

Pennsylvania YMCA Districts – Central 2024

MEET ANNOUNCEMENT

About the Championship

Date: March 8-10, 2024

Location: Graham Aquatic Center

Entry Deadline: February 29, 2024

Hosted by: York YMCA

Meet Director: Brian Gunn @ bgunn@acomhs.com

Web Site: www.swimyorky.org

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CENTRAL
MEET



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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 USA-S Middle Atlantic Swimming.

YMCA Sanction number:

USA-S/MA Approval number: MA 2429 AP

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 meet.

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.

MEET FORMAT WAIVER: The Meet Host has the right to change the format of the meet, and reserves the right to identify a committee of coaches and officials to assist in making changes to ensure a more efficient meet.

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

REMINDER THAT DAYLIGHT SAVINGS BEGINS ON SUNDAY, MARCH 10.

Friday, March 8 – Graham Aquatic Center

	Session 1	Session 2	Session 3
Age Groups	11-12	13-14	15-21
	Ⓢ Timed Finals	Timed Finals	Timed Finals
Warm-up Start	8:20am	12:00pm	4:00pm
Timers Meeting	8:50am	12:30pm	4:30pm
Start of Session	9:30am	1:10pm	5:10pm



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Saturday, March 9 – Graham Aquatic Center

	Session 4	Session 5	Session 6
Age Groups	11-12 & 10 & U Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	7:00am	12:00pm	4:00pm
Timers Meeting	7:30am	12:30pm	4:30pm
Start of Session	8:10am	1:10pm	5:10pm

Sunday, March 10 – Graham Aquatic Center

	Session 7	Session 8	Session 9
Age Groups	11-12 & 10 & U Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	7:00am	12:00pm	4:00pm
Timers Meeting	7:30am	12:30pm	4:30pm
Start of Session	8:10am	1:10pm	5:10pm

DISTANCE EVENTS: All distance swimmers MUST provide their own timer as well as a counter for the 1000 & 1650 Freestyle.

INCLEMENT WEATHER/CANCELTION: In the event of inclement weather that results in the cancelation of the championship, the championship will be rescheduled for March 15-17 at each session will be the Graham Aquatic Center in timed finals.

LOCATION & FACILITY:

Location: Graham Aquatic Center
543 N. Newberry St.
York, PA 17404

Emergency Phone Number: 717-676-1335

The Graham Aquatic Center is configured as a 8 lane, 25 yard course. Water depth at start is 6 feet (minimum 5 feet required) and at turn end is 5 feet. Daktronic electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4).



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There is an additional 6 lane 25 yard pool available for continuous warm up/warm downs with 5feet water depth at both ends.

Permanent bleacher seating for 750+.

Concession area with promenade overlooking competitive pool; with free Wi-Fi. Free parking is available; capacity 550.

There will be assigned team seating. Only Coaches are permitted to bring chairs.

WEB SITE

Meet Information can be found at: www.swimyorkey.org

Online Meet Results: Meet mobile will be available using the name of the meet. Real time results will be posted at www.swimyorkey.org/realtime.

Live Stream: York YMCA Swim Team YouTube Channel
<https://www.youtube.com/channel/UC1dUAOvHCn0A-c7ym0bRWfQ>

CONTACT INFORMATION

Meet Director: Brian Gunn - bgunn@accomhs.com

Entry Chairperson: Brian Gunn - bgunn@accomhs.com

Meet Referee: Eric Harnish - eharnish1@comcast.net

Administrative Official: Shannon Phifer - snphifer7@gmail.com

Officials Coordinator: Eric Harnish - eharnish1@comcast.net

NOTICES

PARKING IS AVAILABLE IN LOWER LOT, AND ON STREET. HANDICAP ONLY, IS AVAILABLE IN DROP OFF ZONE. CHURCH LOT AND LOWER LOT ARE NOT AVAILABLE FOR MEET PARKING ON SUNDAY.

COVID-19 RELATED PROTOCOLS: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely



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contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MID ATLANTIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER: The YMCA of the Roses has taken enhanced health and safety measures – for all athletes, coaches and volunteers. You must follow all posted instructions while attending the PENNSYLVANIA YMCA DISTRICTS – CENTRAL 2024. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending PENNSYLVANIA YMCA DISTRICTS – CENTRAL 2024, you voluntarily assume all risks related to exposure to COVID-19.

ATHLETE PROTECTION (MAAPP): All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.

TECH SUIT POLICY: The following rule will take effect SEPTEMBER 1, 2020.
102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under



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USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

RACING START CERTIFICATION: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.

DISABLED SWIMMERS: 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.

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 Referee will act as a mediator.

PHOTOGRAPHY: Middle Atlantic Swimming PHOTOGRAPHY/VIDEOGRAPHY STATEMENT In compliance with USA Swimming Rules and Regulations; Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, 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 MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time. As an approved exception, USA 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.

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.



DECK CHANGING: Deck changes are prohibited.

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: To be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1, 2023.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of September 1, 2023, and the entry deadline.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS



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Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. 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 on-line team registration and paid the annual registration fee prior to the entry deadline.

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:

All swimmers 11-12, 13-14, & 15-21 may swim no more than 3 individual events per session with a max of 6 total individual events, relays not included.

All swimmers 10 & Under may swim no more than 4 individual events per session with a max of 8 total individual events, relays not included.

Max Individual Events per day is 5 including Time Trials.

RELAYS: Relays will be limited to 1 relay team per association per event.

QUALIFICATION PERIOD: The qualification period is September 1, 2023, through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. Please provide the Meet Director a list of swimmers non USA-S registered.

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



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TIMES: No Times (NT) are not allowed. Submit entry times in Actual Time. Entered times must be the swimmer's BEST time achieved during the qualifying period. Failure to submit the swimmer's BEST time in the event or to falsify a time may lead to disciplinary action.

ENTRY FEES: Swimmer Individual Event: \$10.00. Relay Event: \$40.00. There will be a \$10.00 Swimmer surcharge. Deck entries will not be permitted. \$20.00 for time trials (if time permits). There are no fees for coaches attending with their team.

APPAREL: Can be pre-ordered online thru Fine Designs or onsite.

ENTRY DEADLINE: The initial entry deadline will be at 1:00 PM on Monday, February 26, 2024. Entries for the 1000 & 1650 will not be accepted after February 26, 2024. If you have swimmers competing the weekend of March 1-2, 2024, you may submit an updated file by 1:00pm on Monday, March 4, 2024. No late entries will be excepted.

ENTRY PROCEDURE: Electronic entries shall be submitted using Hy-Tek (or Team Unify) software. Electronic entries shall be emailed to bgunn@accomhs.com. Payment and meet summary sheets should be mailed to:

John Nelson

York YMCA

90th N Newberry St.

York, PA, 17401

Checks made payable to The York YMCA Aquatic Club

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Officials & Timers are needed. Timer slots will be based on entries per team and teams will be contacted with their slots after entries are received.

SIGN-UP PROCEDURE: OFFICIALS - Online sign-up at: <https://ttsu.me/m3sgad>

ATTIRE: Officials should wear white Oxford or polo shirt and navy long pants, shorts, skorts, skirts, or capris and display their current certification patch.



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MEET CHECK-IN PROCEDURE: All officials and timers must check in at the table in the entryways to receive deck access bracelets.

EVENT CHECK-IN: Positive check in for the 400 IM, 500, 1000 Free, & 1650 Free Freestyle by the Start of their Session.

COACHES MEETING/SCRATCH MEETING: Via Zoom Wednesday March 6th 8:00PM

TIMERS MEETING: Please see the meet timeline on pages 2 and 3 for detailed information.

OFFICIALS MEETING: TBA

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.

QUALIFYING FOR PA YMCA STATE CHAMPIONSHIP MEET:

Swimmers who have entered in a district meet shall be eligible for the State Championship on the following basis:

1. Top 6 swimmers in each Individual Event from each of the 3 Districts + next 6 from At Large for a total of 24 swimmers in each Individual Event with several exceptions listed below:
 - a. 13 and over (13-14 + 15-21 separate age groups) 1000, 1650 will have Top 2 from each District + 2 from At Large which is 8 total swimmers racing at the State Meet in these events in a Timed Final format
 - b. 11-12 500 Free will have Top 2 from each District + 2 from At Large which is 8 total swimmers racing at the State Meet in these events in a Timed Final format
2. All Relays at the State Meet will be swum at the beginning of the Finals session each evening in a Timed Finals format (relays only swim once) – We will have 2 heats of each Relay at the State Meet Relays– Top 4 from each District + next 4 from At Large for a total of 16 Relays
3. Top 6 qualifiers shall be announced at the District Meet. Coaches shall be alerted to the fact that their swimmers have qualified, and subsequent replacements notified should swimmers decide against attending.



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4. Swimmers shall compete in the events for which they have qualified in the State Meet.
5. Contestants shall declare NOT to intent to compete in the State Meet no later than 30 minutes AFTER the session they compete in.

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

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of December 1, 2023.

- Swimmers can only swim relays that are in their age-group. Each team may only enter 1 relay per event.
- **1000 & 1650 Free for 13-14 & 15-21:**
 - The 16 fastest qualifying times for the 1000 & 1650 Freestyle Events (311, 312, 323, 324, 411, 412, 423, 424) will be entered into the meet.
 - Teams will be sent out a psych sheet of swimmers once entries are due to inform teams of entry participants.
 - If an entered swimmer does not initially make the Top 16 fastest swimmers at the entry deadline, the swimmer may choose to withdraw the entry and enter another event.
 - Coaches have 24 hours following the posting of the distance event entries to declare their swimmer's intent to withdraw from the distance event and choose another qualified event. If they remain entered in the event, but do not swim, the event will count as one of their daily entries.
- A positive check-in is required for Events 311, 312, 323, 324, 411, 412, 423, and 424 no later than the start of the session containing the event.
- **400IM & 500 Free for 13-14 & 15-21:**
 - The 32 fastest qualifying times for the 400IM & 500 Free Events (307, 308, 331, 332, 407, 408, 431, and 432) will be entered into the meet.
 - Teams will be sent out a psych sheet of swimmers once entries are due to inform teams of entry participants.
 - If an entered swimmer does not initially make the Top 32 fastest swimmers at the entry deadline, the swimmer may choose to withdraw the entry and enter another event.
 - Coaches have 24 hours following the posting of the distance event entries to declare their swimmer's intent to withdraw from the distance event and choose another qualified event. If they



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remain entered in the event, but do not swim, the event will count as one of their daily entries.

- A positive check-in is required for Events 307, 308, 331, 332, 407, 408, 431, and 432 no later than the start of the session containing the event.
- **500 Free for 11-12:**
 - The 24 fastest qualifying times for the 500 Free Events (233 and 234) will be entered into the meet.
 - Teams will be sent out a psych sheet of swimmers once entries are due to inform teams of entry participants.
 - If an entered swimmer does not initially make the Top 24 fastest swimmers at the entry deadline, the swimmer may choose to withdraw the entry and enter another event.
 - Coaches have 24 hours following the posting of the distance event entries to declare their swimmer's intent to withdraw from the distance event and choose another qualified event. If they remain entered in the event, but do not swim, the event will count as one of their daily entries.
- A positive check-in is required for Events 233 and 234 no later than the start of the session containing the event.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: the 1000 & 1650 Freestyle.

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.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall be allowed to swim in 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 individual time trials following the session for individual events offered during the meet only if time permits. Time trial entry fee is \$20.00 per event. The maximum number of individual event swims per session is 5, including time trials.



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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: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) 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 on meet mobile, in the Ware Pool Area, and in the Fieldhouse.

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. The following Conduct Rules shall apply:

- Coaches are responsible for the conduct of their swimmers. Swimmers are not allowed to roam the facility unattended.
- Glass, Food, and Chairs are not permitted on deck.



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- 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.
- Swimmers are requested to wear sandals and towel off before traveling the corridors.
- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- No smoking, drugs, or alcohol are permitted in the facility.
- The Meet Director has the discretion to remove any person whose conduct is inconsistent with the core values of the YMCA.
- DECK PRIVLEDGES: ONLY currently credentialed coaches, athletes and essential meet personal will be permitted on deck.
- 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 judgement for any issues that arise that day during the course of the meet.
- MEET MARSHALLS: Meet Marshalls have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches, and spectators may be removed from the deck/venue for noncompliance with procedures or non-cooperation with Marshals' instructions.

AWARDS AND RECOGNITION

SCORING: Scoring will be as follows:

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 awarded to the top 6 in each event. Ribbons awarded for 7-12.

Team trophies will be given to the winner and the second place boys' and girls' team in each age group only.

Separate team swimming banners shall be given to the first three place boys' and girls' teams according to overall cumulative point totals.



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A first place banner shall be awarded to the team with the highest combined team score.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials. Time trial entry fee is \$20.00 per event.

TIME TRIAL LIMITS: The maximum number of individual event swims per session is 5, including time trials. This is per USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 5 individual events per day in a timed finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: Will be due prior to the start of the final event of each session.

TIME TRIAL PROCEDURE: Coaches will need to let the meet director through the time trial forms that can be found in their meet packets or at the scorer's table.

SPECTATORS

ADMISSION FEE: Admission will be \$5.00 per session per person per day. Children under 5 admitted free. Free admission to all volunteers. This will be done through Ticketleap – Link: [2024 PA YMCA Central Districts Championships Tickets in York, PA, United States \(ticketleap.com\)](https://www.ticketleap.com/2024-pa-ymca-central-districts-championships-tickets-in-york-pa-united-states)

HEAT SHEETS/PROGRAMS: Made available on meet mobile.

SEAT SAVING POLICY: Spectators should be respectful of others. No seat saving will be allowed. When your swimmer has swum, please exit the bleachers and allow others to watch their swimmers.

HANDICAP SEATING: There is space available on the pool deck behind the rope line for wheel chairs and/or handicap seating.

CONDUCT AND RESTRICTIONS:



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- No Flash Photography at the start of competition races. At no time should photography or video be taken behind the blocks.
- 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.

LIVE STREAMING: Meet will be live streamed.
York YMCA Swim Team YouTube Channel
<https://www.youtube.com/channel/UC1dUAOvHCn0A-c7ym0bRWfQ>

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. The Declaration Form must be signed by each YMCA participating in the meet.

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 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.

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. The coach of the athlete must



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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 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.

EVACUATION PROCEDURE: Evacuation procedure is on file for YMCA Personnel to execute. All exits have safety zones identified for grouping after exiting the building during an emergency. Announcements will be made during the meet informing spectators where to look for their safety zones when exiting the building due to an emergency.



YMCA PA CENTRAL
DISTRICT MEET



Pennsylvania YMCA Districts – Central 2024

March 8-10, 2024

DIRECTIONS

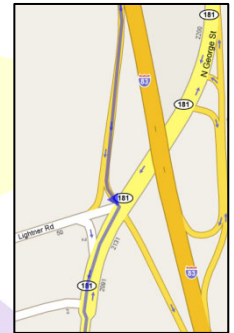
Note: The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

From northbound Interstate 83:

Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound Interstate 83:

Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street. **NOTE:** Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George. Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.



From eastbound US Route 30:

Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

From westbound US Route 30:

Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound PA Route 74:

Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.

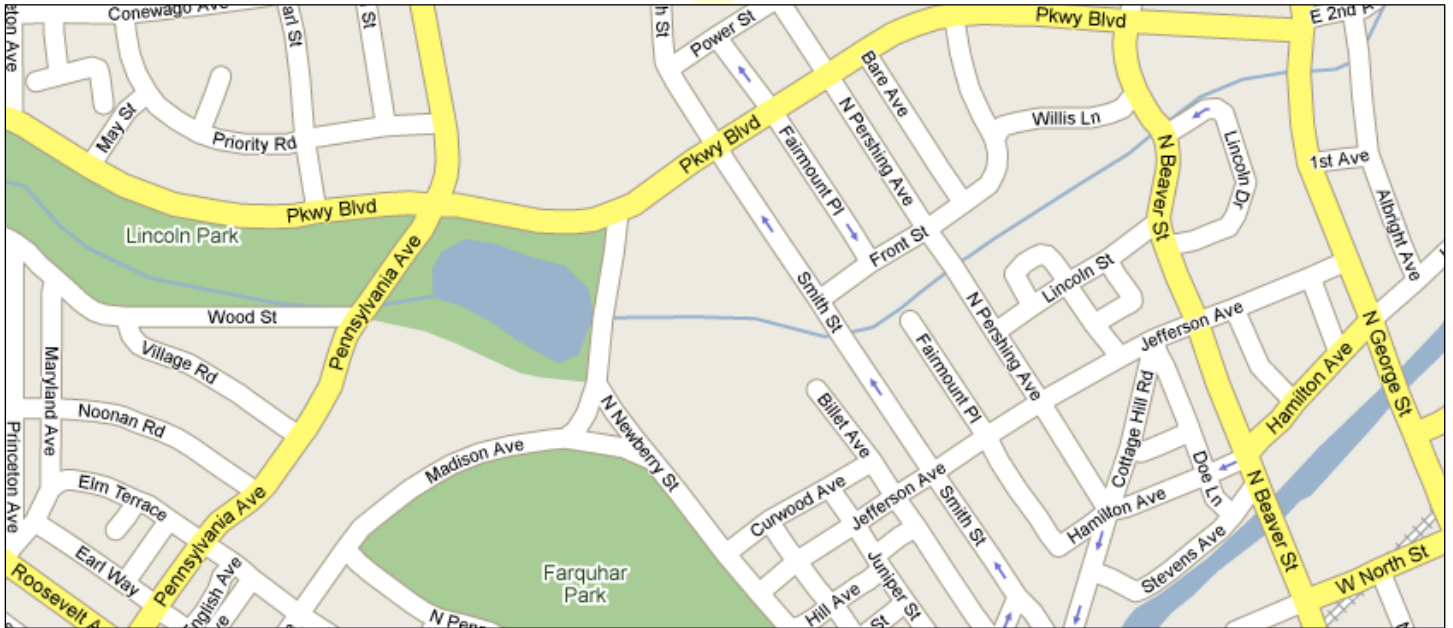


YMCA PA CENTRAL DISTRICT MEET



Pennsylvania YMCA Districts – Central 2024

March 8-10, 2024



PARKING

PARKING IS AVAILABLE IN LOWER LOT, AND ON STREET. HANDICAP ONLY, IS AVAILABLE IN DROP OFF ZONE. CHURCH LOT AND LOWER LOT ARE NOT AVAILABLE FOR MEET PARKING ON SUNDAY.



YMCA PA CENTRAL DISTRICT MEET



Pennsylvania YMCA Districts – Central 2024

March 8-10, 2024

APPENDIX 1: ORDER OF EVENTS

Session 1: Friday, March 8 Age Group 11-12
8:20am Warm-up – 9:30am Start

Girls	Event	Boys
201	11-12 200 Butterfly	202
203	11-12 50 Backstroke	204
205	11-12 100 Breaststroke	206
207	11-12 50 Freestyle	208
209	11-12 100 Individual Medley	210
211	11-12 400 Freestyle Relay	212

Session 2: Friday, March 8 Age Group 13-14
12:00pm Warm-up – 1:10pm Start

Girls	Event	Boys
301	13-14 200 Butterfly	302
303	13-14 100 Breaststroke	304
305	13-14 50 Freestyle	306
307	13-14 400 Individual Medley	308
309	13-14 400 Freestyle Relay	310
311	13-14 1650 Freestyle	312

Session 3: Friday, March 8 Age Group 15-21
4:00pm Warm-up – 5:10pm Start

Girls	Event	Boys
401	15-21 200 Butterfly	402
403	15-21 100 Breaststroke	404
405	15-21 50 Freestyle	406
407	15-21 400 Individual Medley	408
409	15-21 400 Freestyle Relay	410
411	15-21 1650 Freestyle	412



YMCA PA CENTRAL DISTRICT MEET



Pennsylvania YMCA Districts – Central 2024

March 8-10, 2024

Session 4: Saturday, March 9 Age Groups 10 & Under and 11-12 7:00am Warm-up – 8:10am Start

Girls	Event	Boys
101	10 & Under 50 Freestyle	102
213	11-12 200 Freestyle	214
103	10 & Under 100 Breaststroke	104
215	11-12 50 Breaststroke	216
105	10 & Under 50 Backstroke	106
217	11-12 200 Backstroke	218
107	10 & Under 50 Butterfly	108
219	11-12 100 Butterfly	220
109	10 & Under 200 Individual Medley	110
221	11-12 200 Individual Medley	222
111	10 & Under 100 Freestyle	112
223	11-12 200 Medley Relay	224
113	10 & Under 200 Medley Relay	114

Session 5: Saturday, March 9 Age Group 13-14 12:00pm Warm-up – 1:10pm Start

Girls	Event	Boys
313	13-14 200 Freestyle	314
315	13-14 200 Backstroke	316
317	13-14 100 Butterfly	318
319	13-14 200 Individual Medley	320
321	13-14 200 Medley Relay	322
323	13-14 1000 Freestyle	324

Session 6: Saturday, March 9 Age Group 15-21 4:00pm Warm-up – 5:10pm Start

Girls	Event	Boys
413	15-21 200 Freestyle	414
415	15-21 200 Backstroke	416
417	15-21 100 Butterfly	418
419	15-21 200 Individual Medley	420
421	15-21 200 Medley Relay	422
423	15-21 1000 Freestyle	424



Pennsylvania YMCA Districts – Central 2024

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Session 7: Sunday, March 10 Age Group 10 & Under and 11-12 7:00am Warm-up – 8:10am Start

Girls	Event	Boys
115	10 & Under 100 Individual Medley	116
225	11-12 100 Freestyle	226
117	10 & Under 200 Freestyle	118
227	11-12 50 Butterfly	228
119	10 & Under 100 Backstroke	120
229	11-12 100 Backstroke	230
121	10 & Under 50 Breaststroke	122
231	11-12 200 Breaststroke	232
123	10 & Under 100 Butterfly	124
133	11-12 500 Freestyle	134
125	10 & Under 200 Freestyle Relay	126
235	11-12 200 Freestyle Relay	236

Session 8: Sunday, March 10 Age Group 13-14 12:00pm Warm-up – 1:10pm Start

Girls	Event	Boys
325	13-14 100 Freestyle	326
327	13-14 100 Backstroke	328
329	13-14 200 Breaststroke	330
331	13-14 500 Freestyle	332
333	13-14 200 Freestyle Relay	334

Session 9: Sunday, March 10 Age Group 15-21 4:00pm Warm-up – 5:10pm Start

Girls	Event	Boys
425	15-21 100 Freestyle	426
427	15-21 100 Backstroke	428
429	15-21 200 Breaststroke	430
431	15-21 500 Freestyle	432
433	15-21 200 Freestyle Relay	434



APPENDIX 2: QUALIFYING TIMES

AGE GROUP: 10 & Under

Girls	Event	Boys
35.99	50 Yard Freestyle	35.99
1:19.99	100 Yard Freestyle	1:20.99
2:56.99	200 Yard Freestyle	2:47.99
41.99	50 Yard Backstroke	42.99
46.99	50 Yard Breaststroke	48.99
41.99	50 Yard Butterfly	42.99
1:29.99	100 Yard Backstroke	1:29.99
1:44.99	100 Yard Breaststroke	1:41.99
1:38.99	100 Yard Butterfly	1:46.99
1:30.99	100 Yard Individual Medley	1:29.99
3:15.99	200 Yard Individual Medley	3:13.99
2:46.99	200 Yard Medley Relay	2:50.99
2:34.99	200 Yard Freestyle Relay	2:34.99

AGE GROUP: 11-12

Girls	Event	Boys
30.99	50 Yard Freestyle	31.99
1:07.99	100 Yard Freestyle	1:10.99
2:28.99	200 Yard Freestyle	2:32.99
6:38.99	500 Yard Freestyle	6:38.99
36.99	50 Yard Backstroke	38.99
39.99	50 Yard Breaststroke	42.99
34.99	50 Yard Butterfly	37.99
1:17.99	100 Yard Backstroke	1:17.99
1:26.99	100 Yard Breaststroke	1:27.99
1:19.99	100 Yard Butterfly	1:18.99
2:43.99	200 Yard Backstroke	2:43.99
3:06.99	200 Yard Breaststroke	3:06.99
2:47.99	200 Yard Butterfly	2:47.99
1:17.99	100 Yard Individual Medley	1:18.99
2:46.99	200 Yard Individual Medley	2:53.99
2:39.99	200 Yard Medley Relay	2:39.99
2:11.99	200 Yard Freestyle Relay	2:15.99
4:39.99	400 Yard Freestyle Relay	4:51.99



Pennsylvania YMCA Districts – Central 2024

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AGE GROUP: 13-14

Girls	Event	Boys
29.99	50 Yard Freestyle	27.99
1:02.99	100 Yard Freestyle	1:00.99
2:17.99	200 Yard Freestyle	2:12.99
6:18.99	500 Yard Freestyle	5:58.99
13:01.99	1000 Yard Freestyle	12:23.99
21:43.99	1650 Yard Freestyle	20:43.99
1:11.99	100 Yard Backstroke	1:11.99
1:21.99	100 Yard Breaststroke	1:18.99
1:12.99	100 Yard Butterfly	1:12.99
2:34.99	200 Yard Backstroke	2:28.99
2:56.99	200 Yard Breaststroke	2:47.99
2:42.99	200 Yard Butterfly	2:36.99
2:37.99	200 Yard Individual Medley	2:39.99
5:43.99	400 Yard Individual Medley	5:36.99
2:20.99	200 Yard Medley Relay	2:19.99
2:07.99	200 Yard Freestyle Relay	1:59.99
4:19.99	400 Yard Freestyle Relay	4:11.99

AGE GROUP: 15 -21

Girls	Event	Boys
28.99	50 Yard Freestyle	24.99
1:00.99	100 Yard Freestyle	55.99
2:13.99	200 Yard Freestyle	2:01.99
6:11.99	500 Yard Freestyle	5:39.99
12:49.99	1000 Yard Freestyle	11:57.99
21:26.99	1650 Yard Freestyle	20:02.99
1:08.99	100 Yard Backstroke	1:03.99
1:19.99	100 Yard Breaststroke	1:11.99
1:08.99	100 Yard Butterfly	1:01.99
2:30.99	200 Yard Backstroke	2:18.99
2:54.99	200 Yard Breaststroke	2:37.99
2:32.99	200 Yard Butterfly	2:24.99
2:34.99	200 Yard Individual Medley	2:19.99
5:33.99	400 Yard Individual Medley	5:14.99
2:10.99	200 Yard Medley Relay	2:09.99
1:59.99	200 Yard Freestyle Relay	1:43.99
4:07.99	400 Yard Freestyle Relay	3:47.99



Pennsylvania YMCA Districts – Central 2024

March 8-10, 2024

APPENDIX 4: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the Meet Director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

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 BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

MARCH 8-10

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Pennsylvania YMCA Districts – East 2023 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 Pennsylvania YMCA Districts – East 2023.

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 the Roses, their agents, representatives or assigns, and Graham Aquatic Center for any and all injuries which may be suffered by participants at the Pennsylvania YMCA Districts – Central 2023. Furthermore, we understand that the YMCA of the USA and the YMCA of the Roses 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



This is the last page of the Meet Announcement



**YMCA PA CENTRAL
DISTRICT MEET**