**YMCA CITY CHAMPIONSHIPS SWIM MEET**

**SATURDAY, JANUARY 11TH, 2020**

**SUNDAY, JANUARY 12TH, 2020**

**Sanction #** 200170-AP

Host: Cross Island YMCA Barracudas and Flushing Flyers at Flushing YMCA

Rules: USA Swimming rules will apply. Meet will count toward # of YMCA meets required for participation in YMCA States/Nationals.

Location: **FLUSHING YMCA**. Six Lane, 25 yd pool with Colorado Timing

Meet Schedule:

**\*11-12 & 13-14 Girls and Boys Saturday Jan 11th**4PM Warm-up 5PM Start

(General: 4:00-4:35; One way sprint lanes and circle swim lanes: 4:35-4:50)

**\*10 & under & 15-18 Girls and Boys Sunday Jan 12th** 7AM Warm-up 8AM Start

(General 7:00-7:35; One way sprint lanes and circle swim lanes 7:35-7:50)

Facility Note: No glass bottles allowed on pool deck or in locker areas. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents, and children are restricted to the pool, locker, and spectator areas. Footwear is required for all areas except on pool deck, in order to prevent accidents.

Warm-up: No diving during general warm-up. **Slide-in entry required**. Sprint lanes for diving will be provided after general warm-up.

Format: All events are timed finals.

Scratches: Scratches for all events required 30 minutes after start of warm-up.

\*Entry Note: **Swimmers limited to 4 events total, with a max of 3 individual or 2 relay events. Age as of December 1, 2019. A & B relays allowed.**

Entry Fees: Individual events: $5.00 per event; Relays: $10.00 per event

Entry fee payment must accompany entries. Make checks/journal transfers payable to **Cross Island YMCA**. Please no phone or fax entries.

Entry Deadline: Hy-Tek via mail or e-mail. Please mail a hard copy of your entries if using e-mail. All entries must be received by December 20th and must be in yard times. Please include first and last names of swimmers and their ages. E-Mail all entries to: FinkFLY33@aol.com

Please mail hard copy and check to:

**Kelly Donlevy**

**3512 Corporal Stone St**

**Bayside, NY 11361.**

Parking: PARKING MAY BE AVAILABLE FOR CERTIFIED COACHES IN THE YMCA LOT. PLEASE OBTAIN PARKING PASS FROM FRONT DESK. SPECTATORS AND SWIMMERS USE STREET PARKING OR THE MUNICIPAL LOT ACROSS THE STREET FROM THE REAR ENTRANCE TO THE Y.

Admissions:

Adult admission (18 & over): $5.00; Child admission (under 18): FREE

Programs: $3.00 each

Spectators: Only swimmers, coaches, meet staff, and officials will be allowed on deck. It is expected that all others at the meet will be in the spectator area. No smoking allowed in the building.

Concessions: Refreshments will be available. No food or glass bottles will be allowed on the pool deck or in the spectator area.

Awards: Medals to 1st through 3rd place for individual and relay events. Ribbons to 4th through 12th place for individual events.

Address: Flushing YMCA, 138-46 Northern Blvd., Flushing, NY

Phone: (718) 961-6880

Directions: The Y is located on the southwest corner of Northern Blvd. and Bowne Street. It is 2 blocks east of Main Street or 2.8 miles west of the Clearview Expressway.

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**SATURDAY, JANUARY 11TH, 2020**

**4PM WARM-UP**

**5PM START**

|  |  |  |
| --- | --- | --- |
| **Girls** | **Event** | **Boys** |
| 1 | 13-14 200 Medley Relay | 2 |
| 3 | 11-12 200 Medley Relay | 4 |
| 5 | 13-14 200 Free | 6 |
| 7 | 11-12 200 Free | 8 |
| 9 | 13-14 200 IM | 10 |
| 11 | 11-12 200 IM | 12 |
| 13 | 13-14 50 Free | 14 |
| 15 | 11-12 50 Free | 16 |
| 17 | 13-14 100 Fly | 18 |
| 19 | 11-12 50 Fly | 20 |
| 21 | 13-14 100 Free | 22 |
| 23 | 11-12 100 Free | 24 |
| 25 | 13-14 500 Free | 26 |
| 27 | 11-12 50 Back | 28 |
| 29 | 13-14 100 Back | 30 |
| 31 | 11-12 50 Breast | 32 |
| 33 | 13-14 100 Breast | 34 |
| 35 | 11-12 200 Free Relay | 36 |
| 37 | 13-14 200 Free Relay | 38 |

**YMCA CITY CHAMPIONSHIPS SWIM MEET**

**SUNDAY, JANUARY 12TH, 2020**

**7AM WARM-UP**

**8AM START**

|  |  |  |
| --- | --- | --- |
| **Girls** | **Event** | **Boys** |
| 39 | 15-18 200 Medley Relay | 40 |
| 41 | 10 and under 200 Medley Relay | 42 |
| 43 | 15-18 200 Free | 44 |
| 45 | 10 and under 200 Free | 46 |
| 47 | 15-18 200 IM | 48 |
| 49 | 10 and under 100 IM | 50 |
| 51 | 15-18 50 Free | 52 |
| 53 | 10 and under 50 Free | 54 |
| 55 | 15-18 100 Fly | 56 |
| 57 | 10 and under 50 Fly | 58 |
| 59 | 15-18 100 Free | 60 |
| 61 | 10 and under 100 Free | 62 |
| 63 | 15-18 500 Free | 64 |
| 65 | 10 and under 50 Back | 66 |
| 67 | 15-18 100 Back | 68 |
| 69 | 10 and under 50 Breast | 70 |
| 71 | 15-18 100 Breast | 72 |
| 73 | 10 and under 200 Free Relay | 74 |
| 75 | 15-18 400 Free Relay | 76 |