2022 YMCA National Long Course Swimming Championship Meet

MEET ANNOUNCEMENT HANDBOOK

About the Championship

Competition Dates: July 19-23, 2022 *(Tuesday through Saturday)*

Location: Greensboro Aquatic Center (GAC), Greensboro, NC

Entry Deadline: Monday, July 11, 2022, 9:00pm (ET)

Hosted by: YMCA of the USA

Web Site: https://www.teamunify.com/team/yusa/page/ymca-nationals/2022-ymca-long-course-national-championship-meet

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ABOUT THE CHAMPIONSHIP

The YMCA National Long Course Championship is a celebration of YMCA athletes' accomplishments both in and out of the swimming pool.

This meet is a sanctioned, closed, inter-association YMCA National championship 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 and is Approved by the USA-S North Carolina LSC.

USA-S/NC Swimming Championship Approval number **NC22122AP**

USA-S/NC Swimming Time Trial Approval number **NC22122APTT**

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.

ADJUSTMENTS TO THE MEET ANNOUNCEMENT: The Championship 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 National Championship and USA-S Approved meet can be changed.

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, YMCA of the USA, the Greensboro Aquatic Center, and the NC Swimming LSC will be followed. Changes to protocols and procedures will be communicated promptly.

NEW THIS YEAR

- Competition is 5 full days with Preliminary and Finals sessions each day.
- Swimmers with an "A" qualifying time in either the 800 or 1500 meter Freestyle and a "B" qualifying time in the other event (800 or 1500) may enter and compete in that other event. Swimmers with only a "B" qualifying time in the 800 or 1500 meter Freestyle events may enter that event and will be added if space allows (maximum 32 swimmers per event).
- There will be four (4) Finals heats in each individual event. The fourth heat (D Heat) will be comprised of the fastest 8 swimmers age 15 and younger from Preliminaries who do not qualify in the top 24 (A, B and C Finals heats).
- The order of Finals heats will be B, A, C, D. The A and B heat finalists will report to the Awards Room while the C and D heats compete.
- Meet Entries will be processed through SwimCloud.
- There will be NO on-site coach registration.
- Entry fees must be paid by credit card. Checks and cash will not be accepted.

LOCATION AND FACILITY

Location: Greensboro Aquatic Center (GAC), 1921 West Gate City Blvd, Greensboro, NC 27403, http://www.greensboroaquaticcenter.com/.

Emergency Phone Number: Phone: (336) 315-8498

FACILITY: Opened in August 2011 and upgraded in September 2019, the facility has 4 bodies of water: 8-lane, 50-meter competition pool, 6 lane- 25-yard warm-up/down teaching pool (will not be available for YMCA use during the meet), a 25-yard diving well with 6 swimming lanes and the

new practice pool with 8 50-meter lanes and 2 25-meter lanes. The competition pool depth is 9' to 10'. The competition course has been certified in accordance with USA-S 104.2.2C (4). The copy of such certification is on file with USA Swimming.

Limited WIFI is available at no charge to coaches.

Swimmers: The Athlete Village, located in the adjacent Special Events Center, will have dedicated team locations available to swimmers whenever they are not swimming.

Spectators: The facility accommodates 1,848 off-deck permanent spectator seats. The Aquatic Center is also equipped with a full color LED video display and scoreboard that incorporates state-of-the-art sound and lighting systems tied to the timing system.

WEB SITE

Meet Information can be found on the event page of the YMCA Swimming and Diving website.

Online Meet Results: Meet results will be available at the web site above and via Active Hy-Tek Meet Mobile. Meet Mobile will be functional for this meet. All users should be aware that Meet Mobile publishes unverified data that cannot be relied upon until the official results have been published and posted.

CONTACT INFORMATION

Meet Director: John Richards, johnrich1961@gmail.com

Meet Referee: Eddie Hughes, cehughes@spinxco.com

Administrative Referee: Robert Johnson, johnsra@comcast.net

Coaches Representative: Jack Caucino, jcaucino@ymcanj.org

Officials Coordinator: Ted Rauth, tedrauth@aol.com

Eligibility Chair: Jim Ryan, jim.ryan@ymca.net

Entry Chairperson: Steve Lyons, apupa56@gmail.com

Greensboro Aquatic Center: David Hoover, David.Hoover@greensboro-nc.gov

Insurance: finance@ymca.net

Hotel and Lodging: CVB Housing Manager, mwithrow@visitgreensboronc.com

GENERAL NOTICES

DEFINITIONS: Day 1 is Tuesday, July 19**, Day 2** is Wednesday, July 20**, Day 3** is Thursday, July 21**, Day 4** is Friday, July 22**, Day 5** is Saturday, July 23.

PARADE THEME: The theme for the Parade of Athletes is **Red Carpet**

COLLEGE COACHES: College coaches are welcome at all YMCA National Age-Group Swimming and Diving Championships. There is no charge for admission or deck credentials.

Please register in advance so that we have a packet waiting for you at Check-in. To pre-register, visit the event page of the YMCA Swimming and Diving website.

Pick-up credentials at the Team and Coach Check-In table located in the Special Events Center by presenting ***a business card or school identification, and a photo ID.***

You will receive the following at no charge:

- A personalized college credential (free admission)
- A list of participating YMCAs and coaches' names (will be emailed)
- Complimentary Heat Sheets throughout the meet

Coaches are encouraged to bring brochures which will be made available to swimmers and parents attending the Championship. Your brochures can be placed in the brochure stand at the spectator entrance to the pool.

ATHLETE TRAVEL ASSISTANCE: Financial assistance of up to $600 is available through YMCA of the USA (Y-USA) to local YMCAs to help offset an athlete's transportation and lodging expenses to a YMCA National competition event.

The applicant/athlete or their family must be receiving assistance under their local YMCA's official Financial Assistance Program. **Applications are due by June 30, 2022**. Criteria and Application instructions are available at: Travel Assistance Application.

ATHLETE VOLUNTEERS (Devotions and National Anthem):

Athletes are invited to offer the Devotion and/or National Anthem prior to the start of each swimming session.

Devotions - Write and deliver an original devotion reflecting on some aspect of YMCA swimming (e.g., YMCA values, teamwork, what Y swimming has meant to you or taught you, special people involved, etc.). You may include a brief non-denominational prayer at the conclusion if you are comfortable doing so. The entire devotion should last no longer than 1 ½ minutes. During Preliminaries, if there is no one presenting the National Anthem, you will lead the Pledge of Allegiance following your devotion and prayer.

National Anthem - National Anthem performers should be experienced in singing or playing the Anthem in front of large groups of people. If you need the words and/or sheet music, you may bring it with you to the Announcer's Table. You may have a teammate hold it for you as you perform if you prefer.

To volunteer: Swimming Championship Athlete Volunteer Application Form - Formstack

PHOTOGRAPHER AND VIDEO: ProSwim Visuals (https://www.proswimvisuals.com/) will be on-site as the official Championship Photographer. During the Championship, arrangements can be made with ProSwim for the team and individual swimmer photos. ProSwim will be the awards photographer.

Video of the Championship competition will be provided by Take-it-Live. Spectators and remote viewers will be able to see real-time video streaming of Prelims and Finals, and on-demand videos of Finals events. Take-It-Live (http://takeitlive.tv/) provides video services for USA-Swimming, US Masters Swimming, USA-Diving, YMCA National Championships, and other championship events.

ELIGIBILITY

ATHLETE ELIGIBILITY

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 interscholastic competition.

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 twelve (12) years of age, and not older than twenty-one (21) years of age on the first day Meet.

YMCA Meet Participation: To be eligible to compete in the YMCA National Championship Meet, each athlete must have competed in a minimum of three (3) closed YMCA inter-association meets plus one (1) sanctioned YMCA championship meet since September 1, 2021. A sanctioned YMCA championship meet may not be counted as both the sanctioned meet required and one of the inter-association meets required. The YMCA Fall Virtual Invitational Meet may be counted as one of the inter-association meets. If pandemic issues and current health and safety policies in certain geographic regions cause severe disruption of meet scheduling, consideration may be given to some relief of participation requirements in those regions. In a request for relief, the Eligibility Committee will require input from local YMCA leadership and regional representatives. **Refer to the current version of the Swimming Addendum to the Rules that Govern YMCA Competitive Sports for requirements and definitions of YMCA inter-association and sanctioned championship meets.**

Qualifying Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of July1, 2019 through the entry deadline. Refer to Appendix 2A or meet qualifying times.

Athletes with Disability: See section: Entry Information, Entry Times.

YMCA with No Swim Team: If a YMCA does not sponsor a competitive swimming team, an eligible athlete from that YMCA may participate in the National Championship Meet representing his/her own YMCA, provided the entry is approved by that YMCA's executive director or CEO, the regional representative in that region and by the Championship Meet Eligibility Committee.

Eligibility Questions: Questions concerning athlete eligibility should be directed to Jim Ryan (jim.ryan@ymca.net), Chair of the Meet Eligibility Committee.

Eligibility Waiver Requests: To request a waiver, complete and submit this form -

YMCA COMPETITIVE SWIMMING ELIGIBILITY WAIVER REQUEST FORM - Formstack

Eligibility Protest: Coaches should be prepared to provide proof of their athletes' meet participation and qualifying times if a protest is filed.

COACH ELIGIBILITY

All coaches must 1) hold current certifications in the required courses listed below, 2) must have completed the Annual YMCA Coach Registration prior to July 1, 2022 and 3) must be entered during the team entry process through SwimCloud.

Required Certifications: Coaches must hold current certifications in the following courses to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Swimming and Diving
- Child Protection Training Including Mandated Reporter

A list of the acceptable certifications can be found at:

https://www.teamunify.com/team/yusa/page/system/res/78795#coach

All coaches attending the Championship must have cleared a background screening **within the past 2 years**. This background screening is the responsibility of the coach and his/her YMCA. Currently registered members of USA-S will have already met this requirement.

Annual Coach Registration: Coaches who plan to attend the YMCA National Long Course Championship must be registered through the Annual YMCA Team and Coach Registration system *no later than* July 1, 2022 and all certifications must be up-to-date through the end of the meet. https://www.teamunify.com/team/yusa/page/coaches

***There will be no on-site coach registration*.**

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. To affect such authorization, **use the Coach Authorization form,** available on the meet page of the YMCA Swimming and Diving website

TEAM ELIGIBILITY

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

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, on file with the YMCA of the USA. There is a sample form on the YMCA Swimming and Diving website.

ENTRY INFORMATION

ENTRY LIMITS: There is no limit to the number of events the athlete may enter. However, an athlete may only compete in a maximum of **ten (10)** events, of which no more than **five may be individual events**, not including Time Trials. A team may only have one entry in a relay event.

As this meet is **USA-S Approved**, there is a daily limit on the number of events a swimmer can swim (rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 3 individual events per day in a Prelims/Finals meet.
- Time Trial events count toward this daily total.

QUALIFICATION PERIOD: The qualification period is July 1, 2019 through the entry deadline.

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

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: See Appendix 2A for qualifying times.

ENTRIES FOR THE 50 METER BACKSTROKE, BREASTSTROKE AND BUTTERFLY: To compete in the 50-Meter Backstroke, Breaststroke or Butterfly, a swimmer must have achieved the qualifying time for the 100 or 200 Meter distance in that stroke. If the swimmer is not entered in the 100 or 200 Meter distance for that stroke in the meet, then he or she must be able to prove that 100 or 200 Meter qualifying time at Check-in.

The entry time for the 50 must be a 50-Meter or 50-Yard time, not a 100 or 200 time. In addition, the swimmer must be able to prove this entry time for the 50-Meter event. This time can be

proved using an actual time achieved in the stroke and distance during the qualifying period, a time achieved in the initial leg of a relay or a time achieved over an initial distance in a longer race.

BONUS DISTANCE EVENT: If a swimmer qualifies for either the 800 Freestyle or the 1500 Freestyle, but has not qualified for the other event, the swimmer may enter the other event by achieving the bonus ("B") qualifying standard. Example: Swimmer qualifies for the 800 Freestyle but has not achieved a qualifying time for the 1500 free, that swimmer can enter both the 800 free and enter the 1500 free as long as they qualify according to the bonus 1500 free qualifying time.

A swimmer having only the bonus qualifying standard in the 800 Freestyle or 1500 Freestyle may enter that event and may be selected to compete in that event if the event does not fill (maximum 32 entrants) with swimmers having the regular ("A") qualifying time in either event. Coaches will be notified at Meet Check-in.

ENTRY TIMES: No Times (NT) are not allowed. Entry times for individual and relay events shall be the athlete's fastest times achieved during the current qualifying period. (USA Swimming Rule 207.9.4.A) The fastest long course meter times shall be used. If a swimmer has a conforming qualifying time (long course meters), this time must be used, otherwise a non-conforming qualifying time should be used. Events will be seeded with long course meter times as the fastest times followed by short course meter times and then yard times. Entries must be made using actual times. Time conversion is not permitted.

HIGH SCHOOL TIME: High school times used for meet entry must have been achieved at USA-S observed high school meets.

RELAY ENTRIES: Relay teams and times may be entered in one of the following ways:

> **Intact Relay from the current season** (time achieved between September 1, 2021, and entry deadline) – The time belongs to the team and maybe entered without additional qualifications.
>
> **Intact Relay with time achieved between July 1, 2019 and August 31, 2021** – All athletes on the relay team that achieved that entry time must be eligible to compete at the 2022 National Long Course Championship Meet and all four swimmers must be entered in the meet.
>
> **Composite Relay** – The names of each athlete comprising the relay entry must be eligible to compete at the National Long Course Championship Meet and appear on the team entry.

ATHLETES WITH A DISABILITY: The YMCA National Championship Meet Committee encourages the entry of athletes with a disability who meet the YMCA eligibility requirements and the Can-Am Para Swim time standards in the meet.

When completing your entry for these individuals and your team (if you have other qualifiers) you will submit your entry using the Online Meet Entry system. You will get an error message saying that your athlete's time does not meet the time standard. Contact the entry chairperson to have your entry accepted. Your athlete will be seeded in the first heat of the event - so the order will be LCM, SCM, SCY, and athletes with a disability with non-conforming standards.

When at the Meet Check-in, it is your responsibility to let the Meet Referee know that you have an athlete(s) with a disability on your team. In addition, you should inform the appropriate Deck Referee prior to your swimmers' individual events.

If your athlete has a chance to set an American Record, please note that possibility with your entry and inform meet management and the announcer prior to the event. If a record is achieved, please follow up with meet management to complete the necessary reporting process.

If your athlete needs additional support (i.e., S4 classification or lower) with warm-up space or other accommodations when racing, let the deck referee know what accommodations might be required.

ENTRY FEES:

Athlete surcharge: only swimmers)	$15.00 per entered athlete (including Relay-
Individual event fee:	$15.00 per event
Time Trials	$20.00 per event
Relay Event Fee:	$40.00 per entered relay
Coach Deck-pass:	$20 per identified coach at on-line entry time

Number of coaches permitted per team is based on the number of athletes attending:

1-10 Swimmers	2 coaches
11-20 Swimmers	4 coaches
21-25 Swimmers	5 coaches
26 -35 Swimmers	7 coaches
36 and over swimmers	8 Coaches

ENTRY DEADLINE: Entries are due on Monday, **July 11, 2022, 9:00 PM ET**

OFFICIAL ENTRY: All entries must be made through the SwimCloud ON-LINE MEET ENTRY system. Documentation for using this Online Entry system is available at:

https://www.swimcloud.com/results/201549/times/

Those athletes entering the meet as a relay only swimmer (not entered in an individual event), must be designated as such and pay the athlete surcharge. ***Athletes without an individual entry must swim in at least one relay***.

REQUIRED FORMS AND ATTESTATIONS:

Each coach, adult (18&O) athlete, parent of minor (17&U) athlete and volunteer is required to attest to Y-USA policies, Code of Conduct and waiver in order to participate in the event. These attestations are completed electronically. Additionally, each YMCA's CEO will also complete the Declaration Form electronically by the deadline indicated. A link will be provided on the YMCA Swimming and Diving website and will be sent by e-mail to the coach who submits the team's entry, along with instructions for sharing with each individual required to complete it. DEADLINE: **Thursday, July 14, 2022**.

PAYMENT FOR MEET ENTRIES:

Payment is made online by credit card or bank draft at the time you submit your final team entry.

For any amounts not paid online, you will be responsible for paying your entry fees by credit card at Coach Check-in in Greensboro. **Check and cash will NOT be accepted**. Credit cards will be accepted on-site. **Do not mail checks to YMCA of the USA**.

ADDITIONAL ENTRIES: We are allowing additional individual or relay entries for the 2022 Long Course Championship after the published meet entry deadline date of Monday, July 11, 2022. The additional entries will only be allowed from sanctioned USA-Swimming meets contested between July 12th and July 17th. All additional entries will be accepted only under the following acceptance

criteria: Teams must have already registered in the 2022 Long Course Championship by the meet entry deadline.

New swimmers who qualify from meets held between July 12th and July 17th are permitted. Athlete must have already met all eligibility criteria except Qualifying Time.

New qualifying events for existing entered swimmers are allowed. Updated qualifying times for events previously entered for swimmers are not allowed.

Late entries will be processed manually, they will **not** be submitted through the SwimCloud entry system. Coach must send email to ynatsentries@gmail.com by July 17, 2022 which documents the new events with times to be added for each swimmer or relay. Coach must present meet results (prove times) and submit payment for events at Meet Check-in.

Athlete/Parent must have completed all required forms online. If any swimmer proposed for registration under this provision does not have all of his/her required forms at Check-in, that swimmer will not be entered into the meet and will not be allowed to swim

PSYCH SHEETS: Psych sheets will be available on the National Championship website. Any entry time issues should be brought to Team & Coaches Check-in at the Meet by the Coach. Do not contact the Meet Director or Entry Chairperson prior to Meet Check-in.

COACH'S MEET ENTRY CHECKLIST

- ☐ Team has completed the annual online Team Registration process
- ☐ Each coach has completed the annual online Coach Registration process
- ☐ Each coach has all required certifications, valid through the last day of the meet
- ☐ Each coach has cleared a background check within the last two (2) years
- ☐ Your YMCA's Certificate of Insurance is on file at the YMCA of the USA
- ☐ Your team's Graduating Seniors information has been submitted by **Tuesday, July 5, 2022**
- ☐ Championship Meet Entries submitted prior to **9:00 pm ET on Monday, July 11, 2022**
- ☐ Time Trials Meet Entries submitted prior to **9:00 pm ET on Thursday, July 14, 2022**
- ☐ Meet entry payments for the Championship Meet and Time Trials have been processed
- ☐ All Attestation documents – CEO Declaration, Coaches, Adult (18&O) Athletes, Parents of Minor (Under 18) Athletes – submitted electronically by **Thursday, July 14, 2022**.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: A large number of officials are needed to properly run a meet like this with multiple sessions. There is a need for both YMCA Level I, YMCA Level II and USA-S certified officials during Prelims, Finals and Time Trials each day. All certified officials attending the meet are strongly encouraged to sign up to work at the meet.

To bring a high degree of consistency to the officiating, officials are asked to work as many sessions as possible, but at least four sessions over the course of the week. Officials working at the Prelims will receive breakfast and lunch in the Hospitality Room.

REQUIREMENTS OF SAFE SPORT ACT: All volunteers participating in the YMCA National Long Course Championship Meet must have cleared a **background screening** (through USA Swimming or YMCA of the USA) in the last two years and complete approved **athlete protection training** (through USA Swimming or the YMCA) within the past year. See Appendix 5 for more details.

APPLICATION TO OFFICIATE: Anyone wishing to officiate for the swimming events in the meet should complete the application form available on the event page of the YMCA Swimming and Diving website.

TIMER REQUIREMENTS: It may be necessary to solicit volunteer timers, in which case timing assignments will be made based on the number of athletes entered in the meet by the larger YMCA teams. In such a case, the selected YMCAs will be notified within two days after the Entry Deadline of their assigned timer responsibilities. It will then be the responsibility of the Head Coach or team volunteer coordinator to provide a list of the volunteers to fill the assigned Timer slots at Registration. Volunteer timers will be expected to attend the Officials meeting immediately before the session at which they are timing. If volunteer Timers are requested, to the extent possible, it would be helpful if such volunteers could work more than one session.

OFFICIALS REGISTRATION AND PRE-MEET MEETING: All officials working the meet should register at Official's Registration. Official's Registration will be held in the Special Events Center/Registration Room beginning on Monday, July 18 and throughout the week. At Official's Registration, officials will receive their credentials, shirts, and instructions.

For those who register to officiate, there will be a mandatory meeting on Monday, July 18. After Monday, there will be a mandatory briefing in the officials' room in the Special Events Center prior to each session.

NEW OFFICIALS MEETING: All officials who have not attended the National meet previously are invited to attend the New Officials Meeting on Monday, July 18 to go over meet procedures and answer any questions they may have regarding the national meet. This meeting creates a setting for new officials to ask questions in a smaller setting with other new officials at the meet.

ATTIRE: The uniform for the Prelims will be the appropriate colored meet shirt (provided at officials' registration) and khaki slacks/pants, shorts, skorts or skirts (no shorter than 4" above the knee).

The uniform for Finals (including day 1 events) will be a White Oxford or polo shirt and long navy blue pants (no shorts, skorts or skirts please).

Officials will only be admitted to the pool complex with appropriate credentials (issued at Officials registration). These credentials must be displayed at all times. Officials are only admitted to the deck for sessions that they are working.

CLASSES FOR OFFICIALS: Training classes will be offered for officials and trainers at the meet. See Schedule of Activities for specific times and locations. Courses offered are Swim Officials Trainer Training, Facilitation Skills for Trainers, Swim Officials Level I Training, and Swim Officials Level II Training. More information is available on the event page of the YMCA Swimming and Diving website or in the YMCA's Learning and Career Development Center (LCDC).

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Check-in will take place at the Greensboro Special Events Center, Team Check-in Room. If the coach checks in their team on Monday, July 18 there will be 5 check-in stations. The head coach (or coach in charge of the team) should complete the check-in process. Attending assistant coaches identified during the on-line entry process do not need to participate in the check-in process.

> Note: After Monday's Check-in, teams/coaches may check in at designated times during the meet. The process will be the same, but there will be no individual stations.

ATTENDING COACHES NOT REGISTERED DURING ON-LINE ENTRY PROCESS: Any coach who was not registered during the on-line entry process must complete this Check-in process at

the meet. Note: A deck fee of $60 will be assessed and the coach must show current proof of certifications.

CHECK-IN HELP STATION (Station # 1):

Coaches will receive their Routing Sheet which will indicate the subsequent steps needed for checking in his or her team.

PROOF OF TIMES STATION (Station #2): If the routing sheet indicates the team has been selected for Proof of Times for one or more of their entries, the coach must proceed to the Proof of Times station next.

If the coach has identified an error in their entries, he/she should also stop at this station.

Scratch and relay cards will be available and accepted at this station.

COMPLETE MISSING DOCUMENTS STATION (Station #3A): This station will assist all people needing help in submitting missing documents.

LATE ENTRY PROCESS STATION (Station #3B): Coach must present meet results (prove times) for late entries

PAYMENT STATION (Station #4): The head coach presents Routing Sheet and pays any outstanding fees with a credit card. **No cash or checks will be accepted.**

PICK-UP STATION (Station #5): The head coach presents the completed Routing Sheet. The coach will receive the athlete's deck credentials, athlete gifts, team information packet, and coaches' deck passes.

NEW COACHES MEETING: All new coaches (not just new teams) are invited to attend the New Coaches Meeting on Monday, July 18 to go over meet procedures and answer any questions they may have regarding the national meet. This meeting provides a smaller setting in which new coaches to ask questions.

COACHES MEETING: At least one coach from each team is expected to attend the Coaches Meeting. Rules and procedures will be reviewed along with introductions of the Championship Meet Committee and the Facilities staff.

PROOF OF TIMES: USA-S SWIMS: If the swimmers' entry times cannot be verified in the USA-S SWIMS database, then they are subject to being randomly selected for proof of the entry time. A 15% or less random sampling of entry times not reconciled against SWIMS will be selected for Proof of Times

The teams randomly selected will be notified via email within 3 days after the Entry deadline. The email address which will be used is the email address entered during the On-line Entry Process. The selected teams will also be posted on the event page of the YMCA Swimming and Diving website. Only the specifically selected times must be proved.

All proof of times will be performed during the Meet Check-in process. Do not send proof of times to the Entry Chair or Meet Director.

The entered time (seed time) must be proven to the hundredth of a second.

Failure to have proof will result in the elimination of that athlete from that specific event unless heats have been seeded, in which case it counts as an event for the athlete and they may not swim in it.

Proof may be presented from the SWIMS database. Results for meets not in SWIMS must be official meet results.

High school swim meets are swum under NFHS rules, which differ from the USA-S technical rules in a number of areas. For a time from a high school meet to be accepted, that meet must have been observed by USA-S or YMCA officials in accordance with USA-S Rule 202.8. The printed results of the event must show the USA-S Observed Meet number issued by the LSC and must be signed by one of the USA-S or YMCA observers.

Coaches are reminded that other factors may require a team to prove USA-S non-reconciled times. This includes, but is not limited to, a protest from another coach.

PROVING A RELAY TIME: See **RELAY ENTRIES** item in **ENTRY INFORMATION** section for specifics on proving a relay time.

MISSTATED TIMES: If a time is misstated in an event, the proven time will be accepted provided proof can be shown that the athlete's time is at or below the Time Standard for that event. A penalty fee for misstated times will be $25.00 per individual event and $50.00 for relays. Misstated times will be corrected providing the scratch box has not been closed for that day. There will be no penalty fee for misstated letters (Y, S or L).

Under no circumstances will a time-change be accepted that is faster than the seed time entered during the on-line entry process, even if a faster time can be proved.

ATHLETE VILLAGE: Swimmers should use the Athlete Village located in the Special Events Center during Prelims whenever they are not swimming. The pool deck cannot accommodate all of the swimmers entered in the meet and overcrowding the pool area negatively impacts air quality.

All Teams will be assigned to a large common area. Please remember that everyone is responsible for their personal belongings. Swimmers should never leave any of these items unattended.

COACH'S TEAM CHECK-IN CHECKLIST:

- ☐ Review the Check In Procedures above and ensure that you are prepared for each station
- ☐ Bring proof of times for each entry if you have been notified that you need to prove times
- ☐ Scratch any athletes at Team Check-in who will not be competing on the first day of Prelims
- ☐ If you are a new coach to YMCA Nationals, plan to attend the New Coaches meeting on Monday, July 18
- ☐ One coach from each team must attend coaches meeting on Monday, July 18

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee is listed in Appendix 3

RULES: The meet will conducted under the Rules that Govern YMCA Competitive Sports, the Addendum to the Rules that Govern YMCA Competitive Sports, and USA-S Technical Rules **Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.**

A Technical Suit is one that has the following components:
- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

A list of FINA Approved Tech Suits is documented at: USA Swimming Tech Suit Restricted and Approved List 2-10 (5).xlsx

RESPONSIBILITY OF COACHES AND ATHLETES: It shall be the responsibility of the coaches and athletes to acquaint themselves with all information pertaining to swim-offs, Finals, and their participation therein, and other related meet data including scratch procedures.

MEET FORMAT: The meet will be swum using a Timed Finals and Prelims & Finals format with designated distance events contested as timed final events. Swimmer's age will be determined as of the first day of the meet.

EVENT SEEDING: Events will be seeded slowest to fastest (except the 1500 freestyle, 800 freestyle, and 800 freestyle relay) with non-conforming entry times (short course yard and short course meter) seeded first. The Administrative Referee reserves the right to combine heats.

HEAT SHEETS: Coaches may pick up their session heat sheet at the HELP Desk on the pool deck. Officials will pick up their Heat Sheet in the officials' meeting for the session.

WARM-UP AND POOL ENTRY: During designated warm-up sessions, athletes may only enter the competition pools from the starting ends. At all times other than competition, athletes are expected to use a three-point entry in which they sit on the edge 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 are responsible for the safety of their athletes and are expected to always monitor them during warm-up sessions. No team has exclusive rights to any pool lanes during the warm-up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in the reflection of the YMCA values and sportsmanship.

The policy for the use of training equipment is:

- Training equipment is not allowed in the competition pool at any time during warm-ups.
- Training equipment will be allowed in the non-competition pools when general warm-ups are taking place in the competition pools.
- Once the competition pool switches to specific warm-up then training equipment is no longer allowed in the non-competition pools.
- Training equipment will not be allowed in the non-competition pools when prelims, time trials or finals sessions are taking place in the competition pool.
- The coach whose athletes are utilizing training equipment should monitor its use to ensure a safe environment for all athletes.

RELAY CHECK-IN PROCEDURE: Prelims – Teams will not need to file a relay form for Prelims if the same swimmers who were entered during the on-line entry process will swim in Prelims in the same order as entered. If the swimmers in Prelims are different than the swimmers entered on-line (or in a different order), then a relay form must be filed.

Prelims – Relay forms will be available at the Proof of Times table during Check-in or at the Scratch/Relay table and HELP Desk during the meet. The head coach shall list the team name and the competing relay swimmers (last and first names) in the order that they will swim. Relay entry forms for Prelims must be turned in to the Scratch/Relay table 30 minutes before the scheduled start of the relays. Relay changes may be declared at any time prior to the start of the heat, but the coach **MUST** submit a Relay "Change" card to the Deck Referee prior to the start of the relay's heat.

Finals - Teams qualifying for Finals will not need to file a relay form for Finals if the same Swimmers who swam in Prelims will swim the same order in Finals. If the swimmers in Finals are different than the swimmers in Prelims (or in a different order), then a relay form must be filed and submitted 30 minutes prior to the relay. All other instructions and conditions shown above shall apply.

SCRATCH PROCEDURES: Once entries have been submitted, 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. The USA-S scratch procedures (USA-S Rule 207.11.6) will be followed, as modified for this Meet as set forth below: Scratch cards will be available from the Scratch table and the HELP Desk.

SCRATCHING FROM PRELIMS: The athlete or coach must complete and submit a Scratch card to the Scratch table by 5:00 PM on the day prior to the event.

SCRATCHING FROM A TIMED FINALS EVENT: Athletes may scratch from a timed Finals event in accordance with the procedures for Scratching from Prelims.

SCRATCHING FROM FINALS: For an athlete initially qualifying for the A, B, C, or D Finals, the swimmer or his/her coach, must notify the scratch table within 30 minutes following the announcement of his/her name as a finalist that he/she will not compete in Finals in that event.

If there have been scratches from a Final event, the Administrative Referee will attempt to notify any swimmer moved up into FINALS.

Failure to compete in a Finals Event from which the athlete has not scratched shall disqualify the athlete from the remainder of the meet. However, no penalties shall apply for failure to compete in Finals if the referee is notified in the event of injury or illness and accepts the proof thereof, or it is determined by the Referee that failure to compete is caused by circumstances beyond the control of the athlete.

DECLARATION OF INTENT TO SCRATCH: An athlete qualifying for A, B, C, D Finals (or his/her coach), based upon the results of the Prelims in an event, may notify the Scratch/Relay table within 30 minutes after announcement of the qualifiers for that event that he/she may not compete in the Finals of the event, pending the results of a subsequent individual Prelims event in which he/she is entered. The athlete (or his/her coach) must then declare his/her final intentions within 30 minutes following their last individual Prelims event (USA-S Rule 207.11.6E(2)). If the athlete (or his/her coach) does not declare his/her final intention, it will be assumed the athlete has chosen not to scratch from the Finals of the original event. If the athlete then fails to compete in this Finals Event, he/she shall be barred from further competition for the remainder of the meet (USA-S Rule 207.11.6D(1)).

DECLARED FALSE START: An athlete may also withdraw from a Prelims heat, timed final, or swim-off by electing to take a declared false start. Such a 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: An athlete who is seeded in a preliminary event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events on that day unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

In addition, the athlete shall not be seeded in any individual events on succeeding days unless that athlete and/or coach declares their intent to swim prior to the close of the scratch box for the next day's events.

(Note that under USA-S rules, a no show is automatically barred from all further individual and relay events for that day (Rule 207.11.6C); we are easing that burden, particularly for relay swimmers.)

STARTS: 'Fly-over' starts may be used at this meet for Prelims and Time Trials.

SWIM-OFFS: In the event a swim-off is necessary, the meet Administrative Referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2).

TIMING: The timing of all swimming events will be posted to the hundredths of a second. In the case of a tie to the hundredths of a second in a preliminary event, swim offs will be scheduled, as necessary, in accordance with Rule 102.5.2.

RELAY TAKE OFF JUDGING: Referees and officials will follow USA-S technical rule 102.13.6 (A, B, and C) to judge relay take-offs.

The Greensboro Aquatic Center has an electronic take-off device. This device will be incorporated into the relay take-off judging using the following procedure:

- When an early relay take-off is confirmed by two officials following USA 102.13.6 A/B/C, the referee will check the electronic take-off device to confirm the swimmer left early. If the electronic take-off device confirms early take-off the DQ will stand. If the electronic take-off device does not confirm an early take-off, the DQ will be overturned (i.e., canceled).

- The electronic relay take-off device will only be referenced if and when a dual confirmation DQ from two officials is confirmed. Otherwise, the electronic relay-device will not be referenced. In other words, the electronic relay device will not be used to DQ an early take-off that was not confirmed by officials.

Electronic relay take-off data (independent of whether it was used or not used) will not be included in any meet results including ACTIVE Meet Mobile results, HYTEK Meet Manager results, printable meet results, and meet results export from Meet Manager

- **Electronic Take-Off Device Determination Summary**

JUDGE DETERMINATION	**Electronic Take-Off: Take-off Violation**	**Electronic Take-Off: No Violation**
Judges Call: Take-off violation	***DQ***	***No DQ***
Judges Call: No Violation	***No DQ***	***No DQ***

INITIAL SPLITS: Coaches desiring a time for an initial split in an individual or relay event must complete the appropriate form and present it to the Deck Referee prior to the swim in question so that additional timers can be provided as a back-up to the timing system. Forms are available at the HELP Desk. Coaches may be asked to provide one or more timers for their athletes.

HELP DESK: General meet information, Heat Sheets, Bio Forms, Facility Information, Relay Change Cards, Requests for a Time for Initial Split, etc. can be obtained at the HELP Desk, located on the pool deck outside the First Aid room.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

DISTANCE EVENTS: 800 and 1,500-meter Freestyle and 800 Freestyle relay events are timed Finals and are swum fastest to slowest. The Deck Referee may combine the slowest heats if warranted.

For the 1,500 Freestyle, the top 8 seeded competitors (men and women) will swim in the Finals at night.

For the 800 Freestyle, the top 8 seeded competitors (men and women) will swim in the Finals at night.

The 800 Meter Freestyle Relay is a Timed Final with the fastest seeded heat for men and women swimming at night. Preliminary heats will be swum fastest to slowest.

FINALS: For Individual prelim/final events, the heat order is "B"-Heat (consolation heat), followed by "A"-Heat (Finals heat), followed by "C"-Heat (bonus heat), and D"-Heat (15 & under).

For Relay events, the heat order is "B"-Heat (consolation heat) followed by the "A"-Heat (Finals heat).

STARTING LOCATIONS: For Prelims 50M events will start at Scoreboard end of pool and all other events will start at the Diving Well end of the pool. At the finish all swimmers will remain in the water until the next heat is started using flyover starts (except 50 M events, Backstroke Events and Medley Relays).

For Finals 50 M events will start at Scoreboard end of pool and all other events will start at the Diving Well end of the pool.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be available on our website and Meet Mobile. Spectators may view results on screens available in the Pool Lobby.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA Manager whose team is competing in the meet. Eligibility protests (prior to the meet and at the meet) will be heard by an Eligibility Committee. The Eligibility Committee will investigate and make a ruling.

The USA-S protest procedures (Rule 102.23) will be followed, as modified for this Meet, and set forth below:

All protests must be made using the Protest Form and delivered to the Meet Referee. Protest Forms can be obtained from the HELP Desk.

For protests made prior to a race, concerning the eligibility of an athlete(s) to compete, the Eligibility Committee will endeavor to resolve the protest before the start of the race in question. If the Eligibility Committee cannot resolve the issue before the race has swum, the affected athlete(s) shall be allowed to swim under protest and that fact shall be announced.

All other protests must be made to the Meet Referee, using the Protest Form, within 30 minutes after the conclusion of the race in which the alleged infraction occurred.

Protests against "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. Any questions concerning judgments by deck officials should first be addressed to the particular Deck Referee, and then to the Meet Referee, as appropriate.

The Meet Committee will serve as the Meet Jury and will consider all other protests lodged against the Meet. Their decisions will be final.

The results of any protested race will not be announced, any awards will not be presented and any points will not be allocated until the protest is resolved or withdrawn, in writing.

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, working officials, and approved photographers.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Changing in the Athletes Village 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.
- SMOKING, ALCOHOL & DRUGS: THERE IS NO SMOKING, ALCOHOL OR DRUGS IN THE AQUATIC CENTER COMPLEX.
- Glass, Food, and Chairs are not permitted on deck or in locker rooms/changing areas.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Photographs or videos may not be taken behind the starting block during competition and warm-ups.
- 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.
- 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 permitted in the spectator stands but should not impact spectator seating by occupying prime seat areas.
- No outside catering or take-out food is permitted in either the Athletes Village or the Aquatics complex.
- Shaving is not permitted in any area of the venue including the Athletes Village.
- All YMCAs are required to comply with the YMCA of the USA's Graphic Standards for apparel and banners.
- Team banners can only be hung in the Athlete Village and are not permitted to be hung in any other area of the Aquatic Center or Special Events Center.
- Best practices for all teams, coaches and athletes: Have a contract with your athletes as to their expected behavior, review the YMCA four core values – Honesty, Responsibility, Caring and Respect with your athletes and obtain permission for emergency medical care for each athlete

PARADE OF ATHLETES: Prior to Tuesday Finals, athletes and officials will assemble and parade around the pool for Opening Ceremonies. Athletes are encouraged to wear costumes/attire related to the Parade theme.

PARADE OF ATHLETES PROTOCOL: We are all blessed to be a part of the rich history and tradition that makes up the YMCA National Swimming Championships. One feature that separates this meet from others is the Parade of Athletes. The splendor of the parade helps to make YMCA Nationals a unique and unforgettable experience.

We ask that our coaches and team leaders work with their athletes to ensure that the parade remains a mature, tasteful, respectful and YMCA-appropriate activity. In this way, the parade will showcase all the positive and dignified aspects of our championship meet that we would like to be broadcasted locally, regionally, nationally, and worldwide.

AWARDS AND RECOGNITION

SCORING:

Place	Individual Events	Relay Events
1	20	40
2	17	34
3	16	32
4	15	30
5	14	28
6	13	26
7	12	24
8	11	22
9	9	18
10	7	14
11	6	12
12	5	10
13	4	8
14	3	6
15	2	4
16	1	2

EVENT AWARDS: Medals will be awarded to the winners of the first eight places in each event including relays. Ribbons will be awarded for ninth through sixteenth places. Plaques/trophies will be awarded to winning relay teams. Plaques/trophies will be awarded to the three high point scoring teams for men's and women's swimming teams. A combined point award will be given to the team combining the highest total number of points from both men's and women's events (a team must have scored in both the men's and women's events in order to place for the combined award). The top team for men, women and combined also receives a banner.

SWIMMING AWARD PRESENTATIONS: Individual event awards will be presented the evening that they are swum.

When a relay is the last event of the evening, the award will be immediately after the completion of the relay on the day on which it swims. On the last evening of the meet, the last relay awards will be presented before the team awards.

AWARD PRESENTATION PROTOCOL: Award presentations will be immediately after the D-Finals heat of each individual and the A Finals of each relay event.

After swimming in their heat, athletes in the B and A Finals heats should immediately gather their belongings and report to the awards staging area. Award presentations will not wait for all athletes to report. In the event the swimmer is unable to participate in the ceremonies, we ask that a substitute swimmer stand-in. However, any switching of swimmers should not interfere with the presentation of awards.

All award winners must wear apparel that is appropriate and acceptable to the Championship Meet Committee. You must wear a shirt with sleeves or jacket (team warm-up jacket is preferable) on the award stand. No caps, towels, water bottles, costumes, or theme attire are permitted on the awards stand.

The Coach of the winning swimmer will present the awards to all swimmers unless there is a celebrity presenter; in this case, the coach will co-present to the winning swimmer and the celebrity presenter will present to places two through sixteen.

SENIOR RECOGNITION: Graduating Seniors will be recognized on Thursday, July 21 prior to Prelims. Seniors will have the opportunity to submit their picture and future plans for inclusion in a slide presentation to be played on the video screen. Their names will be included in the Thursday program/heat sheet. Submit information by **July 5, 2022**.

COACH OF THE MEET: The Coach of the Meet Award (given in memory of Larry Lyons, a former coach of the M. E. Lyons swim team) recognizes the coach/coaching staff that has prepared their team for extraordinary performances at these Championships. The Award will be determined by a vote of coaching peers at the meet. Consideration criteria may include significant improvement from previous years, sustaining exceptional results from year to year and record-setting efforts. The award will be presented prior to the Finals session on Saturday, July 23.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet. The Time Trial Sessions will begin approximately 30 minutes after the Prelims. Each athlete is allowed to enter a total of **five (5)** Time Trials events for the meet. The Time Trial event fee is $20 per event entered.

An athlete may only swim the stroke being contested in a Time Trials event, e.g., an athlete may not swim backstroke in a breaststroke event in Time Trials.

Once an athlete is entered into Time Trials and the fees paid, there is no refund of the fees.

TIME TRIAL LIMITS: The 1500 free and 800 Free Time Trials will be limited to **2 heats** of 8 entries of the fastest seeded swimmers per gender. The 400 Free Time Trial is limited to **5 heats** of 8 entries of the fastest seeded swimmers per gender and the 400 IM is limited to **5 heats** of 8 entries of the fastest seeded swimmers per gender.

The number of Time Trial entries will be limited so that the Time Trial session will be complete by 2:45PM each day. Should weather or other exceptional circumstances delay Time Trials, we reserve the right to terminate the time trial session if it will run past 3:00 PM. This is necessary to ensure an orderly transition to the evening Finals Session.

A swimmer may swim more than one Time Trial per day as long as the swimmer complies with the USA-S rules below.

> USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7.
>
> - A swimmer may swim no more than 3 individual events per day in a Prelims/Finals meet
> - Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: There are no qualifying standards for time trials. Time Trials may be entered online prior to the meet or hand-delivered for an entry during the meet. Online entry for Time Trials is under a separate meet entry from the Championship meet entry.

Online Meet Entry is encouraged. The on-line entry for Time Trials is: https://www.swimcloud.com/results/231443/times/. **Deadline is Thursday, July 14**.

Payment for all online entered Time Trial entries must be made at or before Team Check-in **by credit card only**.

For entry during the meet, individual and team entry forms will be available at the HELP Desk or the Time Trial Desk. Completion of these forms in advance will save time for the coach and the Time Trial desk. Payment for Time Trial entries made during the meet can be made at the Time Trial Desk with cash or credit card.

SCRATCHING FROM TIME TRIALS: If you know a previously entered athlete will not compete in a Time Trials, please inform the Time Trials Desk prior its closing. While there will be no refund, your effort to remove the athlete prior to seeding will increase the efficiency of the Time Trials and our ability to accommodate all athletes who wish to compete.

TIME TRIAL PROCEDURE: The schedule of time trial events each day will include the events swum during that prelim session and the events to be swum during the next day's prelim session.

An athlete may switch events without incurring an additional fee by scratching from one event prior to the event's final seeding and entering into another event. After the final seeding, the swimmer cannot switch events. A new desired event can be entered by submitting a new Time Trial event form and paying the Time Trial event fee.

After time trial entries close for the day, a determination will be made if there is time to swim all scheduled events during the afternoon's time trial window. At approximately 11:00 AM each morning a notice will be posted at the Time Trial office and at the Help Desk indicating which of the events on today's time trial schedule are expected to swim this afternoon. Athletes entered in scheduled time trial events for which time was not available for them to swim will be permitted to change their entries to time trial events offered on a subsequent day at no cost.

Each morning after Time Trial entries have been closed, the psych sheet for that days' Time Trials will be posted. An announcement will then be made by the announcer asking coaches to review their Time Trial entries for the day.

Coaches should review the psych sheet to ensure their entries are correct. If they find any errors, they should report them promptly to the Time Trials Desk. Approximately 30 minutes after the posting of the psych sheet, the Time Trials Desk will stop taking updates and begin the seeding process for the Time Trials.

If an error is discovered after Time Trials have been seeded, an athlete will only be entered into an event if there is an empty lane. It is incumbent upon the coach to find and report errors during the review period in order to ensure their athletes get in their desired events with correct seeding.

RESULTS: Time Trials results will be posted on Meet Mobile as a separate meet from the Championship Results.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for their 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.

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.

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. The athlete is removed immediately from participation by the Meet Director
2. The 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.

The full statement is available at:
https://www.teamunify.com/yusa/UserFiles/Image/QuickUpload/sports-national-championship-concussion-memo-2022_093908.pdf

LIGHTNING POLICY: The Greensboro Aquatics Center has confirmed that the facility is grounded and bonded and that there is an emergency plan in place. During the event, the on-site support team will follow safety precautions and evacuation plans that may be implemented due to weather concerns. **GAC POOL POLICY:** It shall be a violation for any patron to not comply with any written or oral rules, regulations, or requirements imposed by Greensboro Aquatic Center personnel. Personal conduct in and around the aquatic facilities must be such that the safety of self and others is not jeopardized. Any such violation may result in immediate removal from the facility.

LODGING

AFFORDABLE LODGING: Y-USA is pleased to announce a large selection of hotel options with lower hotel sleeping room rates for the 2022 YMCA National Long Course Championship. With affordability in mind, we have partnered with the Greensboro Convention and Visitors Bureau and the Greensboro hotel community to lower overall travel costs for Championship participants. This year you will see a larger variety of hotel options, many at lower rates than previous years. Your support of the preferred Greensboro hotels is appreciated. Please note the deadline to reserve the rooms at these reduced rates is **June 23, 2022**.

The City of Greensboro is looking forward to welcoming YMCA athletes, coaches, families, and friends in the summer. To book your hotel stay please click the Hotel Reservation link:

YMCA of the USA appreciates the support that all athletes and families give to our National Championship Meet Committee efforts to conduct the Championships and keep them affordable FOR ALL who participate.

SPECTATORS

MEDIA ADMISSION: Accreditation for press and television must be secured from the Meet Director.

ADMISSION TO SPECTATOR AREA: An admission fee is required for admission to the spectator seating area except for children (7 years and younger) and for participating coaches and swimmers. On-line advance all-sessions admission passes and on-site daily, and specific-session admission sales will be available.

Online Purchases through Ticketmaster*: All Session admission passes will only be available through an online purchase. Ticketmaster will charge a $7.00 fee for each order placed online. Thus, it is advantageous to purchase your All Session admission passes in groups.

Ticketmaster will offer an Early bird price for passes purchased prior to 11:59 pm on Wednesday, July 13, 2022. The Early bird prices for All Session admission passes are:

$80.00 per adult that provides both admission pass and a heat sheet for all ten sessions.

$45.00 per child (8- 18 years old) that provides admission for all ten sessions.

Passes purchased after 11:59 pm on Wednesday, July 13 revert to the Standard price. The Standard prices for All Session admission passes are:

$100.00 per adult that provides both admission pass and a heat sheet for all ten sessions.

$50.00 per child (8- 18 years old) that provides admission for all ten sessions.

The link to the purchase All Session admission passes online is available at Order All Session

Ticketmaster will stop selling All Session admission passes on July 20.

* All Ticketmaster prices are inclusive of a $5 Ticketmaster fee.

Onsite purchases at the Meet: Daily admission and single session-specific admissions can be purchased each day at the Box Office next to the spectator's entrance to the pool prior to and during competition sessions. All sales are non-refundable.

The Onsite prices are:

$13.00 Single Session Adult - provides an adult both admission and a heat sheet for a single session.

$6.00 Single Session Child - provides a child admission for a single session.

$24.00 Daily Adult - provides an adult both admission and a heat sheet for the prelim and finals sessions on one day.

$11.00 Daily Child - provides a child admission for the prelim and finals sessions on one day.

No charge for children 7 and younger

Heat Sheets: Spectators who purchased an adult all-sessions pass or purchase session-specific admission may pick up their heat sheet at the Heat Sheet Table.

SPECTATOR AREA: The upper-level stands are primarily for spectators. Although athletes and coaches are allowed in these areas, they cannot occupy prime spectator seating areas or areas where spectators prefer to sit. Spectators always have priority seating over coach/team/swimmer seating in the spectator seating area. In spite of what might be noted on a Ticketmaster pass, all seating is General Admission.

HANDICAP SEATING: Handicap seating is available in the Spectator Area.

SEAT SAVING: Spectators for whom seats are being saved must be in their seats by 8:15 AM. At 8:15 AM each morning of competition, our announcer will ask anyone saving a seat to please remove whatever they may be using to do this. Then, those saving seats will be asked to either move in or out so that someone else may sit in the spot that was being saved. We are hopeful that our parents and friends will help us maintain a respectful environment.

ATHLETE APPAREL: Commemorative apparel, swimsuits, goggles, general apparel, and other merchandise will be available.

CONCESSIONS: Concessions will be available in the Welcome Area inside and outside of the complex.

LOST AND FOUND - Any found item deemed of value (e.g. cell phone, tablet, or watch) will be turned over to the GAC front desk.

CONDUCT AND RESTRICTIONS:

- Camcorder operators' equipment will not be permitted to take up seats in the spectator area.
- No flash photography will be allowed at the START of the race.
- The use of audio or visual recording devices, including a cell phone camera, is prohibited in changing areas, restrooms or locker rooms.
- **SMOKING, ALCOHOL & DRUGS: THERE IS NO SMOKING, ALCOHOL OR DRUGS IN THE AQUATIC CENTER COMPLEX**. If you must smoke, please do so only in the designated smoking areas outside.
- Spectators are not allowed on the pool deck.
- Folding chairs are not permitted in the seating area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- No outside food, snacks, beverages, thermos or cooler are permitted in the spectator seating area or Athlete Village.
- Only Coaches, Swimmers, and Meet Personnel are allowed in the Athlete Village

PARKING AT THE GREENSBORO AQUATIC CENTER

FREE PARKING

Free parking is available to everyone on Monday, July 18.

Officials and registered Coaches will receive passes for free parking throughout the week.

ALL SESSIONS PARKING SALES

The All Session parking rate is $25 per car, SUV or pickup truck.

The All Session parking pass may be purchased:

- On Monday, July 18, 9:00 AM to 3:00 PM, the GAC Parking Staff will be selling All-sessions parking passes at a table just inside the Special Events Center (building next to the Aquatic Center).
- On Tuesday 6:00 AM through Wednesday 12:00 PM, All-Sessions parking passes can be purchased at the parking lot entrance booth. ALL-SESSIONS PARKING PASSES WILL **NOT** BE SOLD AFTER 12:00 NOON ON Wednesday.

Sales of All-Session parking passes are non-refundable.

DAILY PARKING PASSES

A daily parking pass will be available Tuesday through the end of the meet at the parking lot entrance booth. The daily rate includes multi-entry from the time of purchasing of parking pass through that day's evening Finals.

- $8 daily parking fee for cars, SUV, pickup trucks, and small vans
- $16 daily parking for large vans and buses
- $25 daily parking for RV's without power
- $45 daily parking for RV's - includes space and 50 amp power

APPENDIX 1A: ORDER OF EVENTS - CHAMPIONSHIP

Tuesday

W	M	Event
101	102	200 M Butterfly
103	104	50 M Breaststroke
105	106	100 M Freestyle
107	108	200 M Medley Relay
109	110	800 M Freestyle Timed Final, heats swum Fastest to Slowest, alternating Women's and Men's heats (Fastest Heat swum as 1st event in Finals session)

Wednesday

W	M	Event
201	202	200 M Freestyle
203	204	200 M Breaststroke
205	206	200 M Backstroke
207	208	200 M Freestyle Relay

Thursday

W	M	Event
301	302	400 M Ind. Medley
303	304	50 M Backstroke
305	306	100 M Butterfly
307	308	400 M Medley Relay

Friday

W	M	Event
401	402	400 M Freestyle
403	404	50 M Butterfly
405	406	100 M Breaststroke
407	408	100 M Backstroke
409	410	800 M Freestyle Relay- Timed Final, heats swum Fastest to Slowest (Fastest Heat swum as 1st event in Finals Session)

Saturday

W	M	Event
501	502	200 M Ind. Medley
503	504	50 M Freestyle
505	506	400 M Freestyle Relay
507	508	1500 M Freestyle – Timed Final, heats swum Fastest to Slowest, alternating Women's and Men's heats (Fastest Heat swum as 1st event in Finals session)

APPENDIX 1B: ORDER OF EVENTS – TIME TRIALS

Order of Events – Time Trials

W	M	Event
	Tuesday	
141	142	50 Meter Breaststroke
143	144	200 Meter Butterfly
145	146	100 Meter Freestyle
147	148	800 Meter Freestyle
149	150	200 Meter Freestyle
151	152	200 Meter Breaststroke
153	154	200 Meter Backstroke
	Wednesday	
241	242	200 Meter Freestyle
243	244	200 Meter Breaststroke
245	246	200 Meter Backstroke
247	248	400 Meter IM
249	250	100 Meter Butterfly
251	252	50 Meter Backstroke
	Thursday	
341	342	400 Meter IM
343	344	100 Meter Butterfly
345	346	50 Meter Backstroke
347	348	50 Meter Butterfly
349	350	100 Meter Breaststroke
351	352	100 Meter Backstroke
353	354	400 Meter Freestyle

W	M	Event
	Friday	
441	442	400 Meter Freestyle
443	444	100 Meter Breaststroke
445	446	100 Meter Backstroke
447	448	50 Meter Butterfly
449	450	50 Meter Freestyle
451	452	200 Meter IM
453	454	1500 Freestyle
	Saturday	
541	542	50 Meter Freestyle
543	544	50 Meter Backstroke
545	546	50 Meter Butterfly
547	548	50 Meter Breaststroke
549	550	200 Meter IM
551	552	100 Meter Freestyle
553	554	100 Meter Backstroke
555	556	100 Meter Butterfly
557	558	100 Meter Breaststroke
559	560	400 Meter IM
561	562	200 Meter Freestyle
563	564	200 Meter Backstroke
565	566	200 Meter Butterfly
567	568	200 Meter Breaststroke
569	570	400 Meter Freestyle

APPENDIX 2A: CHAMPIONSHIP QUALIFYING TIMES

2022 YMCA National Long Course Swimming Championship
July 19-23, 2022

Meet Qualifying Time Standards

WOMEN 25 Meter Course	25 Yard Course	Long Course 50 Meter		Long Course 50 Meter	25 Yard Course	MEN 25 Meter Course
:27.73	:24.99	:28.49	**50 Free**	:25.79	:22.39	:24.85
:59.92	:53.99	1:01.69	**100 Free**	:56.69	:48.79	:54.15
2:09.41	1:56.59	2:13.99	**200 Free**	2:02.99	1:46.39	1:58.09
4:31.85	5:10.69	4:36.99	**400M/500Y Free**	4:17.99	4:48.49	4:12.42
9:14.74	10:33.99	9:26.99	**800M/1000Y Free**	8:51.99	9:52.99	8:38.86
9:31.27	10:52.89	9:43.99	**800M Bonus+**	9:07.99	10:10.59	8:54.26
17:39.80	17:42.99	18:14.99	**1500M/1650Y Free**	17:11.49	16:32.89	16:29.91
18:11.30	18:14.59	18:47.79	**1500M Bonus†**	17:42.39	17:02.39	16:59.32
1:06.25	:59.69	1:09.59	**100 Back**	1:03.99	:54.49	1:00.48
2:22.62	2:08.49	2:28.99	**200 Back**	2:18.99	1:57.79	2:10.74
1:16.02	1:08.49	1:18.99	**100 Breast**	1:11.99	1:01.49	1:08.25
2:45.15	2:28.79	2:51.49	**200 Breast**	2:37.19	2:13.89	2:28.61
1:05.81	:59.29	1:07.59	**100 Fly**	1:01.19	:53.39	:59.26
2:26.50	2:11.99	2:31.59	**200 Fly**	2:17.69	1:58.99	2:12.07
2:25.39	2:10.99	2:31.79	**200 IM**	2:19.49	1:58.99	2:12.07
5:09.67	4:38.99	5:18.99	**400 IM**	4:54.99	4:17.39	4:45.70
1:51.98	1:40.89	1:53.99	**200 Fr Rel**	1:43.79	1:30.69	1:40.66
4:01.96	3:37.99	4:06.79	**400 Fr Rel**	3:46.79	3:16.29	3:37.88
8:42.79	7:50.99	8:57.89	**800 Fr Rel**	8:11.99	7:08.89	7:56.06
2:04.53	1:52.19	2:06.99	**200 Med Rel**	1:54.99	1:40.99	1:52.09
4:29.49	4:02.79	4:37.89	**400 Med Rel**	4:14.59	3:39.59	4:03.74

†Bonus qualifying times explained

If you enter one of the distance events (1500 or 800) at the standard qualifying time, then you are allowed to enter the other distance event using its bonus qualifying time standard. The bonus event is included in the maximum of 5 individual swims.

Qualifying Period for the Long Course YMCA National Championship Meet:
is July 1, 2019 to the entry date for the meet

APPENDIX 2B: TIME TRIALS QUALIFYING TIMES

There are no qualifying standards for Time Trials

Only swimmers entered and competing in the Championship are permitted to compete in Time Trials

Swimmers may swim a maximum of **five (5) time trial events** over the 5 days of the Championship

The 1650 and 1000 Freestyle are limited to two **(2) heats** per gender of the fastest seeded swimmers. Note: These Time Trial events are held only once during the championship

The 400 IM and the 500 Freestyle are limited to **five (5) heats** per gender of the fastest seeded swimmers on each of the two days the events swim.

APPENDIX 3: MEET COMMITTEE

Executive Committee

John Richards– Meet Director
Brad Bason – Assistant Meet Director
Bob Turner – Help Desk
John Richards – Finance
Jim Ryan – Eligibility Committee Chair and Y-USA Technical Advisor for National Aquatic Events
Eddie Hughes – Meet Referee, YMCA National Officials Chair
Jack Caucino –YMCA Coaches Association Executive Committee Chair
Martin Scheidl– Meet Operations Co-Chair
Terri Shannon – Meet Operations Co-Chair
Meredith Griffin – Y-USA Manager, National Competitive Events
Andrew Niemiec – Greensboro Aquatic Center Event Manager
Zach Ahrens – Athlete Rep – Auglaize-Mercer YMCA (OH)
Gregory Lin – Athlete Rep –YMCA of Greater Monmouth County (NJ)

Operations Committee

David Hoover – Manager of Greensboro Aquatics Center
Bob McDowell – Announcer
Ted Rauth – Officials Coordinator
Robert Johnson – Administrative Referee
Carl Sandoe– Scratch & Relay Declaration
Susan Smith – Travel Assistance Chair, Late Registration
Donna Turner– Awards
Kiki Farmer – Local Volunteers Coordinator, Awards
Steve Lyons – Entry Chairperson

Tom Janszen – Time Trials Referee

APPENDIX 4: DECLARATION FORM

CEO Declaration Form

APPENDIX 5: SAFE SPORT AT YMCA NATIONAL CHAMPIONSHIP EVENTS

Federal legislation enacted in February 2018 expanded requirements around sexual abuse prevention for organizations that arrange amateur athletic competitions for minors. To ensure compliance with all applicable laws, and to continue to strengthen our ability to protect youth in our care from abuse, **ALL coaches, adult athletes, and volunteers/officials participating in the YMCA National Championships**, must take steps to ensure policies and procedures for abuse prevention and reporting align with the law. It is our responsibility as adults to recognize red flag behaviors in other adults, report suspicious or inappropriate behaviors and policy violations, ensure consistent supervision of athletes to prevent youth-to-youth sexual activity, and report all concerns to the appropriate authorities and meet personnel.

For our national events, the YMCA of the USA requires compliance with the U.S. Center for Safe Sport's mandate that all coaches, adult volunteers, and adult athletes take athlete protection training annually. This training must include Sexual Misconduct Awareness and Mandated Reporter training.

Volunteers, officials, adult athletes, and coaches must provide printed proof of completing the required trainings and sign and attest to the event Code of Conduct.

CHILD PROTECTION TRAINING PATHWAY:

- Option 1: USA Swimming Member:
  - *If you are a member of USA Swimming* AND have an active deck pass, you have met the requirement. Log into your Deck Pass page on the USA Swimming website. Your certification can be printed from the USA Swimming LEARN platform, or your Deck Pass Page.
- *Option 2: Non-USA Swimming Member:*
  - *Non-USA Swimming coach, official, volunteer and adult athlete* may take the free Praesidium online child protection trainings. **All three must be completed**: Athlete Protection-Swim Edition Part 1, Athlete Protection-Swim Edition Part 2, Duty to Report-Mandated Reporter
  - See the Quick Start Guide and use access code **reg-yusa-610-swimmingdiving**
  - Print the 3 completion certificates or your training transcript and upload as one pdf with your meet attestation.

REQUIRED ACKNOWLEDGEMENT: All coaches, adult athletes and volunteers/officials must read and provide a signature to acknowledge they have read and understood the YMCA of the USA event **Code of Conduct**. This will be provided electronically through the meet attestation.

BACKGROUND SCREENING: All coaches and volunteers, including officials, must have cleared a background screening, completed by the YMCA or USA Swimming, within the past two (2) years. Current USA Swimming non-athlete members will have satisfied this requirement and may use their Deck Pass as proof. YMCA of the USA will initiate and pay for a background screening for any volunteer who is not a current USA Swimming member or who has not cleared a YMCA of the USA-initiated background screening within the past two (2) years. Coaches will have this requirement attested to through the Declaration Form completed by their YMCA's CEO.

REQUIRED REPORTING: During the event, a report of alleged abuse should be filed with local authorities within 24 hours. In addition, during the event, staff and volunteers will report concerns

or complaints about other staff, volunteers, adults, or youths to Lindsay Mondick at lindsay.mondick@ymca.net or to Praesidium's Anonymous Helpline at (855) 347-0751.

APPENDIX 6: NC SWIMMING COVID STIPULATIONS

COVID-19 RELATED PROTOCOLS: As a condition of this sanction, YMCA of the USA agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER
The YMCA of the USA has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE
USA Swimming, Inc., cannot prevent you (or your child(ren) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND 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 ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

NCSWIMMING FACE COVERING STATEMENT
NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

LOCAL JURISDICTION FACE COVERING STATEMENT
There are currently no face covering requirements in place.

APPENDIX 7: SCHEDULE OF ACTIVITIES

The Schedule of Activities will be posted when available on the YMCA web site at:

https://www.teamunify.com/team/yusa/page/ymca-nationals/2022-ymca-long-course-national-championship-meet

This is the end of the Meet Announcement