

# **YMCA of Central Ohio Swim League Winter Championship**

## **MEET ANNOUNCEMENT**

### **About the Championship**

Date: February 28 – March 1, 2020

Location: Kenyon College

Entry Deadline: February 24, 2020

Hosted by: YMCA of Central Ohio Swim League

Meet Director: Steve Riegler ([steve.riegler@ymcacolumbus.org](mailto:steve.riegler@ymcacolumbus.org))

Web Site: [www.ymcacolumbus.org/swimming/swim-team](http://www.ymcacolumbus.org/swimming/swim-team)

### **Items to be submitted by February 24th, 2020:**

- Register all coaches' certifications on <https://www.teamunify.com/YmcaRegPortal.jsp?team=yusa#/registration> and have them verified by Bill Whatley prior to the entry deadline. Please note: Coach Certifications sent after December 1, 2019 are considered late.
- Meet fees should be paid by internal department transfer
- Complete the Executive Director certification (the Declaration Form) and provide to Steve Riegler at [steve.riegler@ymcacolumbus.org](mailto:steve.riegler@ymcacolumbus.org)
- EMAIL LATE Coaches Certificate to Steve Riegler: [steve.riegler@ymcacolumbus.org](mailto:steve.riegler@ymcacolumbus.org) (Late fees will be assessed for certification submission after December 1st)

## **YCO Swim League Winter Championship February 28 – March 1, 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 Ohio Swimming LSC of USA Swimming.

YMCA Sanction number: CAQ-2020-OH01151891

USA Swimming Approval: OH-20SC-105AP

**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 can be changed.

**MEET TIMELINE:** Warm-up and start times are listed in Appendix 1.

**INCLEMENT WEATHER/CANCELLATION:** Will be determined by the meet committee.

### **LOCATION AND FACILITY**

Location: Kenyon College 106 College Park Drive Gambier, OH 43022

The home for Kenyon College's national championship swim teams, the Kenyon Aquatic Center opened in 2006 and was renamed the James A. Steen Aquatic Center in 2013 to honor the long-time, title-winning coach. The facility features a pool that holds 985,000 gallons of water, accommodates 19 lanes (25 yards), or nine long-course lanes, ample deck space, plus one- and three-meter diving boards. The size of the pool not only makes for more comfortable competition, but allows the swim teams efficient practice options, while creating more time for recreational swimming. The Center also includes a wet classroom, a meet manager's office, a hot-tub, on-deck access to locker rooms, and second-tier stands that seat approximately 350 fans.

## **YCO Swim League Winter Championship February 28 – March 1, 2020**

### **CONTACT INFORMATION**

Meet Director: Steve Riegler ([steve.riegler@ymcacolumbus.org](mailto:steve.riegler@ymcacolumbus.org))

Entry Chairperson: Steve Riegler      AO's: Katie Legates/Julie Madsen/Jim Comeaux

Meet Referee: Chuck Blythe      Officials Coordinator: Chuck Blythe

Safety Director: Chris Tamasovich

### **ATHLETE ELIGIBILITY**

**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 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 2 closed YMCA inter-association meets since the start of the winter season, one of which must have been at least 40 days prior to the start date of the Championship meet.

- Before the entry deadline for the championship all swimmers must have been a YMCA member in good standing who holds an annual, full privilege membership, in good standing, and effect for at least the 90 days prior to the start of the Championship meet
- A swimmer may only have represented his or her YMCA in competition for a period of 90 days prior to the first day of the meet

## **YCO Swim League Winter Championship February 28 – March 1, 2020**

**Times:** An athlete must achieve the minimum qualifying time standard for one event to swim in the scoring division enters during the period of March 1, 2019 and 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 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.

### **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), **child protection training**, and Principles of YMCA Competitive Swimming and Diving. **New Safe Sport requirements for adults and 18 and over swimmers - ALL Coaches require Concussion, Sudden Cardiac Arrest and Safe Sport certifications.**

**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.

**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 online team registration and paid the annual registration fee.

## **YCO Swim League Winter Championship February 28 – March 1, 2020**

ENTRY INFORMATION ENTRY LIMITS: A swimmer may enter a maximum of three (3) individual events (age group & senior) and one age group relay event each day. IE daily event limits exclude time trials. There is NO limit on Senior relay entries. There is no limit on the number of entries a team may have in each event provided the time standard has been met. **Entries in excess of the limit will be deleted in event number order.**

QUALIFICATION PERIOD: The qualification period is March 1, 2019 through the entry deadline.

USA-S IDs: USA-S registered athletes should have an ID number in the Meet Entry File if they want their times loaded in the USA Swimming database.

TIME STANDARDS: Swimmers must have equaled or bettered the minimum time standard in Appendix 3. Swimmers with at least 1 cut time from Appendix 3 will be entered in the A Division for the entire meet. **If a swimmer only has 1 time cut they must swim in that event in order to be able to swim in other events in the scoring division. If they choose to not swim in the event they have a cut in they will be entered in the non-scoring division for all their events. So if a swimmer has a cut for a Sunday event but only chooses to attend Saturday they will be a non-scoring swimmer.** Swimmers with no cut times will be entered in the B Division. Relays can be made up of swimmers from both divisions.

TIMES: No Times (NT) are not allowed. Submit entry times in 25-yard times only. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: \$5.00 per individual event \$10.00 per relay event. There will also be a \$2.00 per athlete surcharge.

OTHER: T-shirt order information and graduating senior information will be forwarded to teams. Only pre-order sales. No day of meet t-shirt sales.

ENTRY DEADLINE: All entries must be received by 6PM (Eastern) Monday February 24, 2020.

ENTRY PROCEDURE: Entries are to be sent to [steve.riegler@ymcacolumbus.org](mailto:steve.riegler@ymcacolumbus.org) by the entry deadline of February 24, 2020 at Noon.

PAYMENT: Entry fees will be charged via team unify for each families meet fees by each team by April 1<sup>st</sup>, 2020".

#### VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Each team should supply as many officials as possible. A minimum of one official per team per day is required. All teams will be responsible for providing timers for

both days. The number of timers each team is responsible for will be based on the number of swimmers they have entered. Team assignments will occur after the entries are compiled. Each team may schedule their workers as they wish but must cover their assignments for each session.

**SIGN-UP PROCEDURE:** Aquatics Directors will be working with each team to create the volunteer schedule.

**ATTIRE:** Officials wear white shirt; navy blue shorts or pants and white shoes. Officials without the proper attire may be dismissed per the meet referee.

#### CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Coaches, swimmers, and workers will check in near the coat check room next to the swimmer entrance of the building ?

**EVENT CHECK-IN:** There will be positive check-in for the 500Y/1000Y/1650Y Freestyle and 800Y Free Relay events. The check in sheets will be near the scorer's table. Check-in closes at the end of the warm-up session each day. If the check-in deadline is missed, the swimmer will be allowed to swim only if space is available. No new heats will be created after the event is seeded.

**RELAY CHECK-IN:** Relay cards/lists will be included in the coach packets and will also be distributed at the beginning of warm-up session daily. Relay cards/lists are required to be turned in to the scorer's table prior to the start of the session, even if there are no changes.

**COACHES MEETING/SCRATCH MEETING:** Coaches' notes will be in the packets provided to the teams and posted on the Champs web page by the entry deadline. PLEASE pay close attention to the coaches' notes and share the information with your assistants and teams.

**OFFICIALS AND TIMERS MEETING:** All officials will need to report to the Officials meeting for assignment.

#### CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of five (5) individuals: (1) Meet Director, (2) Meet Referee, (3) two coach representatives, and (4) one swimmer representative.

**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 using a timed finals format. Swimmer's age will be determined as of the first day of December 2019.

**SENIOR EVENT AGE RESTRICTION:** Swimmers 11 and over may enter the senior events only if they are twelve (12) years old by the 1st day of the 2020 YMCA Spring Nationals. Senior 50Y events are limited to 13 & overs only.

**EVENT SEEDING:** Events will be pre-seeded, except for the 500Y/1000Y/1650Y Freestyle and 800 Free Relay, which will be positive check-in and deck seeded.

Events will be seeded Slowest to Fastest except the 500Y/1000Y/1650Y Freestyle which will be seeded fastest to slowest and alternating full heats of girls and boys.

Competitors in the 1000Y/1650Y Freestyle events must supply two (2) timers and a lap counter. The Meet Referee/Administrative Officials reserve the right to combine heats.

**NO SHOW:** There will not be a penalty for an athlete who is seeded in an event and fails to compete (i.e., a "no show"). 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 by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat 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.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship. 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 always expected to monitor them during warm up sessions.

Bullpen: There will be a bullpen for 8 individual events only.

STARTS: 'Fly-over' starts will be used at this meet at the discretion of the meet referee. All swimmers should remain in the water at the completion of their race until the next heat has begun (except for Backstroke starts). Please remind swimmers to stay next to the lane rope (not under the block).

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted outside of the pool area. Meet mobile will also be updated periodically throughout the meet and should also be considered unofficial until the meet results are posted.

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).

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. YMCA staff will be making sure only those allowed on deck are on deck.
- Deck changes are 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.
- Glass, Food, and Chairs are not permitted on deck.
- 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.
- No Flash Photography at the start of competition races.
- 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.
- Shaving is not permitted in any areas of the facility.



- 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.

#### AWARDS AND RECOGNITION

SCORING: Scores will be to 16 places in both individual and relay events. Scoring for A Division only. B Division will not be scored. Relays will be scored.

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

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

Note: Only two relays from each team may score in an event. AWARDS: Individual & Relay Awards

- Medals will be awarded for 1st- 3rd place (for scoring division only)
- Ribbons will be awarded for 4th- 16th place (ribbons 1<sup>st</sup> – 16<sup>th</sup> for non scoring division)

Team Awards: First, second, and third place teams in each division will be presented with a banner. .

Awards should be picked up by the coach (or a designated representative) no earlier than 30 minutes after the end of the meet. Any remaining awards will be delivered by a YMCA staff person.

RECOGNITIONS: Senior recognition will be on Sunday March 1st before the start of the meet.

TIME TRIALS: **Time trials will be made available after each session if the timeline allows** and at the discretion of the Meet Director and Meet Referee.

FORMAT AND FEE: Time Trials are open only to athletes entered in the 2020 YCO Championship meet. Time Trial entry fees are \$20 for Individual Events and \$40 for Relay Events.

TIME TRIAL ENTRIES: Time trial events are limited to one (1) per day and do not count as a part of the maximum three (3) individual event limits per day. Time trials will be deck entry at the scoring table. An announcement will be made on the procedure for time trials.

SPECTATORS ADMISSION FEE: No admission fees will be charged.

HEAT SHEETS/PROGRAMS: A \$5.00 fee will be charged for heat sheets for each session.

CONCESSION STAND: The concession stand will be operating. There will be a hospitality room for the coaches and officials and staff.

ATHLETE APPAREL: Pre order t-shirts will be available online, link will be shared with teams.

SEAT SAVING POLICY: Please be respectful of other parents and families. Everyone wants to watch their swimmers at the meet. Try to cooperate and make room for everyone.

HANDICAP SEATING: As provided by Kenyon College.

LOST AND FOUND: Kenyon College Natatorium lost and found will be used.

#### FACILITY RESTRICTIONS:

- 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.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

#### LIABILITY, SAFETY AND EMERGENCY PROCEDURES

##### LIABILITY LIMITS:

- In granting this approval, it is understood and agreed that USA Swimming 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 event.
- 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.

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 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 follow 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. The Ohio Return to Play Law governing concussions states all coaches and officials (in or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <https://nfhslearn.com>.

**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. A tornado event, power outage, or similar situation would require evacuation of the swimming pools into designated safe areas.

**EVACUATION PROCEDURE:** Refer to the Kenyon College Emergency Protocol.

**DIRECTIONS:** Steen Aquatic Center 106 College Park Drive Gambier, OH 43022 .

**PARKING:** From the center of Kenyon's campus at the intersection of Route 308 and Wiggin Street, follow Wiggin Street east for about 100 yards and make a right turn onto Duff Street. The Kenyon Athletic Center is located near the end of Duff Street on the left. A parking lot is

located immediately to the south of the building. Volleyball matches, swimming meets, and basketball games are all held at the athletic center.

## **YCO Swim League Winter Championship February 28 – March 1, 2020**

### **APPENDIX 1: MEET TIMELINE**

Warm-up and start times for all sessions are subject to change depending on the size of the meet. Below is an estimated timeline:

FRIDAY, February 28<sup>th</sup> – Doors Open 6:40pm, Warm Ups 6:45pm-7:15pm, Meet starts at 7:20pm, End time 9:30pm. (Meet Director reserves the right to limit entries for Friday session to stay within the meet timeline)

SATURDAY, February 29<sup>th</sup> – MORNING (13-14 and Senior) Doors open 9:30am, Warm Ups 9:40-10:10am, Meet Starts 10:15am, end time 1:30pm. Senior 500 free is limited to scoring flight swimmers only.

SATURDAY, February 29<sup>th</sup> – DISTANCE SESSION 11 and overs, warm ups 1:00-1:30pm in non competition pool lanes, Distance Session Start time 1000 free 1:35pm, end time 3:00pm, Meet management may limit entries to keep within schedule timeline. Only scoring flight swimmers can enter distance session for 1000 free.

SATURDAY, February 29<sup>th</sup> - AFTERNOON (12 and under Session) Warm Ups 3:00pm – 3:40pm, meet starts 3:45pm, meet end time 7:00pm

SUNDAY, MARCH 1<sup>st</sup> – MORNING (13-14 and Senior) Doors open 8:00am, Warm Ups 8:10am-9:00am, meet starts 9:05am, end time 1:00pm

SUNDAY, March 1<sup>st</sup> – DISTANCE SESSION 1650 free 11 and over, warm up 12:30pm – 1:00pm in non-competition pool lanes, 1650 sessions starts 1:05pm, end time 3:00pm. Meet management may limit entries to keep within schedule timeline. Only scoring flight swimmers can enter distance session for 1000 free.

SUNDAY, MARCH 1<sup>st</sup> -AFTERNOON (12 and Under Session) Warm Ups 3:00pm – 3:40pm, Meet begins 3:45pm, end time 7:00pm

## **YCO Swim League Winter Championship February 28 – March 1, 2020**

### **APPENDIX 2: ORDER OF EVENTS**

#### **Friday February 28**

101-102 11 and over 200 Butterfly

103-104 11 and over 400 IM

105-106 11 and over 200 Backstroke

107-108 Senior 800 Free Relay

109-110 11 and over 200 Breaststroke

**Saturday February 29 13-14, Senior Morning Session**

201-202 Senior 400 Medley Relay

203-204 13-14 200 IM

205-206 15 and over 200 IM

207-208 Senior 50 Breaststroke

209-210 13-14 100 Butterfly

211-212 15 and over 100 Butterfly

213-214 13-14 100 Freestyle

215-216 15 and over 100 Freestyle

217-218 Senior 50 Backstroke

219-220 Senior 500 Free (Scoring Flight Swimmers only)

221-222 13-14 200 Freestyle Relay

223-224 Senior 200 Freestyle Relay

429-430 11-12 500 Freestyle (only scoring flight swimmers)

**Saturday February 29 12 and Under Session**

401-402 11-12 200 Free Relay

403-404 10 and under 200 Free Relay

405-406 8 and under 100 Free Relay

407-408 10 and under 100 Backstroke

409-410 8 and under 25 Backstroke

411-412 11-12 200 IM

413-414 10 and under 200 IM

415-416 11-12 100 Freestyle

417-418 10 and under 100 Freestyle

419-420 11-12 50 Butterfly

421-422 10 and under 50 Butterfly

423-424 8 and under 25 Butterfly

425-426 11-12 100 Breaststroke

427-428 10 and under 100 Breaststroke

**Saturday February 29 1000 Free Session**

301-302 11 and over 1000 Free (Limited to Scoring Flight Swimmers only)

**Sunday March 1 13-14 and Senior Session**

501-502 Senior 200 Medley Relay

503-504 13-14 200 Medley Relay

505-506 13-14 200 Freestyle

507-508 15 and over 200 Freestyle

**Sunday March 1 12 and Under Session**

701-702 11-12 200 Medley Relay

703-704 10 and under 200 Medley Relay

705-706 11-12 200 Freestyle

707-708 10 and under 200 Freestyle

509-510 Senior 50 Butterfly	709-710 11-12 100 IM
511-512 13-14 100 Breaststroke	711-712 10 and under 100 IM
513-514 15 and over 100 Breaststroke	713-714 11-12 50 Breaststroke
515-516 13-14 100 Backstroke	715-716 10 and under 50 Breaststroke
517-518 15 and over 100 Backstroke	717-718 8 and under 25 Breaststroke
519-520 13-14 50 Freestyle	719-720 11-12 50 Freestyle
521-522 15 and over 50 Freestyle	721-722 10 and under 50 Freestyle
523-524 Senior 400 Freestyle Relay	723-724 8 and under 25 Freestyle
	725-726 11-12 100 Butterfly
	727-728 10 and under 100 Butterfly
	729-730 11-12 50 Backstroke
	731-732 10 and under 50 Backstroke

**Sunday March 1 1650 Freestyle Session**

601-602 11 and over 1650 Freestyle (Scoring Flight Swimmers Only)

**YCO Swim League Winter Championship February 28 – March 1, 2020**

**APPENDIX 3: QUALIFYING TIMES FOR SCORING FLIGHT**

Girls	10 & Under	Boys
Cut Time	Event	Cut Time
36.80	50 Free	37.10

1:23.30	100 Free	1:23.90
3:10.60	200 Free	3:11.90
45.50	50 Back	46.10
1:36.40	100 Back	1:37.80
49.60	50 Breast	52.00
1:50.00	100 Breast	1:51.40
43.70	50 Fly	44.70
1:37.50	100 Fly	1:41.10
1:38.50	100 IM	1:40.40
3:26.90	200 IM	3:29.10
Girls	11-12	Boys
32.80	50 Free	31.90
1:12.10	100 Free	1:13.30
2:41.70	200 Free	2:43.10
6:42.50	500 Free	6:52.20
38.10	50 Back	39.20
1:25.10	100 Back	1:27.20
44.00	50 Breast	43.90
1:35.20	100 Breast	1:41.20
36.40	50 Fly	38.50
1:32.40	100 Fly	1:28.90
1:24.50	100 IM	1:24.40
3:04.90	200 IM	3:10.10
Girls	13-14	Boys
29.40	50 Free	27.30
1:03.40	100 Free	1:00.70
2:21.80	200 Free	2:17.00
6:15.60	500 Free	5:57.00
1:13.00	100 Back	1:13.40
1:23.60	100 Breast	1:21.30
1:13.50	100 Fly	1:12.00
2:38.80	200 IM	2:30.80
Girls	15 and Up	Boys
28.00	50 Free	25.50
1:02.40	100 Free	54.10
2:15.40	200 Free	2:03.20
6:00.60	500 Free	5:33.80
1:11.90	100 Back	1:05.50
1:21.80	100 Breast	1:14.80



1:09.10	100 Fly	1:02.20
2:29.70	200 IM	2:19.50
Girls	Senior	Boys
13:03.10	1000 Free	11:59.70
21:35.00	1650 Free	19:48.00
33.68	50 Back	31.85
2:34.40	200 Back	2:28.00
38.05	50 Breast	35.27
2:56.40	200 Breast	2:50.60
32.42	50 Fly	30.20
2:49.70	200 Fly	2:36.10
5:42.70	400 IM	5:25.70

### **YCO Swim League Winter Championship February 28 – March 1, 2020**

APPENDIX 4: YMCA SANCTIONED MEET DECLARATION FORM (Note: Return signed Declaration form to the meet director)

Participating YMCA:

YMCA Address:

Meet Name: 2020 YCO Swim League Winter Championship

Meet Date(s): February 28 – March 1, 2020

Meet Host: The YCO Swim League

Meet Location: Kenyon College

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 and Child Protection Training.**

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will attend the 2020 YCO Swim League Winter Championship 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 2020 YCO Swim League Swim League Winter Championship.

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, The YMCA of Central Ohio, their agents, representatives or assigns, and the Steen Aquatic Center, Gambier, OH for any and all injuries which may be suffered by participants at the 2020 YMCA of Central Ohio Swim League Winter Championships. Furthermore, we understand that the YMCA of the USA and The YMCA of Central Ohio Swim League 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.

\_\_\_\_\_  
Head Coach

\_\_\_\_\_  
Name and Signature of

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

\_\_\_\_\_  
Name and Signature of