



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

# **2020 SWOYSL A Championship**

## **MEET ANNOUNCEMENT**

### **About the Championship**

Date: March 6, 7, 8, 2020  
Meet Director – Jon Saxton  
Locations and Managers listed on Page 3  
North – Trotwood High School  
Central - Countryside YMCA  
South – M. E. Lyons YMCA/Powel Crosley YMCA  
South Finals - Powel Crosley YMCA  
North Finals – Trotwood High School  
Entry Deadline: March 2, 2020 – 6 PM  
Hosted by: Southwest Ohio YMCA Swim League  
Web Site: [www.swyswim.org](http://www.swyswim.org)

## **Contents**

About the Championship	2
Meet Format Waiver	2
Locations	2
Web Site	2
Contact Information	3
Timeline	3
Eligibility	3
ENTRY INFORMATION	5
Volunteers/Officials/Timers	7
Championship Procedures and Operations	7
Awards and Recognition	12
Spectators	13
Parking	13
Liability, Safety, and Emergency Procedures	13
APPENDIX 1: Order of Events	15
APPENDIX 2: Qualifying Times	17



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

### About the Championship

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the OH LSC of USA Swimming.

YMCA Sanction number: CAQ-2020-

USA-S Approval number:

### Meet Format Waiver

**RESERVE THE RIGHT TO MAKE CHANGES:** 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.

### Locations

**South A Meet:  
2 sites**

(1) Powel Crosley

**Friday and AM sessions**

9601 Winton Road  
Cincinnati, OH 45231  
513-521-7112

(2) M. E. Lyons  
**(PM sessions only)**  
8108 Clough Pike  
Cincinnati, OH 45230  
(513) 474-1400

Blue Ash  
M. E. Lyons  
Powel Crosley  
R C Durr

**North A Meet**

Trotwood High School  
4440 North Union Rd  
Trotwood OH 45426  
Contact Pam Fulton  
(937) 572-4604

Auglaize Mercer  
Champaign County  
Darke County  
Hilliker  
Huber Heights  
Kleptz  
Miami County  
Preble County  
Sidney  
Springfield  
Union County

**Central A Meet:**

Countryside YMCA  
1699 Deerfield Rd  
Lebanon, OH 45036  
513-932-1424

Countryside  
Coffman  
Great Miami Valley  
Lakota Family  
South Family

**A Finals (2 sites)  
South**

Powel Crosley YMCA  
9601 Winton Road  
Cincinnati, OH 45231  
513-521-7112

**North**

Trotwood High School  
4440 North Union Rd  
Trotwood OH 45426  
Contact Pam Fulton  
937-572-4664

### Web Site

Meet Information can be found at: [www.swyswim.org](http://www.swyswim.org)



2020 SWOYSL A CHAMPIONSHIP  
MARCH 6, 7, 8, 2020

Online Meet Results: [Meet Mobile](#) will carry UNOFFICIAL meet results not the heat sheet. Full meet results will be posted after the meet on [www.swyswim.org](http://www.swyswim.org).

### Contact Information

Site Managers			
South	Central	North	Finals
<b>Steve Connock</b> 513-633-3860 <a href="mailto:sconnock@zoomtown.com">sconnock@zoomtown.com</a>	<b>Chris Lockett</b> 513-382-9982 <a href="mailto:Jclockett2010@gmail.com">Jclockett2010@gmail.com</a>	<b>Eric Turner</b> 937-206-9737 <a href="mailto:Jturner6@gmail.com">Jturner6@gmail.com</a>	<b>Jon Saxton</b> 513-518-5153 <a href="mailto:jsaxton@rendigs.com">jsaxton@rendigs.com</a>
<b>Entry Chair</b> Mark Lingo <a href="mailto:mark@lingomfg.com">mark@lingomfg.com</a>	<b>Entry Chair</b> Kevin Rice <a href="mailto:Rice.kevin@aol.com">Rice.kevin@aol.com</a>	<b>Entry Chair</b> Eric Turner <a href="mailto:Jturner6@gmail.com">Jturner6@gmail.com</a>	

### Timeline

Warm-up and start times for all sessions are subject to change depending on the size of the meet. All information will be posted on the league website, ([www.swyswim.org](http://www.swyswim.org))

Inclement Weather/Cancelation: In case of weather emergency information will be posted on the league website ([www.swyswim.org](http://www.swyswim.org)).

### Eligibility

#### ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

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 may not be older than twenty-one (21) years of age on the first day of the Meet.



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

YMCA Meet Participation: To be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season.

Times: Time standards posted on the league website. An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the qualifying period of March 1, 2019 through the entry deadline.

Athletes with a Disability: Swimmers with a disability are Welcome to enter this meet. The coach or team entry person must alert the Site Manager and the Meet Referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

## **COACH**

Required Certifications: Coaches must hold current certifications in the following courses to receive deck credentials: Professional Rescuer CPR, First Aid, Concussion Training, Sudden Cardiac Arrest, Safe Sport, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

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

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 Site Manager and Meet Referee must be notified of this situation.

## **TEAM**

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.



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

**ENTRY INFORMATION**

**ENTRY LIMITS:** Each athlete may enter (3) individual events per day with a maximum of (7) individual events for the weekend. Each swimmer may swim (1) age group 200 free relay and (1) age group 200 medley relay. They may enter unlimited senior relays.

**Relay reminder.** Only the A, B, and C relays per team per event can score. D, E, etc. relays will not be scored under ANY circumstances, including disqualification of the team's A, B, or C relays. Please mark any relay beyond C as exhibition.

**QUALIFICATION PERIOD:** The qualification period is March 1, 2019 through the entry deadline. Entries for the A Championship meet cannot be equal to or faster than AA time. Any swimmer with 7 AA qualifying times (Appendix 1) may not swim an individual event at the A championship meet. (He/she may be used to fill out a relay.)

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

**TIMES:** No Times (NT) are not allowed. Submit entry times in SCY times (preferred). If the swimmer or swimmers do not have a short course yards qualifying times, then a qualifying long course meters or short course meters time may be used. Events will be seeded with yard times as the fastest times followed by short course meter times and then long course meter times. Entries must be made using actual times. Time conversion is not permitted.

Entered times must be the swimmer's BEST time achieved during the qualifying period.

**ENTRY FEES:** \$4 per individual event, \$16 per relay, \$5 surcharge

**ENTRY DEADLINE:** Monday, March 2, 2020 6:00 PM

**ENTRY PROCEDURE:** Entries are submitted online to the following sites:

- <http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=SWOYSL-South>
- <http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=SWOYSL-North>
- <http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=SWOYSL-Central>



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

**LATE ENTRIES**

**Deck entries will not be accepted. Errors can be corrected. All errors must be found and reported by 5 PM Thursday or no adjustment will be made. Check the online psych sheet carefully.**

Exception 1. A swimmer, who is not entered or incorrectly entered by the fault of the meet entry chairperson, may be properly placed in the appropriate events.

Exception 2a. A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 5 PM Thursday, provided he/she pays the appropriate entry fee plus a \$25.00/swimmer processing charge to the meet host. The coach is the only one who may make these changes.

Exception 2b. Coaches may add an event to a swimmer already entered in the meet by 5 PM Thursday, provided it is not over the entry limit and he/she pays the appropriate entry fee plus a \$25.00/swimmer processing charge. They may not exchange events.

**PAYMENT:** Checks are made payable to Southwest Ohio YMCA Swim League  
**Mail to**

**Pam Fulton**  
**1738 St. Route 202**  
**Troy, Ohio 45373**

A check or Purchase Order must be presented before the first event of the meet.

**EVENT CHECK-IN:** All events are pre-seeded.

Scratches for the 1000 free are due by 9:30 AM. Scratch at the scoring table. All events will be pre-seeded to ensure a minimum of three (3) swimmers in all heats. However, an entire event will NOT be re-seeded to maintain this minimum should there be scratches and/or no-shows. Combining of heats where the opportunity arises may be performed at the discretion of the meet referee, administrative referee and/or Site Manager.

**COACHES MEETING/SCRATCH MEETING:**

Notes for the coaches meeting will be emailed prior to the meet. If there is need for a meeting at the meet, all coaches will be notified.



## Volunteers/Officials/Timers

### OFFICIALS AND TIMERS:

Workers assignments -The Site Managers will prepare the workers assignment list approximately 30 days in advance of the Championship. The assignments will be posted on the web.

The required YMCA work assignments are determined by the number of swimmers entered by each team in last year's championship meet. If you expect significant changes, please contact the Site Manager. All YMCAs must provide the assigned workers as designated by the Site Manager. Failure to provide all the assigned officials/workers for any session of this meet may disallow that team's swimmers from further participation in the meet. IT IS THE DUTY OF THE ASSIGNED TEAM TO CONTACT OTHER TEAMS FOR HELP IN FULFILLING ASSIGNMENTS. It is not the duty of the Site Manager. Please notify the Site Manager of any substitution.

### OFFICIALS SIGN-UP PROCEDURE:

Officials are not assigned per Y. All certified Y and USA officials are welcome. Please contact the Site Manager at the site at which you are willing to work. Deck assignments will be made by the Site Manager or the Meet Referee. All officials must be dressed in white collared shirts, navy-blue pants, shorts, or skirts, and white shoes.

### OFFICIALS AND TIMERS MEETING:

Meetings for officials and timers will be held prior to each session.

## Championship Procedures and Operations

### CHAMPIONSHIP COMMITTEE: (For North, Central, South and Finals)

By League rules, all meets shall have a committee designated before the beginning of the meet. The meet committee shall consist of: SWOYSL executive committee members in attendance, Site Manager, Meet Referee, one coach, one swimmer entered in the meet and the Regional Representative (if present).

The committee may become involved in protests and disputes concerning technical matters, matters of eligibility, and other appropriate subjects, but in no case, may the meet committee become involved in protests concerning judgment decisions by deck officials.



**2020 SWOYSL A CHAMPIONSHIP  
MARCH 6, 7, 8, 2020**

---

**RULES:**

The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules, and Southwest Ohio YMCA Swim League rules.

**Swimmer's age will be determined as of December 1, 2019.** Senior events require that the swimmer be 12 on the first day of YMCA Short Course Nationals (April 1, 2020).

Except for those stated in this document or outlined in the Southwest Ohio YMCA Swim League "Rules and Regulations for Competitive Swimming Meets" issued October 1998, the current USA Swimming Rules will govern this meet.

**MEET FORMAT:**

**On Friday night, we have only two sessions. The South site will be Powel Crosley YMCA. The North site will be Trotwood High School**

Three sites (3) for Saturday and Sunday AM - PCY, CY, Trotwood.

Three sites for Saturday and Sunday PM sessions – ABLY, CY, Trotwood

**We have two Finals sites.** Trotwood for the North. Powel Crosley YMCA for the South.

**Finalist** - For individual events 50 yards and 100 yards long, the top 20 times in the South will qualify to swim at Finals and in the North the top 16 times will qualify to swim at Finals. 200 stroke events will swim 1 heat in Finals. (10 – South; 8 North). For the 200 Free and 200 IM we will swim 1 heat of 11-12, 1 heat of 13-14 and 2 heats of 15 and over.

**8 & under, 9-10 events, all relays and the 1000 free are timed final events.**

**The results of the two Finals meets will not be combined.**

**NOTES FOR FINALS MEETS**

**These meets will only work with extraordinary cooperation of coaches and parents. We will need officials from every participating team. This is a League Championship meet and volunteers – officials and timers – should be supplied by all participating Ys.**

**Estimate:** figure that you must provide a worker for every 3 swimmers in the meet. (Certified or non-certified.)

We will swim events in the same order as prelims. We have made some changes in Finals, so our estimate is 2 hours for Finals





**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

**SCRATCH PROCEDURE:**

At the 3 prelim sites, once an event is closed the top 26 swimmers from the site will be announced. Anyone in the top 26 at a site is obligated to scratch at their site if they do not wish to participate in Finals. They must do this within 30 minutes of the announcement following established scratch procedure. After the scratch period the names will be e-mailed to the Finals sites.

**SCRATCH RULE:**

For failure to compete in a Consolation and/or Championship Finals Event in which a swimmer is seeded, the swimmer will:

- A. miss his/her next individual event (prior swims not affected) –or-
- B. if the event missed is his/her last event, a \$25.00 fine will be imposed on the team.
- C. Exceptions: 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:**

Within 30 minutes of the announcement of an event's results, a swimmer may declare that he/she may not compete in the finals of that event pending the results of subsequent preliminary events **by notifying the Administrative Official**. The swimmer must declare his/her final intentions within 30 minutes of the completion of their last individual event. If the swimmer does not return to confirm the scratch, the swimmer will be seeded into the finals event and penalties set forth for failure to compete will apply.

**SEEDING FOR FINALS**

Finals events will be seeded based on the OFFICIAL preliminary results. AFTER the results are official, any scratches made known to the Administrative Referee before the end of warm-ups, will result in the entire event being re-seeded if and only if there is enough time to do so prior to the events being swum. If there is a scratch after warm-ups there will not be a reseed in the consolation heat. The alternate will swim in the open lane. If there is a scratch in the final heat known before consolation heat is swum, the fastest swimmer from the consolation heat will be placed in the open lane of the final heat.

**EVENT SEEDING:**

Most events will be seeded Slowest to Fastest. The 1000 free, 500 free and 400 IM will be seeded fastest to slowest. The Meet Referee/Administrative Official reserves the right to combine heats. We do not alternate gender.



### **PRELIMINARY SCRATCH PROCEDURES:**

An athlete is considered entered in an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

### **DECLARED FALSE START:**

An athlete may also withdraw from a heat or swim-off in preliminaries by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

### **NO SHOW:**

Because the meet is pre-seeded, an athlete who is seeded in an event (prelims) and fails to compete (i.e., a "no show") will have no penalty.

### **WARM-UP SAFETY PROCEDURES:**

Teams will be assigned lanes for warm-ups. During designated warm-up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm-up periods when sprint lanes are designated for practicing racing starts.

### **SWIMMERS REPORT DIRECTLY TO THE BLOCKS:**

All swimmers are expected to report directly to their respective blocks for their events.

### **STARTS:**

'Fly-over' starts will be used if deemed necessary by the Meet Referee.

Wedges or fins on blocks may not be used during the Saturday and Sunday AM preliminary sessions. Backstroke ledges may not be used during the Saturday and Sunday AM preliminary sessions. They may be used during all other sessions.

### **SWIM-OFFS:**

In the event a swim-off is necessary, the Meet 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) If the swim-off involves swimmers from different preliminary sites, the swim off will take place at the beginning of Finals.



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

**PROTEST PROCEDURE:**

A person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet, may only initiate protests. The Championship Committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests on the judgment decisions of starters, stroke, turn, place and relay takeoff judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

**DEVOTIONS** – Assigned by site chairperson.

**CONDUCT AND RESTRICTIONS:**

The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct.

- Swimmers are not permitted in the spectator stands
- **NO glass on deck or in locker room.**
- Shaving is not permitted in any areas of the facility.
- Changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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.
- Beverages are allowed. No glass containers.
- No coolers are allowed in the natatorium
- **Each team is responsible for its team area and is expected to leave their area clean at the end of each session.**
- Under no circumstances will camera zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during the competition and warm-up.
- 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



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

---

**Awards and Recognition**

**SCORING FOR FINALS**      **South will score 20 places. North will score 16 places.**

**20 Places**

Individual                      24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
 Events:

**Relay limitation**                      Remember: Only the A, B, and C relays per team per event can score. D, E, etc. relays will not be scored under ANY circumstances, including disqualification of the team's A, B, or C relays

**16 Places**

Individual                      20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
 Events:

**PRELIM SCORING**                      16 Place scoring

Individual                      20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
 Events:

Relay Events                      40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**AWARDS:**

<b>Awards at Prelim Sites - Awards for 8 &amp; under and 9-10</b>		
Individual	Medals:	1 <sup>st</sup> through 8 <sup>th</sup> place
Individual	Ribbons:	9 <sup>th</sup> through 16 <sup>th</sup> place
Relay	Medals:	1 <sup>st</sup> through 3 <sup>rd</sup> place
Relay	Ribbons:	4 <sup>th</sup> through 16 <sup>th</sup> place
Heat Ribbons	Heat ribbons will be awarded to all heat winners in the 8 & Under and 9 - 10 age groups.	
<b>Awards for 11 &amp; over at prelims</b>		
Individual and Relays	Ribbons 1 <sup>st</sup> through 16 <sup>th</sup>	
<b>Awards for Friday Events and the 1000 Free are awarded at the 3 prelim sites</b>		
Medals 1 <sup>st</sup> - 8 <sup>th</sup> Ribbons 9 <sup>th</sup> – 16 <sup>th</sup>		
<b>Awards for Finals</b>		
Finals (we only award as many places as we swim at Finals)	Medals:	1 <sup>st</sup> -10 <sup>th</sup> place (South) 1 <sup>st</sup> - 8 <sup>th</sup> (North)
	Ribbons:	11 <sup>th</sup> – 20 <sup>th</sup> place (South) 9 <sup>th</sup> – 16 <sup>th</sup> (North)

**There are no team awards at A Championships.**



## Spectators

**ADMISSION FEE:** No admission fee.

**HEAT SHEETS:** \$5 for Friday, Saturday, and Sunday AM heat sheet (3 days); \$5 for PM heat sheet (2 days); \$2 for Finals.

### **CONDUCT AND RESTRICTIONS:**

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

## Parking

Parking is limited at each YMCA. Carpooling is encouraged

## Liability, Safety, and Emergency Procedures

### **INSURANCE:**

Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of travel from their Association to the meet, during the entire period of the meet and return to their Association. Appendix 3 must be signed by each association participating in the meet. Each team must have a site-specific certificate for the site(s) where they participate.

Teams that are a part of the YMCA of Greater Cincinnati do not need a certificate to swim at PCY. Teams that swim prelims at CY will need two (2) certificates one for CY and one for the site where they swim finals.

### **LIABILITY LIMITS:**

In granting of the USA-S/OH LSC approval, it is understood and agreed that USA Swimming and OH LSC shall be free and held harmless from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the meet.

In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the meet.



**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 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.

**UNACCOMPANIED ATHLETE:**

Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**CONCUSSION AWARENESS:**

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 Site Manager.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Site Manager.
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must follow the laws that are in effect within the authority 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.

**LIGHTNING POLICY:**

The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

**APPENDIX 1: Order of Events**

<b>Girls</b>	<b>Age</b>	<b>Friday Events</b>	<b>Boys</b>		<b>Girls</b>	<b>Age</b>	<b>Sunday AM</b>	<b>Boys</b>
103	9-10	200 Freestyle	104					
105	13-14	400 IM	106					
107	15 & over	400 IM	108					
109	11 – 12	500 Freestyle	110					
111	13-14	500 Freestyle	112					
113	15 & over	500 Freestyle	114					
<b>Girls</b>	<b>Age</b>	<b>Saturday AM</b>	<b>Boys</b>		<b>Girls</b>	<b>Age</b>	<b>Sunday AM</b>	<b>Boys</b>
203	11-12	100 IM	204		303	11-12	100 Backstroke	304
205	15 & over	50 Freestyle	206		305	13-14	200 Backstroke	306
207	13-14	50 Freestyle	208		307	15 & Over	200 Backstroke	308
209	11-12	50 Freestyle	210		309	11-12	50 Butterfly	310
211	15 & over	200 Butterfly	212		311	13-14	100 Butterfly	312
213	13-14	200 Butterfly	214		313	15 & over	100 Butterfly	314
215	11-12	100 Butterfly	216		315	11-12	100 Freestyle	316
217	15 & over	100 Backstroke	218		317	13-14	100 Freestyle	318
219	13-14	100 Backstroke	220		319	15 & over	100 Freestyle	320
221	11-12	50 Backstroke	222		321	11-12	200 IM	322
223	15 & over	200 Freestyle	224		323	13-14	200 IM	324
225	13-14	200 Freestyle	226		325	15 & over	200 IM	326
227	11-12	200 Freestyle	228		327	11-12	50 Breast	328
229	15 & over	200 Breast	230		329	13-14	100 Breast	330
231	13-14	200 Breast	232		331	15 & over	100 Breast	332
233	11-12	100 Breast	234		333	11-12	200 Medley Relay	334
235	15 & over	200 Free Relay	236		335	13-14	200 Medley Relay	336
237	13-14	200 Free Relay	238		337	15 & over	200 Medley Relay	338
239	11-12	200 Free Relay	240		339	Senior	1000 Freestyle	340
<b>Girls</b>	<b>Age</b>	<b>Saturday PM</b>	<b>Boys</b>		<b>Girls</b>	<b>Age</b>	<b>Sunday PM</b>	<b>Boys</b>
251	8 & Under	50 Freestyle	252		351	8 & Under	100 IM	352
253	9 - 10	100 Freestyle	254		353	9 - 10	100 IM	354
255	8 & Under	25 Backstroke	256		355	8 & Under	50 Backstroke	356
257	9 - 10	50 Backstroke	258		357	9 - 10	100 Backstroke	358
259	8 & Under	50 Breast	260		359	8 & Under	25 Freestyle	360
261	9 - 10	100 Breast	262		361	9 - 10	50 Freestyle	362
263	8 & Under	25 Butterfly	264		363	8 & Under	50 Butterfly	364
265	9 - 10	50 Butterfly	266		365	9 - 10	100 Butterfly	366
267	8 & Under	100 Freestyle	268		367	8 & Under	25 Breast	368
269	9 - 10	200 IM	270		369	9 - 10	50 Breast	370
271	8 & Under	100 Free Relay	272		371	8 & Under	100 Medley Relay	372
273	9 – 10	200 Free Relay	274		373	9 – 10	200 Medley Relay	374



**2020 SWOYSL A CHAMPIONSHIP**  
**MARCH 6, 7, 8, 2020**

<b>A Order of Events for Finals</b>			
<b>Girls</b>	<b>Age</b>	<b>Saturday Finals</b>	<b>Boys</b>
203	11-12	100 IM (2)	204
205	15 & over	50 Freestyle (2)	206
207	13-14	50 Freestyle (2)	208
209	11-12	50 Freestyle (2)	210
211	15 & over	200 Butterfly (1)	212
213	13-14	200 Butterfly (1)	214
215	11-12	100 Butterfly (2)	216
217	15 & over	100 Backstroke (2)	218
219	13-14	100 Backstroke (2)	220
221	11-12	50 Backstroke (2)	222
223	15 & over	200 Freestyle (2)	224
225	13-14	200 Freestyle (1)	226
227	11-12	200 Freestyle (1)	228
229	15 & over	200 Breaststroke (1)	230
231	13-14	200 Breaststroke (1)	232
233	11-12	100 Breaststroke (2)	234
<b>Girls</b>	<b>Age</b>	<b>Sunday Finals</b>	<b>Boys</b>
303	11-12	100 Backstroke (2)	304
305	13-14	200 Backstroke (1)	306
307	15 & over	200 Backstroke (1)	308
309	11-12	50 Butterfly (2)	310
311	13-14	100 Butterfly (2)	312
313	15 & over	100 Butterfly (2)	314
315	11-12	100 Freestyle (2)	316
317	13-14	100 Freestyle (2)	318
319	15 & over	100 Freestyle (2)	320
321	11-12	200 IM (1)	322
323	13-14	200 IM (1)	324
325	15 & over	200 IM (2)	326
327	11-12	50 Breaststroke (2)	328
329	13-14	100 Breaststroke (2)	330
331	15 & over	100 Breaststroke (2)	332





## APPENDIX 2: Qualifying Times

Qualifying standards for the meet are posted on the league website [www.swyswim.org](http://www.swyswim.org).

They are also attached to the end of this document.

11.11.19

**2019 - 2020  
QUALIFYING TIMES  
TIMES FOR 25 YARD COURSES**

\* an asterisk to the right of a time indicates that the time is new this year

<b>National</b>	<b>Girls Zone</b>	<b>AA</b>	<b>8 and Under Event</b>	<b>AA</b>	<b>Boys Zone</b>	<b>National</b>
		:17.69	25 Free	:17.89		
	:30.39	:39.99 *	50 Free	:39.99 *	:30.69 *	
	1:07.69 *	1:29.99	100 Free	1:29.99	1:08.19	
		:21.39	25 Back	:21.69 *		
	:35.79	:47.99	50 Back	:48.99	:36.29	
		:23.99	25 Breast	:24.59 *		
	:40.29	:53.99	50 Breast	:55.49	:42.29	
		:20.49 *	25 Fly	:21.19 *		
	:34.39	:46.99	50 Fly	:47.99	:35.19	
	1:17.59	1:42.59	100 IM	1:43.99	1:19.09	
		1:17.99	100 Free Relay	1:17.99		
		1:28.99	100 Medley Relay	1:28.99 *		
<b>National</b>	<b>Girls Zone</b>	<b>AA</b>	<b>9 and 10 Event</b>	<b>AA</b>	<b>Boys Zone</b>	<b>National</b>
	:30.39	:32.39 *	50 Free	:32.39 *	:30.69 *	
	1:07.69 *	1:12.89 *	100 Free	1:14.39 *	1:08.19	
	2:30.09 *	2:40.99	200 Free	2:43.99	2:31.09 *	
	:35.79	:38.49	50 Back	:39.49	:36.29	
	1:18.39	1:28.89 *	100 Back	1:28.99	1:19.49 *	
	:40.29 *	:43.49	50 Breast	:45.49	:42.29	
	1:29.39 *	1:34.99	100 Breast	1:35.59	1:30.59 *	
	:34.39 *	:37.79	50 Fly	:38.39	:35.19 *	
	1:20.59 *	1:30.99	100 Fly	1:30.99	1:23.59 *	
	1:17.59	1:22.69	100 IM	1:24.99	1:19.09 *	
	2:48.19 *	3:03.99	200 IM	3:04.99	2:49.99 *	
	2:09.89	2:17.49	200 Free Relay	2:19.99	2:14.39	
	2:25.99	2:36.39	200 Medley Relay	2:35.99	2:31.39	

11.11.19

**2019 - 2020  
QUALIFYING TIMES  
TIMES FOR 25 YARD COURSES**

\* an asterisk to the right of a time indicates that the time is new this year

National	Girls		11 and 12	Boys		National
	Zone	AA		Zone	AA	
:24.69	:27.09	:28.89	50 Free	:29.49	:26.99 *	:22.09
:53.39	:59.59	1:03.59	100 Free	1:04.89	:59.59	:48.19
1:55.39 *	2:11.49 *	2:19.89	200 Free	2:22.99	2:12.59	1:45.19
5:07.69	5:49.99 *	6:12.99	500 Free	6:17.99	5:49.29	4:45.49
	:31.49	34.59	50 Back	:35.29	:31.89 *	
:59.09 *	1:08.09	1:14.99	100 Back	1:15.99	1:08.69 *	:53.89
	:35.79	:38.89	50 Breast	:40.29	:35.69	
1:07.89	1:18.69	1:24.49	100 Breast	1:25.99	1:19.69	1:00.89
	:30.09	:32.89	50 Fly	:33.69	:30.29 *	
:58.69 *	1:09.49	1:17.99	100 Fly	1:19.09	1:09.99 *	:52.79
	1:08.69	1:13.79	100 IM	1:14.99	1:08.59 *	
2:09.79	2:30.29 *	2:35.99	200 IM	2:37.99	2:32.09	1:57.79
1:39.69	1:54.19	2:01.19	200 Free Relay	2:03.89	1:55.09	1:29.49
1:50.99	2:07.89	2:16.99	200 Medley Relay	2:19.59	2:10.99	1:39.79

National	Girls		13 and 14	Boys		National
	Zone	AA		Zone	AA	
:24.69	:25.99 *	:27.09	50 Free	:25.69	:24.19	:22.09
:53.39	:56.09 *	:59.09	100 Free	:56.49	:52.79	:48.19
1:55.39 *	2:03.29	2:09.99	200 Free	2:03.49	1:56.09	1:45.19 *
5:07.69	5:32.39	5:49.99	500 Free	5:35.99	5:15.89	4:45.49
:59.09 *	1:03.49 *	1:08.39	100 Back	1:06.79	1:00.69	:53.89 *
2:07.29 *	2:14.29	2:27.99	200 Back	2:20.19	2:05.39	1:56.59
1:07.89	1:12.69 *	1:18.79	100 Breast	1:17.39	1:08.89	1:00.89 *
2:27.59	2:33.39	2:48.79	200 Breast	2:38.29	2:20.99	2:12.69 *
:58.69 *	1:03.89	1:08.59	100 Fly	1:05.99	:59.49	:52.79 *
2:10.79	2:20.29 *	2:30.59	200 Fly	2:22.29	2:08.99	1:57.79 *
2:09.79 *	2:20.49	2:29.19	200 IM	2:23.59 *	2:11.09	1:57.79 *
4:36.59	4:57.99	5:22.79	400 IM	5:05.49	4:35.99	4:14.99
1:39.69	1:47.69 *	1:56.39	200 Free Relay	1:51.99	1:42.69	1:29.49
1:50.99	2:00.59 *	2:11.39	200 Medley Relay	2:04.49	1:55.89	1:39.79 *

11.11.19

**2019 - 2020  
QUALIFYING TIMES  
TIMES FOR 25 YARD COURSES**

\* an asterisk to the right of a time indicates that the time is new this year

<b>National</b>	<b>Girls Zone</b>	<b>AA</b>	<b>15 and Over</b>	<b>AA</b>	<b>Boys Zone</b>	<b>National</b>
:24.69	:25.49	:25.99 *	50 Free	:23.19	:22.59	:22.09
:53.39	:55.19 *	:56.59	100 Free	:50.79	:49.19	:48.19
1:55.39 *	1:59.79	2:02.49	200 Free	1:52.69	1:48.99	1:45.19 *
5:07.69	5:27.79	5:30.09	500 Free	5:09.99	5:03.49	4:45.49
:59.09 *	1:02.49 *	1:04.79	100 Back	:59.79	:56.99	:53.89 *
1:07.89	1:11.09	1:15.39 *	100 Breast	1:07.69	1:03.39	1:00.89 *
:58.69 *	1:01.19	1:04.79	100 Fly	:56.79	:55.09 *	:52.79 *
2:09.79 *	2:16.09 *	2:22.19 *	200 IM	2:09.39	2:03.49	1:57.79 *
1:39.69	1:44.69	1:49.79	200 Free Relay	1:38.09	1:33.49 *	1:29.49
3:35.59	3:49.39	3:55.09	400 Free Relay	3:38.99	3:28.29	3:13.89
1:50.99	1:56.39	2:06.29	200 Medley Relay	1:53.09	1:45.99	1:39.79 *

  

<b>National</b>	<b>Girls Zone</b>	<b>AA</b>	<b>Senior</b>	<b>AA</b>	<b>Boys Zone</b>	<b>National</b>
10:27.99	11:32.99	11:59.99	1000 Free	11:17.79	10:54.29	9:46.99
17:32.99	19:05.99	20:00.89	1650 Free	18:38.39	17:59.99 *	16:22.99
	:29.29		50 Back		:26.99	
2:07.29 *	2:14.29	2:22.09	200 Back	2:11.99	2:05.39	1:56.59
	:33.09		50 Breast		:29.89	
2:27.59	2:33.39	2:42.89	200 Breast	2:29.09	2:20.99	2:12.69 *
	:28.19		50 Fly		:25.59	
2:10.79	2:20.29 *	2:27.29	200 Fly	2:16.99	2:08.99 *	1:57.79 *
4:36.59	4:57.99	5:05.99	400 IM	4:49.99	4:35.99 *	4:14.99
7:46.99	8:23.59	8:51.99	800 Free Relay	7:59.99	7:49.59	7:04.09 *
4:00.39	4:12.59	4:29.09	400 Medley Relay	4:06.79	3:50.99	3:37.19



## YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA: [YMCA\_NAME]

YMCA Address: [YMCA\_ADDRESS]

Meet Name: [MEET\_NAME]

Meet Date(s): [MEET\_START] - [MEET\_END]

Meet Host: [MEET\_HOST\_ORGANIZATION]

Meet Location: [MEET\_LOCATION]

We the undersigned attest to the following:

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

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the [MEET\_NAME] for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the [MEET\_NAME].

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, [MEET\_HOST\_ORGANIZATION], their agents, representatives or assigns, and the [MEET\_LOCATION] for any and all injuries which may be suffered by participants at the [MEET\_NAME]. Furthermore, we understand that the YMCA of the USA and [MEET\_HOST\_ORGANIZATION] are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
Name and Signature of Head Coach

\_\_\_\_\_  
Name and Signature of YMCA Executive Director or Designee