

**2018 Pennsylvania West  
Silver District Championships  
March 3 & 4, 2018**

SPONSOR/HOST	The Hollidaysburg Area YMCA		
MEET DIRECTOR	Tom Grassadonia	<a href="mailto:hburgtigersharks@gmail.com">hburgtigersharks@gmail.com</a>	814-937-9019
OFFICIALS CONTACT	TBD		
SAFETY CHAIR	TBD		
MEET REFEREE	TBD		
ADMIN REFEREE	Loren Hershberger	<a href="mailto:hburgtigersharks@gmail.com">hburgtigersharks@gmail.com</a>	
FACILITY LOCATION	The Hollidaysburg Area High School – 1510 North Montgomery St., Hollidaysburg PA 16648		
FACILITY DESCRIPTION	The pool is configured as a 6 lane, 25 yard course. Water depth at start is 12 (minimum 5 feet required) and at turn end is 4 feet. A Daktronics Timing system and Scoreboard will be used.		
POOL CERTIFICATION	The competition course has not been certified in accordance with Article 104.2.2C (4)		
WATER DEPTH	The minimum water depth for racing starts shall be measured in accordance with Article 103.2.3. The depth of the water at the start end of the pool is 12 feet and at the turn end of the pool is 4 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events. <b>Appendix 1</b>		
ENTRIES CLOSE	<b>SUNDAY, February 25 at 11:59 PM</b>		
ENTRY FEES	Individual Events: \$5.00	Relays: \$N/A	Swimmer Surcharge: \$5.00
ENTRY LIMIT	4 Individual Events	400 and 500 Time Trials do not count against totals \$5.00 payable at the scorer's table during the session	
ENTRY PROCEDURES	<p>No Time" or "NT" entries are NOT accepted in this meet. Swimmers must have achieved the Silver District Qualifying times and must not have achieved the District Qualifying time for a specific event.</p> <p><b>BONUS Events:</b> A swimmer who qualifies for one (1) or three (3) events in this meet may enter in one additional "Bonus" event; A swimmer who qualifies for two (2) events in this meet may enter in two additional "Bonus" events; not exceeding a total of four (4) events. The bonus event is the swimmers' choice and they do not need to meet the Silver (minimum) Qualifying time, however they may not exceed the District (maximum) Qualifying time.</p> <p>Swimmers will compete in age groups based on their age as of December 1, 2017 as rostered for the dual meet season. Swimmers must compete in their own age group.</p> <p><b>Qualification Period:</b> The qualification period is 9/1/17 through the entry deadline.</p> <p><b>Files with NT's will be returned by the Entry Chair until the file is corrected and resent.</b> Entries must be submitted by Hy-Tek CL2 or HY3 file or sdf file via e-mail to the Meet Entry Chair by the Entry deadline</p>		
ENTRY QUESTIONS	<a href="mailto:hburgtigersharks@gmail.com">hburgtigersharks@gmail.com</a>	PHONE #: 814-937-9019 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	<a href="mailto:hburgtigersharks@gmail.com">hburgtigersharks@gmail.com</a>		
PAYMENT/DECLARATION	Please hand deliver payment and the Meet Declaration form to the meet, prior to your teams first splash. <b>Appendix 2</b>	CHECKS PAYABLE TO:	Hollidaysburg YMCA Swim Team

SEEDING/PRESEEDED	<p>This meet will be Pre-seeded, slowest to fastest.</p> <p>The Meet Referee/Administrative Official reserves the right to combine heats.</p>
WARM-UP INFORMATION	<p>Warm-up policies will be strictly enforced by YMCA Swimming Officials.</p> <p><b>REQUIRED DURING WARM-UPS:</b></p> <ul style="list-style-type: none"> <li>• There will be specifically designated times and lanes for all teams.</li> <li>• Each team should include one way starts as a part of their warm up period</li> <li>• All warm-ups require a feet-first entry into the water at the start end of the pool.</li> <li>• The Referee/Meet Marshals will have control over Warm-Up Procedures the day of the meet.</li> </ul> <p>The Meet Entry Chair will email all attending clubs specific warm-up times and any changes to the warm-up schedule no later than three (3) days prior to the start of the meet.</p>
<b>SESSION</b>	
Saturday Session 1 Preps and Juniors	<p>Warm Ups Start at 8:00am – Teams will be assigned by March 1, 2018 Session Starts at 10:00am</p> <p><b>*PLEASE NOTE IF ENTRY NUMBERS REQUIRE; WE WILL CREATE 2 SESSIONS</b></p>
Sunday Session 2 Cadets and Seniors	<p>Warm Ups Start at 8:00am – Teams will be assigned by March 1, 2018 Session Starts at 10:00am</p> <p><b>*PLEASE NOTE IF ENTRY NUMBERS REQUIRE; WE WILL CREATE 2 SESSIONS</b></p>
AWARDS	<p>Swimmers who achieve a District Qualifying Time will receive a <b>District Qualifier Ribbon</b>.</p> <p>Medals will be awarded to the swimmers who finish in the top six (6) <b>with Non-District Qualifying times</b>, in each event.</p> <p>Ribbons will be awarded for places 7 – 12 <b>with Non-District Qualifying times</b>, in each event.</p> <p>A swimmer MAY advance to their District Championship Meet if they achieve a qualifying time at this meet.</p>
SCORING	This meet will not be scored.
RULES:	This meet will be governed by current USA Swimming Rules and Current YMCA Operating Procedures. Fly-over starts WILL be used.
DECK PRIVILEGES	No unauthorized personnel will be allowed on the pool deck. All coaches, officials, and meet volunteers must wear a wristband to be on deck. Only those with wristbands, along with competing athletes, may be permitted on the deck at any time. Swimmers must be under the direct supervision of a YMCA Swimming Certified Coach at all times.
LIABILITY LIMITS	<p>It is understood and agreed that YMCA, USA Swimming and the Western Pennsylvania YMCA Swim League 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.</p> <p>It is further understood that the Hollidaysburg Area School District and High School and the Hollidaysburg Area 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.</p>
ELIGIBILITY	<p><b>YMCA Membership:</b> An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents, and 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.</p> <p><b>YMCA Meet Participation:</b> In order to be eligible to compete, each athlete must have competed in a minimum of 2 closed YMCA inter-association meets since September 1, 2017.</p>
QUALIFYING TIMES	Must meet the PA-YMCA Silver qualifying time and not have achieved a District time for an entered event.

MEET/DECK REFEREE	The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for <i>any</i> issues that arise that day during the course of the meet.
PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet/Deck Referee will act as a mediator
MEET MARSHALS	Meet Marshals have full authority through the Meet/Deck Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
OFFICIALS AND TIMERS	Each team entering swimmers will provide at least one timer and/or one official for each session that your team has swimmers entered. Additional volunteers are welcomed and encouraged. Meet Volunteers are encouraged to sign up prior to the entry deadline.
SWIMMERS WITH DISABILITIES	Swimmers with a disability are welcome to enter this meet. The coach must alert the meet director and the meet referee as to the need for any special accommodations at the time the entry is submitted. If modifications to rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition
PHOTOGRAPHY	<p>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.</p> <p>Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the Meet Director and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, YMCA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes</p>
DECK CHANGING	Per USA Swimming Rule 202.4.9(I), Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
RESTRICTIONS	<p><b>CONDUCT AND RESTRICTIONS:</b> The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct</p> <p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No glass containers are allowed in the meet venue. Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p> <p>Glass containers are prohibited on deck and locker rooms.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms</p> <p>Massage tables are not permitted</p> <p>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.</p> <p>Swimmers are not permitted in the spectator stands unless they have paid for admission,</p> <p>Shaving is not permit in any areas of the facility</p>

**Meet GPS Address is:** 1510 North Montgomery St., Hollidaysburg PA 16648

**PARKING**

Ample no charge parking is available at the Hollidaysburg Area High School. Swimmers may be dropped of at the loop in front of the athletic entrance of the school.

**Local Hotels:**

**Altoona Grand Hotel** – 814-946-1631

1 Sheraton Dr., Altoona, PA 16601

**Comfort Inn** – 814- 693-1800

130 Patchway Rd., Hollidaysburg, PA 16648

**Courtyard by Marriot** – 814- 312-1800

2 Convention Center Dr., Altoona, PA 16602

**Hampton Inn** – 814-941-1631

180 Charlotte Dr., Altoona, PA 16601

**Holiday Inn Express** – 814-693-1003

115 Convention Center Dr., Altoona, PA 16602

**Super 8** – 814-942-5350

3535 Fairway Dr., Altoona, PA 16602

**Admission Fee:** \$5.00 per day

**Heat Sheets:** Will be available for each session. The cost for the Heat Sheets is \$5.00 includes both sessions

**Concessions:** We will provide breakfast, lunch and snacks throughout the weekend. Cash, Credit and Debit cards are accepted for payment.

**Athletic Apparel:** Vendor will be on site.

**Silver District Gear:** Will be provided by Northwest Designs.

**Seat Saving Policy:** The saving of seats is not permitted. No large items, such as coolers will be permitted.

**Handicap Seating:** Will be provided on deck for the handicapped person and one guest after paying admission

**DIRECTIONS, LODGING AND  
OTHER INFORMATION**

# Appendix 1 – Meet Sessions

## Saturday Session (Preps and Juniors)

**PLEASE NOTE IF ENTRY NUMBERS REQUIRE; WE WILL CREATE 2 SESSIONS**

Event 1 - Girls	11&12 - 200 Free	Event 2 – Boys
Event 3 – Girls	13&14 – 200 Free	Event 4 – Boys
Event 5 – Girls	11&12 – 50 Free	Event 6 – Boys
Event 7 – Girls	13&14 – 50 Free	Event 8 – Boys
Event 9 – Girls	11&12 – 50 Back	Event 10 – Boys
Event 11 – Girls	13&14 – 100 Back	Event 12 – Boys
Event 13 – Girls	11&12 – 50 Breast	Event 14 – Boys
Event 15 – Girls	13&14 – 100 Breast	Event 16 – Boys
Event 17 – Girls	11&12 – 100 Fly	Event 18 – Boys
Event 19 – Girls	13&14 – 200 Fly	Event 20 – Boys
Event 21 – Girls	11&12 – 100 Free	Event 22 – Boys
Event 23 – Girls	13&14 – 100 Free	Event 24 – Boys
Event 25 – Girls	11&12 – 100 Back	Event 26 – Boys
Event 27 – Girls	13&14 – 200 Back	Event 28 – Boys
Event 29 – Girls	11&12 – 100 Breast	Event 30 – Boys
Event 31 – Girls	13&14 – 200 Breast	Event 32 – Boys
Event 33 – Girls	11&12 – 50 Fly	Event 34 – Boys
Event 35 – Girls	13&14 – 100 Fly	Event 36 – Boys
Event 37 – Girls	11&12 – 200 IM	Event 38 – Boys
Event 39 – Girls	13&14 – 200 IM	Event 40 – Boys

Time Trials for 400IM and 500 Freestyle will be offered at the conclusion of the sessions awards

Positive Check In will be required no later than event #32

## Sunday Session (Cadets and Seniors)

PLEASE NOTE IF ENTRY NUMBERS REQUIRE; WE WILL CREATE 2 SESSIONS

Event 41 - Girls	10&U - 200 Free	Event 42 – Boys
Event 43 – Girls	15&O – 200 Free	Event 44 – Boys
Event 45 – Girls	10&U – 50 Free	Event 46 – Boys
Event 47 – Girls	15&O – 50 Free	Event 48 – Boys
Event 49 – Girls	10&U– 50 Back	Event 50 – Boys
Event 51 – Girls	15&O– 100 Back	Event 52 – Boys
Event 53 – Girls	10&U– 50 Breast	Event 54 – Boys
Event 55 – Girls	15&O – 100 Breast	Event 56 – Boys
Event 57 – Girls	10&U– 100 Fly	Event 58 – Boys
Event 59 – Girls	15&O – 200 Fly	Event 60 – Boys
Event 61 – Girls	10&U – 100 Free	Event 62 – Boys
Event 63 – Girls	15&O – 100 Free	Event 64 – Boys
Event 65 – Girls	10&U – 100 Back	Event 66 – Boys
Event 67 – Girls	15&O – 200 Back	Event 68 – Boys
Event 69 – Girls	10&U– 100 Breast	Event 70 – Boys
Event 71 – Girls	15&O – 200 Breast	Event 72 – Boys
Event 73 – Girls	10&U – 50 Fly	Event 74 – Boys
Event 75 – Girls	15&O – 100 Fly	Event 76 – Boys
Event 77 – Girls	10&U – 100 IM	Event 78 – Boys
Event 79 – Girls	15&O – 200 IM	Event 80 – Boys

Time Trials for 400IM and 500 Freestyle will be offered at the conclusion of the sessions awards

Positive Check In will be required no later than event # 72

# APPENDIX 2: YMCA Meet Declaration Form

(Note: Return signed Declaration form to the meet director with payment)

Participating YMCA: \_\_\_\_\_

YMCA City: \_\_\_\_\_

Meet Name: PA YMCA WEST SILVER DISTRICT CHAMPIONSHIP MEET

Meet Date(s): March 3 & 4, 2018

Meet Host: Hollidaysburg Area YMCA

Meet Location: Hollidaysburg Area High School

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. Swimmers also must have achieved a Silver District time and not have met the District qualifying time for events in which they are competing.

**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 travel from our Association to the meet, during the entire period of the meet and return to our Association. (We suggest you investigate trip insurance). 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 travel to and from and during their participation in the PA West Silver District Championships.

**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, USA Swimming, Western Pennsylvania YMCA Swim League, Hollidaysburg Area YMCA**, their agents, representatives or assigns, and the **Hollidaysburg Area School District** for any and all injuries which may be suffered by participants at the PA West Silver District Championships. Furthermore we understand that the **YMCA of the USA, USA Swimming, Western Pennsylvania YMCA Swim League, Hollidaysburg Area YMCA**, their agents, representatives or assigns, and the **Hollidaysburg Area School District** are not responsible for any intended or unintended consequences related to removing an athlete from competition for any injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
Head Coaches Name

\_\_\_\_\_  
Signature of Head Coach

\_\_\_\_\_  
YMCA Executive Director or Designee Name

\_\_\_\_\_  
Signature of Director or Designee

## 2018 PA West YMCA Silver District Championships

## QUALIFYING TIMES

GIRLS		SENIOR (15 & O)	BOYS	
QUALIFYING TIME	NO FASTER THAN		QUALIFYING TIME	NO FASTER THAN
32.99	27.99	50 FREE	29.99	24.99
1:09.99	59.99	100 FREE	1:03.99	53.99
2:25.49	2:10.49	200 FREE	2:14.99	1:59.99
1:18.99	1:08.99	100 BACK	1:14.99	1:04.99
2:45.99	2:30.99	200 BACK	2:33.99	2:18.99
1:29.49	1:19.49	100 BREAST	1:21.49	1:11.49
3:09.49	2:54.49	200 BREAST	2:52.99	2:37.99
1:17.99	1:07.99	100 FLY	1:11.99	1:01.99
2:47.99	2:32.99	200 FLY	2:39.99	2:24.99
2:46.99	2:31.99	200 IM	2:33.99	2:18.99
GIRLS		JUNIOR (13-14)	BOYS	
33.49	28.49	50 FREE	32.49	27.49
1:10.99	1:00.99	100 FREE	1:09.99	59.99
2:29.99	2:14.99	200 FREE	2:27.99	2:12.99
1:21.49	1:11.49	100 BACK	1:21.49	1:11.99
2:49.49	2:34.49	200 BACK	2:43.99	2:28.99
1:31.49	1:21.49	100 BREAST	1:28.49	1:18.49
3:09.99	2:54.99	200 BREAST	3:02.99	2:47.99
1:22.99	1:12.99	100 FLY	1:22.99	1:12.99
2:57.99	2:42.99	200 FLY	2:51.99	2:36.99
2:52.99	2:37.99	200 IM	2:54.99	2:39.99
GIRLS		PREP (11-12)	BOYS	
35.99	30.99	50 FREE	36.99	31.99
1:17.49	1:07.49	100 FREE	1:20.49	1:10.49
2:40.49	2:25.49	200 FREE	2:47.49	2:32.49
41.49	36.49	50 BACK	43.49	38.49
1:27.99	1:17.99	100 BACK	1:27.99	1:17.99
44.99	39.99	50 BREAST	47.99	42.99
1:34.99	1:24.99	100 BREAST	1:37.99	1:27.99
39.49	34.49	50 FLY	42.99	37.99
1:29.99	1:19.99	100 FLY	1:28.99	1:18.99
2:57.99	2:42.99	200 IM	3:08.99	2:53.99
GIRLS		CADET (10 & U)	BOYS	
39.99	34.99	50 FREE	40.99	35.99
1:28.99	1:18.99	100 FREE	1:31.49	1:21.49
2:58.99	2:43.99	200 FREE	3:00.99	2:45.99
45.99	40.99	50 BACK	48.49	43.49
1:36.99	1:26.99	100 BACK	1:39.99	1:29.99
50.99	45.99	50 BREAST	53.49	48.49
1:47.99	1:37.99	100 BREAST	1:49.99	1:39.99
45.49	40.49	50 FLY	48.49	43.49
1:44.99	1:34.99	100 FLY	1:44.99	1:34.99
1:37.99	1:27.99	100 IM	1:39.99	1:29.99



## Time Trials

Entries for the 400 IM and the 500 Freestyle will be excepted at the meet only

Only those seeking to advance to a PA YMCA District meet will be eligible to enter

Saturday Session entry check in no later than Event #32

Sunday Session entry check in no later than Event # 72

Payment (\$5.00 per entry) will be required at time of entry; cash or check payable to Hollidaysburg YMCA Swim Team

Each swimmer must provide his/her timer and lap counter person

### Qualifying Times

Swimmers who have already achieved a District qualifying time may not enter this Time Trial

Swimmers must have an achieved the minimum qualifying time as noted below

<b>Juniors (13&amp;14)</b>			
Girls	400 IM		6:13.99
Boys	400 IM		6:06.99
Girls	500 Freestyle		6:40.99
Boys	500 Freestyle		6:21.99

<b>Seniors (15&amp;Up)</b>			
Girls	400 IM		6:03.99
Boys	400IM		5:44.99
Girls	500 Freestyle		6:25.99
Boys	500 Freestyle		6:04.99