  | *15-21 400 Medley Relay*  | 88  |

# APPENDIX 2: Qualifying Times

|  |  |  |
| --- | --- | --- |
| GIRLS  | **25 YARDS**  | BOYS  |
| **15-21**  | **13-14**  | **11 - 12**  | **10 & U**  | **Event**  | **10 & U**  | **11 - 12**  | **13-14**  | **15-21**  |
| 27.99  | 28.39  | 30.09  | 34.49  | **50 Free**  | 34.99  | 30.19  | 28.19  | 25.09  |
| 1.00.79  | 1.03.99  | 1.07.69  | 1.19.99  | **100 Free**  | 1.19.99  | 1.08.09  | 1.02.19  | 55.19  |
| 2.11.99  | 2.17.99  | 2.29.99  | 2.58.29  | **200 Free**  | 2.58.29  | 2.29.99  | 2.14.19  | 2.00.09  |
| 6.16.29  | 6.22.39  | 6.35.09  | 6.35.09  | **500 Free**  | 6.36.99  | 6.36.99  | 6.12.69  | 5.38.99  |
| 12.19.99  | 13.15.29  |    |    | **1000 Free**  |    |    | 12.42.99  | 11.30.99  |
|    |    | 36.09  | 40.99  | **50 Back**  | 43.09  | 35.49  |    |    |
| 1.07.99  | 1.12.99  | 1.17.89  | 1.30.29  | **100 Back**  | 1.32.49  | 1.19.09  | 1.10.69  | 1.03.29  |
| 2.32.99  | 2.38.49  |    |    | **200 Back**  |    |    | 2.33.99  | 2.23.69  |
|    |    | 41.09  | 47.09  | **50 Breast**  | 48.19  | 41.09  |    |    |
| 1.18.99  | 1.22.99  | 1.28.69  | 1.46.69  | **100 Breast**  | 1.46.69  | 1.29.29  | 1.19.99  | 1.12.29  |
| 2.58.39  | 3.01.99  |    |    | **200 Breast**  |    |    | 2.52.99  | 2.45.59  |
|    |    | 35.09  | 42.09  | **50 Fly**  | 41.99  | 35.49  |    |    |
| 1.09.29  | 1.13.49  | 1.20.59  | 1.42.09  | **100 Fly**  | 1.42.09  | 1.22.59  | 1.10.69  | 1.01.29  |
| 2.42.99  | 2.49.99  |    |    | **200 Fly**  |    |    | 2.37.69  | 2.29.29  |
|    |    |    | 1.30.99  | **100 IM**  | 1.30.99  |    |    |    |
| 2.28.99  | 2.35.99  | 2.49.99  |    | **200 IM**  |    | 2.50.99  | 2.31.29  | 2.16.29  |
| 5.42.99  | 5.49.19  |    |    | **400 IM**  |    |    | 5.35.59  | 5.15.99  |
| Qualifying Period for East Field South District Championships is March 1   |
| of the previous season to the entry date for the meet.  |
|   |   |   |   |   |   |   |   | 4.8.2019rev  |

# APPENDIX 3: YMCA Sanctioned Meet Declaration Form

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

**Participating YMCA**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**YMCA Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meet Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meet Date(s):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meet Host:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meet Location:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 East Field District Championships for the period of the meet. 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 participation in the East Field District Championships.

**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, Western Y Wahoos, Y in Central Maryland Blue Crabs, Prince George’s County, their agents, representatives or assigns, and the Prince George’s Aquatic Center for any and all injuries which may be suffered by participants at the East Field District Championship.  Furthermore, we understand that the YMCA of the USA and Western Y Wahoos, Y in Central Maryland Blue Crabs, Prince George’s County 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.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_             \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name and Signature of Head Coach

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_            \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name and Signature of YMCA Executive Director or Designee

**This is the last page of the Meet Announcement**