**2022 Muskegon MYST Pentathlon**

**Meet Announcement**

**About the Invitational Meet**

Date: Saturday January 22nd 2022

Location: Grand Haven High School

17001 Ferris St.

Grand Haven, MI 49417

Entry Deadline: Friday January 14th 20221

Hosted by: Muskegon MYST

Meet Director: Annette Bakay abakay62@msn.com

Contents

[About The Invitational Meet 2](#_Toc464622732)

[Location and Facility 3](#_Toc464622733)

[Web Site 3](#_Toc464622734)

[Contact Information 3](#_Toc464622735)

[Notices 3](#_Toc464622736)

[Eligibility 4](#_Toc464622737)

[Entry Information 5](#_Toc464622738)

[Volunteers/Officials/Timers 6](#_Toc464622739)

[Check-in Procedure 6](#_Toc464622740)

[Meet Procedures and Operations 7](#_Toc464622741)

[Awards and Recognition 9](#_Toc464622742)

[Time Trials 9](#_Toc464622743)

[Spectators 9](#_Toc464622744)

Liability, Safety and Emergency Procedures 10

[Directions 11](#_Toc464622746)

Lodging 12

Parking 12

APPENDIX 1: ORDER OF EVENTS 13

APPENDIX 2: YMCA SANCTIONED MEET DECLARATION 14

# About The Invitational Meet

This meet is a sanctioned, closed, inter-association YMCA Invitational 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. The meet is YMCA sanctioned.

YMCA Sanction number:

**ADJUSTMENTS TO THE MEET ANNOUCEMENTS:** The 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 Invitational 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

Saturday January 22nd

Warmup: 9am

Start: 10 am

**INCLEMENT WEATHER/CANCELATION:** 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.

If there would be a Weather Delay issued (

electrical / winter weather etc.) the meet plan of delay/ cancelation will be decided by the meet director. Refunds associated with the weather will not be given.

**COVID-19 RELATED PROTOCOLS:** For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, the host YMCA, the host facility and the USA Swimming LSC will be followed. To ensure the most up to date procedures and regulations are being followed, these will be sent via email to the head coach of each participating team with final meet announcements (1 week prior to the event).

# Location and Facility

Location: Grand Haven High School Aquatic Center

17001 Ferris St

Grand Haven, MI 49417

Emergency Phone Number: (616)850-6000

Grand Haven High School is configured as a 8 lane, 25 yard course. Water depth at start is 8 to 14 feet (minimum 5 feet required) and at turn end is 3.514 feet. Eight lane Colorado electronic timing system will be used. Permanent starting blocks and non-turbulent lane makers will be used. The competition course has not been certified in accordance with 104.2.2C (4)

All 8 lanes will used for warm up; warm up with be broken down into assigned lanes.

Team seating areas will be assigned by the meet director, areas will be designated by space and number of athletes.

# Web Site

Online Meet Results: Results will be available at on Meet Mobile, starting on the day of meet competition. There is not a formal website for the meet.

# Contact Information

Meet Director: Santiago Sanchez [tildio@hotmail.com](mailto:tildio@hotmail.com)

Meet Referee/AO Annette Bakay [abakay62@msn.com](mailto:abakay62@msn.com) 231-670-7186

Officials Coordinator: Annette Bakay [abakay62@msn.com](mailto:abakay62@msn.com) 231-670-7186

Safety Director: Jacquie Kunnen [jacquiekunnen@hotmail.com](mailto:jacquiekunnen@hotmail.com)

# Notices

Fire lanes must be kept clear at all times.

Swimmers must wear shirts and shoes (or other suitable footwear) outside the pool area.

# 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 30 days prior to the first day of the meet.

**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 5 years of age, and not older than twenty-one (21) years of age on the first day meet. Children younger than 5 years of age must be approved by the meet director. A swimmer’s age group with be decided by their age as of 12/1/21.

**Times**: The are no time standards for this meet

**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.

**Athletes 18 and over:** the USA Swimming MAAPP will be followed. All athletes age 18 and older must have completed Athlete Protection training within the past 12 months, just as coaches do. This is a requirement from the U.S. Center for SafeSport and the Model Athlete Abuse Prevention Policy rules.

**COACH**

**Required Certifications:** **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 prior to the entry deadline. 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 prior to the entry deadline.

**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**: Individual entry limit is five (5) per day

**TIMES:** *No Times (NT) are allowed except in the 400 IM*. Submit entry times in Actual time (no conversion), SCY, LCY. Entered times must be the swimmer’s BEST time achieved during the qualifying period.

**ENTRY FEES**:

$5.00 per individual entry.

Please make checks payable to: MYST

Fees should be sent to:

Jacquie Kunnen

2021 West Lake Road

Twin Lakes, MI 4457

Entry fees must be paid at the same time as entries are submitted.  An entry will not be considered for acceptance until both the entry and the fee is received.

There will be no refund of an entry fee once the entry is accepted unless the event is cancelled (e.g. inclement weather or power outage). If the event is cancelled, the fee will be returned less a surcharge to cover out of pocket expenses incurred.

**ENTRY DEADLINE**:

**ALL ENTRIES** All entries are due by Friday January 14th 2022, . Acceptance of entries after

the January 14th deadline will be left to the sole discretion of the meet director.

No deck entries will be accepted unless exceptional circumstances are shown.

ARE D It is possible that the entries received will exceed the number that the facility

can accommodate for an efficient and safe meet. In the event that this becomes

an issue, entries will be accepted on a first come, first served basis.

Each session will not exceed 4 hours; if the number of swimmers exceeds the

meet time limit, swimmers will be accepted on a first serve basis.

**ENTRY PROCEDURE**

HY-TEK entries are required. They may be emailed to: Annette Bakay [abakay62@msn.com](mailto:abakay62@msn.com) . The deadline for this meet is 14th of January 2022

# Volunteers/Officials/Timers

**OFFICIALS AND TIMERS**: It is suggested that if a team has a YMCA official present, that they contribute to officiating the event. The host team will promote and attempt to provide all volunteers, timers from additional teams will be asked for as needed.

**SIGN-UP PROCEDURE**: Volunteers from the host team will sign up using sign up genius that will be sent out 2 weeks prior to the start date of the meet.

**ATTIRE:** YMCA approved uniform for officials.

# Check-in Procedure

**MEET CHECK-IN PROCEDURE**:

Coaches should check in, on deck with the meet director.

Check in for swimmers will be required. Check in will be available 30 minutes prior to the meet. Check in will close 15 minutes after warmup. Failure to check in will result in swimmer being scratched.

All swimmers and coaches need a deck pass to be on the pool deck.

**COACHES MEETING/SCRATCH MEETING**: A coaches meeting will be held 10 minutes prior to warmup.

**OFFICIALS AND TIMERS MEETING**: An officials meeting will be held 30 minutes prior to the start of the meet. A timer’s meeting will be held approximately 4 minutes prior to the start of the meet. All meeting times will be indicated by the meet director and shared in final meet communication.

# Meet Procedures and Operations

**MEET COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee/ Officials Coordinator, Administrative Official, Volunteer Coordinator, Awards Chair and the Facility Liaison.

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

**MEET FORMAT**: The meet will be swum using a timed finals format. Swimmer’s age will be determined as of the first day of the December.

**EVENT SEEDING**: Events will be seeded Slowest to Fastest. The Meet Director /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.

**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**: All athletes are required to check in 30 minutes prior to the start of the meet. 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. 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 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. The same rules apply in respect to t he warm-down pool / diving well. Penalties for violating thee rules will in in the sole discretion of the Meet Referee which may include ejection from the meet.

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

Warm up times will be recognized by the meet director and run 45 – 60 minutes pending the time frame of the meet. Final decisions will be made the meet director.

**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.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted in the hallway outside the spectator viewing area. Final results will be emailed to each team following the meet’s completion.

**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 Meet 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.
* 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 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.
* Photographs are not allowed to be taken behind the block during competition.
* 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.
* Swimmers are not permitted in the spectator stands unless they have concluded all events.
* Shaving is not permitted in any areas of the facility.
* All athletes are required to check in at least 15 minutes after warmup has started.

# Awards and Recognition

**AWARDS:**

Medals awarded to 1st thru 6th place and ribbons 7th thru 12th.

High point trophy to be awarded to male/female in each age group. 13-14 and 15 and over may choose to compete in high point for 200 IM or 400 IM

**SCORING:**

Individual events will be scored for 16 places for high point trophy.

(20,17,16,15,14,13,12,11,9,7,5,4,3,2,1) Team scores will not be kept.

# Time Trials

There will be no time trails available at this meet.

# Spectators

*Spectators will be permitted*. Entry fee will be $5.00 for 12 and over. Children under 12 are free.

**HEAT SHEETS/PROGRAMS**:

**Heat sheets/Programs will be available for purchase for $3**.**00**

**CONCESSION STAND**: There will be concessions available

**MEET APPAREL**: Will be available for purchase from Earthbound at the meet.

**LOST AND FOUND:** Lost and found items can be found at the pool office All items will be discarded 14 days after the meet.

**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.
* The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
* Spectators are not permitted on deck
* No smoking, drugs, or alcohol are permitted in the swimming complex.

# 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 the meet. The Declaration Form must be signed by each YMCA participating in the meet.

**LIABILITY LIMITS**:

* In granting the YMCA Sanction~~ing~~, 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

Follow directions to Grand Haven High School.

# Lodging

Lodging is not specific to the host team.

# Parking

No fees for parking. Keep fire lanes open. Respect handicap parking notifications.

# APPENDIX 1: Order of Events

Saturday 22nd January 2022

|  |  |  |
| --- | --- | --- |
| **Girls** | **Event** | **Boys** |
| 1 | 8 and Under 100 IM | 2 |
| 3 | 9-10 100 IM | 4 |
| 5 | 11-12 100 IM | 6 |
| 7 | 13-14 200 IM | 8 |
| 9 | 15 and Over 200 IM | 10 |
| 11 | 13 and Over 400 IM | 12 |
| 13 | 8 and Under 25 Free | 14 |
| 15 | 9-10 50 Free | 16 |
| 17 | 11-12 50 Free | 18 |
| 19 | 13-14 50 Free | 20 |
| 21 | 15 and Over 50 Free | 22 |
| 23 | 8 and Under 25 Fly | 24 |
| 25 | 9-10 50 Fly | 26 |
| 27 | 11-12 50 Fly | 28 |
| 29 | 13-14 100 Fly | 30 |
| 31 | 15 and over 100 Fly | 32 |
| 33 | 8 and Under 25 Back | 34 |
| 35 | 9-10 50 Back | 36 |
| 37 | 11-12 50 Back | 38 |
| 39 | 13-14 100 Back | 40 |
| 41 | 15 and Over 100 Back | 42 |
| 43 | 8 and Under 25 Breast | 44 |
| 45 | 9-10 50 Back | 46 |
| D 11 | 11-12 50 Back | 48 |
| 49 | 13-14 100 Back | 50 |
| 51 | 15 and Over 100 Back | 52 |

# APPENDIX 2: 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 BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Muskegon MYST Pentathlon 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 Muskegon MYST Pentathlon

**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 Grand Haven High School and Muskegon MYST, their agents, representatives or assigns, and the Grand Haven High School for any and all injuries which may be suffered by participants at the Muskegon MYST Pentathlon.  Furthermore, we understand that the YMCA of the USA and Muskegon MYST 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**