**NEO Y SWIM LEAGUE**

**DIVISION 2 CHAMPIONSHIP MEET**

**Meet Information**

**About the Championship**

Date: February 5, 2022

Location: University of Akron Ocasek Natatorium

Entry Deadline: Friday, January 28, 2022

Hosted by: North Canton YMCA Swim Team

Meet Director: Debbie Josif djosif@ymcastark.org

Assistant Director: Bob Reolfi [reobob@aol.com](mailto:reobob@aol.com)

**Approval #: LE 21049 SA**

**Risk of Exposure to Covid-19**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is and extremely contagious disease that can lead to severe illness and death. According to he Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

YMCA Swimming, USA Swimming, INC., and the North Canton YMCA Nemesis Swim Team, cannot prevent you (or your child (ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in meets. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in the meet, you may be exposing yourself to and/or increasing your risk of contraction or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with the exposure to COVID-19. And forever release and hold harmless YMCA swimming, USA Swimming, the North Canton YMCA Nemesis Swim Team, each of their Officers, Directors, Agents, Employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up an claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of Covid-19 related to participation in this competition.

**COVID PROTOCOLS**

* **The University of Akron Requires masks to be worn in all parts of the Ocasek Natatorium; therefore, ALL COACHES, SPECTATORS, VOLUNTEERS, OFFICIALS ND SWIMMERS ARE REQUIRED TO WEAR MASKS AT ALL TIMES EXCEPT WHEN SWIMMERS ARE SWIMMING.**
* **Swimmers should have a ziplock bag or “tupperware” container to house their mask while in the water.**
* **Spectators may be limited at the discretion fo the facility. We will notify teams if a limitation is put in place as soon as we know.**
* **Spectators will not be permitted on deck at any time.**
* **Swimmers, coaches, and spectators not abiding by the COVID protocols maybe removed from the meet and facility.**

**AS THINGS CHANGE, COVID PROTOCOLS MAY CHANGE AS WELL. THE MEET DIRECTOR WILL EMAIL OUT ANY CHANGES TO COACHES AS SOON AS THE CHANGES ARE MADE.**

# About The Championship

This meet is a 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

This meet is approved by the Lake Erie Swimming, Inc. of USA swimming. Only swimmers with their USA Swimming membership number include with the entry will have times uploaded to SWIMS.

USA Swimming Approval number:

This meet is a qualifying meet for the Northeast Ohio YMCA Swim League Championship meet which will be held on March 4-5, 2022.

# Meet Format Waiver

RESERVE THE RIGHT TO MAKE CHANGES: The host organization 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. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

# Location and Facility

Location: Ocasek Natatorium—402 Carroll St. Akron, OH 44304

Competition will be held in the 8 lane, 25 yard competition pool with an optional 9 lane warm down pool at the other end. The depth of the pool at the start end is 14 feet. The depth at the turn end is 8 feet. The competition course has been certified and accordance with 104.2.2C (4). The copy for such certification is on file with USA swimming.

# Directions

**From the north, taking I-77 S**

Follow I-77 south to exit 23B (Cuyahoga Falls), which is for OH-8 north.

On OH-8 north, take the first exit (Exit 1A) for Carroll Street and Buchtel Avenue.

Go past Carroll Street. Turn left onto Buchtel Avenue.

The East Campus Parking Deck is to left.

In less than one mile on Buchtel Avenue, you will come to the North Campus Parking Deck, which

abuts Simmons Hall, and a deck for visitor parking.

**From the north, taking OH-8 S**

Follow OH-8 south to Exit 1A, the Buchtel Avenue exit.

Merge onto Goodkirk St. and turn right onto Buchtel Ave.

Turn left on Spicer St. and the East Campus Parking Deck will be on the left.

Or continue on Buchtel Ave. and Simmons Hall to the North Campus Parking Deck and a deck for

visitor parking.

**From the south, taking I-77 N/OH-8 N**

Follow I-77 north. Take Exit 125A (Cuyahoga Falls) to OH-8 north.

On OH-8 north, take the first exit (Exit 1A) for Carroll Street and Buchtel Avenue.

Go past Carroll Street. Turn left onto Buchtel Avenue.

The East Campus Parking Deck is to left. In less than one mile, you will come to the North

Campus Parking Deck, which abuts Simmons Hall, and a deck for visitor parking.

**From the west, taking I-76 E**

Follow I-76 east (I-77 south) to exit 23B (Cuyahoga Falls), which is for OH-8 north.

On OH-8 north, take the first exit (Exit 1A) for Carroll Street and Buchtel Avenue.

Go past Carroll Street. Turn left onto Buchtel Avenue.

The East Campus Parking Deck is to left.

In less than one mile on Buchtel Avenue, you will come to the North Campus Parking Deck, which

abuts Simmons Hall, and a deck for visitor parking.

**From the east, taking I-76 W**

Follow I-76 west to Exit 23B to merge onto OH-8 north.

On OH-8 north, take the first exit (Exit 1A) for Carroll Street and Buchtel Avenue.

Go past Carroll Street. Turn left onto Buchtel Avenue.

The East Campus Parking Deck is to left.

In less than one mile on Buchtel Avenue, you will come to the North Campus Parking Deck, which

abuts Simmons Hall, and a deck for visitor parking.

# Contact Information

Meet Director: Debbie Josif djosif@ymcastark.org

Assistant Director: Bob Reolfi reobob@aol.com

# Web Site

Meet Information can be found at: www.neoyswim.org

Online Meet Results: Meet Mobile will be available.

# Meet Timeline:

***NOTE: The facility will not open until 7:00am***

**Session 1: 8 & under and 9-10 age groups**

Warm up: Girls from 7:30-8:00am. Last 10 minutes 1-way starts

Boys from 8:00am-8:30am. Last 10 minutes 1-way starts

Meet start time is 8:45am.

**MEETING TIMES**:

**Session 1**: Coaches Meeting: 7:15am in the Hospitality room

Officials Meeting: 7:30am in the Hospitality room

Timers Meeting: 8:00am outside the Hospitality room

**Session 2: 11-12, 13-14,** **15 & Up age groups**

A timeline and lane assignments for the afternoon warm-ups will be emailed out to the coaches by

Tuesday, February 1st.

**MEETING TIMES:**

**Session 2: TBA**

# 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.

**Required Meets:** **Swimmers must have participated in three (3) YMCA Closed competitions—2 dual meets + 1 YMCA invitational OR 3 dual meets during the 2021-2022 season to be eligible.**

**Age:** Per NEO Y Swimming bylaws—age as of December 1, 2021.

**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: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

**Coach Registration**: Each coach must have completed the annual YMCA on-line team and coach registration process. Coaches who are not registered and approved will not be permitted on deck.

**TEAM**

**Team Registration**: Each team must have completed the annual YMCA of the USA on-line team registration and paid the annual registration fee.

**Insurance:** Each team that participates in the meet must have a current Certificate of Liability Insurance, in effect through the last day of the meet.

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# Entry Information

**ENTRY LIMITS**: Each swimmer may enter and compete in a maximum of two (2) individual events and two (2) relay events. If a team has fewer than four swimmers entering in as age group, then the swimmers can enter in three (3) individual events. Teams have no limit on the number of entries for each event.

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

**ENTRY FEES:** Individual events are $4.00 Relay events are $12.00 per relay team.

**ENTRY DEADLINE**: The due date for entries is Friday, January 28,2022.

**ENTRY PROCEDURE**: Email entries to: Michael Bleggi: mbleggi3@yahoo.com

**PAYMENT:** Make checks payable to North Canton YMCA. There is an additional fee $10.00 per swimmer for entries not received electronically. Please bring your payment to the meet.

**DECK ENTRIES:** No deck entries will be accepted.

# Check-in Procedure

**MEET CHECK-IN PROCEDURE**: Coaches will check into the Pool Entrance in the hallway to pick up their meet packet and deck credentials for qualified coaches.

# Volunteers Information

**REQUIRED OF EACH TEAM:** Each team is required to supply:

* 2 Officials each session. If your team can supply more or less than required, please contact Debbie Josif at [djosif@ymcastark.org](mailto:djosif@ymcastark.org)
* 3 timers each session
* Age Group coordinators who will get their team swimmers to the Clerk of Course or to the Blocks for their events. **It will be each team's responsibility to get their swimmers to the blocks (9 & over) or to the Clerk of Course (8 & under individual events ONLY). Each team is responsible to get their 8 & Under relays to block area.**

**SEND VOLUNTEER INFORMATION:** Please submit a list of your volunteers via email to Debbie Josif at [djosif@ymcastark.org](mailto:djosif@ymcastark.org) with “Division Meet Volunteers Sheet” (attached) by **January 28, 2022**.

All applicable adults participating in or associated with this meet, acknowledge

that they are subject to the provisions of the USA Swimming Minor Athlete Abuse

Prevention Policy ("MAAPP"), and that they understand that compliance with the

MAAPP policy is a condition of participation in the conduct of this competition.

**POOL DECK ACCESS**: All coaches and volunteers must wear a wristband to be admitted onto the pool deck. Coaches and designated volunteers MUST check-in at the table outside of the pool entrance prior to entering the deck. **PARENTS WHO ARE NOT VOLUNTEERING TO WORK THE MEET WILL NOT BE PERMITTED ON POOL DECK.**

# Championship Procedures and Operations

**RULES**: The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, NEO Y Swim League Bylaws, USA-S Technical Rules.

**EVENT SEEDING:** 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.

**WARM-UP SAFETY PROCEDURES**: Teams will be assigned lanes for warm-ups (will be provided in coaches packet). During designated warm up sessions, athletes may only enter the competition pool 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.

Coaches must maintain contact with their swimmers during warm-up. 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.

**CLERK OF COURSE**:

* There will be a clerk of course for 8 and under **individual events ONLY**. All teams must send their 8 and under swimmers with Age Group coordinators/coaches to the clerk of course so that 8 and unders can be escorted onto the bulkhead.
* 8 and under relays will report behind the blocks, age group coordinators and coaches are responsible for getting their relays to the blocks.
* We recommend writing your 8 and under events on his/her hand.
* There is no clerk of course for 9 and older swimmers- they should report directly to the blocks.

**TEAM/SWIMMERS AREA**: Each team will have available space on the pool deck with only 6 teams competing so coaches will just choose their area for your team.

**STARTS**: 'Fly-over' starts may be used at this meet at the discretion of the meet. Should fly-over starts be used, all swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**PROTEST PROCEDURE:** 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.
* The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
* 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 permit in any areas of the facility.
* **CAMERA ZONES**: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO CIRCUMSTANCES WILL Camera Zones include the area immediately behind the starting blocks at either end of the racing course (s) while they are in use for the race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

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# Awards and Recognition

**SCORING:** Relays = 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

Individual = 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

**AWARDS:** Heat Winner Ribbons

Ribbons for 1st – 16th place for relay and individual events

Team banner awards for 1st – 3rd place

# Spectators

**ADMISSION FEE:** General Admission: $8; Under 5 is Free.

**HEAT SHEETS/PROGRAMS**: Heat sheets will be available online. You are encouraged to print your own heat sheet from online, as there **will not** be any for sale on the day of the meet.

**APPAREL/50/50 Raffle:** We will have a vendor onsite making custom meet apparel. We also will be selling 50/50 Raffle tickets.

**CONCESSION STAND**: Concessions may be limited or not available at all due to staffing issues at the university. The host team does not control any aspect of the concessions. Swimmers and spectators are welcome to bring in their own food and drinks. NO GLASS CONTAINERS permitted!

**CONDUCT AND RESTRICTIONS**:

* No Flash Photography at the start of competition races.
* 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.
* All COVID policies must be followed.

**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.

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# 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 travel from their Association to the meet, during the entire period of the meet and return to their Association. The YMCA CHAMPIONSHIP MEET DECLARATION FORM by each team, must be signed and emailed back to [djosif@ymcastark.org](mailto:djosif@ymcastark.org)

**LIABILITY LIMITS:** In granting of the USA-S/LESI approval, it is understood and agreed that USA Swimming and LESI shall be free and held harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**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**/ **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.nfhslearn.com/self_rourses>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

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.

# SPECTATOR EVALCUATION PLAN: In the event of an alarm or emergency evacuation, remain calm, walk to the nearest exit, and leave the building. Do not use the elevators. Do not attempt to go on the deck or into the locker rooms.

**DECK EMERGENCY EVACUATION PLAN**: Swimmers will be directed by their coaches or meet workers to exit via the doors on the south side of the pool deck near the 1-meter diving board or at the shallow end of the warmup pool. Meet personnel will also exit thought these doors.

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# Parking

Free. There will be a designated area for parking adjacent to the Aquatic Fitness building.

**HOSPITALITY/OUTSIDE FOOD**: A ***coach’s*** hospitality room will be available during the meet for working coaches, officials, and designated volunteers with an appropriate deck pass wristband. Please be respectful and limit the number of coaches utilizing the hospitality room to a reasonable amount based on the athletes you have participating. Please indicate the number of coaches on the meet entry form. All coaches must display the deck pass (wristband is required to be worn by all coaches) issued by the meet host to have access to the hospitality room.

**REQUIRED FORMS & CERTIFICATIONS**: Per Y-USA and NEO Y Swim League policies.

1.A Meet Declaration form must be on file for every team prior to the start of

the meet. Please email these to Debbie Josif at [djosif@ymcastark.org](mailto:djosif@ymcastark.org) by Friday,

January 28, 2022. Teams failing to submit this required paperwork and coach certifications

may not be permitted to compete.

2. Each coach must have completed all coaches’ requirements and submitted

all proof to the YMCA of the USA. The NEO coaches list of certified coaches

will be at the meet for meet director to verify coaches if a question arises

about certification.

**YMCA Sanctioned Championship Meet Declaration Form**

Return signed form to the meet director (djosif@ymcastark.org) by January 28, 2022. Teams failing to do so will not be permitted to participate in this meet.

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

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

**Meet Name**: NEO Y SWIM LEAGUE DIVISION 2 CHAMPIONSHIP MEET

**Meet Date(s):** February 5, 2022

**Meet Host:** North Canton YMCA

**Meet Location:** University of Akron Ocasek Natatorium

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We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online. Additionally per Ohio law, coaches must have completed Concussion and Lindsay’s Law training.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the NEO Y SWIM LEAGUE DIVISION 2 CHAMPIONSHIP MEET for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. 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 travel to and from and during their participation in the NEO Y SWIM LEAGUE DIVISION 2 CHAMPIONSHIP MEET.

**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, YMCA of Central Stark County and the North Canton YMCA, their agents, representatives or assigns, and the University of Akron Ocasek Natatorium for any and all injuries which may be suffered by participants at the NEO Y SWIM LEAGUE DIVISION 2 CHAMPIONSHIP MEET. Furthermore, we understand that the YMCA of the USA and YMCA of Central Stark County and the North Canton YMCA 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*

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*Name and Signature of YMCA Executive Director or Designee*

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**VOLUNTEER FORM**

Return completed form by email to Debbie Josif [djosif@ymcastark.org](mailto:djosif@ymcastark.org) by January 28, 2022. Teams failing to do so will not be permitted to participate in this meet.

**TEAM:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Contact name and email**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TIMERS** (Each team MUST provide 3 timers per session. Contact Debbie if you cannot fill requirement)

AM SESSION \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PM SESSION \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**OFFICIALS** (Each team MUST provide 2 Officials per session. Contact Debbie if you cannot fill requirement)

AM SESSION \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Certification Level \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Certification Level \_\_\_\_\_\_\_\_\_\_\_\_

PM SESSION \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Certification Level \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Certification Level \_\_\_\_\_\_\_\_\_\_\_\_

**AGE GROUP COORDINATORS**: Each team may designate up to 4 parent volunteers, if needed, to assist their 10 and under swimmers for the AM Session.

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