

Regional YMCA Championship

March 5-6,2010

SANCTION: Sanctioned by the National YMCA Competitive Swimming and Diving Committee

APPROVED: By Southeastern Swimming, Inc.

HOSTED BY: Montgomery YMCA Barracudas Swim Team

www.mybswim.org

Head Coach: Paul Mielke 334-273-8351 teaminfo@mybswim.org

LOCATION: East Family Branch YMCA, 3407 Pelzer Ave., Montgomery, AL 36109, 334-272-3390

FACILITIES: Indoor 8-lane, 25-yard competition pool, non-turbulent lane lines, and fully automatic Colorado electronic timing system and scoreboard with lane/place/time display. Some bleacher seating is available on pool deck as well as in the gymnasium. A concession stand will be available. All American Swim Supply will be present on Saturday. Additional parking is available in back via a small side road to the left of the YMCA. No coolers allowed inside the YMCA. No food or drink in gym. No parents will be allowed in the Clerk of Course area or behind the blocks.

RULES: Current National YMCA Swimming Rules will govern the meet.

OFFICIALS: Meet Director: Paul Mielke

Referee: Dave Smith, Anne Young

ELIGIBILITY: This is a closed meet. Only YMCA teams with National YMCA Association Numbers may enter this meet. The age of the swimmers entered in this meet will be his/her age as of December 1, 2010. This is an Approved meet; therefore, all USA Swimming members' times will be submitted to the SWIMS database if current USA Swimming registration numbers are provided.

WARM-UPS: Swim Meet Warm-up Safety Guidelines as outlined in the *Principles of Competitive Swimming and Diving* will be in effect at this meet. A warm-up schedule will be posted on our web site prior to the meet as well as posted at the meet. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session. An assignment form must be filled out for each swimmer whose coach is not with them (see attachment.)

TIMES: Saturday, March 5

Warm-up AM: 1st 7:00-7:30.

2nd 7:30-8:00

Competition AM: 8:15 a.m.

Warm-up PM: Not before 12:00 a.m.

Competition PM: Not before 1:15 p.m.

Sunday, March 6

Warm-up AM: 1st 7:00-7:30 a.m.

2nd 7:30 a.m.-8:00

Competition AM: 8:15 a.m.

Warm-up PM: Not before 12:00 a.m.

Competition PM: Not before 1:15 p.m.

ENTRIES: Teams who have HY-TEK's Team Manager should submit their entries as e-mailed HY-TEK files. Hand entry forms must be completely filled out including the time in yards and USA registration number if you want times entered into SWIMS data base. Entry will not be changed to reflect times made after the entry deadline. Please provide a written copy of entries for verification purposes. **This meet will be an Approved meet. Please provide USA-S registration #s.**

DISABILITIES: Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

DEADLINE: Entry file and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Meet Entry Chairman on or before **February 21.** Because this is a championship meet, this deadline will be enforced.

FEES: Facility Surcharge: \$2.00 per swimmer
Entry Fee: \$4.00 per individual event Late Entry Fee: \$5.00 per individual event
Relay Fee: \$8.00 per relay Late Relay Fee: \$10.00 per relay

Make check payable to MYB. Entry fees are non-refundable.

MAIL OR E-MAIL ENTRIES TO: Anne Young
3551 Wiley Road
Montgomery, AL 36106
334-270-3398
ayoung@knology.net

DECK ENTRIES: The Clerk of Course will accept deck entries on the day of the meet on a space available basis for swimmers already entered in the meet. No new heats will be formed to accommodate deck entries. Payment for all deck entries is due at the time of entry with the Clerk of Course.

ENTRY ERRORS: If entry error is due to MYB error, the swimmer will be deck-entered into an open lane of the heat nearest his/her entry time if available. The entire event will not be reseeded.

LIMITS: A swimmer may swim five (5) individual events and one (1) relay on Saturday and five events with two (2) Senior relays on Sunday. Declared false starts count toward the daily limit of 5 events per day.

MEET FORMAT: This is a timed finals meet. All events will be pre-seeded except for the 500 Freestyle and the 400 IM, which will be deck-seeded. Senior denotes ages 15 -21. The Meet Referee reserves the right to combine heats/events in order to meet time constraints as well as take breaks as needed. For the 8&U 100 Relays, the 2nd & 4th swimmer must start in the water. **The number of lanes used during competition may be reduced from 8 to allow ample recovery time between age groups and to open a warm-up/warm-down lane. MYB reserves the right to combine the AM & PM sessions if, due to the number of entries, the swimmers would be better served. MYB also reserves the right to move the 11 & 12 age group, or a portion of it, to the afternoon session, if needed.**

SCRATCHES/PENALTIES: All scratches should be submitted to the Clerk of Course as soon as possible, preferably **1 hour** prior to the start of the session. A swimmer may scratch a pre-seeded event on the block without penalty. Swimmers or coaches must sign in with the Clerk of Course for all deck-seeded events; the sign-in deadline is **1 hour** prior to the start of the session. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Any swimmer who has checked in for a deck-seeded event must swim the event unless he/she notifies the Clerk of Course that he/she wishes to scratch the event before the seeding for that event has begun or notifies the Deck Referee that they are declaring a false start after the event has been seeded. **Failure to scratch prior to seeding or failure to declare a false start after seeding in a deck-seeded event and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.** A swimmer may not scratch from one event to enter another event.

VOLUNTEERS & OFFICIALS: Each team will provide **2 timers per session.** Certified officials are welcome to assist with the meet. Officials will meet 15 minutes before each session. Please have your USA Swimming or YMCA registration card and official's certification card displayed on your person. Timers will meet 10 minutes before each session at the Clerk of Course.

SCORING: Individual Events: 9-7-6-5-4-3-2-1 Relay Events: 18-14-12-10-8-6-4-2 Only 2 relays per team in each age group will be scored.

AWARDS: Individual medals will be given for 1-3 places, and individual ribbons will be given for 4-8 places in each age group and gender. Relay ribbons will be given for 1-3 places in each age group and gender. High-point and runner-up awards will be given for each age group and gender. awards. A trophy will be given to the team with the most points at the conclusion of the meet, A Spirit Award will be given to the team displaying the most spirit. The Spirit Award will be decided by secret ballot from a vote from the coaches on Sunday.

COACHES' MEETING: A coaches' meeting will be held immediately following warm-ups on Saturday in the hospitality room and on Sunday if needed. No swimmers will be allowed in the pool during this time. There will be a coaches meeting on Sunday between sessions to discuss next year.

Saturday AM			Sunday AM		
Women		Men	Women		Men
1	11-12 100 Breast	2	67	Senior 200 Medley Relay	68
3	13-14 200 Breast	4	69	13-14 200 Medley Relay	70
5	Senior 200 Breast	6	71	11-12 200 Medley Relay	72
7	11-12 50 free	8	73	Senior 200 IM	74
9	13-15 50 free	10	75	13-14 200 IM	76
11	Senior 50 Free	12	77	11-12 100 IM	78
13	11-12 100 Fly	14	79	Senior 100 Breast	80
15	13-14 200 Fly	16	81	13-14 100 Breast	82
17	Senior 200 Fly	18	83	11-12 50 Breast	84
19	11-12 50 Back	20	85	Senior 200 Free	86
21	13-14 100 Back	22	87	13-14 200 Free	88
23	Senior 100 Back	24	89	11-12 200 Free	90
25	11-12 100 Free	26	91	Senior 100 fly	92
27	13-14 100 Free	28	93	13-14 100 Fly	94
29	Senior 100 Free	30	95	11-12 50 Fly`	96
31	11-12 200 IM	32	97	Senior 200 Back	98
33	13-14 400 IM*	34	99	13-14 200 Back	100
35	Senior 400 IM*	36	101	11-12 100 Back	102
37	11-12 200 Free Relay	38	103	Senior 200 Free Relay	104
39	13-14 200 Free Relay	40	105	Senior 500 Free*	106
41	Senior 400 FreeRelay	42			

Saturday PM			Sunday PM		
Women		Men	Women		Men
43	8&U 50 Breast	44	107	8&U 100 IM	108
45	9-10 100 Breast	46	109	9-10 100 IM	110
47	8&U 25 Free	48	111	8&U 25 Breast	112
49	9-10 50 Free	50	113	9-10 50 Breast	114
51	8&u 50 Fly	52	115	8&U 50 Free	116
53	9-10 100 Fly	54	117	9-10 200 Free	118
55	8&U 25 Back	56	119	8&U 25 Fly	120
57	9-10 50 Back	58	121	9-10 50 Fly	122
59	8&U 100 Free	60	123	8&U 50 Back	124
61	9-10 100 Free	62	125	9-10 100 Back	126
63	8&u 100 Medley Relay	64	127	8&U 100 Free Relay	128
65	9-10 200 Medley Relay	66	129	9-10 200 Free Relay	130

*Positive check-in 1 HOUR before the start of the session.

Waiver, Acknowledgment, and Liability Release

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms are registered and entered into the meet in accordance and subject to the *Principles of Competitive Swimming and Diving*. I also acknowledge that I am familiar with the rules of the *Principles of YMCA Competitive Swimming and Diving* regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. YMCA of the USA, Southeastern Swimming, Inc., USA Swimming, Montgomery YMCA Barracudas, East Family Branch YMCA, the Montgomery YMCA, their agents, officers, representatives, employees, and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses, or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature of coach or club official: _____

Title: _____

Club: _____

Date: _____

Regional YMCA Championship Swim Meet

Team Name:

Team Abbreviation:

National YMCA Association Number:

Meet Entries Contact:

Address:

Telephone:

E-mail:

Coach(es):

Age group	# of swimmers	# of events	# of relays
8 & under girls			
8 & under boys			
9-10 girls			
9-10 boys			
11-12 girls			
11-12 boys			
13-14 girls			
13-14 boys			
15-18 girls			
15-18 boys			
TOTALS			

Total number of Athletes _____ X **\$ 2.00** = _____

Total number of Entries _____ X **\$ 4.00** = _____

Total number of Relays _____ X **\$ 8.00** = _____

Total entry fees _____ = _____

Make check payable to MYB.

INFORMATION FORM FOR DISABLED SWIMMERS

NAME:		AGE:	DATE OF BIRTH:	
ADDRESS:			PHONE NUMBER:	
EVENTS ENTERED:				
EVENT:	NO.	EVENT:	NO.	
EVENT:	NO.	EVENT:	NO.	
EVENT:	NO.	EVENT:	NO.	
DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):				
THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:		NAME:		
		NAME:		
SEIZURES?	YES:	ARE YOU ON MEDICATION?	YES:	MEDICATION/DOSE:
	NO:		NO:	
MEDICATION/DOSE:		MEDICATION/DOSE:		MEDICATION/DOSE:
PARENT OR GUARDIAN'S NAME:			PHONE NUMBER:	
PARENT OR GUARDIAN'S SIGNATURE:		ATHLETE'S SIGNATURE:		
PHYSICIAN'S NAME:			PHONE NUMBER:	
PHYSICIAN'S ADDRESS:				
I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.				
PHYSICIAN'S SIGNATURE:			DATE:	

Times should be in **SHORT COURSE YARDS**

Please duplicate as needed

Please duplicate as needed		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						

SWIMMER ASSIGNMENT FORM

Name of Meet: Regional YMCA Championship

Date: March 14-15, 2009

City: Montgomery, AL

Name of Swimmer (s) :

Name of swimmer's team: _____

I, _____, agree to act as coach for the above named swimmer(s) during the pre-meet practice, warm-up and the competition.

Coach's Signature

Date

Coach's Team Name

Field Code Changed