
Upper Main Line YMCA
10th Annual Cure For Cam Long Course
Classic

MEET ANNOUNCEMENT- JUNE 21ST -23RD 2024

About the Meet:

Date: June 21st -23rd 2024

Location: Upper Main Line YMCA

Entry Deadline: Thursday, June 6th, 2024

Entries Open: Friday, May 8th, 2024

Hosted by: Upper Main Line YMCA

Meet Director: Owen Edwards oedwards@ymcagbw.org

Web Site: www.swimumly.com



UMLY Cure for Cam Invitational June 21-23

ABOUT THE MEET

This is an approved 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 will be USA Approved.

USA Approval number: PENDING

RESERVE THE RIGHT TO MAKE CHANGES: The Meet Referee and Meet Director reserve 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. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

WEB SITE

Meet Information and results can be found at: www.swimumly.com

LOCATION AND FACILITY

Location: Upper Main Line YMCA, 1416 Berwyn-Paoli Road, Berwyn PA 19312

Emergency Phone Number: 610-647-9622

The Upper Main Line YMCA 50 Meter Pool is an outdoor 6 lane facility. Water depth at start and finish is 6 feet deep. Starting blocks at one end. Colorado electronic timing system will be used.

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Contact Information

Meet Director: Owen Edwards loedwards@ymcagbw.org

Entry Chairperson: Jared Messics jmessics@ymcagbw.org

Head Referee: Meg Sargent sargenthome@yahoo.com



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MEET TIMELINE

Warm-up and start times for all sessions are subject to change depending on the size of the meet. Warm-up assignments will be given out after entries are in.

Finals: Top 12 in Prelims in the 13 and Over age group advance to Finals.

Session 1

Distance Events Timed Finals- Friday Afternoon- June 21st

Warmup 2:00pm, Meet Start 3:30pm

Girls	Event	Boys
1	13/Over 400 IM	2
3	13/Over 1500 Free	4
5	9-12 200 IM	6
7	9-12 400 Free	8

Session 2

13/Over Prelim- Saturday Morning- June 22nd

Warmup 7:00am, Meet Start 8:30am

Girls	Event	Boys
9	13/14 200 Free	10
11	15/Over 200 Free	12
13	13/14 100 Fly	14
15	15/Over 100 Fly	16
17	13/14 200 Back	18
19	15/Over 200 Back	20
21	13/14 50 Free	22
23	15/Over 50 Free	24
25	13/14 100 Breast	26
27	15/Over 100 Breast	28
29	13/14 200 IM	30
31	15/Over 200 IM	32

Session 3

12/Under Timed Finals-Saturday Mid-Day- June 22nd

Warmup 12:30pm, Meet Start 1:30pm

Girls	Event	Boys
33	11/12 200 Free	34
35	9/10 200 Free	36



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37	11/12 50 Free	38
39	9/10 50 Free	40
41	11/12 200 Back	42
43	9/10 100 Breast	44
45	11/12 200 Fly	46
47	11/12 50 Breast	48
49	9/10 50 Fly	50

Session 4/7

Finals 13 and Over

Meet Start 4:30pm

Session 5

13/Over Prelims-Sunday Morning- June 23rd

Warmup 7:00am, Meet Start 8:30am

Girls	Event	Boys
57	13/14 200 Fly	58
59	15/Over 200 Fly	60
61	13/14 100 Free	62
63	15/Over 100 Free	64
65	13/14 200 Breast	66
67	15/Over 200 Breast	68
69	13/14 100 Back	70
71	15/Over 100 Back	72
73	13/14 400 Free	74
75	15/Over 400 Free	76

Session 6

12/Under time Finals-Sunday Mid-Day- June 23rd

Warmup 12:30pm, Meet Start 1:30pm

Girls	Event	Boys
77	11/12 100 Free	78
79	9/10 100 Free	80



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81	11/12 100 Back	82
83	9/10 100 Back	84
85	11/12 200 Breast	86
87	11/12 50 Back	88
89	9/10 50 Breast	90
91	11/12 100 Fly	92
93	9/10 100 Fly	94

Inclement Weather/Cancellation: The YMCA facility policy is that in the event of thunder/lightning storms all pools are to be cleared for 30 minutes after the last incident. This meet will follow this protocol. **If the meet is cancelled due to weather, no refunds will be issued.**

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 and have only represented that YMCA team in competition for a period of 90 days (about 3 months) 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.

College Swimmers: College Swimmers can swim in the meet, provided that they are unattached and are current members of their YMCA.

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



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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) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport

Coach Registration: Deck Credentials: Each coach must have completed the annual YMCA on-line team and coach registration process.

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.

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: A swimmer may swim no more than 3 individual events per day. Time trials (if time permits) count towards the total.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File

TIMES: No Times (NT) are not allowed. Submit entry times in Actual time in LCM. Failure to submit the swimmer's BEST time in the event or to falsify a time may lead to disciplinary actions.



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ENTRY FEES: Entry fees will be \$8.00 per event, \$10 Facility Fee. The 200 IM will be \$25 as all proceeds from this specific event will be donated to the Cure for Cam Foundation. Please help us in supporting this amazing charity.

GBW Teams please journal transfer the funds to 01-00-81-7420 and CC Owen Edwards on the email to the association

ENTRY DEADLINE: Thursday, June 6th, 2024, at 11:59pm.

ENTRY PROCEDURE: Entries will be accepted on a first come, first serve basis until the meet timeline is full.

PAYMENT: All checks payable to the Upper Main Line YMCA Attn: Owen Edwards
1416 Berwyn Paoli Rd, Berwyn PA 19312

ATHLETE AGE UP: June 21st, 2024.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: All teams will have timing assignments sent to them after entries are submitted.

MEET PROCEDURES AND OPERATIONS

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

DRONE RESTRICTIONS: 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.

MEET FORMAT: Distance events on Friday are Timed Finals for all events, 13 and Over sessions will have prelims/finals. All 12 and Under sessions are timed finals.

TIME TRIALS: If time permits, time trials will be offered. Time trial events will not count towards the daily limitation on the number of events a swimmer can swim.



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DECK ENTRIES: Deck Entries will be allowed at this meet, 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 the cost of \$20 per event. Deck-entered swimmers will compete unofficially; the achieved time is official but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserves the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered 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.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off 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.

NO SHOW: There are no penalties for a no-show during prelims. However, failure to swim at finals may result in a \$25 charge or removal from their next event.

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.

STARTS: This Meet will be conducted using the No Recall false start rule. This Meet will also use the whistle command starting procedure. '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)



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PROTEST PROCEDURE: Protests may only be initiated by a person standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The USA-S protest procedures (Rule 102.23) will be followed. 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.

CONDUCT AND RESTRICTIONS: The Meet Referee & Meet Director 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
- Deck Changes are prohibited.
- 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 or behind the blocks.
- 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

AWARDS AND RECOGNITION

AWARDS: No awards will be given out

SPECTATORS

ADMISSION FEE: There will be no charge for spectators

HEAT SHEETS: Meet Mobile access

CONCESSION STAND: Will be available and located on the back yard of the 50 meter.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races due to the electronic timing system being used.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.



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- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on the pool deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

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 travel from their Association to the meet, during the entire period of the meet and return to their Association.

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID19 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 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 COVID19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LIABILITY LIMITS:



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- In granting the USA-S/MA 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 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.

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,



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and YMCA of the USA all recommend or require closing a pool during an electrical storm. This policy will be followed at the meet.

DIRECTIONS

1416 Berwyn-Paoli Road, Berwyn PA 19312. Use Google Maps for exact directions.

LODGING

There are plenty of hotels in the Berwyn/Devon/Wayne/Malvern/King of Prussia area. All are within a 10–15-minute drive of the Upper Main Line YMCA.

PARKING

Parking is available at the Upper Main Line YMCA.