

# WCAY Last Chance Meet

## MEET ANNOUNCEMENT

### **About the Invitational Meet**

Date: Sunday, February 25, 2024

Location: West Chester Area YMCA

Entry Deadline: February 24, 2024

Hosted by: WCAY MARLINS

Meet Director: Barry Smith, [bsmith@ymcagbw.org](mailto:bsmith@ymcagbw.org)

### Contents

About The Invitational Meet	2
Location and Facility	2
Web Site	2
Contact Information	2
Notices	3
Eligibility	3
Entry Information	4
Volunteers/Officials/Timers	5
Check-in Procedure	5
Meet Procedures and Operations	5
Spectators	7
Liability, Safety and Emergency Procedures	7
Directions	8
Parking	8
APPENDIX 1: Order of Events	9



# WCAY LAST CHANCE MEET

## FEBRUARY 25, 2024

---

### ABOUT THE INVITATIONAL MEET

This meet is a closed, inter-association YMCA Invitational 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.

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** The 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.

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

Warm-ups will begin at 1:00pm. All lanes will be available for open warm-ups until 1:55pm.

**INCLEMENT WEATHER/CANCELATION:** There is no makeup date in the event of inclement weather.

### LOCATION AND FACILITY

Location: West Chester Area YMCA, 605 Airport Road, West Chester, PA 19382

Emergency Phone Number: 610-431-9622

The West Chester Area YMCA pool is configured as a 10 lane, short course yards pool. The depth of the water at the start end of the pool is 8 feet and at the turn end is 4 feet. Colorado electronic timing system will be used. The competition course has certified in accordance with 104.2.2C (4)

Spectators may sit in the mezzanine/balcony.

Swimmers will be seated in the gymnasium.

### CONTACT INFORMATION

Meet Director: Barry Smith, bsmith@ymcagbw.org

Meet Referee: Dave Acker

Administrative Official: Vickey Russell



# WCAY LAST CHANCE MEET

## FEBRUARY 25, 2024

---

### 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 30 days prior to the first day of the meet.

**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 be at least **8** years of age, and not older than twenty-one (21) years of age on the first day Meet.

**YMCA Meet Participation:** N/A

**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.

**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: 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



## WCAY LAST CHANCE MEET FEBRUARY 25, 2024

---

**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:** Swimmers may swim in up to three individual events. There are no relays.

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

**TIME STANDARDS:** Swimmers must have equaled or bettered the minimum time standard.

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

**ENTRY FEES:** \$10.00 per event. Swimmers who wish to swim the same event a second time will pay \$10.00 per event in cash.

**ENTRY DEADLINE:** Email entry files to [bsmith@ymcagbw.org](mailto:bsmith@ymcagbw.org) by February 24, 2024.

**PAYMENT:** Payment should be made by check to the West Chester Area YMCA, Attn: Barry Smith. Swimmers who wish to swim an event a second time will pay \$10 cash at the time of deck entry.



## WCAY LAST CHANCE MEET FEBRUARY 25, 2024

---

### VOLUNTEERS/OFFICIALS/TIMERS

**OFFICIALS AND TIMERS:** Volunteers are always welcome and we will accept any and all officials who wish to volunteer. We will utilize 14 timers at any given time and are amenable to those who are not able to commit to timing the whole time.

**SIGN-UP PROCEDURE:**

### CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Swimmers will be directed to their seating areas when they enter the YMCA.

**COACHES MEETING/SCRATCH MEETING:** There will be no coaches or scratch meeting.

**OFFICIALS AND TIMERS MEETING:** We will hold a timer's meeting 15 minutes prior to the start of the meet.

### MEET PROCEDURES AND OPERATIONS

**RULES:** The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA 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 December 1, 2023.

**NO SHOW:** An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

**WARM-UP SAFETY PROCEDURES:** Teams may be assigned lanes for warm-ups if participant numbers merit the need. 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.



## WCAY LAST CHANCE MEET FEBRUARY 25, 2024

---

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

**READY BENCH:** Swimmers will line up behind the starting blocks with assistance from a meet marshal.

**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.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile.

**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 Meet 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.
- 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. 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.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.



## WCAY LAST CHANCE MEET FEBRUARY 25, 2024

---

- 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.

### 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.

**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 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.



## WCAY LAST CHANCE MEET FEBRUARY 25, 2024

---

3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**LIGHTNING POLICY:** The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**EVACUATION PROCEDURE:** Emergency evacuation, if necessary, will be completed through the exterior doors of the pool area or through the lobby area.

### DIRECTIONS

West Chester Area YMCA, 605 Airport Road, West Chester, PA 19380

### PARKING

Ample parking on campus. Please use overflow n the Paoli Pike side of the facility.





# WCAY LAST CHANCE MEET

## FEBRUARY 25, 2024

---

### APPENDIX 1: ORDER OF EVENTS

- |    |                                  |    |                                   |
|----|----------------------------------|----|-----------------------------------|
| 1  | Mixed 13 & Over 400 IM           | 25 | Mixed 15 & Over 100 Freestyle     |
| 2  | Mixed 15 & Over 200 Freestyle    | 26 | Mixed 13-14 100 Freestyle         |
| 3  | Mixed 13-14 200 Freestyle        | 27 | Mixed 11-12 100 Freestyle         |
| 4  | Mixed 11-12 200 Freestyle        | 28 | Mixed 10 & Under 100 Freestyle    |
| 5  | Mixed 10 & Under 200 Freestyle   | 29 | Mixed 11 & Over 500 Freestyle     |
| 6  | Mixed 15 & Over 50 Freestyle     | 30 | Mixed 15 & Over 200 Backstroke    |
| 7  | Mixed 13-14 50 Freestyle         | 31 | Mixed 13-14 200 Backstroke        |
| 8  | Mixed 11-12 50 Freestyle         | 32 | Mixed 11-12 100 Backstroke        |
| 9  | Mixed 10 & Under 50 Freestyle    | 33 | Mixed 10 & Under 100 Backstroke   |
| 10 | Mixed 11-12 200 Backstroke       | 34 | Mixed 15 & Over 200 Breaststroke  |
| 11 | Mixed 15 & Over 100 Backstroke   | 35 | Mixed 13-14 200 Breaststroke      |
| 12 | Mixed 13-14 100 Backstroke       | 36 | Mixed 11-12 100 Breaststroke      |
| 13 | Mixed 11-12 50 Backstroke        | 37 | Mixed 10 & Under 100 Breaststroke |
| 14 | Mixed 10 & Under 50 Backstroke   | 38 | Mixed 15 & Over 100 Butterfly     |
| 15 | Mixed 11-12 200 Breaststroke     | 39 | Mixed 13-14 100 Butterfly         |
| 16 | Mixed 15 & Over 100 Breaststroke | 40 | Mixed 11-12 50 Butterfly          |
| 17 | Mixed 13-14 100 Breaststroke     | 41 | Mixed 10 & Under 50 Butterfly     |
| 18 | Mixed 11-12 50 Breaststroke      | 42 | Mixed 15 & Over 200 IM            |
| 19 | Mixed 10 & Under 50 Breaststroke | 43 | Mixed 13-14 200 IM                |
| 20 | Mixed 11-12 200 Butterfly        | 44 | Mixed 12 & Under 200 IM           |
| 21 | Mixed 15 & Over 200 Butterfly    | 45 | Mixed 12 & Under 100 IM           |
| 22 | Mixed 13-14 200 Butterfly        | 46 | Mixed 13 & Over 1000 Freestyle    |
| 23 | Mixed 11-12 100 Butterfly        | 47 | Mixed 13 & Over 1650 Freestyle    |
| 24 | Mixed 10 & Under 100 Butterfly   |    |                                   |