SOUTHEAST OHIO / WEST VIRGINIA YMCA SWIM LEAGUE
RULES AND REGULATIONS
FOR
COMPETITIVE SWIMMING

This set of Rules and Regulations are modifications necessary for age group competition.

It is the intention of the Southeast Ohio/ West Virginia YMCA Swim League to comply with the "RULES THAT GOVERN YMCA COMPETITIVE SPORTS" and the "GUIDELINES FOR YMCA COMPETITIVE TEAMS" adopted concerning National YMCA Age Group competitive swimming.

From this page on the word " League" refers to the Southeast Ohio / West Virginia YMCA Swim League. The word "Association" means the local YMCA.

Revisions adopted September, 2006 with
Changes noted in this format.

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YMCA OF THE USA
RULES THAT GOVERN YMCA COMPETITIVE SPORTS

This document is incorporated by reference. You may find a copy at the league website: www.seowvswim.org.

TECHNICAL ASSISTANCE PAPER
ON
YMCA COMPETITIVE SWIMMING PROGRAMS

This document is incorporated by reference. You may find a copy at the league website: www.seowvswim.org.

SOUTHEAST LEAGUE BY LAWS
AND ADDENDUM TO NATIONAL RULES

I. NAME

The name of this organization shall be the Southeast Ohio / West Virginia YMCA Swim League.

II. PURPOSE

The purpose of this organization shall be to provide fair play (as according to the "YMCA of the USA Rules that Govern YMCA Competitive Sports") for girls and boys and an opportunity to participate in competitive swimming under conditions that will foster skillful aquatic ability, good fellowship, team and association loyalty, a finer appreciation of swimming for its own sake, and sportsmanship of high caliber on the part of swimmers as well as spectators and officials.

III. MEMBERSHIP AND MEETINGS

A. Any YMCA participating in the Southeast League and listed in the YMCA directory is eligible for membership. All associations must pay annual dues and any accrued fines, satisfy the dual meet requirements, and participate in the League Championships.

B. The League shall hold regular meetings: the Spring meeting date to be announced and the second Saturday in September. There will an annual teleconference / meeting for at least one official per team to discuss the updates to the Swimming Rules and the league interpretation of those rules.

C. Notice of all League meetings shall be made at the direction of the League President and to the Coach, Executive Director, the Parent Representative and Y Program Director of record of each member association.

D. The association's representative shall be the Program Director and/or another person appointed by the local association.

E. Any YMCA not represented at League meetings shall be fined $25.00 per meeting. The Fall fine must be paid prior to the League Championships entry deadline or the entries will not be accepted. The Spring fine must be paid prior to the League Fall Meeting or the association is ineligible for membership.

F. Voting power shall be limited to one vote per member association by someone appointed by the Executive Director for that association. The League President must be notified by a member of the professional staff of that association prior to the meeting of any changes in the voting representative or that association will not have voting power. SEE FORM ON PAGE 18

G. The annual dues will be established at the September meeting. Teams not paying by November 1 will be assessed a $25.00 fine. Payments must be received to be eligible for the League Championships.

H. Current Coaches certifications are due to the League President and Secretary by December 1. Coaches certifications received after December 1 will be subject to a $25 late processing fee per late certifying coach. Coaches certifications presented after the entry date for Championships will be subject to a $50 late processing fee per late certifying coach. For invitational meets, it is recommended that only currently certified coaches (as listed on the league web site) be identified on the coaches packet and provided heat sheets.

I. Meetings will be conducted according to Robert's Rules of Order (abridged edition) unless otherwise superseded by SEC rules.

J. A currently certified coach must be in attendance for a swimmer to participate at a meet. Swimmers in attendance on a team not represented by a certified coach will not receive credit for the meet toward the minimum number of meets.

IV. LEAGUE OFFICERS

A. Officers of the League shall be the President, Vice President, Secretary and Treasurer. The Treasurer must be a YMCA Professional.

B. President and Treasurer shall be elected by the League membership at the spring meeting (odd years) for a two-year term. The Vice President and Secretary shall be elected in even years. Nomination of candidates for the offices of President, Vice President, and Secretary shall be made by a nominating committee. This committee shall be appointed by the current President at the September meeting and consist of one representative each from the Parent, Coach and Y-Professional communities. The responsibilities of the committee shall include: (A) identify and secure the agreement of appropriately qualified candidate(s) to serve if elected, (B) communicate in writing, not later than twenty (20) days in advance of the election the name(s) and qualifications of the candidate(s) to the coach, parent and Y-professional of record of each association and to the current president of the league.

C. The President shall schedule and preside over the League meetings.

D. The Treasurer shall be the financial officer of the League. All monies shall be sent to this officer. All disbursements of monies shall be approved by the President. The Treasurer shall issue a bi-annual financial statement to all league members.

V. LEAGUE RULES AND REGULATIONS

A. The League is under the control of the Great Lakes Zone YMCA Competitive Swim Committee. Notification of all elections, amendments to the Rules and

Regulations and other pertinent matters will be made to the Chairman of the Great Lakes Zone YMCA Competitive Swim Committee.

B. A quorum for league meetings will be two-thirds of the Associations participating in swimming.

C. The League Rules and Regulations may be changed by a majority affirmative vote of the League members present provided a quorum has been satisfied.

D. A Rules and Regulations Committee shall be appointed by the President. It will be the responsibility of this committee to review the League Rules and Regulations before the September meeting.

E. League Rules and Regulations will be published and posted on the league Website by the league president or secretary. Copies will be mailed upon written request.

F. Note: The Southeast Ohio / West Virginia bylaws may not apply in meets that involve other leagues, Zones or at Nationals.

VI. GREAT LAKES ZONE COMPETITIVE AQUATIC COMMITTEE

The League shall be represented on the Great Lakes Zone Competitive Swim Committee by one YMCA Professional and one lay person. The League President shall be one representative and the other shall be another league officer.

VII. DUAL MEET SCHEDULE

"What constitutes a swim meet":

Must be at one pool site;
Minimum of 6 swimmers from each team;
At least two teams;
Must have six events one of which shall be a four person relay (same sex);
Both teams must participate in all six events;
Certified coach must be present for each team

a. Meets YMCA Guidelines
b. Current Certification in CPR, First Aid, Coaches Safety Training or Lifeguarding;

One YMCA currently certified official; handwritten results of meet must be signed by the meet referee.

A. Coaches and Professional Staff shall determine each year's Inter-Association meet schedule, at the designated time during the Spring meeting, using the Designated form on page 20 with prior approval by the Executive Director and with Executive’s Signature on form.

B. Each team shall swim League teams to make a minimum of four(4) meets. Up to two of these meets may be inter-League invitational meets.

C. New teams added to the League during the season shall schedule as many meets as possible. Article VII B will be waived the first year.

D. A team canceling a meet will be subject to a fine unless the cancellation is made within one (1) month of the Fall meeting or weather prohibits the traveling team from making the trip. Meets canceled are subject to review by the Rules and Regulations Review Committee.

E. A $50.00 fine may be charged for the first cancellation and $75.00 for every cancellation thereafter. Fines must be paid prior to the entry deadline for the League Championship or entries shall not be accepted; or prior to the Fall meeting or the Association is ineligible for membership.

VIII. COMPETITIVE RULES - DUAL MEETS

A. Current Season
   1. The YMCA winter season is from September 1 to April 30.
   2. The YMCA summer season is from May 1 to August 31.

B. Swimmers
   1. A swimmer must be a full privilege annual member of the YMCA he/she represents.
   2. A swimmer's age for the entire season shall be determined as of the first day of December for the winter season and the first day of June for the summer season and swimmers shall swim in their own age group for all individual events.
   3. A swimmer must have represented only his/her YMCA in any open competition during the current season (Sept. 1 - April 30) or (May 1 - August 31). (**Note:** A swimmer or diver may compete in open competition unattached but may not represent any team other than his/her local YMCA.)

C. Age Group
   Teams are to be divided into five age groups as follows:
   - 8 and under
   - 9-10
   - 11–12
   - 13–14
   - 15 & Over (see note)

   Note: 15 and over swimmers must be age-eligible to swim at the upcoming YMCA Nationals meet.

D. Awards
   Teams shall not award place ribbons for dual meets.

E. Events
   1. Distances shall be the same as the Zone Championship Meet except as noted below.
   2. By mutual consent of the coaches, the 200 free relay or 800 free relay may be substituted for the 400 free relay.

3. 8 and under events and order are: 100 MR., 100 F, 100 IM., 25 F, 25 Fly, 50 F, 25 BK, 25 BRST, 100 FR to be swum prior to each corresponding Zone event.
4. Swimmers may swim two (2) individual events, one (1) medley relay and one (1) freestyle relay or three (3) individual events and one (1) relay for a total of four (4) events. Where scoring is agreed to by the coaches, the Senior events will be scored as 13-14 and as 15 & Over age groups.
5. A team may enter as many swimmers or relays as it desires. The event counts as one swim per Art. VIII E (4) whether or not the swim scores. Multiple heats will be conducted as needed. See ART. VIII. I. for scoring.
6. Swimmers may swim up to fill a relay which has at least 2 individuals in that age group relay. The oldest swimmer determines the age group of the relay. It is the responsibility of the coach, as a courtesy, to notify the opposing coach and scorekeeper.
7. Exhibition swims are permitted in scoring events only upon the mutual consent of coaches from both teams and the meet referee.
8. Dual meet (tri-meet) lane assignments should follow the rules regarding lane assignment by teams. It is appropriate to fill in remaining lanes, where appropriate, to fill the heats (not "strict assignment" in Meet Manager). Seeding should follow timed final meet guidelines to seed the slower heats first and the fastest heat last.
9. Any 11-12 year olds who would be otherwise eligible for the upcoming Nationals are eligible for the senior events not otherwise available to other 11 year olds.

F. ENTRY CARDS

Entry cards for dual meets shall conform to the example. The cards shall be color coded, blue representing boy swimmers, pink representing girl swimmers and white representing non-scoring exhibition swimmer. Card size shall be 3x5 or computer card.

** SEE PAGE 14 FOR SAMPLE OF CARD**

G. PROTESTS

Protests concerning the conduct of the meet must be made in writing to the referee within 30 minutes of the conclusion of the meet. An appeal may be made in writing to the League President within 48 hours. All other protests must be made in writing within 48 hours to the League President.

H. OFFICIATING

1. The current YMCA Swimming technical rules shall be followed except where superseded by a League Rule. Any league rule changes will be e-mailed or mailed to all coaches and parent representatives within the league by the league president or Secretary. It will be the team's responsibility to give the changes to all the officials within their team. All changes will take effect immediately upon the coaches/parent representatives receiving them.
2. The Referee, Starter and Stroke and Turn Judges should be Certified Officials. There shall be at least one (1) YMCA Certified Official at dual

meets. (It is recommended that each team have four (4) to six (6) YMCA Certified Officials.)

3. The host team shall be responsible for all officials for dual meets. Visiting teams are welcomed and encouraged to provide officials. The visiting team will be responsible for providing one timer per lane. Should a team be unable to provide adequate timers, notificiation to the host team must provided 3 days in advance of the meet (Wednesday for a Saturday meet).
4. It is recommended, for safety purposes, that a deck official be present and in control during all warm-up periods.
5. For safety purposes during warm-ups, swimmers must enter the pool feet first in a cautious manner.
6. For dual meets and invitational meets only, time integration rules are not required – for ease of the host team. The official order of finish may be determined in the following manner. All valid primary times are to be used. If a primary time is not available or valid then the secondary time is to be used. If the secondary time is not available or valid then the tertiary time is to be used. The technical rules for time integration should be followed where practical.
7. For in-water relay exchanges, one of the departing swimmers hands must remain at the end of the racing course until when (or after) the teammate finishes.

I. SCORING

Scoring is optional at dual meets by the mutual consent of the coaches. Any given team may score only three (3) places in an individual event or two (2) places in a relay event irregardless of finish order. Scoring will be Relays:
11, 4, 2, and individuals 9, 4, 3, 2, 1.

J. OFFICIAL MEET RESULTS

1. Meet results shall be sent to the League (preferred electronically from Meet Manager via e-mail) by the host team. Signatures are not required when submitting electronic results.
2. Electronic meet results (Results for Team Manager or Swims) shall be sent to the League President and League Secretary by the host team. These results must be postmarked/e-mailed within one (1) week of the meet or a fine of $25.00 will be assessed against the host team. Host teams submitting results more than two weeks after the meet will be assessed a $50.00 late fee. The President will maintain a central file of all league meet results for a period of at least one year from date of the meet.
3. All times must be recorded to one-hundredths; see rule book for proper procedure.
4. The visiting team can request a copy of the meet results electronically or on paper. If copies are not received within one (1) week a copy can be requested from the League President. A copy charge of $5.00 will be assessed to the host team.
5. Meet results for Invitationals must include the name of the meet and dates of competition.
6. Published meet results must match the course length swum. Conversion of meet results may occur after publishing official results.

7. All hand written result sheets must be legibly printed in ink and signed by the meet referee.

IX. INVITATIONAL MEETS

The host team shall determine scoring, age-up date and the order of events, but in order to count the meet for League Championships, the swimming technical rules and League Bylaws must be followed. Individuals participating in meets must have a certified coach in attendance. If the swimmer's coach is not in attendance, arrangements must be made with a currently certified coach in attendance.

X. LEAGUE RECORDS

League records shall be maintained by the league secretary for 25 yard pools, 25 meter pools and 20 yard pools. These records may be set in any YMCA inter-association or YMCA sanctioned swim meet(s) by any swimmer representing a team in the League swimming either for points or exhibition. Performances (with appropriate supporting evidence) bettering League Records must be submitted to the League Secretary by May 31 of each season to be accepted. The League Secretary will publish the League Records annually for distribution at the fall meeting of the league. Each record breaker will be presented with a 4x6 plaque which contains the name, date, event, age group, time and location where made.

XI. SOUTHEAST LEAGUE ALL-STARS

SEC All-Stars will be determined by each association at the conclusion of each season. Time standards will be established at the September meeting. Swimmers who have met the time standards from any meet where they have represented their YMCA either for points or exhibition shall be awarded All-Star certificates signed by the League President and the team Coach. The conversion times for meters to yards shall be the same as those used to determine qualifying times of the Zone Championship meet. Conversion times for 20 yard pools are based on the attached table (pg 15).

XII. LEAGUE CHAMPIONSHIP MEET

A. A League Championship Meet shall be held at the end of each season.

B. The exact date and site shall be determined at the September meeting.

C. ELIGIBILITY

1. Before the entry deadline for Championships, all swimmers shall have represented their association in three (3) YMCA meets during the winter season for winter Championships and two (2) meets during the summer season for summer Championships and shall have been a YMCA member in good standing who holds an annual, full privilege membership. The three meets MUST be minimum of one (1) interassociation dual meet and two (2) other YMCA dual meets or YMCA closed invitationals. For a meet to count, the participating teams must meet the minimum dual meet requirements. Attendance at a meet cancelled due to weather will be counted as participating in a meet.
2. One of the three participation meets for Winter Championships must be at least 45 days prior to the start of the Championship meet. One of the two participation meets for Summer Championships must be at least 20 days prior to the Championship meet.
3. All regular season swim meets that are concluded in a single day count as one meet regardless of the scoring procedure used or the number of teams competing.
4. Entry forms must be signed by an association professional Staff member (other than a coach) verifying swimmer eligibility.
5. Teams which have not paid any accrued fines by the Championship meet entry deadline will not be allowed participate in the meet.

D. CONDUCT OF THE MEET

1. The current swimming technical rules shall govern the meet except where superseded by a Southeast YMCA Swim League Rule. Criteria for disqualification of swimmers will be one of the topics at the officials' meetings.
2. A swimmer's age group participation shall be determined as of his/her age the first day of December for the winter Championships or the first day of June for the summer Championships. Swimmers shall swim in their own age group for all individual events.
3. Distances shall be the same as the Dual meet program as specified in Article VIII. E. items 1,2,and 3.
4. All events shall be swum as Time Finals and shall be seeded as such.
5. There shall be no exhibition swims during the meet. Time trials may be swum at the end of each session.
6. Protests must be submitted in writing and will be settled by a meet committee chosen at the championship meeting. Members of this committee must be present during all sessions of the championship meet.
7. For safety purposes, at least one official will be present on the deck supervising all warm-up periods.
8. For safety purposes during warm-ups, swimmers must enter the pool feet first in a cautious manner.
9. A swimmer must be represented by a certified coach to participate at championships.

E. ENTRIES

1. Entry information shall be mailed or posted to the web-site with an e-mail by the host teams at least three (3) weeks prior to the entry deadline.
2. The entry deadline shall be determined by the host team. Entries received after the deadline shall carry a fine of $50.00 a day for a maximum of two days after the deadline at which time the entries will be returned. Revisions and/or additions to the entries must be made within 24 hours of the entry deadline. Additional entries are limited to the larger of 3 swimmers or 10% of the original entry submission without fine. Entries beyond those counts will require a fine. Changes are allowed only during the 24 hour extended entry window.
3. 'NO TIMES' will not be accepted for any entries. Swimmers must have swum that event in competition during the current YMCA season. Entry times may be challenged before championships.
4. Entry fees shall be at the discretion of the host teams with individual events not to exceed $5.00 and relay events not to exceed $10.00.
5. Swimmers may enter three (3) individual events, one (1) medley relay and one (1) freestyle relay. A swimmer may move up to fill a relay which has at least two (2) individuals in that age group relay. This will be counted toward that swimmer's one (1) allowed medley relay or one (1) allowed freestyle relay. For the summer long course session, swimmers may enter four (4) individual events, one (1) medley relay and one (1) freestyle relay.
6. Any 11-12 year olds who would be otherwise eligible for the upcoming Nationals are eligible for the senior events not otherwise available to other 11 year olds.

F. SCORING

Scoring shall include age group competition as follows:

- 8 and under
- 9 – 10 (10 & under for events that are not available to 8 & unders)
- 11–12
- 13–14
- 15 & over

Note: 15 and over swimmers must be age-eligible to swim at the upcoming YMCA Nationals meet.

Scoring for the winter Championships shall be as follows:

Individual events: 16-13-12-11-10-9-7-5-4-3-2-1
Relay events: 32-26-24-22-20-18-14-10-8-6-4-2

Scoring for the summer Championships shall be as follows:

Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2

G. AWARDS

For the winter season, individual, relay, and team awards for the championship meet must meet the following requirements:

1. Ribboned medals for first through sixth place.
2. Ribbons for seventh through twelfth place.
3. A rotating trophy shall be awarded annually to the winning team.

4. A girl's and boy's plaque approximately 6 by 8 inches shall be awarded in each age group to the team receiving the most points.
5. Individual high point trophies both boys and girls in each age group.

For the summer season, individual, relay, and team awards for the championship meet must meet the following requirements:

1. Ribboned medals for the first through third place.
2. Ribbons for fourth through eighth.
3. Team trophies for first through third place.
4. A girl's and boy's plaque approximately 6 by 8 inches shall be awarded in each age group to the team receiving the most points.
5. Individual high point trophies both boys and girls in each age group.

H. COACHES MEETING

Each team shall have a representative at the coaches' mtg. prior to the meet.

I. OFFICIALS

Each team shall supply timers and YMCA Certified officials as determined by the Meet committee. The names shall be mailed or posted to the web-site with an e-mail with the entries and workers shall be notified of their scheduled time to work prior to the meet. Officials will provide a copy of their current certification at the time of registration for the meet.

J. FACILITIES AND MEET INFORMATION

1. The minimum required facilities for conducting the League Championship shall be:
   a. A six lane, 25 yard or 25 meter pool with non-turbulent type lane lines.
   b. Electronic timing equipment.
   c. A spectator area to accommodate at least 250 with full view of the pool.
   d. Ancillary facilities for a swimmers' rest area for 300 swimmers.
   e. Hotel/motel accommodations for 500 within a 20 mile radius.
   f. Starting blocks at both ends of the pool are preferred.

2. Championship information shall be submitted at the Fall meeting for winter and at the Spring meeting for summer in writing with sufficient copies for representatives noted on the roster. Such information shall include:

   a. A description of the facilities.
   b. The proposed entry fees.
   c. The date of the meet.
   d. A proposed format for the meet (i.e. number of sessions and age grups participating in each session). The proposed format is subject to alteration by the host team until meet entries are mailed.
   e. Recommended safety procedures for warm-ups.
   f. A list of available lodging in the area.
   g. All other items required by these rules.

3. The host teams should base entry fees on the following general guidelines.
    a. Pool rental fees, if any.
    b. Maintenance and staff costs, if any.
    c. Cost of individual medal awards.
    d. Cost of ribbon awards.
    e. Cost of team awards.
    f. Any other expenses which the hosts might incur.

Deck Entry Card Sample

(For Dual Meets)

Event No._____ Best Time_____

Heat _____ Lane _____

8-U	10-U	11-12	13-14	15-18
Event			Yards / Meters	
20	25	400	Free	IM
40	50	500	Back	MR
80	100	800	Breast	FR
160	200	1650	Fly	

Name_____

Team_____

Time_____

_____

Official Time

PLACE _____

CONVERSION SHEET

To convert 40's to 50's

40 YD. TIME	50 YD. TIME	40 YD. TIME	50 YD. TIME	40 YD. TIME	50 YD. TIME	40YD. TIME	50 YD. TIME
18.4	23.5	22.7	29.0	27.0	34.7	31.3	40.2
.5	.7	.8	.1	.1	.8	.4	.3
.6	.8	.9	.3	.2	35.0	.5	.4
.7	.9	23.0	.5	.3	.1	31.6	40.6
.8	24.0	.1	.6	.4	.2	.7	.7
.9	.2	.2	.7	.5	.3	.8	.8
19.0	.3	.3	.9	.6	.4	.9	.9
.1	.4	.4	30.0	.7	.6	32.0	41.0
.2	.5	.5	.1	.8	.7	.1	.2
.3	.7	.6	.2	.9	.8	.2	.3
.4	.8	.7	.4	28.0	.9	.3	.4
.5	.9	.8	.5	.1	36.1	.4	.5
.6	25.0	.9	.6	.2	.2	.5	.7
.7	.2	24.0	.7	.3	.3	.6	.8
.8	.3	.1	.9	.4	.4	.7	.9
.9	.4	.2	31.0	.5	.6	.8	42.0
20.0	.5	.3	.1	.6	.7	.9	.2
.1	.7	.4	.2	.7	.8	33.0	.3
.2	.8	.5	.4	.8	.9	.1	.4
.3	.9	.6	.5	.9	37.1	.2	.5
.4	26.0	.7	.6	29.0	.2	.3	.7
.5	.2	.8	.7	.1	.3	.4	.8
.6	.3	.9	.9	.2	.4	.5	.9
.7	.4	25.0	32.1	.3	.6	.6	43.0
.8	.5	.1	.2	.4	.7	.7	.2
.9	.7	.2	.3	.5	.8	.8	.4
21.0	.8	.3	.5	.6	.9	.9	.5
.1	.9	.4	.6	.7	38.1	34.0	.6
.2	27.0	.5	.7	.8	.3		
.3	.2	.6	.8	.9	.4	34.4	44.1
.4	.3	.7	33.0	30.0	.5	34.8	44.6
.5	.4	.8	.1	.1	.7	35.2	45.1
.6	.6	.9	.2	.2	.8	35.6	45.6
.7	.8	26.0	.3	.3	.9	36.0	46.1
.8	.9	.1	.5	.4	39.0	36.4	46.7
.9	28.0	.2	.6	.5	.2	36.8	47.2
22.0	.1	.3	.7	.6	.3	37.2	47.7
22.1	28.3	.4	.8	.7	.4	37.5	48.0
.2	.4	.5	34.0	.8	.5		
.3	.5	.6	.1	.9	.7		
.4	.6	.7	.2	31.0	.8		
.5	.8	.8	.3	.1	.9		
.6	.9	.9	.5	.2	40.0		

*For all star times and informational purposes only

CONVERSION SHEET

80YD TIME	100YD TIME	80YD TIME	100YD TIME	80YD TIME	100YD TIME	80YD TIME	100YD TIME	80YD TIME	100YD TIME
44.0	57.0	49.0	.3	54.0	.7	59.0	.1	64.0	.4
.1	.2	.1	.4	.1	.9	59.1	76.2	.1	.6
.2	.3	.2	.5	.2	70.0	.2	.3	.2	.7
.3	.4	.3	.7	.3	.1	.3	.5	.3	.8
.4	.5	.4	.8	.4	.2	.4	.6	.4	.9
.5	.7	.5	.9	.5	.4	.5	.7	.5	83.1
.6	.8	.6	64.0	.6	.5	.6	.8	.6	.2
.7	.9	.7	.2	.7	.6	.7	77.0	.7	.3
.8	58.0	.8	.3	.8	.7	.8	.1	.8	.4
.9	.2	.9	.4	.9	.9	.9	.2	.9	.6
45.0	.3	50.0	.5	55.0	71.0	60.0	.3	65.0	.7
.1	.4	.1	.7	.1	.1	.1	.5	.1	.8
.2	.5	.2	.9	.2	.3	.2	.6	.2	.9
.3	.7	.3	65.0	.3	.4	.3	.7	.3	84.1
.4	.8	.4	.1	.4	.6	.4	.8	.4	.2
.5	.9	.5	.3	.5	.7	.5	78.0	.5	.3
.6	59.0	.6	.4	.6	.8	.6	.2	.6	.4
.7	.2	.7	.5	.7	72.0	.7	.3	66.0	85.1
.8	.3	.8	.6	.8	.1	.8	.4	66.4	85.6
.9	.4	.9	.8	.9	.2	.9	.6	66.8	86.1
46.0	.5	51.0	.9	56.0	.3	61.0	.7	67.2	86.6
.1	.7	.1	66.0	.1	.5	.1	67.8	67.6	87.1
.2	.8	.2	.1	.2	.6	.2	.9	68.0	87.6
.3	.9	.3	.3	.3	.7	.3	79.1	68.4	88.1
.4	60.0	.4	.4	.4	.8	.4	.2	68.8	88.6
.5	.2	.5	.5	.5	73.0	.5	.3	69.2	89.1
.6	.3	.6	.6	.6	.1	.6	.5	69.6	89.6
.7	.4	.7	.8	.7	.2	.7	.6	70.0	90.1
.8	.5	.8	.9	.8	.3	.8	.7	70.4	90.6
.9	.7	.9	67.0	.9	.5	.9	.8	70.8	91.1
47.0	.8	52.0	.1	57.0	.6	62.0	.9	71.2	91.6
.1	.9	.1	.3	.1	.7	.1	80.1	71.6	92.3
.2	61.0	.2	.5	.2	.8	.2	.2	72.0	92.8
.3	.2	.3	.6	.3	74.0	.3	.3	72.4	93.3
.4	.3	.4	.7	.4	.1	.4	.4	72.8	93.8
.5	.4	.5	.9	.5	.2	.5	.6	73.2	94.3
.6	.5	.6	68.0	.6	.3	.6	.7	74.0	95.3
.7	.7	.7	.1	.7	.5	.7	.8	74.8	96.3
.8	.8	.8	.2	.8	.6	.8	.9	75.6	97.3
.9	.9	.9	.4	.9	.7	.9	81.1	76.4	98.3
48.0	62.0	53.0	.5	58.0	.8	63.0	.2	77.2	99.5
.1	.2	.1	.6	.1	75.0	.1	.3	78.0	1:40.5
.2	.3	.2	.7	.2	.1	.2	.4	78.8	1:41.5
.3	.4	.3	.9	.3	.2	.3	.6	79.2	1:42.0
.4	.5	.4	69.0	.4	.3	.4	.7		
.5	.7	.5	.1	.5	.5	.5	.8		
.6	.8	.6	.2	.6	.6	.6	.9		
.7	.9	.7	.4	.7	.7	.7	82.1		
.8	63.0	.8	.5	.8	.8	.8	.2		
.9	.2	.9	.6	.9	76.0	.9	.3		

***For all star and informational purposes only**

Conversion Sheet

(For I.M. add 1 second to 200 time)

160 Yd. TIME	200 Yd. TIME	160 Yd TIME	200 Yd TIME	160Yd. TIME	200Yd. TIME
1:18.0	1:39.5	1:38.8	2:06.1	1:58.8	2:31.7
1:18.4	1:40.0	1:39.2	2:06.6	1:59.6	2:32.7
1:18.8	1:40.5	1:39.6	2:07.1	2;00.4	2:33.7
1:19.2	1:41.0	1:40.0	2:07.6	2:01.2	2:34.7
1:19.6	1:41.5	1:40.4	2:08.1	2:02.0	2:35.7
1:20.0	1:42.0	1:40.8	2:08.6	2:02.8	2:36.9
1:20.4	1:42.5	1:41.2	2:09.1	2:03.6	2:37.9
1:20.8	1:43.0	1:41.6	2:09.6	2:04.4	2:38.9
1:21.2	1:43.5	1:42.0	2:10.1	2:05.2	2:39.9
1:21.6	1:44.0	1:42.4	2:10.6	2:06.0	2:40.0
1:22.0	1:44.5	1:42.8	2:11.1	2:07.2	2:42.4
1:22.4	1:45.0	1:43.2	2:11.6	2:08.4	2:43.9
1:22.8	1:45.5	1:43.6	2:12.1	2:09.6	2:45.6
1:23.2	1:46.0	1:44.0	2:12.6	2:10.8	2:47.1
1:23.6	1:46.5	1:44.4	2:13.1	2:12.0	2:48.6
1:24.0	1:47.0	1:44.8	2:13.8	2:13.2	2:50.0
1:24.4	1:47.5	1:45.2	2:14.3		
1:24.8	1:48.0	1:45.6	2:14.8		
1:25.2	1:48.5	1:46.0	2:15.3		
1:25.6	1:49.0	1:46.4	2:15.8		
1:26.0	1:49.5	1:46.8	2:16.3		
1:26.4	1:50.0	1:47.2	2:16.8		
1:26.8	1:50.7	1:47.6	2:17.3		
1:27.2	1:51.2	1:48.0	2:17.8		
1:27.6	1:51.7	1:48.4	2:18.3		
1:28.0	1:52.2	1:48.8	2:18.8		
1:28.4	1:52.7	1:49.2	2:19.3		
1:28.8	1:53.2	1:49.6	2:19.8		
1:29.2	1:53.7	1:50.0	2:20.3		
1:29.6	1:54.2	1:50.4	2:20.8		
1:30.0	1:54.7	1:50.8	2:21.5		
1:30.4	1:55.2	1:51.2	2:22.0		
1:30.8	1:55.7	1:51.6	2:22.5		
1:31.2	1:56.2	1:52.0	2:23.0		
1:31.6	1:56.7	1:52.4	2:23.5		
1:32.0	1:57.2	1:52.8	2:24.0		
1:32.4	1:57.7	1:53.2	2:24.5		
1;32.8	1:58.4	1:53.6	2:25.0		
1:33.2	1:58.9	1:54.0	2:25.5		
1:33.6	1:59.4	1:54.4	2:26.0		
1:34.0	1:59.9	1:54.8	2:26.5		
1:34.4	2:00.4	1:55.2	2:27.0		
1:34.8	2:00.9	1:55.6	2:27.5		
1:35.2	2:01.4	1:56.0	2:28.0		
1:35.6	2:01.9	1:56.4	2:28.7		
1:36.0	2:02.4	1:56.8	2:29.2		
1:36.4	2:02.9	1:57.2	2:29.7		
1:36.8	2:03.4	1:58.0	2:30.7		
1:37.2	2:03.9				
1:37.6	2:04.4				
1:38.0	2:04.9				

*For all star and informational purposes only.

SOUTHEAST OHIO / WEST VIRGINIA YMCA SWIM LEAGUE

PROXY FORM
APPOINTMENT OF PROXY

I (We) Hereby appoint _____
(name of proxy)

to represent and vote on behalf of

_____
(name of Association or YMCA)

at meetings of The Southeast Ohio / West Virginia Ymca Swim League.

Date_____ Signed_____
(Executive Director of the Association)

This proxy supersedes, replaces, and revokes any and all proxies heretofore given to any person or persons for the above purposes. This Proxy is for a single purpose only and, therefore, is final, binding and non-revocable.

This form must be presented to the League President prior to the start of the League meeting. (see Article III. F. of the Southeast Ohio / West Virginia Swim League By Laws)

Consent to Transfer
Southeast Ohio / West Virginia YMCA Swim League

This is to verify that _____ has

informed the _____

YMCA that he/she intends to transfer his/her membership and swim

team affiliation to _____ .

We acknowledge that we have been so informed.

_____.
Coach

_____.
Executive Director

SOUTHEAST OHIO / WEST VIRGINIA YMCA SWIM LEAGUE
Team Meet Winter Schedule _____ -- _____
Team _____

	Sat or Sun (Circle one)		Date (Circle one)		Meet Start Time (Write in)	versus Team 1	Team 2
September	Sat	Sun	0	0	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
October	Sat	Sun	0	0	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
November	Sat	Sun	0	0	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
December	Sat	Sun	0	0	_____	_____	_____
	Sat	Sun	0	0	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
January	Sat	Sun	0	0	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
February	Sat	Sun	0	0	_____	_____	_____
	Sat	Sun	0	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
	Sat	Sun	00	00	_____	_____	_____
March	Sat & Sun		0 & 0		League Championships (tentative)		

*Signed _____ Title _____ Date _____

*Must be signed by a YMCA Professional before the Spring League Meeting. Once scheduled meets are written in, form should be turned in to the league President.

SOUTHEAST OHIO / WEST VIRGINIA YMCA SWIM LEAGUE

Team Meet Summer Schedule ____

Team _____

Date	Time	versus Team 1	Team 2
June 00	_____	_____	_____
June 00	_____	_____	_____
June 00	_____	_____	_____
June 00	_____	_____	_____
July 00	_____	_____	_____
July 00	_____	_____	_____
July 00	Champs: arrangements to be announced		

*Signed _____ Title_____ Date_____

*Must be signed by a YMCA Professional and once scheduled meets are written in, form should be turned in to the league President.