



PA YMCA WEST DISTRICT MEET ANNOUNCEMENT

About the Championship

Date: **March 9-11, 2018**

Location: **SPIRE Institue Aquatic Center, Geneva Ohio**

Entry Deadline: **12:00 PM - March 5, 2018**

Hosted by: **Butler YMCA**

Meet Director: **Jennifer Griffith**

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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 USA-S/LE of USA Swimming.

YMCA Sanction number: CAQ-2017-PA10152197.

USA-S/LE Approval number #LE 17059SA.

USA-S/LE Time Trial Approval number N/A

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: 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 Sanctioned Championship and USA-S Approved meet can be changed.

LOCATION AND FACILITY

Location: SPIRE Institute Aquatic Center - 5201 SPIRE Circle, Geneva, OH 44041

Emergency Phone Number: [440-466-1002]

The SPIRE Institute is configured as an 8 lane, short course. Water depth at start is 14 feet (minimum 5 feet required) and at turn end is 14 feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4).

There are 2 warm up pools available for use. The first is a 10 lane 25 yard pool opposite of a movable bulk head from the competition pool. There is a second adjacent 25-yard pool available for continuous warm up and warm down.

The permanent seating capacity for spectators is 1,200, with an additional 1,000+ temporary seating capacity. In addition there is handicapped seating and elevator access to the spectator stands.

Swimmer seating/holding area is on deck



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WEB SITE

Meet Information can be found at: Host team website.

CONTACT INFORMATION

Meet Director: Jennifer Griffith - -2018westdistricts@gmail.com 724-355-8404

Entry Chairperson: Valarie Dryden -2018westdistricts@gmail.com 724-504-1170

Meet Referee: Dr. Thomas Hoffman -Drtlh61@gmail.com 814-761-1835

Administrative Official:

Officials Coordinator: Valarie Dryden - -2018westdistricts@gmail.com 724-504-1170

MEET TIMELINE

Warm-up and start times for all sessions are subject to change depending on the size of the meet

Session #1 – March 9 - Friday PM - Distance Jr/Sr

Time Line	Schedule of Events
5:00pm	Registration for coaches and Officials begins
6:00pm	Doors open for swimmers
6:00pm	Spectator Doors Open
6:00pm	Officials Meeting
6:00pm	Coaches Scratch Meeting
6:30pm	Timers Meeting
6:30pm – 6:50pm	JR Warm Ups
6:55pm	Opening Ceremony
7:00pm – 7:50pm	JR 400 IM and 500 Free Competition
7:50pm – 8:10pm	SR Warm Ups
8:10pm – 9:00pm	SR 400 IM and 500 Free Competition



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Session # 2 – March 10 - Saturday AM- Juniors – Ages 13 &14

Time Line	Schedule of Events
6:30am	Registration for coaches and Officials
6:30am	Doors open for swimmers
6:30am	Spectator Doors Open
7:00am – 8:15am	Warm Ups
7:15am	Officials Meeting
7:15am	Coaches Scratch Meeting
7:45am	Timers Meeting
8:15am	Opening Ceremony
8:30am - 12:15pm	Session Competition

Session # 3 – March 10 - Saturday PM- Seniors – Ages 15&O

Time Line	Schedule of Events
1:00pm	Registration for coaches and Officials
1:00pm	Doors open for swimmers
1:00pm	Spectator Doors Open
1:15pm – 2:30pm	Warm Ups
1:30pm	Officials Meeting
1:30pm	Coaches Scratch Meeting
2:00pm	Timers Meeting
2:30pm	Opening Ceremony
2:45pm - 6:00pm	Session Competition



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Session # 4 – March 11 - Sunday AM- Cadets – Ages 9&10

Time Line	Schedule of Events
6:30am	Registration for coaches and Officials
6:30am	Doors open for swimmers
6:30am	Spectator Doors Open
7:00am – 8:15am	Warm Ups
7:15am	Officials Meeting
7:15am	Coaches Scratch Meeting
7:45am	Timers Meeting
8:15am	Opening Ceremony
8:30am - 12:30pm	Session Competition

Session # 5 – March 11 - Sunday PM- Preps – Ages 11&12

Time Line	Schedule of Events
1:00pm	Registration for coaches and Officials
1:00pm	Doors open for swimmers
1:00pm	Spectator Doors Open
1:15pm – 2:30pm	Warm Ups
1:30pm	Officials Meeting
1:30pm	Coaches Scratch Meeting
2:00pm	Timers Meeting
2:30pm	Opening Ceremony
2:45pm - 6:30pm	Session Competition

INCLEMENT WEATHER/CANCELATION: Each team will be notified by electronic mail and posted to the host team web site and the State Site.



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

YMCA Meet Participation: In order 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: PA YMCA District Qualifying Times (revised 2017). An athlete must achieve the minimum qualifying time standards for each even in which he/she enters.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director 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.



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COACH

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

Per Ohio Law, for any meet held in the state of Ohio, **coaches must have Lindsay's Law training (sudden cardiac arrest) and concussion training**. These trainings are in addition to your YMCA Certifications that you have kept updated. When you arrive at the Spire Center, **you must provide proof of completion of the "Ohio-Specific" trainings for every coach** you will have with your team on the pool deck. There are no exceptions to this. The facility and the LSC approving the meet must ensure that everyone is in compliance. Be prepared to hand in your certifications, so make sure you keep a personal copy.

Lindsay's Law (Sudden Cardiac Arrest)

1. [Watch the Video](#) (it's 18 minutes in length)
2. [Read the Required SCA Handout](#)
3. [Sign the awareness for that's in the parent part](#) (there is none specifically for coaches, so we will use that one).
4. **Bring the signed form to the meet with you.**

Concussion Training

1. [Take the course](#)
2. **Print and bring the completion certification to the meet with you. NOTE:** Those of you that are PIAA High School swimming coaches have already taken this course. [You can look up your certification here](#) and print the certificate of completion.

After showing proof of these two trainings plus being on the list of Pennsylvania YMCA Coaches certified to be on deck at YMCA Sanctioned meets, you will be given a wristband that you must display unobstructed for the duration of the meet.



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Please understand as per Ohio State Law, if you do NOT show proof of the above two trainings, you will NOT be permitted on the pool deck at the Spire Center for YMCA Districts. There are no exceptions. Do not place your athletes, and parents in a position where their coach will NOT be on deck. Take these quick trainings ASAP.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck. Additionally, coaches will need to present their certificates for Concussion Training and Lindsay's Law (Sudden Cardiac Arrest) at check in before being permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

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.

ENTRY INFORMATION

ENTRY LIMITS: Swimmers are restricted to a maximum of 4 events (max 3 individual events). Friday nights events count towards the total.

Relays will be limited to one (1) relay team per association per event.

QUALIFICATION PERIOD: The qualification period is 9/1/17 through the entry deadline.

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



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TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES: No Times (NT) are not allowed. Submit entry times in **SCY**. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: \$6.00/individual event, \$24.00/relay, \$5.00 per Swimmer Surcharge.

OTHER: Customized Tee Shirts and apparel will be available to purchase at the meet.

ENTRY DEADLINE: Entry Deadline is **Monday, March 5th - 12:00 Noon.**

ENTRY PROCEDURE: Electronic entries shall be submitted using Hy-Tek or Team Unify Software. Electronic entries should be submitted to:
2018westdistricts@gmail.com

The Meet Recap and Declaration Forms MUST be sent via e-mail by the entry deadline of 12:00 noon Monday March 5, 2018 to
2018westdistricts@gmail.com

Based on the Meet Recap Form, Swimmer Coded Credential will be sent Monday afternoon March 5th via Priority Mail to your team's preferred postal address.

Coaches should give the credentials to their swimmers prior to their arrival at the meet.

If there are any questions please call 724-355-8404

PAYMENT: Please bring ONE CHECK ONLY for the total amount of your team entries. We will not accept a collection of individual checks from your team members. **Your Check should be made payable to the Butler YMCA and hand delivered to the Coaches Check in desk at the beginning of the meet. DO NOT MAIL IN ANY PAYMENTS.**



VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Volunteer timers and officials will be required from all participating teams for each session. Please encourage volunteers from your team.

PER THE GOVERNING LSC RULES: all Officials at meets held in the state of Ohio are required to have Concussion Training. Officials are expected to bring with them their printed **Certification Card with expiration date AND the concussion training certificate** to registration to get their deck credentials. Training is free, but you must take the online class. Please follow the link below to obtain your certificate.

Concussion Training

2. [Take the course](#)
3. **Print and bring the completion certification to the meet with you.**

NOTE: Those of you that are PIAA High School swimming coaches have already taken this course. [You can look up your certification here](#) and print the certificate of completion.

SIGN-UP PROCEDURE: Each team will be provided with an Officials and Timers volunteer form. The form will also be available on the host team web site. Please submit your volunteers to us no later than Feb 23rd.

ATTIRE: Timers and officials should wear the appropriate attire per the Officials/Timers Training classes.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Swimmers will be asked to show their credentials to the safety personnel and walk directly into the locker rooms.

Please encourage swimmers to keep track of their credentials. If they have lost them they will need to check in at the Swimmers Assistance table in the meet registration location at the front entrance of the building.

EVENT CHECK-IN: Swimmer staging will be done on the pool deck. There will be no formal seeding of the swimmers. Swimmers will be responsible for on time arrival prior to his/her event.

COACHES MEETING/SCRATCH MEETING: Meeting location tbd. One hour and 15 minutes prior to the start of competition for sessions #2-5 and one hour prior to the start of competition for session #1.



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OFFICIALS AND TIMERS MEETING: Check in will be located at the front entrance to the building. All Officials and Timers will need to check in and officials will need to show credentials as stated above. Timers will need to show ID before entering the pool deck. The officials meeting will take place one hour before the opening ceremony of each session. Timers meeting will take place 30 minutes prior to the opening ceremony of each session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep, if attending, a coach, and a senior swimmer if appropriate. This committee will arbitrate protests, eligibility issues, safety rule, and other issues except the swimming technical rules covered by the responsibilities of the Deck Referee.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum in a Timed Finals format. Swimmer's age will be determined as of December 1, 2017.

EVENT SEEDING: Events will be seeded Slowest to Fastest.

The meet Referee/Administrative Official reserves the right to combine heats.

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

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off 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: An athlete who is seeded in an event and fails to compete (i.e., a "no show") will be permitted to continue compete in any further individual or relay events with no penalty. A no-show will be counted in the maximum number of events allowed for each athlete.

Time Trials: There will be no time trials offered at this meet.



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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.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: This Meet will be conducted using the No Recall false start rule. This Meet we ask use the whistle command starting procedure. 'Fly-over' starts will be used at this meet. All swimmers (except during the Friday night session #1 and for Backstroke starts and all relays) should remain in the water at the completion of their race until the next heat has begun.

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)

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

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted outside of the spectator seating.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).



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

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Deck changes are prohibited.
- Glass containers are not permitted on deck or in the locker rooms.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.

AWARDS AND RECOGNITION

SCORING:

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1

Relays: 32-26-24-22-20-18-14-10-8-6-4-2 .

AWARDS: Medals will be awarded to the swimmers who finish in the top six (6) in each event. Ribbons will be awarded for places 7 – 12 in each event.

Plaques will be given to the first place and the second place team in each age and gender groups. Team banners shall be given to the top three place teams according to cumulative point totals by gender. An overall Champion banner shall be awarded to team with the highest combined team scores (men and women).

RECOGNITIONS: Nominations for the Pump McLaughlin Spirit Award should be sent to: pumpspiritaward@gmail.com no later than February 23, 2018.



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SPECTATORS

ADMISSION FEE: \$5.00 Per session (\$2.00 for Friday Night Session #1)

HEAT SHEETS/PROGRAMS: Heat Sheets will be available for each session. Friday/Saturday (three sessions) combined and Sunday (two sessions) combined. The cost for the Heat Sheets is \$5.00.

CONCESSION STAND: SPIRE Fuel is located on site and is a full cafeteria eatery. Spire does not permit outside food or beverage to be brought into the facility.

ATHLETE APPAREL: Fine Designs, Inc. will be on site for custom made apparel and gear <https://www.fdsportswear.com/events/pa-west-district-championship>. Aquatic Outfitters of Ohio will be on site for gear and suits sales.

SEAT SAVING POLICY: Seat Saving is not permitted. No coolers will be permitted in the facility.

HANDICAP SEATING: Handicap seating is available.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races due to electronic timing system being used.
- 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.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.



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 the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/LE approval, it is understood and agreed that USA Swimming and LE shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the 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 by reason of injuries to anyone during the conduct of the meet.
- It is further understood that SPIRE Institute and Butler YMCA shall also be free and held harmless from any liabilities or claims for damages arising by reason of 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 situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck.



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CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

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

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

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.

DRONES: 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.

EVACUATION PROCEDURE: In the event of a necessary evacuation of the facility, all persons should proceed to the nearest exit and follow the instructions of security and safety personnel.



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DIRECTIONS

From Cleveland:

Go East on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a left at the light heading north. SPIRE entrance will be on your right.

From Erie:

Go West on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.

From Pittsburgh:

Take PA Turnpike to OH Turnpike. Take first exit marked 680 towards Youngstown. The road will take you around Youngstown and then exit 680 onto Route 711 at exit 3a. Route 711 then turns into Route 11. Stay on Route 11 about 40 miles until you hit I- 90 and take that west for two exits to the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.

PARKING

Parking is available on site.



APPENDIX 1&2: ORDER OF EVENTS/QUALIFYING TIME

Session #1 Juniors and Seniors FRIDAY EVENING

Event	Event #/Times Girls		Event #/Times Boys	
400 Yard Individual Medley (Jr)	101	5:43.99	102	5:36.99
500 Yard Freestyle (Jr)	103	6:10.99	104	5:51.99
400 Yard Individual Medley (Sr)	105	5:33.99	106	5:14.99
500 Yard Freestyle (Sr)	107	5:55.99	108	5:34.99

Session #2 Junior (13-14) Saturday Morning

Event	Event #/Times Girls		Event #/Times Boys	
200 Yard Medley Relay	201	2:20.99	202	2:19.99
200 Yard Freestyle	203	2:14.99	204	2:12.99
50 Yard Freestyle	205	0:28.49	206	0:27.49
100 Yard Backstroke	207	1:11.49	208	1:11.99
100 Yard Breaststroke	209	1:21.49	210	1:18.49
200 Yard Butterfly	211	2:42.99	212	2:36.99
100 Yard Freestyle	213	1:00.99	214	0:59.99
200 Yard Backstroke	215	2:34.49	216	2:28.99
200 Yard Breaststroke	217	2:54.99	218	2:47.99
100 Yard Butterfly	219	1:12.99	220	1:12.99
200 Yard Individual Medley	221	2:37.99	222	2:39.99
200 Yard Freestyle Relay	223	2:06.49	224	2:02.99

Session #3 Seniors (15&O) Saturday Afternoon

Event	Event #/Times Girls		Event #/Times Boys	
200 Yard Medley Relay	301	2:18.49	302	2:15.49
200 Yard Freestyle	303	2:10.49	304	1:59.99
50 Yard Freestyle	305	0:27.99	306	0:24.99
100 Yard Backstroke	307	1:08.99	308	1:04.99
100 Yard Breaststroke	309	1:19.49	310	1:11.49
200 Yard Butterfly	311	2:32.99	312	2:24.99
100 Yard Freestyle	313	0:59.99	314	0:53.99
200 Yard Backstroke	315	2:30.99	316	2:18.99
200 Yard Breaststroke	317	2:54.99	318	2:37.99
100 Yard Butterfly	319	1:07.99	320	1:01.99



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200 Yard Individual Medley	321	2:31.99	322
2:18.99			
400 Yard Freestyle Relay	323	4:19.99	324
			3:59.99

Session #4 Cadet (10&under) Sunday Morning

Event	Event #/Times Girls	Event #/Times Boys
200 Yard Medley Relay	401 2:44.99	402 2:49.99
200 Yard Freestyle	403 2:43.99	404 2:45.99
50 Yard Freestyle	405 0:34.99	406 0:35.99
50 Yard Backstroke	407 0:40.99	408 0:43.49
50 Yard Breaststroke	409 0:45.99	410 0:48.49
100 Yard Butterfly	411 1:34.99	412 1:34.99
100 Yard Freestyle	413 1:18.99	414 1:21.49
100 Yard Backstroke	415 1:26.99	416 1:29.99
100 Yard Breaststroke	417 1:37.99	418 1:39.99
50 Yard Butterfly	419 0:40.49	420 0:43.49
100 Yard Individual Medley	421 1:27.99	422 1:29.99
200 Yard Freestyle Relay	423 2:27.99	424 2:28.99

Session #5 Prep (11-12) Sunday Afternoon

Event	Event #/Times Girls	Event #/Times Boys
200 Yard Medley Relay	501 2:25.99	502 2:31.99
200 Yard Freestyle	503 2:25.49	504 2:32.49
50 Yard Freestyle	505 0:30.99	506 0:31.99
50 Yard Backstroke	507 0:36.49	508 0:38.49
50 Yard Breaststroke	509 0:39.99	510 0:42.99
100 Yard Butterfly	511 1:19.99	512 1:18.99
100 Yard Freestyle	513 1:07.49	514 1:10.49
100 Yard Backstroke	515 1:17.99	516 1:17.99
100 Yard Breaststroke	517 1:24.99	518 1:27.99
50 Yard Butterfly	519 0:34.49	520 0:37.99
200 Yard Individual Medley	521 2:42.99	522 2:53.99
200 Yard Freestyle Relay	523 2:10.49	524 2:13.99



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APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(**Note:** Return signed Declaration form to the meet director at 2018westdistricts@gmail.com)

Participating YMCA: _____

YMCA Address: _____

Meet Name: PA YMCA - WEST DISTRICT CHAMPIONSHIP

Meet Date(s): March 9-11,2018

Meet Host: Butler YMCA

Meet Location: SPIRE Institue Aquatic Center, Geneva Ohio

We the undersigned attest to the following:

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

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the PA West District for the 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 PA West District.

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, Butler YMCA, their agents, representatives or assigns, and the SPIRE Institute for any and all injuries which may be suffered by participants at the PA West District Meet. Furthermore, we understand that the YMCA of the USA and Butler YMCA 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



**PA YMCA West District
March 9-11, 2018**

APPENDIX 4: YMCA RECAP OF ENTRIES

Return no later than 12:00 Noon Monday, March 5th.

Send to 2018westdistricts@gmail.com

Name of YMCA _____

Address _____

City _____ State _____ Zip _____

***Be sure the address you provide is the address you wish your swimmers credentials be sent to!**

Phone # _____ Cell # _____

Coach: _____ E-Mail: _____

Total Badges Needed By Age Group!

Badges for swimmer entry will be mailed to the address you have indicated above on Monday, March 5th.

WE MUST HAVE THESE NUMBERS!	
Cadet (9-10) _____	Prep (11-12) _____
Junior (13-14) _____	Senior (15-18) _____
COACHES _____	

Total

Number of Swimmers: _____ x \$5.00 = \$ _____

Total Individual Events: _____ x \$6.00 = \$ _____

Total Relays: _____ x \$24.00 = \$ _____

TOTAL: \$ _____

Make checks payable to: Butler YMCA

Checks to be delivered to the Coaches Check-In prior to your first session

Number of Coaches attending: Friday _____ Saturday _____ Sunday _____

This is the last page of the Meet Announcement