**2016 NORTHEAST OHIO YMCA SWIM LEAGUE CHAMPIONSHIPS**

**March 4-5, 2016**

**Cleveland State University, Busby Natatorium, 2451 Euclid Ave., PE337, Cleveland, OH 44115**

**This meet is being held under YMCA Sanction # OH-XXXXXXX and**

**USA Swimming Approval #LE XXXXXXXX**

In granting this approval it is understood and agreed that USA Swimming 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 event.

**Meet Director: DEDE DEARNBARGER**

NORTH CANTON YMCA

200 S Main Street, North Canton, OH 44107

Phone: 330.499.2587 ext 135

Email: ddearnbarger@ymcastark.org

**POOL:** 25 yards by 10 lanes, Colorado Timing system with digital scoreboard. Spectator seating for over 2000 people. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at the start end is 9 feet. The depth at the turn end is 13 ft.

**RULES**: Except for rule changes listed in this information packet, USA Swimming Technical rules will govern this meet. This meet will be conducted in accordance with the “Rules that Govern YMCA Competitive Sports” and the YMCA Swimming Black Book.

**RETURN TO PLAY LAW:** Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at [http://www.healthyohioprogram.org](http://www.healthyohioprogram.org/). All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

**SWIMMER ELIGIBILITY**: Swimmers must be members of their YMCA for at least 90 days prior to the first day of the meet. Swimmers may only represent their YMCA in competition (except interscholastic competition) for a period of 90 days prior to the first day of the meet.

Friday Session eligibility: Friday night session is open to all YMCA swimmers who have competed in at least three (3) closed YMCA swim meets during the 2015-2016 season including at least 2 dual meets and meet the qualifying times.

Saturday Session eligibility: Swimmers must have participated in their Divisional Championship Meet. If for some reason they were absent and did not swim in the Divisional Championship Meet, they are then not eligible to be used, even as an alternate, in the League Championships.

Individuals who swim on a relay team in their Divisional Championship Meet need not be the same four (4) who swim at the League Championship Meet- The identity of the relay qualifies. Eight (8) swimmers can be specified for the League Championship Meet. All eight (8) swimmers must have participated in their Divisional Championship Meet.

**QUALIFYING FROM THE DIVISION MEET**: In the 8 & Under, 10 & Under and 11 & 12 age groups, each division will qualify the top three (3) swimmers per event and then the top remaining swimmers in order to qualify a full three (3) heats regardless of their division. This will qualify a total of 30 in a 10 lane pool.

In the 13 & 14 and 15 & Up age groups, each division will qualify it’s top two (2) swimmers per event and then the next at large swimmers, regardless of the division, in order to qualify two (2) full heats. This will qualify 20 swimmers in a 10 lane pool.

The cut off times and names of qualifying League swimmers will be emailed to the coaches and Aquatic Directors by 10:00pm Monday, February 8th pending any protests or issues. It is then the responsibility of each Divisional Meet Director to notify DEDE DEARNBARGER @ ddearnbarger@ymcastark.org of any concerns they may have regarding this information within in twenty four (24) hours of its posting. **Please, only Divisional Meet Directors should contact DEDE**. The League Championship psych sheet will then be posted on the League website: neoyswim.org by Wednesday, February 10th, at the earliest. This could change depending on any protests and changes that need fixed.

**MEET SCHEDULE:**

Friday PM Session (events 101-112)

Warm up times: 5:00-5:40pm

Friday evening session will begin at 5:45pm

Saturday AM Doors Open at 7:00am

Saturday AM Session – 9 -10, 8 & Under age groups (Events 1-32)

Warm up Times: 9 – 10, 7:30am – 8:00am; 8 & Under – 8:00am – 8:30am

Morning Session will begin at 8:45am

Saturday PM Session -15 and ups, 13 – 14 and 11 & 12 age groups (Events 33-90)

Warm up Times: 13 and ups – 1:00pm – 1:30pm; 11 and 12 – 1:30pm – 2:00pm

Afternoon Session begins at 2:15pm if warm ups start at 1:00pm

*Saturday PM warm ups will not start before 1:00pm. If the morning session runs longer than scheduled, a 20 minute break will be taken between the sessions before warm ups will begin. New warm up times will be announced if this occurs.*

**ENTRY FEES:** No entry fees due for the 2016 NEO League Championship

**SPECTATOR ADMISSION:** $5.00 a person 5 & Under – no charge

**HEAT SHEETS:** Will be free online or a limited amount will be sold for $3.00 a session or $5.00 for both sessions

**SPECTATOR SEATING:** The seating area for spectators will be the balcony area. No spectators will be allowed on pool deck.

**SWIMMER SEATING:** Seating for swimmers will be on the pool deck.

**COACHES MEETING:** AM Session – 7:45 am in Hospitality Room

PM Session – To be announced if it is decided one is needed

Timer, Runner and Official’s Meetings: AM and PM sessions will be held 15 minutes before the start of the session.

**CLERK OF COURSE:** AM Session: 8 & Under swimmers must report to the Clerk of Course for all events. A coach or team representative must be present at Clerk of Course for all relays. 9-10 swimmers will report behind the blocks for all events when ON CALL only. PM Session: ALL swimmers will report behind the blocks for all events when ON CALL only.

**SAFETY/WARM-UP:** Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-up, except in designated sprint lanes. Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers may be removed from warm-up for violating safety rules. Continuous warm-up is available.

**CAMERA ZONES:** Meet Management shall designate and inform the public of “Camera Zones” at each swim meet where both still and video photography of a race or competition may be taken. Acceptable Camera Zones may include, but are not limited to the side courses of a pool, team gathering areas, concession areas, the turn-end the competition course when not in use as a start-end, etc. Meet Management shall also designate “No Camera Zones.” Under NO circumstances will Camera Zones include locker rooms, restrooms, and dressing areas, or the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms, and is limited to only those areas marked as designated camera zones.**

**DECK CHANGES:** Changing into our out of swimsuits other than in locker rooms or other designated areas is prohibited.

**RESULTS**: Will be posted on the NEO YMCA League website. Teams may request a backup at the conclusion of the meet. Results will also be submitted to the USA Swimming SWIMS database ***if the swimmer is a USA Swimming member and his/her USA Registration ID is included on the entry.***

**COACHES: All teams and coaches must have completed the 2015-2016 online YMCA registration process to have deck access and participate in the meet**. **Only coaches with current certifications**: CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard/YASA with successful completion of the Safety Training for Swim Coaches online test) and Principles of YMCA Competitive Swimming and Diving certifications **are permitted on deck**. Coaches’ certifications will be processed and your deck credentials returned to you from your Y-USA regional representative. Please report to the check in table to receive your name tag. Only those with name tags will be permitted on deck

**VOLUNTEERS**: Please turn in your list of volunteers for your respective assigned jobs to DeDe at ddearnbarger@ymcastark.org by Saturday, February 27. Each team may also list one (1) non-coach volunteer for every ten (10) qualifying swimmers to help supervise 10 & Under swimmers on the pool deck. Only volunteers from this list will be given deck access. Please report to the check in table to receive your name tag. Only those with name tags will be permitted on deck.

**NOTE: Only athletes entered in the meet, credentialed coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.**

**REQUIRED FORMS**: As part of each team’s submission of their entries to the host team, a statement must be signed by that YMCA’s executive director affirming that all swimmers participating in the meet are full privilege members of that YMCA for at least 90 days prior to the first day of the meet and that all coaches participating hold the current certifications required by Y-USA and the YMCA holds appropriate insurance coverage. The forma is attached to this packet and is due to the meet director by Saturday, February 27 2016. ***Please scan and email team verification form to ddearnbarger@ymcastark.org by Saturday, February 27, 2016 Failure to submit this form will result in your team not being able to participate in the league meet.***

**COACHES HOSPITALITY:** Located in hallway behind starting area.

**AWARDS:** Medals – 1st thru 8th place

Ribbons – 9th thru 16th place

Team banners for 1st, 2nd, 3rd place in both large and small team categories

All awards will be given to the coaches after the completion of the meet.

**T-SHIRTS:** Sold during Saturday AM and PM Sessions while supplies last.

**CONCESSIONS:** Provided by the Natatorium Staff

Coaches please contact DEDE DEARNBARGER at ddearnbarger@ymcastark.org if you have any volunteers to sing the National Anthem.

**ORDER OF EVENTS:**

**Friday Night Order of Events and Qualifying times**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls Boys** | | | | |
| **Event #** | **Qualifying**  **Time** | **Event** | **Event #** | **Qualifying**  **Time** |
| 101 | 5:45.00 | Open 400 IM | 102 | 5:30.00 |
| 103 | 2:45.00 | Open 200 Butterfly | 104 | 2:45.00 |
| 105 | 6:45.00 | 12 & Under 500 Freestyle | 106 | 6:45.00 |
| 107 | 2:40.00 | Open 200 Backstroke | 108 | 2:40.00 |
| 109 | 3:00.00 | Open 200 Breaststroke | 110 | 2:55.00 |
| 111 | 4:25.00 | Open 400 Freestyle Relay | 112 | 4:15.00 |

**Friday evening notes:**

1. Entries for the Friday evening session should be sent directly to Don Cisar at [dcisar@oh.rr.com](mailto:dcisar@oh.rr.com) by Friday, February 5, 2016.
2. The 400 IM and 200 stroke events will be limited to the top two (2) heats per gender. The 500 and 400 Free relay will be limited to the top three (3) heats per gender.
3. Swimmers may enter two (2) individual events and one (1) relay in the Friday session.
4. There is no limit of entries per team, but all “A” relays will be given priority in the 400 Free relay before “B”, “C”, etc. relays will be considered.

**Saturday Order of Events**—all swimmers in Saturday events will qualify at the Division meets

Events # 1 – 32 are Saturday AM Session

Events # 33 – 90 are Saturday PM Session

1. Girls 10 and under 200 Medley Relay 52. Boys 15 & over 50 Freestyle

2. Boys10 and under 200 Medley Relay 53. Girls 13-14 50 Freestyle

3. Girls 8 & under 100 Medley Relay 54. Boys 13-14 50 Freestyle

4. Boys 8 & under 100 Medley Relay 55. Girls 11-12 50 Freestyle

5. Girls 10 & under 200 Freestyle 56. Boys 11-12 50 Freestyle

6. Boys 10 & under 200 Freestyle 57. Girls 15 & over 100 Butterfly

7. Girls 10 & under 100 IM 58. Boys 15 & over 100 Butterfly

8. Boys 10 & under 100 IM ` 59. Girls 13-14 100 Butterfly

9. Girls 10 & under 50 Freestyle 60. Boys 13-14 100 Butterfly

10. Boys 10 & under 50 Freestyle 61. Girls 11-12 50 Butterfly

11. Girls 8 & under 25 Freestyle 62. Boys 11-12 50 Butterfly

12. Boys 8 & under 25 Freestyle 63. Girls 15 & over 100 Freestyle

13. Girls 10 & under 50 Butterfly 64. Boys 15 & over 100 Freestyle

14. Boys 10 & under 50 Butterfly 65. Girls 13-14 100 Freestyle

15. Girls 8 & under 25 Butterfly 66. Boys 13-14 100 Freestyle

16. Boys 8 & under 25 Butterfly 67. Girls 11-12 100 Freestyle

17. Girls 10 & under 100 Freestyle 68. Boys 11-12 100 Freestyle

18. Boys 10 & under 100 Freestyle 69. Girls 15 & over 500 Freestyle

19. Girls 8 & Under50 Freestyle 70. Boys 15 & over 500 Freestyle

20. Boys 8 & Under 50 Freestyle 71. Girls 13-14 500 Freestyle

21. Girls 10 & under 50 Backstroke 72. Boys 13-14 500 Freestyle

22. Boys 10 & under 50 Backstroke 73. Girls 15 & over 100 Backstroke

23. Girls 8 & under 25 Backstroke 74. Boys 15 & over 100 Backstroke

24. Boys 8 & under 25 Backstroke 75. Girls 13-14 100 Backstroke

25. Girls 10 & under 50 Breaststroke 76. Boys 13-14 100 Backstroke

26. Boys 10 & under 50 Breaststroke 77. Girls 11-12 50 Backstroke

27. Girls 8 & under 25 Breaststroke 78. Boys 11-12 50 Backstroke

28. Boys 8 & under 25 Breaststroke 79. Girls 15 & over 100 Breaststroke

29. Girls 10 & under 200 Free Relay 80. Boys 15 & over 100 Breaststroke

30. Boys 10 & under 200 Free Relay 81. Girls 13-14 100 Breaststroke

31. Girls 8 & Under 100 Free Relay 82. Boys 13-14 100 Breaststroke

32. Boys 8 & Under 100 Free Relay 83. Girls 11-12 50 Breaststroke

33. Girls 15 & over 200 Medley Relay 84. Boys 11-12 50 Breaststroke

34. Boys 15 & over 200 Medley Relay 85. Girls 15 & over 200 Freestyle Relay

35. Girls 13-14 200 Medley Relay 86. Boys 15 & over 200 Freestyle Relay

36. Boys 13-14 200 Medley Relay 87. Girls 13-14 200 Freestyle Relay

37. Girls 11-12 200 Medley Relay 88. Boys 13-14 200 Freestyle Relay

38. Boys 11-12 200 Medley Relay 89. Girls 11-12 200 Freestyle Relay

39. Girls 15 & over 200 Freestyle 90. Boys 11-12 200 Freestyle Relay

40. Boys 15 & over 200 Freestyle

41. Girls 13-14 200 Freestyle

42. Boys 13-14 200 Freestyle

43. Girls 11-12 200 Freestyle

44. Boys 11-12 200 Freestyle

45. Girls 15 & over 200 IM

46. Boys 15 & over 200 IM

47. Girls 13-14 200 IM

48. Boys 13-14 200 IM

49. Girls 11-12 100 IM

50. Boys 11-12 100 IM

51. Girls 15 & over 50 Freestyle

**YMCA Sanctioned Championship Meet Declaration Form**

Meet Name: 2016 NORTHEAST OHIO YMCA SWIM LEAGUE CHAMPIONSHIPS

Meet Date(s): March 4-5, 2016

Meet Location: Cleveland State University, Busby Natatorium, 2451 Euclid Ave., PE337, Cleveland, OH

44115

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

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

**Head Coach**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Coaches Attending**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meet Referee: Bob Reolfi

Team Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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**

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**Name of YMCA Executive Director or Designee Signature of Executive Director or Designee**

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

**Date**