

# 2019 Pennsylvania YMCA State Swimming Championship

## MEET ANNOUNCEMENT



### **About the Championship**

Date: March 22-24, 2019

Location: McCoy Natatorium

108 Bigler Rd, University Park, PA 16802

Hosted by: YMCA of Centre County

Meet Director: Tim Wenrich

Email: [pameetdirector@gmail.com](mailto:pameetdirector@gmail.com)

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## ABOUT THE CHAMPIONSHIP

This 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 USA-S approved.

YMCA Sanction Number: CAQ-2018-PA12059406

USA-S Approval Number: **XXXXX**

RESERVE THE RIGHT TO MAKE CHANGES: The Meet Director and Meet Referee 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 can be found at: <http://www.teamunify.com/ymca-5938>

## CONTACT INFORMATION

Meet Director: Tim Wenrich [pameetdirector@gmail.com](mailto:pameetdirector@gmail.com) (814) 280-3214

Meet Referee/Officials Coordinator:

Thomas Hoffman [drtlh61@gmail.com](mailto:drtlh61@gmail.com) (814) 761-1835

Administrative Referee: Carl Sandoe

Entry/Scoring Coordinator: Jessica Cole [cjc14@scasd.org](mailto:cjc14@scasd.org)

Security Lead: Christina Rarrick [cmr24@scasd.org](mailto:cmr24@scasd.org)



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## LOCATION AND FACILITY

Location: **McCoy Natatorium**

108 Bigler Rd., University Park, PA 16802

Emergency Phone Number: (814) 865-1432

McCoy Natatorium holds 900+ spectators with limited over-flow seating available.

### Competition Pool

This is configured as a 6 lane, 25-yard course. Water depth at start is 6 feet (minimum 5 feet required) and at turn end is 10 feet, maintained at 80° F. Brock 6" Gold Medal Lane Lines and a Colorado System 6 timing system utilizing Touch Pads w/ Dual Plunger backup will be in use during competition. This pool will be utilized for the warm-up session before competition begins

The Competition Pool has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

### Starting Block Wedges

Starting block wedges will be used for the 13 & 14 and 15 & Over sessions. Coaches are responsible in ensuring that their athletes know how to use the wedges as to not delay the meet. We will NOT be using starting block wedges for the 10 & Under or 11 & 12 sessions.

### Warm-up Pool

This is a shallow (3 1/2 - 5 ft.), 25-meter pool with 6 lanes. The pool is used primarily for instruction, recreation, therapy, and lap swimming. Diving is not permitted except from the starting blocks while under the direct supervision of a qualified U.S. Swimming certified swim coach. Verification of coaching certification is required.

**Important Notes: PSU Varsity Diving will practice Friday until 6:00 pm.**

**Varsity Swimming will practice Saturday until 7:30 am.**

**Varsity Diving will practice between Saturday sessions (1:45 - 3:45 pm).**

**Varsity Swimming will practice for 30 minutes between sessions on Sunday.**

**Since our athletes will be on deck during most of these times, we expect everyone to be cooperative with and respectful to PSU Swimming and Diving! We apologize for any inconvenience this may present.**



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## MEET TIMELINE

Warm-up and start times for all sessions are subject to change

### Friday March 22, 2019 – McCoy Natatorium

<u><b>DISTANCE</b></u> <u>13&amp;14/15&amp;Over</u> <u>Session #1</u>	<b>Schedule of Events</b>
5:00 pm	Registration for Coaches & Officials
5:20 pm	Swimmer Entry to locker rooms and pool deck
5:20 pm	Officials/Timers meeting – Mezzanine above Registration Desk
5:20 pm	Spectator doors open
5:30 pm	Coach/Scratch meeting – Room 201
	<b>NOTE:</b> Instructional pool is open throughout the evening for warm-ups
5:40 pm – 6:00 pm	13&14 Warm-ups
6:00 pm	Opening Ceremony
6:10 pm – 7:50 pm	13&14 400 IM and 500 Free (Events and Awards will be alternating, see Order of Events)
7:50 pm – 8:10 pm	15&Over Warm-ups
8:10 pm – 9:50 pm	15&Over 400 IM and 500 Free (Events and Awards will be alternating, see Order of Events)

### Saturday March 23, 2019 – McCoy Natatorium

<u><b>13 &amp; 14</b></u> <u>Session #2</u>	<b>Schedule of Events</b>	<u><b>15 &amp; Over</b></u> <u>Session #3</u>
6:45 am	Registration for Coaches & Officials	2:00 pm
7:15 am	Swimmer Entry to locker room and pool deck	2:15 pm
7:15 am	Spectator doors open	2:15 pm
7:30 am – 8:45 am	Warm-ups	2:30 pm – 3:45 pm
7:45 am	Coach/Scratch meeting – Room 201	2:45 pm
8:15 am	Officials/Timers meeting – Room 201	3:15 pm
8:45 am	Opening Ceremony	3:45 pm
9:00 am – 1:45 pm	Session competition	4:00 pm – 8:45 pm
	<b>NATIONAL TIME TRIALS</b> Warm-ups for time trials (15 minutes) Time Trials (approximately 1 hour)	9:00 pm (Approx.) 9:15 pm (Approx.)

### Sunday March 24, 2019 – McCoy Natatorium

<u><b>10 &amp; Under</b></u> <u>Session #4</u>	<b>Schedule of Events</b>	<u><b>11 &amp; 12</b></u> <u>Session #5</u>
6:30 am	Registration for Coaches & Officials	1:15 pm
6:30 am	Swimmer Entry to locker room and pool deck	1:30 pm
6:30 am	Spectator doors open	1:30 pm
7:00 am – 8:15 am	Warm-ups	1:45 pm - 3:00 pm
7:15 am	Coach/Scratch meeting – Room 201	2:00 pm
7:45 am	Officials/Timers meeting – Room 201	2:30 pm
8:15 am	Opening Ceremony	3:00 pm
8:30 am – 1:00 pm	Session competition	3:15 pm - 7:25 pm
	<b>TEAM AWARDS</b> Immediately following Session #5	



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## 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 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: Swimmers' age is as of December 1, 2018. Swimmers who are 21 and under and have not represented a post-high school institution in closed or open competition are eligible to participate.

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

Qualifying Times: Please see "Appendix 2 Qualification Standards"

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: Coaches must hold current certifications in the following courses 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.



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

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.

Meet Declaration Form: Each team must fill out and return to the Meet Director the "YMCA Sanctioned Meet Declaration Form" found in Appendix 3 at the end of this meet announcement before the start of the meet. This can be emailed to [pameetdirector@gmail.com](mailto:pameetdirector@gmail.com) or turned in at coach's registration.



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## ENTRY INFORMATION

### ENTRY LIMITS:

1. Swimmers are restricted to a maximum of 4 events (max 3 individual events).
2. Friday's distance events count toward the total.
3. Relays will be limited to one (1) relay team per association, per event.
4. Time Trials count toward the event maximum of 5 individual events per day per USA Swimming Rules.

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

**ENTRY FEES:** Swimmer entry fees for States are **\$6.50** per individual event and **\$26.00** per relay event. There will also be a **\$5.00** swimmer surcharge.

### Coaches, please note the following regarding Entry Fees:

- Entry fees will not be calculated until after the "next 6 fastest times" for each event are identified, which will be no later than the Wednesday after Districts.
- We will inform you of entry fee totals no later than the Wednesday after Districts. Please check the States website for entry fee schedule.
- Please bring a check made out to "SCAY Aqualions" to Coaches Registration at States. You will receive an ID tag after we receive this payment.
- Coaches may pay team fees via credit card prior to the meet. Please visit the website to print this form.
- DO NOT MAIL A CHECK as we need to receive payment prior to you receiving an ID tag. We will not accept "check is in the mail" or "another coach is bringing it".
- We will not punish the swimmers for late payment, but coaches representing that team will be denied access to the pool deck until payment is made.

**ENTRY PROCEDURE:** Coaches should declare their swimmers' intent to or not to compete at the State Championship during their respective District Meet. The District host identifies their Top 6 swimmers in each event who will swim at States. After the psych sheets for the State meet are posted, and heat sheets are printed, all scratches must take place at the scratch meeting immediately preceding each session.



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## OFFICIALS/TIMERS

- There is a need for YMCA Level I and YMCA Level II Officials and all officials (including USA certified officials) attending the meet are strongly encouraged and welcome to sign up to work at the meet.
- **Qualifications:** Timers must be a certified YMCA Level I or Level II official or an experienced timer if needed. All other officials must be a certified YMCA Level I or Level II official to perform the duties outlined in the USA-S rulebook.
- **Contact:** Thomas Hoffman
- **Registration:** Officials can register via Sign-Up Genius or at the Natatorium Friday, Saturday and Sunday before any session at Volunteer Registration.
- **Officials Meeting:** An official's briefing will be held prior to each meet session. Time and place can be found in the Schedule of Events section.
- **Attire:** All timers/officials will be supplied a white state championship polo at registration and must wear dark navy shorts/pants/skirts. Blue jeans not allowed.
- **Certificate cards:** Bring current YMCA Officials and/or USA certification cards.

**HOSPITALITY:** Coaches, officials and volunteers are welcome to enjoy breakfast, lunch, dinner, snacks and drinks – which will be provided free of charge – in our hospitality area which is located outside of Classroom 201. This area will be restricted to coaches, officials and volunteers only. We make every attempt to provide a healthy and adequate meal, if you have certain dietary restrictions, you will need to provide your own food. Thank you for your understanding.

## CHECK-IN PROCEDURE

### MEET CHECK-IN PROCEDURE:

**COACHES:** At coach's registration, you will be required to pay entry fees, as well as show a picture ID (driver's license or other) to receive your ID tag allowing access to the pool deck. These credentials must also be carried at all times while on deck.

**SWIMMERS:** Swimmers ID badges will be mailed to your respective YMCA prior to the meet. Anyone without the correct ID tag will not be permitted on deck.

### **The following rules will be enforced for the safety of all swimmers!**

- Swimmers **MUST** show security badge when entering the Natatorium.
- Attending alternates will receive their badges at swimmer registration.
- The only ID tag that will be allowed will be the appropriate colored ID tag for our PA YMCA State Swimming Championship swim meet.
- Any swimmer or coach caught passing an ID tag to another individual will be disqualified from the meet and will not be permitted on deck.



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### CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee and Pennsylvania Regional Rep (if in attendance). This committee will arbitrate protests, eligibility issues, safety rules, and other issues except the swimming technical rules covered by the responsibilities of the Deck Referee.

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

**MEET FORMAT:** Timed Finals format.

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

**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 the double blue doors by both the control room and photography area. We will be using Meet Mobile.

**COACHES MEETING/SCRATCH MEETING:** A coaches/scratch meeting will be held in Room 201 prior to each session for the purpose of explaining the meet operation, to declare event scratches, to correct possible errors, and to work out any problems that may arise. Attendance by at least one coach from each team is mandatory.

**SCRATCH PROCEDURES:** If a swimmer scratches, we will proceed down the list of the next fastest times, without regard to District, until the lane is filled or until it is determined by the Meet Committee that the lane will remain empty. 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.

**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 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.



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**NO SHOW:** An athlete who is seeded in an event and fails to compete (i.e., a “no show”) will 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:** National Time Trials will be held **SATURDAY** evening after the 15 & Over session. There will be a (15) minute break at the conclusion of the final 15 & Over award presentation. Some things to know:

1. **Warm ups:** A (15) minute warm-up period will be provided before time trials begin. The instructional pool will also be available for warm ups throughout the afternoon session.
2. **Registration:** Swimmers wishing to compete in National Time Trials must have a coach register with the Assistant Meet Director by the scorer’s table BEFORE the Free Relays of the Saturday afternoon session.
3. **Fee:** \$10 per individual entry; \$40 per relay and must be paid when registering for the time trials. Make checks payable to "SCAY Aquations".
4. **Qualifications:** There will be no minimum time requirements to participate, however, we strongly ask that only swimmers with a time close to National Time Trial Qualification times enter.
5. **Who:** Time trials are only offered to swimmers participating at States.
6. **Events:** All events swum at States will be offered.
7. **Officials:** We must have officials for time trials to take place. Please make an attempt to provide an official if you have a swimmer in time trials. If not, one will be provided for you.
8. Time Trial events count toward the meet entry limit.

**PLEASE NOTE:** We reserve the right to limit Time Trials entries based on how late in the day Time Trials get started.

**WARM-UP SAFETY PROCEDURES:** USA Swimming and Allegheny Mountain / Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following 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.
- No diving or backstroke starts will be permitted except in sprint lanes, when designated.
- The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.



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- Swimmers without a coach must report to the Meet Director before entering the pool for warm-up to obtain a lane assignment. Swimmers without a coach who are 12 & Under will swim with and be supervised by the host club during warm-up.
- **Note:** Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. This policy will be strictly enforced.

**EVENT CHECK-IN:** Seating/Staging for each event will be on deck, near the scoring table for each session. Swimmers should report to the seating/staging volunteers no later than the event prior to their event. Swimmers and coaches should listen for the announcements as to what event is in the water and what heat is behind the block. The current Event/Heat number can be found on the electronic scoreboard. We will use a display board to show what events are currently seating. If your event is not in the process of seating, please do not block entrance into the seating area.

**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.

**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 USA-S protest procedures (Rule 102.23) will be followed and all competition related protests must be submitted in writing on the forms provided in the coach's packet within 30 minutes after the race in which the alleged infraction occurred.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Meet Referee and the Meet Referee's decisions will be final.

**ATHLETE APPAREL:** Please refer to USA Swimming Rule 102.8 SWIMWEAR



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**CONDUCT AND RESTRICTIONS:** The Meet Director and Meet Referee reserve 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Food and drinks (other than water in an appropriate plastic container) and glass containers are not permitted on the pool deck except in designated seating areas.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, 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.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.
- Employees are the only persons allowed in staff rooms, filter room, chemical storage areas and offices.



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### AWARDS AND RECOGNITION

**SCORING:** Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1 (1st through 12th)  
Relays: 32-26-24-22-20-18-14-10-8-6-4-2 (1st through 12th)

#### AWARDS:

- **Medals/Ribbons:** Medals will be given to 1<sup>st</sup> through 6<sup>th</sup> place for each event.  
Ribbons will be given to 7<sup>th</sup> through 12<sup>th</sup> place for each event.
- **Trophies:** First place Boys (10&U, 11&12, 13&14, 15&O)  
First place Girls (10&U, 11&12, 13&14, 15&O)  
Second place Boys (10&U, 11&12, 13&14, 15&O)  
Second place Girls (10&U, 11&12, 13&14, 15&O)
- **Banners:** First place combined TEAM score.  
First place Girls/ First place Boys  
Second place Girls/ Second place Boys  
Third place Girls/ Third place Boys
- **Patches:** All participating swimmers will receive a commemorative patch.

**PHOTOGRAPHY:** A professional photographer will be on deck taking action photos during each event!! In addition, photographs of the top twelve award winners will be taken. The photographer will also be available to take photos of individual swimmers with their coaches and/or friends. There will be a table in the lobby to choose and print pictures during the meet. Pictures will be available for purchase both at the meet and on-line post meet at [www.actionshotserie.com](http://www.actionshotserie.com).  
Select: Swimming. Select: 2019 YMCA States.



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### SPECTATORS

**ADMISSION FEE:** Session Admission Fee is \$6.00 per spectator ages 11 & older and \$3.00 for ages 10 & under.

**HEAT SHEETS/PROGRAMS:** Programs w/ Heat Sheets are available for \$6.00.

**CONCESSION STAND:** There will be NO concessions offered to our spectators at the meet per PSU rules. There are places on campus to get food and drink (Subway in Pegula Arena, the Creamery, Order Up, etc.) Please plan accordingly. A reminder that large coolers are not permitted in the spectator stands (small coolers that do not take up more than your individual space will be permitted). We apologize for this inconvenience.

**APPAREL:** We are excited to announce that we have partnered with Fine Designs, Inc. as our apparel vendor for the 2019 PA YMCA State Swimming Championship. Custom apparel will be provided in the lobby during the meet and on-line, both pre and post meet. A link to the online store will be provided on the website closer to the meet.

**EVENT LIVE STREAM:** A live stream of each session will be provided to all who cannot attend the meet. Please visit our website for the URL address.

**SPECTATOR AREA:** We would like all spectators to be aware that with the increase in the number of swimmers coming to this swim meet over the past few years we have had to implement the following rules regarding our spectator seating area. These rules have been implemented for the safety of our entire swim community and will be strictly enforced by Penn State and our security personnel. Thank you for your understanding.

1. **Capacity:** We cannot sell more admission tickets than capacity limits. We will do our very best to accommodate overflow crowds.
2. **Courtesy:** As we approach capacity, we will encourage spectators that no longer have a child that is swimming to kindly move to the lobby or outside the natatorium allowing others without a seat to watch their child swim.
3. **Restricted Items:** The following items will not be allowed into the spectator area: strollers, folding chairs, large coolers, and other large items.
4. **Space Limitations:** Please be considerate of space limitations. Your personal belongings should fit within the space allotted for one spectator.
5. **Who pays:** Anyone who takes up the allotted space for one spectator will pay for an admission ticket regardless of age.
6. **Saving seats:** Saving seats is not permitted.



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7. **Clearing between sessions:** We also request your cooperation in clearing the spectator seating area between sessions. Following the last awards ceremony of the morning session, all spectators will be asked to immediately exit the spectator area. This applies even if you are returning for the afternoon session. When exiting please take all of your personal belongings with you.

**HANDICAP SEATING:** Wheelchair access to the pool is via ground level south entrance, located on the side of the building next to the outdoor pool. Please see a representative at the admissions area to obtain entry. One attendant may join spectators requiring handicapped seating.

### **CONDUCT AND RESTRICTIONS:**

- No Flash Photograph at the start of competition races due to electronic timing system being used.
- 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.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- For the safety of the swimmers, access to the pool is restricted to:
  - Swimmers with color-coded, session-specific tags for that session.
  - Coaches with YMCA coaches' credentials, picture ID and ID tag.
  - Officials, meet workers and others with specially issued ID tags.
  - No one will be permitted on deck without the above credentials.

**NO SPECTATOR WILL BE ALLOWED ON THE POOL DECK AT ANY TIME.**



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### **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. Appendix 3 must be signed by each Association participating in the meet.

#### **LIABILITY LIMITS:**

- In granting of the USA-S approval, it is understood and agreed that USA Swimming & Middle Atlantic 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:** Penn State 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.

**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.



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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.

**INCLEMENT WEATHER/CANCELATION:** If, prior to its commencement, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting the meet, the championship committee reserves the right to cancel or postpone.

**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.

**EVACUATION PROCEDURE:** Procedures outlined by PSU and McCoy Natatorium will be followed for this 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.

### LODGING

The State College area boasts many hotels, motels and lodging options. Please visit <http://www.statecollege.com/hotels/> for more information.

### PARKING

Parking will be in either the East Parking Deck or the Eisenhower Parking Deck. Approach either from Park Avenue. Signs will direct traffic to the appropriate area.

**Fee:** The University will charge a \$5.00 event parking fee. The pass will be good for all day parking.

**Safety:** For safety purposes, we ask that you NOT drop off / pick up swimmers in front of McCoy Natatorium. It will be very congested. Please park at the parking deck and walk to the Natatorium together. Police will be enforcing traffic rules.



# 2019 Pennsylvania YMCA State Swimming Championship March 22-24, 2019

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## DIRECTIONS

NOTE: if using MapQuest or a GPS device, type in: "Penn State McCoy Natatorium, Bigler Rd & Curtain Rd, University Park, PA 16802."

[From I-80/North \(New York or Northwest Ohio\):](#)

### **Coming either east or west on I-80**

- Take EXIT 161 - PA-26 / BELLEFONTE / STATE COLLEGE
- Merge onto US-220 S toward US-322 / BELLEFONTE / STATE COLLEGE
- Take EXIT 74 - PENN STATE UNIVERSITY / INNOVATION PARK
- Stay LEFT. Follow signs for Stadium and the Jordan Center (PARK AVE).
- Go past Beaver Stadium
- Turn LEFT onto BIGLER RD
- Parking is available in the East Parking Deck (Cash Only)
- After parking, exit the Parking Deck and follow Bigler Rd, cross over CURTIN RD and the Natatorium will be on your left.

[From US-322/South + East \(Harrisburg/Philadelphia\):](#)

### **Take US-322 W / MT. NITTANY EXPRESSWAY (Do not go BUS. 322)**

- Take EXIT - PA-26 / STATE COLLEGE
- Turn LEFT onto E. COLLEGE AVE / PA-26
- Take EXIT - PENN STATE UNIVERSITY
- Turn RIGHT onto UNIVERSITY DR
- Turn LEFT onto CURTAIN RD
- The Natatorium will be on your left on the corner of BIGLER RD and CURTIN RD.
- To park, Turn RIGHT onto BIGLER RD and park at the East Parking Deck (Cash Only).
- After parking, exit the Parking Deck and follow Bigler Rd, cross over CURTIN RD and the Natatorium will be on your left.

[From US-22/West \(Pittsburgh/Southwest Ohio\):](#)

### **Take US-22 E**

- Merge onto I-99 N / US-220 N / ALTOONA (stay to your left)
- I-99 N and US-220 will split at Bald Eagle.
- Keep RIGHT at US-220 / US-322 split.
- Continue on US-322 E EXPRESSWAY / PENN STATE UNIVERSITY
- Take EXIT 73 - PENN STATE UNIVERSITY
- Turn RIGHT onto PARK AVENUE
- Go past Beaver Stadium
- Turn LEFT onto BIGLER RD
- Parking is available in the East Parking Deck (Cash Only)
- After parking, exit the Parking Deck and follow Bigler Rd, cross over CURTAIN RD and the Natatorium will be on your left.



# 2019 Pennsylvania YMCA State Swimming Championship March 22-24, 2019

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## APPENDIX 1: ORDER OF EVENTS

Friday March 22, 2019

### Session #1 Distance Events

- 101 Girls 13-14 400 IM**
- 102 Boys 13-14 400 IM**  
Awards for Event 101
- 103 Girls 13-14 500 Free**  
Awards for Event 102
- 104 Boys 13-14 500 Free**  
Awards for Event 103  
Awards for Event 104
- 105 Girls 15 & Over 400 IM**
- 106 Boys 15 & Over 400 IM**  
Awards for Event 105
- 107 Girls 15 & Over 500 Free**  
Awards for Event 106
- 108 Boys 15 & over 500 Free**  
Awards for Event 107  
Awards for Event 108



# 2019 Pennsylvania YMCA State Swimming Championship

## March 22-24, 2019

### Saturday March 23, 2019

<b>AM Session #2 (13-14)</b>		<b>PM Session #3 (15 &amp; Over)</b>		
201	Girls 13-14	200 Medley Relay	301 Girls 15 & Over	200 Medley Relay
202	Boys 13-14	200 Medley Relay	302 Boys 15 & Over	200 Medley Relay
		Awards for Event 201		Awards for Event 301
		Awards for Event 202		Awards for Event 302
203	Girls 13-14	200 Freestyle	303 Girls 15 & Over	200 Freestyle
204	Boys 13-14	200 Freestyle	304 Boys 15 & Over	200 Freestyle
		Awards for Event 203		Awards for Event 303
205	Girls 13-14	50 Freestyle	305 Girls 15 & Over	50 Freestyle
		Awards for Event 204		Awards for Event 304
206	Boys 13-14	50 Freestyle	306 Boys 15 & Over	50 Freestyle
		Awards for Event 205		Awards for Event 305
207	Girls 13-14	100 Backstroke	307 Girls 15 & Over	100 Backstroke
		Awards for Event 206		Awards for Event 306
208	Boys 13-14	100 Backstroke	308 Boys 15 & Over	100 Backstroke
		Awards for Event 207		Awards for Event 307
209	Girls 13-14	100 Breaststroke	309 Girls 15 & Over	100 Breaststroke
		Awards for Event 208		Awards for Event 308
210	Boys 13-14	100 Breaststroke	310 Boys 15 & Over	100 Breaststroke
		Awards for Event 209		Awards for Event 309
211	Girls 13-14	200 Butterfly	311 Girls 15 & Over	200 Butterfly
		Awards for Event 210		Awards for Event 310
212	Boys 13-14	200 Butterfly	312 Boys 15 & Over	200 Butterfly
		Awards for Event 211		Awards for Event 311
213	Girls 13-14	100 Freestyle	313 Girls 15 & Over	100 Freestyle
		Awards for Event 212		Awards for Event 312
214	Boys 13-14	100 Freestyle	314 Boys 15 & Over	100 Freestyle
		Awards for Event 213		Awards for Event 313
215	Girls 13-14	200 Backstroke	315 Girls 15 & Over	200 Backstroke
		Awards for Event 214		Awards for Event 314
216	Boys 13-14	200 Backstroke	316 Boys 15 & Over	200 Backstroke
		Awards for Event 215		Awards for Event 315
217	Girls 13-14	200 Breaststroke	317 Girls 15 & Over	200 Breaststroke
		Awards for Event 216		Awards for Event 316
218	Boys 13-14	200 Breaststroke	318 Boys 15 & Over	200 Breaststroke
		Awards for Event 217		Awards for Event 317
219	Girls 13-14	100 Butterfly	319 Girls 15 & Over	100 Butterfly
		Awards for Event 218		Awards for Event 318
220	Boys 13-14	100 Butterfly	320 Boys 15 & Over	100 Butterfly
		Awards for Event 219		Awards for Event 319
221	Girls 13-14	200 IM	321 Girls 15 & Over	200 IM
		Awards for Event 220		Awards for Event 320
222	Boys 13-14	200 IM	322 Boys 15 & Over	200 IM
		Awards for Event 221		Awards for Event 321
		Awards for Event 222		Awards for Event 322
223	Girls 13-14	200 Freestyle Relay	323 Girls 15 & Over	400 Freestyle Relay
224	Boys 13-14	200 Freestyle Relay	324 Boys 15 & Over	400 Freestyle Relay
		Awards for Events 223		Awards for Events 323
		Awards for Events 224		Awards for Events 324



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## Sunday March 24, 2019

<b>AM Session #4 (10 &amp; Under)</b>		<b>PM Session #5 (11-12)</b>			
401	Girls 10 & Under	200 Medley Relay	501 Girls 11-12	200 Medley Relay	
402	Boys 10 & Under	200 Medley Relay	502	Boys 11-12	200 Medley Relay
	Awards for Event 401			Awards for Event 501	
	Awards for Event 402			Awards for Event 502	
403	Girls 10 & Under	200 Freestyle	503	Girls 11-12	200 Freestyle
404	Boys 10 & Under	200 Freestyle	504	Boys 11-12	200 Freestyle
	Awards for Event 403			Awards for Event 503	
405	Girls 10 & Under	50 Freestyle	505	Girls 11-12	50 Freestyle
	Awards for Event 404			Awards for Event 504	
406	Boys 10 & Under	50 Freestyle	506	Boys 11-12	50 Freestyle
	Awards for Event 405			Awards for Event 505	
407	Girls 10 & Under	50 Backstroke	507	Girls 11-12	50 Backstroke
	Awards for Event 406			Awards for Event 506	
408	Boys 10 & Under	50 Backstroke	508	Boys 11-12	50 Backstroke
	Awards for Event 407			Awards for Event 507	
409	Girls 10 & Under	50 Breaststroke	509	Girls 11-12	50 Breaststroke
	Awards for Event 408			Awards for Event 508	
410	Boys 10 & Under	50 Breaststroke	510	Boys 11-12	50 Breaststroke
	Awards for Event 409			Awards for Event 509	
411	Girls 10 & Under	100 Butterfly	511	Girls 11-12	100 Butterfly
	Awards for Event 410			Awards for Event 510	
412	Boys 10 & Under	100 Butterfly	512	Boys 11-12	100 Butterfly
	Awards for Event 411			Awards for Event 511	
413	Girls 10 & Under	100 Freestyle	513	Girls 11-12	100 Freestyle
	Awards for Event 412			Awards for Event 512	
414	Boys 10 & Under	100 Freestyle	514	Boys 11-12	100 Freestyle
	Awards for Event 413			Awards for Event 513	
415	Girls 10 & Under	100 Backstroke	515	Girls 11-12	100 Backstroke
	Awards for Event 414			Awards for Event 514	
416	Boys 10 & Under	100 Backstroke	516	Boys 11-12	100 Backstroke
	Awards for Event 415			Awards for Event 515	
417	Girls 10 & Under	100 Breaststroke	517	Girls 11-12	100 Breaststroke
	Awards for Event 416			Awards for Event 516	
418	Boys 10 & Under	100 Breaststroke	518	Boys 11-12	100 Breaststroke
	Awards for Event 417			Awards for Event 517	
419	Girls 10 & Under	50 Butterfly	519	Girls 11-12	50 Butterfly
	Awards for Event 418			Awards for Event 518	
420	Boys 10 & Under	50 Butterfly	520	Boys 11-12	50 Butterfly
	Awards for Event 419			Awards for Event 519	
421	Girls 10 & Under	100 IM	521	Girls 11-12	200 IM
	Awards for Event 420			Awards for Event 520	
422	Boys 10 & Under	100 IM	522	Boys 11-12	200 IM
	Awards for Event 421			Awards for Event 521	
	Awards for Event 422			Awards for Event 522	
423	Girls 10 & Under	200 Freestyle Relay	523	Girls 11-12	200 Freestyle Relay
424	Boys 10 & Under	200 Freestyle Relay	524	Boys 11-12	200 Freestyle Relay
	Awards for Event 423			Awards for Event 523	
	Awards for Event 424			Awards for Event 524	



## 2019 Pennsylvania YMCA State Swimming Championship March 22-24, 2019

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### APPENDIX 2: QUALIFICATION STANDARDS

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

- Individual Events: The six fastest swimmers from each District, for each event, shall be eligible for the same event in the State Meet. In addition, the next six fastest swimmers from across the 3 districts shall also be eligible for the State Meet in all events and relays.
- Relays: The six fastest relay teams from each District, for each event, shall be eligible for the same event in the State Meet. In addition, the next six fastest relays from across the 3 districts shall also be eligible for the State meet.
- Top six 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. Contestants shall declare intent NOT to compete in the State Meet within 30 minutes of the conclusion of each district session.
- The “next six fastest swimmers & relays” lists along with the alternate lists will be announced no later than Wednesday, March 13, 2019.
- Swimmers will compete in the events qualified for at the District meets. A swimmer that swam/competed in any event at the District meet will be eligible as a substitute on a relay team within their age group.
- All swimmers must compete within their age group, there will be no exceptions. Swimmers’ age is as of December 1, 2018



# 2019 Pennsylvania YMCA State Swimming Championship March 22-24, 2019

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## **APPENDIX 3: 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 CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2019 PA YMCA State Swimming Championship for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. (We suggest you investigate trip insurance). 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 travel to and from and during their participation in the 2019 PA YMCA State Swimming Championship. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this meet.

**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, YMCA of Centre County, their agents, representatives or assigns, and the Pennsylvania State University, McCoy Natatorium for any and all injuries which may be suffered by participants at the 2019 PA YMCA State Swimming Championship. Furthermore, we understand that the YMCA of the USA and YMCA of Centre County 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*



**2019 Pennsylvania YMCA State Swimming Championship**  
**March 22-24, 2019**

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**This is the last page of the Meet Announcement**