

Great Lakes Zone YMCA Swimming Championship Meet

⁴⁸ March 18-19-20, 2016
C.T. Branin Natatorium ~ McKinley High School ~ Canton, OH

Contact Information:

Website - <https://www.teamunify.com/Home.jsp? tabid =0&team=ymcame>

Meet Director:	Jon Saxton	jsaxton@rendigs.com
Volunteer Chair:	Andrea Menchhofer	araynor@fuse.net
Officials' Chair:	Rob Schramm	rschramm1@fuse.net
Admin Official:	Claudia Multer	claudiam@fioptics.com

Entry Submission website:

<http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=GreatLakesZone>

Entry Deadline:

Monday, March 14, 2016, 8:00 PM.

Other General Questions:

Bill Whatley – Head Coach – Blue Ash YMCA

bwhatley@cincinnatiymca.org 513-791-5000

Mike Leonard – Head Coach – Powel Crosley, Jr. YMCA

mleonard@cincinnatiymca.org 513-521-7112

Mandatory Compliance before entries can be submitted:

- Only coaches with current CPR Pro, First Aid, Coaches Safety Training (Safety Training for Swim Coaches or Lifeguard/YASA with successful completion of the Safety Training for Swim Coaches online course) and Principles of YMCA Competitive Swimming and Diving certifications are permitted on deck.
- All participating teams must have completed the YMCA Team Registration for the current season.
- All participating coaches must have completed the online YMCA coach registration for the current season.
- The executive director of each YMCA participating signs an acknowledgement that all swimmers and coaches representing his/her YMCA satisfy the eligibility requirements.

Site:

C.T. Branin Natatorium
McKinley High School
2323 17th Street Northwest
Canton, OH 330-438-2738

Host Teams: Blue Ash YMCA & Powel Crosley, Jr. YMCA

Meet Web site:

<https://www.teamunify.com/Home.jsp?tabid=0&team=ymcame> and click on 2016 zones

Entry Deadline: Monday, March 14, 2016, 8:00 PM.

Entries will only be processed **online**. A link to the entry site will be posted on the zone website. E-mail, paper and fax entries will **not** be accepted. Give yourself plenty of time to complete your submission of entries.

Entry Times:

December 1, 2015 will determine the age of the swimmer at this meet.

All entry times must be actual times yards, short course meter, or long course meter, in hundredths of seconds. Times must be achieved from March 1, 2015 up to the entry deadline.

Do not convert entry times. Non-conforming times will be seeded last.

Rules:

Except for rule changes listed in this information packet, the 2015 USA Swimming rules will govern the meet. This meet will be conducted in accordance with the "**RULES THAT GOVERN YMCA COMPETITIVE SPORTS.**"

Entries:

Only Hy-Tek Team Manager (or equivalent) entries will be accepted via the web link. The entry file submission must represent the entire set of entries for a team, as web entry process does NOT process additions – the entire entry file is replaced.

Team Manager Lite is a free entry software tool, which can be obtained if you do not have Team Manager. Contact Hy-Tek at www.hy-tek ltd.com for a

copy of Team Manager Lite. Deck entries or changes to entries after the entry deadline **will not be accepted**.

Online entries will require the submission of the swimmer's birth date.

Exception:

A swimmer, who has not been properly entered or incorrectly entered by fault of the host's meet entry chairperson, may be properly placed in the appropriate events.

Exception:

A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be deck entered up to 24/48 hours before the beginning of the meet, provided he/she pay the appropriate entry fee plus a \$50.00 processing charge (per event) to the meet host. The swimmer will be entered in an open lane, if available. The event will not be reseeded.

Relay Entries:

Relay teams must be designated TEAM A, TEAM B, etc.

An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers may move up one age group to fill a relay.

This will count as one age group relay for that day.

Entry Limits: A swimmer may enter a total of three (3) individual events (age group & senior) and one (1) age group relay event each day. There is NO limit on Senior Relays entries. There is no limit on the number of entries a team may have in each event provided the time standard has been met.

Teams who submit entries that violate the above entry limits will have the swimmer automatically disqualified from the extra events. Coaches do **not** get to enter extra events and scratch swimmers from their least desirable events. Teams who submit entries that violate the above entry limits will be notified that they must make changes. The team has until 8 PM on Tuesday, March 15, 2016 to make changes. If the matter is not addressed, then the swimmer is automatically dropped from the offending event.

Relay Only Athletes:

- **All swimmers must be entered on the Team Manager file, including relay only swimmers.** You can either enter them in the relays they will swim as one of the 4 or as an alternate. You can also enter them in event 349 or 350, which are set up to accept relay only swimmers.
- **PLEASE NOTE:** relay only swimmers must be entered on a relay or entered into Events 349 or 350. **NOTE:** Right clicking and designating swimmers as relay only does **not** carry over with the online entry system.
- **Relay only swimmers added at the meet will be CHARGED A \$15 FEE.**

Entry Fees:

Individual Event-	\$4.00 per individual entry
Relay Event-	\$16.00 per relay entry
Zone Committee Surcharge-	\$2.00 per swimmer

- Make all checks payable to **Powel Crosley, Jr. YMCA**; (9601 Winton Road Cincinnati, OH 45231). Coaches must deliver the check, check request or purchase order during check-in. **Only** mail checks to the host after the meet if you showed a check request/purchase order at check in. Personal checks will be accepted if a YMCA check is not available.
- Checks will be cashed by March 31, 2016. Checks that are returned for non-sufficient funds will be subject to a \$50 returned check fee.
- **Once your entry has been accepted you are responsible for payment of entry fees – even if you do not attend the meet.**
- Entry Fees not received by May 1 will be considered overdue. The overdue penalty is a payment of your normal entry fee payable to the Great Lakes Zone Swim committee, and a payment of your full entry fees plus a \$25 penalty payable to the host. Failure to meet this obligation by May 15 has a penalty of a suspension from the Great Lakes Zone Meet the following year.

Entry Submission website:

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

Admissions: Spectator admission fee is \$5 per person, per session. Athletes, coaches and **pre-registered** volunteers will not have to pay admission. An "All session" pass will be available at a discounted rate.

Parking: Parking at McKinley High School parking lot
HANDICAP PARKING will be available

Heat Sheets:

\$5.00 per session available in the lobby of the facility

Final Results: Posted results will be provided in the Natatorium area. All results will be considered final thirty (30) minutes after posting. Meet results will be uploaded to Meet Mobile.

Meet Apparel: ~~Official meet apparel will be pre-sold to teams. A separate order form will be available on the website January 15, 2016 for pre-ordering specific items. Preorders are due March 1, 2016, accompanied by a check made payable to Blue Ash YMCA Swim Team. There will be a limited number of apparel items available at the meet. Pre-ordering is strongly encouraged.~~ **Apparel website for preorders or viewing what will be available** -<https://fdsportswear.com/events.cfm?eventid=296>

Apparel can be pre-ordered and picked up at the meet or bought at the meet or ordered and shipped to you after the meet.

Food: A complete concession stand will be available throughout the meet.

Warm-Up Sessions: Warm-ups will involve the 8 lanes in the competition pool, plus the 30 meter course. Leagues will be rotated in the competition lanes during warm up so all swimmers get a chance. All swimmers on deck must be accompanied by a certified coach. All warm-ups require feet first entry into the pool, except when starts are allowed. Sprint lanes are ONE WAY ONLY. Swimmers must exit at the turn end of the pool. **Swimmers may not enter the water from the turn end of the pool.** The 30 meter course will be available during designated warm-up times only, and is not a play area for the swimmers during the meet.

A specific warm up will be created and posted on the website the week of the meet. We will warm up by leagues in the main competition pool.

Warm-Up/Cool Down: Lanes at the shallow end of the pool will be available for quiet warm-ups/cool-downs during competition. This is not a recreational swim area for your competitors.

Sanction: This meet has a sanction from the National YMCA Competitive Swimming & Diving Committee. Sanction # **CAQ-XXXXXXX**. Lake Erie Swimming Approval Number xxxxxxxxx

USA Approved Meet: The meet will be an "approved" meet by Lake Erie Swimming, Inc. Times will be submitted to the SWIMS database following the meet for USA Swimming registered athletes. In order for a swimmer's times to be uploaded to SWIMS, the swimmer's USA Swimming membership number must be included with the original entry. Times that meet the USA rules will be transferred to SWIMS (e.g. relays with swim-up athletes are not eligible in USA swimmer and will not transfer).

APPROVAL

The competition course has been certified in accordance with 104.2C(4). The copy of such certification is on file with USA Swimming. Water depth at the start end is 9 feet and 7 feet at the turn end.

In granting this approval, it is understood and agreed that USA Swimming and Lake Erie Swimming, Inc. shall be free and held harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Effective Jan. 1, 2012: "Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms." "Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited."

Meet Workers: All teams will be assigned worker positions according to last year's entries. Each team must supply their assigned worker positions in order to participate in the meet. As a general standard, teams will provide one worker for every five swimmers entered in a session. Check the website for worker assignments. Assignments will be posted by January 1, 2016. Names of volunteers must be submitted in advance of the meet to maintain strict control of deck access.

The penalty for not fulfilling a workers position will be \$100 per person. The fee will be assessed to the team and a letter from the zone committee will be sent to the executive director of the offending YMCA. If the fee is not paid by the entry deadline the following year the team will not be allowed to enter the zone meet.

If you know prior to the meet that you will not be able to fill the scheduled positions, please email the volunteer coordinator, who will adjust the assignments as necessary. Penalties will not be enforced for teams that notify the meet hosts by the meet entry deadline.

Verification of Times: For the 2016 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. If any times are in question you will be informed by Wednesday at 6:00 PM and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results. Teams who need to prove times will find their names listed on the Zones web site on Wednesday March 16, 2016, by 8 PM.

National Anthem / Devotions: Each participating league has an assigned session to provide the National Anthem and Devotions. Please contact your Zone Representative or Bill Whatley if you wish to assist.

Volunteers: Volunteers need to **pre-register** and secure a deck pass to be on deck. Individuals on deck without a deck pass will be escorted from the building.

Banners: All banners will be hung in the pool area by teams, and their responsibility to remove at the end of the swim meet.

National Time Trials: Time trials will be offered between sessions on Saturday and Sunday as time permits. Swimmers must be 12 the first day of nationals to compete and entered in an individual event at the 2016 Zone meet. We will offer the national meet order of events (excluding the 1650). Time trials will be swum in the following order: 50 yard events, 100 yard events, 200 yard events, 200 yard relays. In the event that more than one heat is needed we will swim free, back, fly and breast – in that order. Girls and boys events will be combined and swum as a 'mixed' event. The fee will be \$10.00 per individual event and \$20.00 per relay. Swimmers must be entered in the meet to participate in time trials. Swimmer must be going for

YMCA National qualifying time or re-swimming an entered Zone meet event. Swims in Time trials do not count towards the 3 Individual Events limit but only 1 Time Trial swim per day is allowed per swimmer.

Changes: In the event the Meet Director and Meet Referee identify a need to make changes to the meet format, notification will be posted at the meet website by Wednesday March 16, 2016. Changes after that date any changes must be agreed to by the Great Lakes Zone Committee.

Emergency Care: In the event of an accident at the meet, the parents of the athlete are "first responsible," then the team coach is responsible for managing the care of the athlete. The **Natatorium** staff will respond in any emergency. The participating YMCA Association will be responsible for any cost incurred if it is necessary to call 911 or receive care in a hospital emergency room. It is suggested that coaches carry medical release forms for any swimmer traveling without their parents. If your team has no certified coach to be on deck with the swimmer(s) please have a waiver indicating a certified coach that will be responsible for your swimmer(s).

Eligibility: Only certified Associations are eligible to compete in events involving other Associations. An Association is a YMCA unit, which is certified by the National Board, hold an Association branch or unit number, and is eligible for separate listing in the YMCA Directory. A Branch, Department or Center of a Metropolitan Association shall be considered an Association for the purpose of competition.

1. All swimmers must be a member of a local YMCA and must have a full privilege/facility annual membership for a minimum of ninety days prior to the first day of the Zone Championships. A swimmer may not represent more than one YMCA in competitive sports. A swimmer may represent only his/her local YMCA in any open competition during the current season (September 1, 2015 - April 30, 2016). Note: a swimmer may compete in open competition unattached, but may not represent any team other than his/her local YMCA. Swimmers who attend USA Swimming meets must represent their YMCA at that meet, or swim unattached.
2. All swimmers or relay teams who have met or surpassed the 2016 qualifying time(s) may enter the championship events if they have met the above eligibility requirements. **NO TIMES will not be accepted.** Composite times may be used for relay events.
3. Birth dates are required for meet entries to process through the on-line entry system.
4. **Age Groups** are 10 & under; 11 & 12; 13 & 14; and 15 & over. Swimmers 18 – 21 may swim in this meet if they have not represented a scholastic institution beyond grade 12. The age of a swimmer is his/her age on December 1, 2015.

5. **Individual events** require the swimmer to compete in their respective age groups. Swim-ups are **not** allowed for individual events.
6. **Senior Events:** Senior events are open only to swimmers between ages 12 and 21 as of April 4, 2016 (the start of Short Course Nationals).
7. **Relay Events:** An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers may move up one age group to fill that relay. This will count as one age group relay for the day.
8. We adhere to the eligibility standards as set forth in the YMCA black book.
9. A swimmer must have competed in three (3) YMCA inter-association meets during the current season (Since September 1, 2015).
10. Fly over starts during the meet may be utilized at the discretion of the Meet Director and Meet Referee.

Scoring: Points will be awarded for the first sixteen (16) finishers for each event (age group and senior events) according to the following table.

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

Awards:

Medals will be awarded to the first through eighth places; ribbons will be awarded to the ninth through twentieth places. Ribbons will be awarded for all senior events. There will be age group team awards (10 & under; 11 & 12; 13 & 14; 15 & Over) for first place boys and first place girls. There also will be an overall team trophy. Awards **will not be mailed**. Please pick them up at the conclusion of the meet.

Deck Passes: Coaches who desire to be on the deck must satisfy the YMCA Coaches Safety Certification requirements. Only qualified coaches will be given a wristband and a zone coach certification card to gain access to the pool deck. See requirements below. A list of registered coaches who have satisfied this requirement will be posted on the web site, and will receive a wristband. Volunteers need to **pre-register** and secure a session specific wristband to be on deck. Individuals on deck without a deck pass will be escorted from the building.

- A certified coach must accompany every swimmer while on the deck.
- Swimmers will not be permitted to register until a certified coach has checked in and the team entry fees have been paid. If your coach is not able to attend the meet, you will receive a coach's authorization form for completion by the responsible coach. Bring that form with the team entry check to coaches' check-in.

- Swimmers needing a replacement deck pass will be charged \$10.

Positive Check-In: There will be positive check-in for the 1,000 free and 1,650 free events. The check in sheets will be near the scorer's table and check in is required by 9:30 AM each day.

SEEDING: All events (except the 1000 and 1650) will be seeded in advance of the meet. Should a swimmer need special consideration in seeding, please send a note to the meet hosts separate from your entry file. We will do our best to accommodate hearing-impaired swimmers and seed them near the starter.

The 800 Freestyle relay will compete after the completion of all heats of the 500 Freestyle. The 500, 1000 and 1650 Freestyle will be seeded fastest to slowest and alternate heat of girls and boys, the meet referee has the right to combine the slowest heats of the distance events if applicable in their opinion.

Rules of Conduct:

Considering the level of competition and the YMCA Philosophy, it is expected that swimmers, parents and coaches comply with and help enforce the following rules:

1. There is no shaving permitted on pool premises: this includes locker rooms and restrooms of the Natatorium; **PENALTY IS EJECTION FROM THE MEET**
2. There is to be no use of oils for swimmer rubdowns. This is a safety hazard on deck as well as being a problem with proper pool maintenance.
3. Glass containers of any kind are not permitted in the pool area or locker rooms.
4. Coolers, noise makers and balloons are not permitted.
5. Disorderly conduct will not be tolerated.
6. Vandalism of any nature will be just cause for team disqualification.
7. Teams are expected to police the areas they occupy between events.
8. All swimmers are required to wear some type of footwear when they leave the pool deck.
9. A designated person shall be responsible for the supervision and conduct of their team members.
10. Swimmers are not permitted on deck until a certified coach is on deck.
11. Bleachers are available on deck for swimmers. No chairs, blankets, sleeping bags, etc. are permitted on deck.
12. **Deck changing is not permitted, and is cause for ejection from the meet.**
13. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms- in accordance with USA Swimming Rule 202.4.6e**

Depending on the severity of the infraction, and violation or disregard for these rules may result in disqualification of the swimmer or entire team from meet participation.

Team and Coach Registration: The only registration for the zone meet will be through the national website. Confirmation of registered teams and coaches will be posted on the meet website starting in late January. All **TEAMS and COACHES** must register on the national website. **Any team/coach that is participating in a YMCA sanctioned meet must be registered.** This includes league, conference, sectional, state and zone meets.

THE DEADLINE FOR REGISTRATION OF TEAMS IS DECEMBER 1, 2015.

To register **The TEAM**, the head coach should go to:

<http://www.ymcacompetitiveswim.org>

Go to: **Registration**

Select: **Get Started**

Select your YMCA by your association number

Complete the form

\$50 Check payable to: **YMCA of the USA**

THE DEADLINE FOR COACHES OF TEAMS IS DECEMBER 1, 2015.

There is a \$25 late fee for each coach registration between December 1, 2011 and January 15, 2016. There is a \$50 late fee for coach registration after January 15, 2016. Coaches submitting certifications prior to the deadline and taking Principles of YMCA Swimming and Diving after the deadline will have the late fee waived.

To register **COACHES**, go to: <http://www.ymcacompetitiveswim.org>

Go to: **Get Started**

Select your YMCA by your association number

List expiration dates for each certification

Upload Copies of your certifications to

<http://www.ymcacompetitiveswim.org/default.asp>

Required Certifications (current through March 20, 2016)

1.Principles of Competitive Swimming and Diving

2.Lifeguarding (American Red Cross, Ellis, or YMCA); or Red Cross Safety Training for Swim Coaches; or YASA, YISA

3.CPR and First Aid

The YMCA recognizes certifications for CPR/AED, First Aid and Oxygen Administration from the following organizations: American Red Cross, American Heart Association, American Safety and Health Institute, National Safety Council.

Release: In consideration of acceptance of entry in the meet, I/We hereby, for ourselves, our heirs, administrators and assigns, waive and release any and all claims against the YMCA of Greater Cincinnati, and the named host teams for injuries, losses, and expenses incurred by me/us at said swim meet, or on the road to and from the meet. I/We are bona fide amateur athletes and eligible to compete in all events entered.

Competition Course Certification: The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Water depth is greater than 7ft. from the starting blocks end of the pool.

Rules of Time Standard Verification:

For the 2016 Great Lakes zone meet we are relying on the integrity of the coaches and we will not ask for a blanket proof of time. If any times are in question you will be informed by 6:00 PM on the Wednesday before the meet, and you must bring proof of time to the meet. If you are not informed, you do not need to bring meet results.

The following are acceptable as proof of time:

1. **Original, good carbon, or Xeroxed copy signed by the referee, head scorer and both coaches;** Signatures are only necessary on hand written results. Computer generated results do not need to be signed. Either the referee or the scorer must be a YMCA certified official.
2. **Official results from invitational meets or championship meet and YMCA, USA Swimming or High School competitions.**
3. The referee or head scorer and both coaches must sign high school dual meet result sheets, except electronic results. The referee or head scorer must hold some type of certification and that must be indicated on the result sheet.
4. Newspaper results are NOT acceptable.
5. Any entry will be scratched if the seed time cannot be verified prior to the start of the individual's session.
6. Coaches who are unable to prove a sufficient number of times will be banned from next year's zone meet, and a letter will be sent to the Executive Director explaining the action.
7. **A Team Manager Top Times Report is not acceptable at the proof of time table.**
8. **A printout from USA-swimming SWIMS is acceptable**

Date Summary:

- December 1** Online team & coach registrations due
- December 2** Fines for late coach registrations begin
- January 15** Coaches registration late fee increases from \$25 to \$50
- March 14** Entry deadline
- March 16** Proof of Time Notification – if requested
- March 20** Coaches certifications must be valid through March 20

Friday, March 18

11-12, 13-14, 15 & Over, Senior

Coaches' Check-In	2:00 PM
Opens	
Swimmers' Check-In	3:15 PM
Opens	
Pool deck opens	3:30 PM
Warm-up	3:45 PM
Opening	4:50 PM
Ceremonies	
Competition Begins	5:00 PM
Competition	8:45 PM
Complete	

Schedule of Events

All sessions are timed finals.

Saturday, March 19

Morning Session ~ 13-14, 15 & Over, Senior

Building Opens	6:45 AM
Pool deck opens	7:00 AM
Warm-up	7:05 AM
Opening	8:30 AM
Ceremonies	
Competition	8:40 AM
Time Trials	5 minutes after morning session ends

Afternoon Session ~ 10 & Under, 11-12

Warm-up (approx):	1:30 PM
Opening	2:30 PM
Ceremonies	
Competition	2:40 PM
Competition	5:30 PM
Complete	

Sunday, March 20

Morning Session ~ 13-14, 15 & Over, Senior

Building Opens	6:45 AM
Pool deck opens	7:00 AM
Warm-up	7:05 AM
Opening	8:30 AM
Ceremonies	
Competition	8:40 AM
Time Trials:	5 minutes after morning session ends

Afternoon Session ~ 10 & Under, 11-12

Warm-up (approx):	1:30 PM
Opening	2:30 PM
Ceremonies	
Competition	2:40 PM
Competition	5:30 PM
Complete	

Order of Events

All events are timed finals.

Friday, March 18, 2016 Evening							
101-	Senior	400	Ind. Medley				
102							
103-	Senior	200	Backstroke				
104							
105-	Senior	200	Breaststroke				
106							
107-	11 -Over	500	Freestyle *				
108	#						
109-	Senior	800	Freestyle Relay				
110							
Saturday, March 19, 2016 Morning				Saturday, March 19, 2016 Afternoon			
201-	Senior	400	Medley Relay	225-226	11-12	200	Freestyle Relay
202				227-228	10 & U	200	Freestyle Relay
5 Minute Break				229-230	11-12	200	Freestyle
203-	13 -14	200	Individual Medley	231-232	10 & U	200	Freestyle
204				233-234	11-12	100	Breaststroke
205-	15 &	200	Individual Medley	235-236	10 & U	50	Backstroke
206	Over			237-238	11-12	50	Backstroke
207-	Senior	50	Breaststroke	239-240	10 & U	100	Individual Medley
208				241-242	11-12	100	Individual Medley
209-	13 - 14	100	Butterfly	243-244	10 & U	50	Freestyle
210				245-246	11-12	50	Freestyle
211-	15 &	100	Butterfly	10 minute break			
212	Over			247-248	11-12	100	Butterfly
213-	13 - 14	100	Freestyle				
214							
215-	15 &	100	Freestyle				
216	Over						
217-	Senior	50	Backstroke				
218							
219-	13 - 14	200	Freestyle Relay				
220							
221-	Senior	400	Freestyle Relay				
222							
223-	Senior	1000	Freestyle *				
224							

Sunday, March 20, 2016 Morning				Sunday, March 20, 2016 Afternoon			
301-	Senior	200	Freestyle	329-330	11-12	200	Medley Relay
302			Relay				
5 Minute Break				331-332	10 & U	200	Medley Relay
303-	13 - 14	200	Freestyle	333-334	11-12	200	Individual
304							Medley
305-	15 &	200	Freestyle	335-336	10 & U	100	Freestyle
306	Over						
307-	Senior	50	Butterfly	337-338	11-12	100	Freestyle
308							
309-	13 - 14	100	Breaststroke	339-340	10 & U	50	Butterfly
310							
311-	15 &	100	Breaststroke	341-342	11-12	50	Butterfly
312	Over						
313-	13 -14	100	Backstroke	343-344	10 & U	50	Breaststroke
314							
315-	15 &	100	Backstroke	345-346	11-12	50	Breaststroke
316	Over						
317-	Senior	200	Butterfly	10 Minute Break			
318							
319-	13 - 14	50	Freestyle	347-348	11-12	100	Backstroke
320							
321-	15 &	50	Freestyle				
322	Over						
323-	13 - 14	200	Medley Relay				
324							
325-	Senior	200	Medley Relay				
326							
327-	Senior	1650	Freestyle *				
328							

11 and Over 500 Freestyle will swim together, but will be scored and awarded separately as 11-12, 13-14, 15 & over. They will swim Fast to Slow, alternating Girl and Boy.

* 500 freestyle, 1000 freestyle and 1650 freestyle will be swum fast to slow

Natatorium Notes for Coaches

Deck Access – Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except to perform a service or function at the *request of meet officials*.

Banners – One professionally made banner per team may be displayed in the Natatorium with the approval of the Facility Manager. Handmade signs may be held, but not hung.

Bulkheads – No Swimmers or coaches are permitted on the bulkhead at the Natatorium.

Concession/Food – The concession stands will be available throughout the competition. Outside food will not be permitted to be brought into the facility.

Equipment – Swimming equipment (fins, paddles, etc.) is not permitted in the competition pool when timing equipment is in place. Equipment may be used in the adjacent warm-up/cool-down pool.

First Aid / Training Needs – Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the pool staff.

Flash Photography–Flash photography is not permitted at the start of any race.

Locker Rooms and Changing Facilities – Two on-deck changing rooms are located on the west side of the deck. Locker space is not available. Belongings may be stored on deck on team benches. McKinley High School not responsible for any lost or stolen items

Lost and Found – Lost and Found for the event is kept at the lifeguard office which is located adjacent the warm up pool area under the bleachers.

Prohibited Items – The following items are not permitted in the facility: Glass, Lawn or Camping Chairs, Coolers and Outside Food, Tobacco, Alcohol, Illegal Substances, Helium Balloons, Noise Makers

Team Seating – Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Teams should place belongings under the bleachers to keep the aisle along the way clear. The Gymnasium will also be available for team seating.