Powel Crosley, Jr. YMCA

Presents

# The 2019 Long Course Sprints Invitational

**Saturday June 1, 2019**

1. **LOCATION and TIMES**

## Powel Crosley, Jr. YMCA

9601 Winton Rd.

Cincinnati, OH 45231 (513) 521-7112 Fax (513) 728-2192

**SATURDAY SESSION – Held in the heated outdoor PCY 50-meter, 10-lane Outdoor Pool!**

8 & Under, 9-10, 11-12, 13-14, 15 & Over Events (Girls and Boys)

Note- addition - events for 22 and over (encourage Master swimmers to join us!)

Warm-ups: 7:00 a.m.

Meet Starts: 8:10 a.m.

All warm-up sessions will be monitored to ensure the safety of the swimmers.

1. **PARKING**

The Powel Crosley, Jr. YMCA is open to members and program participants during the meet. Parking will be very limited for the meet due to the regular Saturday programs conducted at the YMCA. All meet participants may be asked to park at the Northern Hills Christian Church, 9470 Winton Road. This is across the street from the YMCA.

1. **ORDER OF EVENTS**

All events are Timed Finals.

 The attached “ORDER OF EVENTS” will be followed.

3. **FACILITIES**

Ten-lane, 50 meter outdoor pool equipped with Paragon starting blocks and Competitor Swim Products Lane Lines. Lockers are available but swimmers must provide their own locks.

The Powel Crosley, Jr. YMCA is equipped with a heater for the 50-meter outdoor pool. The water will be 80 degrees, regardless of the air temperature. The indoor pool will not be available for meet competition.

4. **ELIGIBILITY**

A swimmer must be a member of the YMCA they represent for a minimum of 30 days prior to the start of the Meet.

We encourage masters swimmers to register. The meet will be posted on club assistant. As soon as we have a link it will be posted.

1. **ENTRIES**

Swimmers may swim 4 individual events. Teams are permitted to enter unlimited swimmers per event.

All entries must be submitted as “Long Course Meter” times. Swimmers will be seeded and heat sheets will be produced.

Entries should be submitted online.

Swimmers will swim their age as of June 1, 2019.

A swimmer must swim in his/her age group.

Team Entries:

 Individual Events – Unlimited

1. **ENTRY DEADLINE**

**Entries should only be submitted by YMCA Online Entries. The link is posted below:**

 <http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp>?M-PCYLCSprint

All entries must be received by Monday, May 27, 2019 at 7:59 p.m.

Please make checks payable to “PCY Tigershark Swimming Team”. All fees must be paid before the start of the meet. Teams will not be permitted to compete until all fees are paid in full. Checks should be mailed to the entry chair.

Kyndra Tatum

3945 Lanes Mill Rd

Oxford, Ohio 45056

1. **MEET RULES**

Except for those stated in this document and outlined in the Southwest Ohio YMCA Swim Leagues Rules, the current USA Swimming Technical Rules will govern this meet.

The Meet referee does have the right to combine heats as the opportunity arises. Breaks between events may be inserted with the goal of providing swimmers at least 15 minutes between swims. Coaches can check with the Referee and/or Starter to find out when breaks have been set.

1. **SCORING**

HY-TEK Meet Manager software will be used to score the meet.

Individual Events:

 11-9-8-7-6-5-4-3-2-1

Relay Events:

 22-18-16-14-12-10-8-6-4-2

1. **HEAT SHEETS**

Heat sheets will be available for purchase while supplies last. Coaches will be given complimentary copies.

1. **INFORMATION SOURCE**

Mike Leonard H: (513) 561-1983 W: (513) 521-7112

 E-mail: mleonard@cincinnatiymca.org

1. AWARDS

Ribbons will be awarded for first, second and third place finishes. “Best Effort” ribbons will be awarded to all 10 and under swimmers who do not place in the top 3 in an event. All 10 & Unders will receive a ribbon for swimming in an event.

1. ENTRY FEES

Individual Events $4.00
Deck Entry $5.00 per event, closing at 7:30am

Checks should be made out to “Tigershark Swimming Team” and mailed to the entry chair:

 Claudia Multer

 1075 Oakmont Avenue

 Hamilton, Ohio 45013

 513-863-6298

1. WARM-UP

All warm-up assignments will be posted on the team web page [www.pcytigersharks.com](http://www.pcytigersharks.com). A sprint session for all ages will be held prior to the start of the meet.

1. TIME LIMIT

The meet must be over by 11:45 a.m. Refunds will be given for any events canceled due to this time constraint.

1. RESULTS

A complete Meet Manager Backup File and Team Manager Results File will be posted on the team webpage [www.pcytigersharks.com](http://www.pcytigersharks.com) after the meet. Coaches may download them for their records. In addition, the official meet Final Results will be posted as a PDF file.

16. **COACHES**

**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 coach registration process. Coaches who are not registered and approved will not be permitted on deck.

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. The Meet Director and Meet Referee must be notified of this situation.

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ORDER OF EVENTS

Girls Boys Age Group Event

101 102 15 & Over 50 Butterfly

103 104 13 – 14 50 Butterfly

105 106 11 – 12 50 Butterfly

107 108 9 – 10 50 Butterfly

109 110 8 & Under 50 Butterfly

111 112 22 & Over 50 Butterfly

113 114 15 & Over 50 Backstroke

115 116 13 – 14 50 Backstroke

117 118 11 – 12 50 Backstroke

119 120 9 – 10 50 Backstroke

121 122 8 & Under 50 Backstroke

123 124 22 & Over 50 Backstroke

125 126 15 & Over 50 Breaststroke

127 128 13 – 14 50 Breaststroke

129 130 11 – 12 50 Breaststroke

131 132 9 – 10 50 Breaststroke

133 134 8 & Under 50 Breaststroke

135 136 22 & Over 50 Breaststroke

137 138 15 & Over 50 Freestyle

139 140 13 – 14 50 Freestyle

141 142 11 – 12 50 Freestyle

143 144 9 –10 50 Freestyle

145 146 8 & Under 50 Freestyle

147 148 22 & Over 50 Freestyle