

2020 - 2021 Michigan YMCA

“YMCA State ” Virtual Meet

Presented by:

Rapids Area Y Swimmers

Friday, February 26 - Sunday, March 7th

Integrity / Team Guidelines: The host team is requesting that these guidelines be followed, these guidelines support the integrity of swimmer times and the meet as a whole.

- Meet Commitment is due by Monday, 2/22 at 5:00PM (just letting us know that you are planning to participate so we plan accordingly). Please email Emily McAlpine at emcalpine@gpsbulldogs.org (please make sure you receive a reply).
- Each team participating is responsible for running their events, in accordance to the meet's guidelines.
- All meet manager “meet result files” are due to Lisa Denny (AO - RAYS) by 10:00 AM Monday, March 8th. **Late files will not be accepted.** Please read “file format” section for additional information.
- The attached, **signed declaration** must accompany meet results. If we do not receive a declaration, meet times will not be merged.
- All teams must follow the official, timing and additional guidelines put forth by the YMCA in running a virtual meet.

Rules: The meet will be swum in accordance with YMCA/NCAA rules and YMCA/NCAA safety and warm-up procedures.

Home Team: Rapids Area Y Swimmers : *In all cases, one team should be designated as the “home team” to gather and merge the results from the various locations.*

Location: Each participating team will be responsible for selecting the location to host their events. The meet is a virtual event.

Dates/Times: All events will be swam between the dates of Friday, February 26th - Sunday, March 7th. Files including all times must be submitted by Monday, March 8th at 9:00 AM. **Late files will not be accepted and not be merged in the final results. There will be no exceptions.**

Timing Resolution – The meet must be conducted at all sites following the timing requirements of USA-S Rule 102.24. If one location for a virtual meet has fully automatic timing (touch pads) and the other location only has buttons or watches, each location should use the highest level of timing systems available at that location. It is important in these alternate meet arrangements that we preserve the integrity of the times going into the YMCA times database and SWIMS.

Hand Timing / Receipt of Files: If hand times are being used, as the only tool of record, each swimmer must submit 3 times per each race.

Timers – USA-S Rules 102.24.1D and 102.24.3C require that each lane must have at least one manual timing device (watch), unless the primary system consists of watches (requiring three hand times). Placing these timers may take some consideration in order to comply with social distancing requirements.

Meet Files:

- It is requested that an unscored, Meet Manager file be used. If using Meet Manager - we require a pad time and plunger, with back up timer time (if needed). *The Meet Manager Merge file needs at least 2 times for each swimmer.*
- If a Meet Manager file will not be used, the swimmers need to be put in the correct event number, along with 2 hand times. Also, a Team Manager file, with all the swimmers listed, along with their birthday and gender will need to be submitted.

Officiating Requirements – Officiating at each site for a virtual meet must conform to USAS Rules 102.10.3-4. That is for a dual meet, each site must have a certified referee, a certified starter and a certified administrative official. In accordance with YMCA policies, at least two of those officials must be YMCA certified, and one must be a YMCA Level II certified official who serves as the meet referee.

Host Sessions: All sessions will be held at the discretion of each team’s coach / meet director. The “Open Time Trial Session” is open for 11O Swimmers; swim times will NOT be merged in event results. It is created for those swimmers seeking times in events that were not previously swam.

Events may not be added or renumbered. The following events will be run. Breaks are noted for the host team (not required by participating teams).

8U	9 - 10	11/12 13/14 Boys	13-14 / 15 O	Distance	Open Time Trial Session 11O
100 MR 8U Girls	200 MR 9/10 Girls	200 MR 11/12 Girls	200 MR 13/14 Girls	200 IM Girls 12U	50 Back Open
100 MR 8U Boys	200 MR 9/10 Boys	200 MR 11/12 Boys	200 MR 150 Girls	200 IM Boys 12U	50 Fly Open

100 IM 8U Girls	100 IM 9/10 Girls	200 MR 13/14 Boys	200 MR 150 Boys	400 IM Girls 13O	50 Breast Open
100 IM 8U Boys	100 IM 9/10 Boys	100 IM 11/12 Girls	200 IM 13/ 14 Girls	400 IM Boys 13O	200 Free Open
Break	Break	100 IM 11/12 Boys	200 IM 150 Girls	500 Free Girls 12U	100 Back Open
25 Free 8U Girls	50 Free 9/10 Girls	200 IM 13/14 Boys	200 IM 150 Boys	500 Free Boys 12U	100 Fly Open
25 Free 8U Boys	50 Free 9/10 Boys	Break	Break	500 Free Girls 13/14	100 Breast Open
25 Back 8U Girls	50 Back 9/10 Girls	50 Free 11/12 Girls	50 Free 13/14 Girls	500 Free Boys 13/14	200 Fly Open
25 Back 8U Boys	50 Back 9/10 Boys	50 Free 11/12 Boys	50 Free 150 Girls	500 Free Girls 15O	200 Back Open
Break	Break	50 Free 13/14 Boys	50 Free 150 Boys	500 Free Boys 15O	200 Breast Open
25 Back 8U Girls	100 Free 9/10 Girls	Break	Break		
25 Back 8U Boys	100 Free 9/10 Boys	50 Back 11/12 Girls	100 Free 13/14 Girls		
25 Breast 8U Girls	Break	50 Back 11/12 Boys	100 Free 150 Girls		
25 Breast 8U Boys	50 Fly 9/10 Girls	200 Back 13/14 Boys	100 Free 150 Boys		
Break	50 Fly 9/10 Boys	Break	Break		
50 Free 8U Girls	50 Breast 9/10 Girls	100 Free 11/12 Girls	100 Back 13/14 Girls		
50 Free 8U Boys	50 Breast 9/10 Boys	100 Free 11/12 Boys	100 Back 150 Girls		
Break	Break	100 Free 13/14 Boys	100 Back 150 Boys		
100 Free Relay 8U Girls	200 Free 9/10 Girls	Break	100 Fly 13/14 Girls		
100 Free Relay 8U Boys	200 Free 9/10 Boys	50 Fly 11/12 Girls	100 Fly 150 Girls		
	Break	50 Fly 11/12 Boys	100 Fly 150 Boys		
	100 Back 9/10 Girls	50 Breast 11/12 Girls	Break		
	100 Back 9/10 Boys	50 Breast 11/12 Boys	200 Back 13/14 Girls		
	100 Fly 9/10 Girls	Break	200 Back 150 Girls		
	100 Fly 9/10 Boys	100 Fly 13/ 14 Boys	200 Back 150 Boys		
	100 Breast 9/10 Girls	100 Fly 11/12 Girls	100 Breast 13/14 Girls		

	100 Breast 9/10 Boys	100 Fly 11/12 Boys	100 Breast 150 Girls		
	Break	100 Back 13/14 Boys	100 Breast 150 Boys		
	200 Free Relay 9/10 Girls	100 Back 11/12 Girls	Break		
	200 Free Relay 9/10 Boys	100 Back 11/12 Boys	200 Free 13/14 Girls		
		Break	200 Free 150 Girls		
		100 Breast 13/14 Boys	200 Free 150 Boys		
		100 Breast 11/12 Boys	Break		
		100 Breast 11/12 Girls	200 FR 13/14 Girls		
		Break	200 FR 150 Girls		
		200 FR 13/14 Boys	200 FR 150 Boys		
		200 FR 11/12 Boys			
		200 FR 11/12 Girls			

Time Trials: Time trials will be accepted in accordance to the home team's time requirements (must be submitted by 9:00 AM on Monday, March 8th. Home team: *Time trial requests will have to be submitted by Saturday, February 27th 10:00 PM. Host team will swim time trials Sunday, February 28th.*

Facilities: This is a virtual meet. The host team will be competing at the DDH YMCA Facility. It is a 6 lane pool run with a *Touchpad system*, hand times will be used as needed.

Eligibility: Only certified associations are eligible to compete in this event. An association is a YMCA unit 1) that is certified by the National Board, 2) that holds an association, branch or unit number, and 3) that is eligible for separate listing in the YMCA Directory. A branch, department or center of a Metropolitan Association is considered an association for the purposes of this event.

The swimmer must be a member in good standing of his/her YMCA for 90 days prior to representing that YMCA in a district, regional, state or national championship meet and must have represented only that YMCA in any open competition that he/she participated in during the current season, September 1, 2020 through April 30, 2021. A swimmer may not represent more than one YMCA in competitive sports.

The age of a swimmer is determined by his/her age as of December 1, 2020. Each swimmer must swim in his/her age group for all individual events, but may swim in an older age group for relay events.

Age Groups are:

10 & Under

11 & 12 / Boys 13 & 14

Girls 13 & 14 / Boys & Girls 15 & Over

Proof of Time: There is no proof of time procedure prior to this meet.

Meet Director: Emily McAlpine: Phone 616-255-6389 (text or call)

Head Official: Brigit O'Grady : brigitjane@gmail.com

Head Coaches: Mike Holter grrayscoach@gmail.com

Brain Vigna brianvignadesigns@gmail.com

AO: Lisa Denny 616-550-3448 / e-mail RAYSENTRIES@gmail.com

Entry Limits: Swimmers may swim 3 individual events a day and up to 2 relays. If a swimmer is not swimming a relay (*does not have 4 events*), they will be granted a bonus individual event.

Breaks: Breaks will be at the discretion of the meet director. They will be noted on the meet timeline and no variants will be given. *Host team note: Swimmers & coaches should select their events accordingly.*

EVENTS: The event line up and host meet file will be shared as soon as it is prepared.

Entry Procedures: The master database of the meet will be sent to each AO, they will be required to add entries and seed according to the meet's guidelines. After the events have been swam each team is required to share a backup of the results with the meet's head AO; Lisa Denny

Awards: Each team is responsible for providing their own team awards.

Entry Fees:

Each team will be charged a \$50 team fee (\$20 additional fee for hand time entry). This fee is to cover administrative work in combining and scoring events. There is no "per a swimmer fee".

PLEASE MAKE CHECKS PAYABLE TO Rapid Area Y Swimmers & Mailed to our Treasurer:

Matt Harkness (Rays Treasurer)

2057 Maumee Drive S.E, Grand Rapids, MI, 49506

Entry Deadline: Final entries as results must be received by the entry chairperson (Lisa Denney) no later than **5pm, Monday, February 24th, 2020 (per host team)**

Meet Format: All events are timed finals. All events are swum slowest to fastest, except for the 500 and 1000 Freestyles, which are swum fastest to slowest, alternating girls/boys.

Seeding: This meet will be pre-seeded. All events will be seeded slowest to fastest and swum as timed finals.

Scratches: There is no penalty for scratching an event during the meet.

Results: Computerized scoring system results will be posted 5 days after the close of the meet has been swam. Final results will be sent to each team's head coach following the meet's completion.

2021 Michigan YMCA Virtual State”

Declaration Form

Meet Name: Michigan YMCA Virtual State Meet

Meet Dates(s): Friday, February 26 - Sunday, March 7th

Meet Location: _____

Participating YMCA : _____

YMCA Address: _____

Head Coach: _____

Coaches Attending: _____

AO - Running the Meet: _____

Meet Referee: _____

I attest that all swimmers representing the YMCA above are full privilege members of the YMCA. I also attest that all coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA competitive Swimming and Diving.

Name of Head Coach :

Signature of Head Coach:

Specific To The DDH Facility - Host Team

Awards: RAYS team swimmers will be awarded after the meet files have been merged. Awards will be given in relation to final - merged results. Relays will be awarded 1-3rd and individual events 1 - 12th.

Concessions: There will be no concessions at this meet.

Locker Rooms: YMCA Locker rooms will be available for athletes at the DDH Facility; for the host team.

Spectators: Spectators will be limited to 1 spectator per a swimmer; 2 spectators for 8U. Spectators will be asked to socially distance and wear face masks the entire time inside the YMCA. Each swimmer will have to submit their spectator's name (via google) by 12:00 midnight on Thursday, February 24. Additions & substitutions will not be allowed for this meet. Unfortunately siblings and "other RAYS swimmers" do count.

Volunteering / Spectator Limits: We are asking for volunteers to commit to timing the meet for the entire day (Saturday, February 27th or Sunday, February 28th (you can volunteer for both)). This is essential in keeping our deck safe and helping the meet run efficiently. If you are able to volunteer for the entire day (not a single session):

- You will be granted an additional spectator for the viewing area (during your swimmers session).
- You will be allowed to have a RAYS swimmer in the on deck "bleacher" so you do not have to worry about transportation.
- You'll feel good :)

Athletes - Masks: Athletes will be asked to wear masks at all times with the exception of swimming in an event, warm up, cool down. Swimmers will need to wear their mask up to the block; and remove masks at that time.

Athletes - Arrival: Athletes are allowed to be dropped off 15 minutes prior to warm up; they will follow YMCA - COVID Screening protocol upon entry. Athletes that arrive prior to the 15 minutes early will be kept in the front lobby.

Credentialing: Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or his/her coach.

Swimmers with Disabilities: All swimmers are encouraged to participate. Please indicate any special needs or requests on the entry summary form and advise the Meet Director or Referee during warm-up.

First Aid: Available at the lifeguard station.

Lost and Found: Please check at the entrance table. Items left; will be left at the YMCA.

Facility Items:

(A) No smoking is allowed in the building or on the grounds at the DDH - YMCA

(B) Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.

(C) No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway (to go anywhere other than the pool deck and locker rooms).

(D) An Emergency Action Plan has been submitted by the Host Club to the Safety Chair and the Program Operations Chair of Michigan Swimming prior to sanction of this meet and is available for review and inspection in the office.