

# RAYS LC STAKES

## May 18-19, 2024

### MA 2442 AP

<b>MEET HOST:</b>	Ridley Area YMCA	
<b>SANCTION:</b>	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 this event.	
<b>MEET DIRECTOR:</b>	Erik Nelson	<a href="mailto:enelson@cyedc.org">enelson@cyedc.org</a>
<b>LOCATION:</b>	Gloucester County Institute of Technology 1360 Tanyard Road Sewell, NJ 08080 <a href="http://www.gcit.org">http://www.gcit.org</a>	
<b>FACILITY DESCRIPTION:</b>	This is an indoor pool with 8 lanes for competition, a Colorado 6 Timing System with a full color scoreboard and Competitor lane lines. The meet will be conducted in LCM. Deck seating for 500 and spectator seating for 450. Parking for 600 cars. The host teams will provide hospitality and a snack bar will be run by the school.	
<b>WATER DEPTH:</b>	The depth of the water at the start end of the pool is <b>12.5</b> feet and at the turn end is <b>5</b> feet.	
<b>EVENTS:</b>	This meet will be conducted in accordance with the attached schedule of events.	
<b>ENTRIES OPEN:</b>	Monday, April 15, 2024	
<b>ENTRY DEADLINE:</b>	All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills.	
<b>ENTRY FEES:</b>	Individual Events \$11.00 & \$10.00 Swimmer Surcharge	Relay Events \$20.00
	In case of severe weather conditions or other emergency situations, which force cancellation of any portion of this meet – <b>no refunds will be made on any entry fees.</b> The Meet Committee [Host Teams & Meet Referee] will make all decisions concerning meet cancellation. The decision of the Meet Committee is final.	
<b>ENTRY LIMITS:</b>	3 Individual Events for AM Sessions 3 Individual Events for PM Sessions (excluding relays)	1 for the Middle Session
<b>ELIGIBILITY:</b>	Each swimmer must be a member in good standing of his/her YMCA. <b>Age for this meet is age as of May 18, 2024.</b>	
<b>ENTRY PROCEDURES:</b>	<ul style="list-style-type: none"> <li>• The Meet Director reserves the right to limit entries, events, or heats in order to conform to MA/USA Swimming rules. Swimmers/Teams eliminated from the meet due to time or space constraints will be given a full refund.</li> <li>• Converted times will be accepted for this meet</li> <li>• Entries must be submitted electronically in a format compatible with <b>Hy-Tek</b> meet management software.</li> <li>• All entries should be submitted via email, subject <b>[Your Team Name] – RAYS LC STAKES entry</b>. Please include the following information in the body of the email: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information.</li> <li>• Electronic entry Files [TM/TU] are required for all entries.</li> <li>• Manual/Paper entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission.</li> <li>• Final Entry payments and necessary reports must be mailed or emailed to the entry chair by <b>May 15, 2024</b>, PLEASE include meet entry summary with payment.</li> </ul>	

<b>MEET ENTRY CHAIR:</b>	Erik Nelson	<a href="mailto:enelson@cyedc.org">enelson@cyedc.org</a>
<b>MAIL CHECKS/REPORTS:</b>	Ridley Area YMCA, 900 South Avenue, Secane, PA 19018 <b>Attn: Erik Nelson</b>	
<b>CHECKS PAYABLE TO:</b>	<b>Community YMCA</b>	
<b>SAFETY DIRECTOR:</b>	Erik Nelson	<a href="mailto:enelson@cyedc.org">enelson@cyedc.org</a>
<b>OFFICIALS CONTACT:</b>	Mark Fisher	<a href="mailto:fishermark1226@gmail.com">fishermark1226@gmail.com</a>
<b>RULES:</b>	<p>This meet is a closed YMCA meet. The meet and all participants adhere to the Rules that Govern YMCA Competitive Sports. The meet will be conducted in accordance with USA Swimming Technical Rules. Fly-over starts will be used at this meet for all events. All swimmers [except for Backstroke starts] should remain in the water at the completion of their race until the next heat has begun.</p> <p>Coaches can request an Initial Split Form from the referee and need to turn the form back to the referee at least 30 minutes prior to swim but you must provide the additional timers.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages.</p> <p>NO unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area.</p>	
<b>DECK ENTRIES:</b>	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at a cost of \$10 per event. To enter please see the Meet Entry Coordinator before warm-ups.	
<b>PROOF OF TIME:</b>	Is not required for this meet.	
<b>SEEDING:</b>	Positive Check-In will be used for 400, 800, and 1500 Freestyle events and the 400 IM. Depending on entries received we might go to a deck seeded format, no penalty for a no-show. Information will be given to entry coordinators for each team after entries are received.	
<b>AWARDS:</b>	There will be no awards for this meet.	
<b>SCORING:</b>	There will be no scoring at this meet.	
<b>PROGRAMS &amp; ADMISSION:</b>	Programs/heat sheets will be on Meet Mobile. There will be no admission charge.	
<b>VENDOR:</b>	Metro Swim Shop will be on site	
<b>WARM-UP INFORMATION:</b>	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-Up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-Up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-Up schedules will be posted and made available to the coaches at the meet. Sprint/Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules.</p>	
<b>COVID-19:</b>	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 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 [THE LSC] 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.
<b>MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER:</b>	The Community YMCA of Eastern Delaware County has taken enhanced health and safety measures – for all athletes, coaches, and volunteers. You must follow all posted instructions while attending Frost Fest. 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 Frost Fest, you voluntarily assume all risks related to exposure to COVID-19.
<b>ATHLETE PROTECTION (MAAPP):</b>	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.
<b>DECK PRIVILEGES:</b>	ONLY currently credentialed coaches, athletes and essential meet personal will be permitted on deck.
<b>MEET/DECK REFEREE:</b>	The meet/deck referee shall oversee 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 meet.
<b>MEET MARSHALLS:</b>	Meet Marshalls always have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue. Swimmers, coaches, and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshalls' instructions.
<b>SWIMMERS UNACCOMPANIED BY A CERTIFIED COACH:</b>	Any swimmer entered in this meet must be certified by a USA Swimming or YMCA member coach. As being proficient in performing a racing start or must start each race from within the water. If a swimmer is not accompanied by a USA swimming or YMCA member coach, then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<b>DISABLED SWIMMERS:</b>	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.
<b>PROTESTS:</b>	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.
<b>PHOTOGRAPHY:</b>	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT In compliance with USA Swimming Rules and Regulations: The use of audio or

	<p>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, PDAs, 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 the deck at any time.</p> <p>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.</p>
<b>DECK CHANGING:</b>	Deck Changing is Prohibited.
<b>DRONES:</b>	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.
<b>DIRECTIONS:</b>	Please use 1360 Tanyard Road, Sewell, NJ 08080 in your GPS device to get point-to-point directions to this facility.
<b>ACCOMADATIONS:</b>	Please contact the Meet Director for more information on local hotels. The meet host will not maintain a block of hotel rooms for this meet.
<b>MEET FORMAT WAIVER:</b>	<p>The host club has the right to change the format of the meet with the approval of the sanctioning chairman and either the age group or senior chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club.</p> <p>Reasons for these changes include:</p> <ul style="list-style-type: none"> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> <p>Any changes to the meet format will be sent via email to all teams at least one week in advance.</p>
<b>MEET HOST RESPONSIBILITIES:</b>	<ul style="list-style-type: none"> <li>• The host club will have stopwatches available for volunteers helping to time.</li> <li>• The host club will e-mail all club entry confirmations back to the participating clubs.</li> <li>• The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs no later than 1 week before the meet.</li> </ul> <p>The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be e-mailed to all participating clubs and posted no later than 1 week before the meet</p>
<b>PARTICIPATING CLUB RESPONSIBILITIES:</b>	<p>Timers:</p> <ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be emailed to participating clubs</li> <li>• Participating club parents must stay off the pool deck except for timing assignments.</li> <li>• Participating clubs should help with officiating whenever possible. Please notify the Meet Referee, Mark Fisher <a href="mailto:fishermark1226@gmail.com">fishermark1226@gmail.com</a> about volunteering as an official.</li> </ul> <p>Pool Deck Access:</p>

- Only swimmers, certified coaches, certified officials, timers, and authorized meet operations personnel may enter the deck area.
- Swimmers, coaches, and officials will enter the facility at the designated entry and exit points.
- During competition, deck marshals will be working to keep the deck area clear for swimmers and officials.

Session 1  
Saturday Morning 7:30AM Warm-Up / 9AM Start

GIRLS	EVENT	BOYS
1	13&Over 200 Free	2
3	13&Over 50 Back	4
5	13&Over 100 Breast	6
7	13&Over 200 IM	8
9	13&Over 50 Free	10
11	13&Over 200 Back	12
13	13&Over 100 Fly	14

Session 2  
Saturday 1500FR/400IM 1PM Warm-Up / 1:30PM Start

GIRLS	EVENT	BOYS
15	13&Over 1500 Free*	16
17	13&Over 400 IM*	18

\*Limited to the Top 16 Girls and Top 16 Boys – Swimming Fast to Slow

Session 3  
Saturday Afternoon 3:30PM Warm-Up / 4:30PM Start

GIRLS	EVENT	BOYS
19	12&Under 200 Medley Relay	20
21	10&Under 100 Fly	22
23	11-12 100 Fly	24
25	10&Under 50 Back	26
27	11-12 50 Back	28
29	10&Under 100 Free	30
31	11-12 100 Free	32
33	10&Under 50 Breast	34
35	11-12 50 Breast	36
37	10&Under 200 IM	38
39	11-12 200 IM	40

Session 4  
Sunday Morning 7:30AM Warm-Up / 9AM Start

GIRLS	EVENT	BOYS
41	13&Over 400 Free	42
43	13&Over 50 Breast	44
45	13&Over 200 Fly	46
47	13&Over 100 Free	48
49	13&Over 100 Back	50
51	13&Over 200 Breast	52
53	13&Over 50 Fly	54

Session 5  
Sunday 800FR/400FR 12:30PM Warm-Up / 1PM Start

GIRLS	EVENT	BOYS
55	13&Over 800 Free*	56
57	11-12 400 Free*	58

\*Limited to the Top 24 Girls and Top 24 Boys – swimming Fast to Slow

Session 6  
Sunday Afternoon 3PM Warm-Up / 4PM Start

GIRLS	EVENT	BOYS
59	12&Under 200 Free Relay	60
61	10&Under 200 Free	62
63	11-12 200 Free	64
65	10&Under 50 Fly	66
67	11-12 50 Fly	68
69	10&Under 100 Back	70
71	11-12 100 Back	72
73	10&Under 50 Free	74
75	11-12 50 Free	76
77	10&Under 100 Breast	78
79	11-12 100 Breast	80

# 2024 RAYS LC STAKES Entry Summary Sheet

Name of YMCA: \_\_\_\_\_

Entry Contact: \_\_\_\_\_

Email: \_\_\_\_\_

**TEAM FEE:**

TOTAL INDIVIDUAL EVENTS: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

TOTAL RELAYS: \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

TOTAL SWIMMER'S: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

AMOUNT ENCLOSED: \$ \_\_\_\_\_

Please list coaches attending for hospitality planning:

Saturday AM:

Saturday PM:

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

Sunday AM:

Sunday PM:

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

Make checks payable to: "**Community YMCA**"

**Mail Entries to:**  
**Ridley Area YMCA**  
**Attn: Erik Nelson**  
**900 South Avenue**  
**Secane, PA 19018**  
[enelson@cyedc.org](mailto:enelson@cyedc.org)

**THIS FORM MUST BE RETURNED WITH TEAM ENTRIES**