

2024 PA YMCA STATE CHAMPIONSHIPS

MEET ANNOUNCEMENT



About the Championship

Date: March 22-24, 2024

Location: The Aquatic Center at Mylan Park
1847 Fitness Way Morgantown, WV 26501

Hosted by: Uniontown Area YMCA

Meet Director: Jennifer Lewis

Email: ymcastates@gmail.com

Website: 2024-pa-states.untydolphins.com

CONTENTS

ABOUT THE CHAMPIONSHIP	2
LOCATION AND FACILITY	3
WEB SITE	3
CONTACT INFORMATION	3
NOTICES	3
ELIGIBILITY	4
ENTRY INFORMATION	6
VOLUNTEERS/OFFICIALS/TIMERS	7
CHECK-IN PROCEDURES	7
CHAMPIONSHIP PROCEDURES AND OPERATIONS	8
AWARDS AND RECOGNITION	11
TIME TRIALS	12
SPECTATORS	12
LIABILITY, SAFETY AND EMERGENCY PROCEDURES	13
DIRECTIONS	14
PARKING	14
LODGING	15
APPENDIX 1: ORDER OF EVENTS	16
APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM	21
APPENDIX 3: TEAM INFORMATION & CONTACT FORM	22



2024 PA YMCA State Championships

March 22-24, 2024

ABOUT THE CHAMPIONSHIP

This meet is Sanctioned by the YMCA of the USA as a closed YMCA inter-association championship 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. This meet is also approved by the West Virginia LSC of USA Swimming.

YMCA Sanction number: CAQ-2024-PA01229913

USA-S/WV Approval number WV 2024-xx AP

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ADJUSTMENTS TO THE MEET ANNOUCEMENT: The Meet Operations Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change.

SESSION	DESCRIPTION	WARM-UP START	SESSION START	
DAY 1 FRIDAY MARCH 22	1	Prelims (11-12, 13-14, 15-21)	7:30 am	9:00 am
	2	Distance 1650s Timed Finals	-	12:15 pm
	3	Time Trials		1:30 pm
	4	Finals (11 & over)	3:00 pm	4:15 pm
DAY 2 SATURDAY MARCH 23	5	AM Prelims (13-14, 15-21)	6:30 am	8:00 am
	6	Distance 1000s Timed Finals	-	10:10 am
	7	PM Prelims (11-12) / 10u Timed Finals	11:00 am	12:25 pm
	8	Finals (11 & over)	3:30 pm	4:45 pm
DAY 3 SUNDAY MARCH 24	9	AM Prelims (13-14, 15-21)	6:30 am	8:00 am
	10	PM Prelims (11-12) / 10u Timed Finals	10:30 am	12:00 pm
	11	Finals (11 & over)	3:15 pm	4:15 pm
	12	Time Trials		tbd

DISTANCE EVENTS: Swimmers MUST provide their own timer along with a counter for the 1000 & 1650 Freestyles.

INCLEMENT WEATHER/CANCELATION: In the event of inclement weather, the Championship Operations group will convene with Mylan Park to determine the best course of action.

COVID-19 RELATED PROTOCOLS: For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, the Uniontown Area YMCA, the Aquatic Center at Mylan Park, and the WV Swimming LSC will be followed. Changes to protocols and procedures will be communicated promptly.



2024 PA YMCA State Championships March 22-24, 2024

LOCATION AND FACILITY

Location: **The Aquatic Center at Mylan Park**

1847 Fitness Way
Morgantown, WV 26501

<https://mylanpark.org/the-aquatic-center>

Emergency Phone Number: (304) 973-2782

The Aquatic Center at Mylan Park primary competition pool is configured as an eight lane, 25-yard course. Water depth at start is 7’6” (minimum 5 feet required) and at turn end is 7’4” feet. Colorado electronic timing system with HD video scoreboard will be used.

- The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc.
- An adjacent 11 lane, 25-yard “Scoreboard End” pool with 7’ water depth at start and turn ends will be utilized for continuous warm-up/warm-down.
- The Scoreboard pool will be used as an additional eight lane competition course for the 1650 and 1000 freestyle events.
- Team areas will be designated on the deck surrounding both pools and the diving well.
- Spectator seating for 1,400+ is located above deck.
- Wireless Internet access is available for guests throughout the aquatic facility.

WEB SITE

Meet Information and updates will be published on the [PA YMCA Regional Swimming](#) and [Uniontown YMCA Swim Team](#) websites.

Online Meet Results: Final meet results will be posted at the web sites above. Meet Mobile will be functional for this meet. All users should be aware that Meet Mobile publishes unverified data that cannot be relied upon until the official results have been published and posted.

CONTACT INFORMATION

Meet Director:	Jennifer Lewis	ymcastates@gmail.com	(724) 322-7903
Entry Chairperson:	Jennifer Lewis	ymcastates@gmail.com	(724) 322-7903
Meet Referee:	Dr. Thomas Hoffman	drtlh61@gmail.com	(814) 761-1835
Administrative Referee:	Kristen Hoffman	drtlh74@gmail.com	(814) 761-1836
Officials Coordinator:	Dr. Thomas Hoffman	drtlh61@gmail.com	(814) 761-1835
Safety Director:	Bob McCombie	bobm@uniontownymca.org	(724) 984-6849

NOTICES

The Aquatic Center at Mylan Park houses multiple fitness areas which remain open to members during competitions. The Huntington Community Pool is a separate, warm water pool with a variety of play features and water slides. Guests may utilize the Huntington Community pool facility **ONLY** after purchasing a visit pass, completing the required facility waiver, and receiving access bands from Guest Services. Daily visit passes may be purchased in advance via [Ticketleap](#) prior to March 20th, 2024 or are available at the Guest Services Desk throughout the competition.



2024 PA YMCA State Championships March 22-24, 2024

COVID-19 RELATED PROTOCOLS: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely 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 or approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned or approved 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, WV swimming, the YMCA of the USA, the Aquatic Center at Mylan Park and the Uniontown Area YMCA and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participation in this competition.

MEET HOST ASSUMPTIONS OF RISK DISCLAIMER: The Uniontown Area YMCA has taken enhanced health and safety measures – for all athletes, coaches and volunteers. You must follow all posted instructions while attending the 2024 PA YMCA State Swimming Championship. 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 the 2024 PENNSYLVANIA YMCA STATE CHAMPIONSHIPS, you voluntarily assume all risks related to exposure to COVID-19.

MEET HOST ATTESTATION: Public Health and Safety mandates and guidelines of the State of West Virginia, Monongalia County, The City of Morgantown, and the Aquatic Center at Mylan Park will be enforced. Posted facility rules and local ordinances will be observed to ensure the safety of all participants. Coaches and swimmers are expected to be familiar with these rules.

ATHLETE PROTECTION (MAAPP) POLICY: 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.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.



2024 PA YMCA State Championships March 22-24, 2024

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete may not be older than twenty-one (21) years of age on the first day of the meet. An athlete's age for the meet is determined by their age on December 1, 2023. Additionally, all athletes over the age of 18 as of the first day of the meet must have completed Child/Athlete Protection Training within the past 12 months. This includes any athletes who may turn 18 during the competition.

YMCA Meet Participation: To be eligible to compete, each athlete must have participated in a minimum of three (3) closed YMCA inter-association meets since September 1, 2023 in addition to the district meet for their region.

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 in order to receive deck credentials:

- 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.

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.



2024 PA YMCA State Championships

March 22-24, 2024

ENTRY INFORMATION

ENTRY LIMITS: Swimmers aged 11 & older may swim no more than 3 individual events per day plus relays for the competition. All 10 & under athletes may swim no more than 4 individual events per day (max of 8) plus relays. Time Trial entries count toward event entry limits (USA-S rules 102.2.2 and 102.2.7). Entries are limited to a maximum of 9 individual events (ages 11 & over) and 8 individual events for ages 10 & under for the entire competition.

Relays are limited to one (1) relay team per event per association.

ENTRY TIMES: Only official times from the 2024 PA YMCA District meets will be used for seeding and determining the at-large qualifiers for the State Championships.

STATE MEET QUALIFICATION:

Individual Events: The top 6 finishers per event from each of the 3 District Championships automatically qualify (18). The next 6 fastest at-large times swam during the district meets will determine the remaining qualifiers for a total of 24 swimmers.

Exceptions: The following events will be limited to a field of 8 swimmers consisting of the top 2 finishers from each district + the next 2 fastest at-large times:

- 11-12 500 yd freestyles
- 13-14 1000 & 1650 yd freestyles
- 15-21 1000 & 1650 yd freestyles

Relays: A total of 16 relay teams will advance to the State Meet. The relay fields will consist of the top 4 finishers from each district championship plus the next 4 fastest at-large times across the three district meets. Relays for the 11-12, 13-14, and 15-21 age groups will be swam as timed finals during the Friday & Saturday Finals sessions. The 10 & under relays will take place during their designated afternoon sessions.

ENTRY PROCEDURE: Coaches should declare any swimmers' intent to not compete at the State Championship as outlined in their respective East, Central, or West District Meet Announcement. Each District host will subsequently identify their top 6 swimmers in each event who have committed to swimming at the State Meet. The at-large time qualifiers will be determined and announced after meet files are received from each District host and compiled.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. Please verify the ID numbers listed are updated from SWIMS 3.0.

ENTRY FEES: \$10.00 per individual event, \$40.00 per relay entry. There will be a \$15 swimmer surcharge (including relay only swimmers and relay alternates).

PAYMENT: Team checks payable to the "Uniontown YMCA Swim Team" should be delivered to the Coach Registration table at the State Meet prior to your first session of competition.

- Entry fees will be calculated after the at-large qualifiers are identified for each event.
- Entry amounts due will be posted on the State meet website and distributed via email.
- If SCRATCHES occur after the final team fees are distributed, the initial participant remains responsible for entry fees. Alternates who replace an individual event or relay scratch are not charged the event fee(s).
- DO NOT MAIL ENTRY PAYMENTS unless arrangements have been made with Meet Director in advance.



2024 PA YMCA State Championships

March 22-24, 2024

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Each participating team is required to provide timers and officials. Timing assignments will be based upon entries per team per session. Teams will be notified of their required slots after the at-large entries are finalized. All certified officials (both YMCA and/or USA) in attendance are also strongly encouraged to volunteer. Timers and officials are expected to attend their respective meetings prior to each session they are volunteering. Additional volunteers are welcomed and encouraged to sign up in advance online.

SIGN-UP PROCEDURE: Advance sign-ups will be available on-line as follows:

Timers & other volunteers: [\[link posted after final entries to determine team assignments\]](#)
Officials: [Meet Referee's Sign-Up Genius](#)

OFFICIALS ATTIRE: While on deck, Officials shall adhere to the YMCA Swim Officials uniform standards consisting of a solid white, short sleeve, collared shirt with dark navy pants, shorts, capris, or skorts. Blue jeans are not allowed. Footwear should be predominantly white. There will be a limited number of meet polos available for officials who sign-up in advance.

CHECK-IN PROCEDURES

MEET CHECK-IN PROCEDURE: All coaches, officials, timers, meet operations staff and volunteers must sign in at their designated registration table in the front lobby each day.

COACHES must present photo ID, pay team entry fees, and be listed on the approved PA YMCA Coaches roster to receive deck credentials allowing access to the pool deck. Coaches must sign in each day upon entering and visibly display credentials at all times on deck.

OFFICIALS must present photo ID and their current YMCA and/or USA Swim Officials Certification certificate to receive deck credentials.

TIMERS and all other approved deck volunteers will be provided with temporary credentials specific to the session they are working. These credentials shall be returned to Meet Operations following each session. Timers who may have purchased an advance spectator ticket prior to volunteering will be refunded upon request.

SWIMMERS: Athlete credentials will be shipped to your respective YMCA for distribution prior to arrival at the State meet. PA YMCA teams should complete and return the contact form [Appendix 3] in anticipation of their athletes qualifying for the State Championships.

- Swimmers **MUST** display credentials when entering the Natatorium.
- Only the 2024 PA YMCA State Championship athlete deck pass is allowable.
- Swimmers added to the meet after credentials are shipped will need to pick up their deck passes at the registration table.
- Any swimmer or coach caught passing credentials will be disqualified from the meet and not permitted on deck.

GENERAL MEETING: An informational meeting will take place remotely Wednesday evening, March 20, 2024 via Zoom. The meeting time, agenda, and link will be distributed to participating teams. Teams are responsible for knowing and complying with all information distributed and decisions made during this meeting.



2024 PA YMCA State Championships March 22-24, 2024

COACHES SCRATCH MEETING: There will NOT be formal coaches or scratch meetings held onsite prior to each session.

OFFICIALS AND TIMERS MEETING: Officials meeting will take place 1 hour prior to the start of each session in Classroom B. Timers should report to the registration table outside of Classroom B, 45 minutes prior to session start. Meeting times for each session will be posted and distributed after entries are finalized.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Championship Committee will consist of the Meet Director, Meet Referee, Regional Rep, a designated coach, and a designated senior athlete. This committee will act as the Meet Jury to arbitrate protests, eligibility issues, safety rules, and other issues except the swimming technical rules covered by the responsibilities of the Meet Referee.

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

TECH SUIT POLICY: Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: any male or female suit with bonded or taped seams regardless of fabric or silhouette; or any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MEET FORMAT: Prelims/Finals format with designated distance events contested as Timed Finals. All 10 & under events are Timed Finals. Swimmer's age as of December 1, 2023 determines age for the competition.

EVENT SEEDING: All timed final events will be seeded slowest to fastest. All preliminary heats will be circle seeded.

POSITIVE CHECK-IN: All events are pre-seeded per the State meet qualification procedure and entry limits. Additionally, positive check-in is required for all 1000 and 1650 athletes no later than 30 minutes prior to the start of each distance session.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet. The USA-S scratch procedures (USA-S Rule 207.11.6) will be followed, as modified for this meet as set forth below:

Prelims & Timed Finals Events: All scratches should be turned into the Administrative Officials no later than 30 minutes prior to the start of each session using the session entry reports provided in your Team envelope. Swimmers that are being scratched from the entire meet should have a single line drawn through their name and events. Swimmers scratching a single event will only have a line through the event name.

Scratching from Finals: The scratch table for finals will be located by the meet operations podium adjacent to the primary Competition Pool. For an athlete initially qualifying for Finals, the swimmer or his/her coach must notify the scratch table within 30 minutes following the announcement of the qualifying event finalists of their intent to not compete in Finals in that event.



2024 PA YMCA State Championships March 22-24, 2024

If there have been scratches from a Finals event, the Administrative Referee will attempt to notify any swimmer moved up into FINALS. Any swimmer not intending to return for finals, regardless of their preliminary result position should fill out the scratch form.

Failure to compete in a Finals Event from which the athlete has not scratched shall disqualify the athlete from the remainder of the meet. However, no penalties shall apply for failure to compete in Finals if the referee is notified in the event of injury or illness and accepts the proof thereof, or it is determined by the Referee that failure to compete is caused by circumstances beyond the control of the athlete.

Declaration Of Intent To Scratch: An athlete qualifying for Finals (or his/her coach), based upon the results of the Prelims in an event, may notify the Scratch table within 30 minutes after announcement of the qualifiers for that event that he/she may not compete in the Finals of the event, pending the results of a subsequent individual Prelims event in which they are entered. The athlete (or his/her coach) must then declare his/her final intentions within 30 minutes following their last individual Prelims event (USA-S Rule 207.11.6E(2)). If the athlete (or his/her coach) does not declare his/her final intention, it will be assumed the athlete has chosen not to scratch from the Finals of the original event. If the athlete then fails to compete in this Finals Event, he/she shall be barred from further competition for the remainder of the meet (USA-S Rule 207.11.6D(1)).

DECLARED FALSE START: An athlete may also withdraw from a prelims heat, timed final, 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: 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.

(Note that under USA-S rules, a no show is automatically barred from all further individual and relay events for that day (Rule 207.11.6C); we are easing that burden, particularly for relay swimmers.)

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for all AM Prelims and Timed Finals session warm-ups. Warmups for PM Finals will be open. 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. Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

EVENT CHECK-IN: Staging for each event will be on deck for all sessions. Swimmers should report to the seeding volunteers no later than one event prior to their swim. During event finals, qualifiers should report to the staging area to line up for event march-out.



2024 PA YMCA State Championships March 22-24, 2024

EVENT ALTERNATES IN ATTENDANCE: Any first and second alternates in attendance who wish to potentially swim should report to the starting area at least one event prior to the event for which they are named. Alternates will be placed in ANY vacant lane.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for backstroke starts), should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA-S Rule 102.5.2)

INITIAL SPLITS: Coaches desiring a time from an initial split must complete the appropriate form and present it to the Deck Referee in advance of the swim to allow for placement of additional timers. Forms are available at the ADMINISTRATIVE table. Coaches may be asked to provide one or more timers for their athletes.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS if USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard or Meet Mobile are unofficial until final results are published. Results will be posted on the pool deck as well as outside of spectator seating.

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. All protests must be submitted in writing to the Meet Referee.

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 and Meet Director reserve the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct and/or actions inconsistent with the core values of the YMCA. The following Conduct Rules shall apply:

- Deck access is limited to registered and approved coaches, swimmers, working officials, and volunteers who are in possession of proper meet credentials. Swimmers are only permitted deck access for the sessions in which they are competing. All other individuals will be prevented from entering the deck area.
- Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Safety rules will be enforced during warm-ups prior to each session and in the warm-up pool during the meet. Swimmers, coaches, and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
- Any swimmer observed swimming under or through the bulkhead by an Official or Safety Marshal at any time during the meet will be potentially disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be STRICTLY enforced.
- Deck changes are prohibited. 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.



2024 PA YMCA State Championships March 22-24, 2024

- The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks during the entire meet, or at any time in changing areas, rest rooms or locker rooms.
- Diving Boards are closed and off-limits to all competitors and spectators.
- The diving well is also closed except as specified during distance sessions.
- Glass and food are not permitted on deck or in locker rooms/changing areas.
- Massage tables are not permitted.
- Shaving is not permitted in any area of the facility.
- Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Swimmers are not allowed to roam the facility unattended.
- The Huntington Community Pool is only accessible to competitors, spectators, and guests who have purchased a visitor pass and completed the facility waiver.
- 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.

AWARDS AND RECOGNITION

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

AWARDS:

- Medals will be presented to the top 8 finishers in all individual and relay events.
- Team trophies will be awarded to the first and second place male & female teams within each age group.
- Championship Banners will be awarded to the top three men's and top three women's teams based according to cumulative point totals.
- The 2024 PA YMCA State Champion banner shall be presented to the team with the highest combined team score at the conclusion of the competition.

AWARD CEREMONY PROCEDURES: Award presentations will take place as outlined in Appendix 1: Order of Events.

EVENING FINALS: After swimming in their finals heat, the eight individual finalists or the top 8 relay finishers should report to the staging area behind the diving tower to prepare for their podium ceremony. As there is limited time between final swims and awards with only a single A final, finalists should plan to bring all podium attire with them when reporting to the ready area for their event march out.

10 & UNDER TIMED FINALS: Award presentations will begin after the first three events as outlined on the Order of Events in Appendix 1. Please note the presentations will occur after the 11-12 girls' heats and prior to the start of the 11-12 boys' heats. The top 8 finishers will be displayed on the right side of the scoreboard and those individuals should promptly report to the awards ready area behind the diving tower.

Presentations will not wait for all athletes to report. In the event of a possible disqualification which cannot be quickly resolved, the awards presentation will take place during the next scheduled awards break. All award winners must wear apparel that is appropriate and acceptable to the Championship Meet Committee (i.e., athletes must wear a shirt with sleeves or team jacket).



2024 PA YMCA State Championships

March 22-24, 2024

At any time, the Meet Committee reserves the right to modify the award presentation protocol for efficiency.

PHOTOGRAPHY: Action Shots Photography will be onsite taking photos during events, award presentations, plus any requested individual photos. Visit their table in the second level concourse outside of the spectator seating area for more information. All pictures will also be available for purchase online following the championships.

TIME TRIALS

Time Trials will be offered on Friday afternoon and Sunday evening if time permits. The Meet Director will have the final decision on the duration of the time trial sessions and number of entries. Priority will be given to athletes close to achieving National Qualifying Times. Time trial entry fee is \$25 per individual event, participants must provide their own timers.

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet. An athlete may only swim the stroke being contested in a Time Trials event, e.g., an athlete may not swim backstroke in a breaststroke event in Time Trials.

As this meet is USA-S Approved, there is a daily limit on the number of events a swimmer can swim (USA-S rules 102.2.2 and 102.2.7).

- a. A swimmer may swim no more than 3 individual events per day in a prelims/finals meet and no more than 5 individual events per day in a timed final meet.
- b. Time trial events count as a part of this daily total.

TIME TRIAL ENTRY PROCEDURE: TT entry forms are located in team packets and must be submitted by a coach to the Administration table. Payments must accompany all entries. Registration will close at 2:15 pm for Friday Time Trials and at 4:15 pm for Sunday Time Trials.

SPECTATORS

ADMISSION FEES: \$6.50 per day or \$15 per "All-Session" pass. Advance purchase tickets are available through [Ticketleap](#). Electronic or printed tickets must be scanned onsite to receive admission wristbands. No admission fees will be charged for children under the age of 5.

HEAT SHEETS/PROGRAMS: The 2024 State Championship commemorative program may be reserved via [Ticketleap](#) for \$10. A limited number of programs will be available for purchase during the meet. Heat Sheets for Finals will be uploaded to the Uniontown YMCA States webpage and accessible via the QR codes flyers posted throughout the facility.

CONCESSION STAND: Mylan Park vending now offers a limited selection of basic concession items. Multiple Food Trucks will be onsite offering a wide variety of hot and cold beverages, plus breakfast, lunch, and dinner items.

ATHLETE APPAREL: Fine Designs, Inc. will be on site for custom meet apparel. An event webstore will be available for pre-orders. Swimmer's Network will also be available during the competition for all your swim gear needs.

SEAT SAVING POLICY: All seating is General Admission. Spectators should be respectful of others and seat saving is not permitted. When your swimmer has finished, please exit the bleachers, and allow others to watch their swimmers. The spectator area will NOT be cleared between sessions.



2024 PA YMCA State Championships March 22-24, 2024

Please take all of your personal belongings with you if leaving following the prelims and later returning for evening finals.

HANDICAP SEATING: Handicapped seating and elevator access is available.

CONDUCT AND RESTRICTIONS:

- Spectators are not permitted on the pool deck at any time.
- No flash photography at the start of competition races.
- The use of audio or visual recording devices, including a cell phone camera, is prohibited in changing areas, rest rooms or locker rooms.
- Folding chairs are not allowed in the spectator seating area.
- No coolers will be permitted in the facility.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- Locker rooms are not accessible to parents during the meet. Parents who wish to accompany their children must utilize the family restrooms in the lobby.
- No smoking, drugs, or alcohol are permitted in the Aquatic Center complex.
- Swimmers are permitted in the spectator stands but should not impact spectator seating by occupying prime seat areas.

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 "YMCA Sanctioned Meet Declaration Form" must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/WV approval, it is understood and agreed that USA Swimming and WV Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the unaccompanied 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.
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: Evacuation procedure is on file for Mylan Park & Uniontown YMCA Personnel to execute.

DIRECTIONS GPS ADDRESS: 1847 FITNESS WAY, MORGANTOWN, WV 26501

From I-79: Take EXIT 155 (turn right if coming from I-79 North, turn left from I-79 South) and travel west on Chaplin Hill Road for 1.6 miles. Turn right onto Mylan Park Lane. Follow the road for 1/4 mile and then make a slight right at the Y onto Fitness Way. Continue on Fitness Way for 1 mile as it will end at the Aquatic Center.

From I-68: I-68 west ends at I-79. Take I-79 north to EXIT 155 and turn left onto Chaplin Hill Road. Travel west on Chaplin Hill Road for 1.6 miles Turn right onto Mylan Park Lane. Follow the road for 1/4 mile and then make a slight right at the Y onto Fitness Way. Continue on Fitness Way for 1 mile as it will end at the Aquatic Center.



PARKING

Ample parking is available surrounding the facility.



2024 PA YMCA State Championships

March 22-24, 2024

LODGING

VISIT MOUNTAINEER COUNTRY.com		BOOK PRIOR TO LISTED CUT-OFF DATES TO ENSURE QUOTED RATES MAKE SURE TO MENTION YOUR EVENT WHEN BOOKING.			
Property		Phone	Single, Double, Suites (Tax not included)	Cut-off Date	Distance to AC @ MP
Courtyard by Marriott		304-599-1080	Single/Double \$189 Rate Code: YMC	2.21.24	4.6 miles
Candlewood Suites		304-241-2411	3/21-3/23 Single \$139 Double \$149 3/24 Single \$119 Double \$129 Rate Code: IXZAD	3.1.24	3.1 miles
The Cranberry Ascend Hotel Collection		304-403-6300			20 miles
Euro-Suites Hotel		304-598-1000	Single/Double \$109 Rate Code YMCASwim24	3.14.24	6.3 miles
Fairfield Inn & Suites		304-598-5006	Single \$139 Rate Code: PAYP	3.7.24	3.9 miles
Hampton Inn		304-599-1200			5.9 miles
Hampton Inn and Suites		304-598-0600			4.7 miles
Holiday Inn Express		304-291-2600	Single \$119.00 Double \$119.00 Mention PA YMCA Swimming when booking to receive the discounted rate	2.22.24	17 miles
Holiday Inn University		304-241-6649	Single \$119 Double \$129 Rate Code: PAY	2.21.24	6.8 miles
Hotel Morgan		304-292-8200	Single/Double \$119 Rate Code: 032124PAY	3.1.24	7.2 miles
Hilton Garden Inn		304-225-9500			7.4 miles
Lakeview Resort		304-594-1111			20 miles
La Quinta Inn		304- 241-4501	Single \$119 Double \$129 Rate Code: 032124YMSC	3.1.24	3.1 miles
Motel 6		304-599-8181			4.4 miles
Quality Inn & Suites Mountaineer Inn		304-599-5399	Single/Double \$82 https://www.choicehotels.com/reservations/group s/LI65Z3	2.21.24	3 miles
Residence Inn by Marriott		304-599-0237	King Studio: \$144	2.21.24	6.7 miles
Scholar Morgantown by Hilton		304-777-4100			7.3 miles
SpringHill Suites by Marriott		304-225-5200			14 miles
Super 8		304-296-4000			17 miles
Suburban Extended Stay		304-291-2535			14 miles
SureStay Plus Westover		304-292-0055	Single \$85 Double \$89 https://www.bestwestern.com/en_US/book/hotel - rooms.55129.html?groupId=6N8FE4A2	2.21.24	5.9 miles
Morgantown Marriott at Waterfront Place		304-296-1700			7.6 miles

This event was made possible by the Monongalia County Tourism Advancement Fund, courtesy of the Monongalia County Commission and the Visit Mountaineer Country Convention and Visitors Bureau.



VISIT MOUNTAINEER COUNTRY.com



2024 PA YMCA State Championships

March 22-24, 2024

APPENDIX 1: ORDER OF EVENTS

FRIDAY MARCH 22

Session 1 Friday AM Prelims

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 7:30 AM

Session Start: 9:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
107	11-12 50 Back	108
109	15-21 200 Fly	110
111	13-14 200 Fly	112
113	11-12 200 Fly	114
115	15-21 100 Breast	116
117	13-14 100 Breast	118
119	11-12 100 Breast	120
121	15-21 50 Free	122
123	13-14 50 Free	124
125	11-12 50 Free	126
127	15-21 400 IM	128
129	13-14 400 IM	130
131	11-12 100 IM	132

Session 2 Friday Distance

Age Groups: 13-14, 15-21

Warm-Ups: Open

Session Start: 12:15 PM

- SESSION WILL RUN UTILIZING BOTH POOLS CONCURRENTLY
- DIVING WELL IS OPEN FOR USE

<u>Competition Pool</u>		<u>Scoreboard Pool</u>
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
201	15-21 1650 Freestyle	202
203	13-14 1650 Freestyle	204
AWARDS Events 202-201-204-203		

Session 3 Friday Time Trials

Warm-Ups: 1:15 PM

Session Start: 1:30 PM

- Entries close at the start of Session 2 (approximately 12:15 PM)



2024 PA YMCA State Championships

March 22-24, 2024

Session 4 Friday PM Finals

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 3:00 PM

Session Start: 4:15 PM

Girls	Event	Boys	Girls	Event	Boys
101	11-12 400 Free Relay	102	117	13-14 100 Breast	118
AWARDS Events 101-102			AWARDS Events 115-116		
103	15-21 400 Free Relay	104	119	11-12 100 Breast	120
AWARDS Events 103-104			AWARDS Events 117-118		
105	13-14 400 Free Relay	106	121	15-21 50 Free	122
AWARDS Events 105-106			AWARDS Events 119-120		
107	11-12 50 Back	108	123	13-14 50 Free	124
AWARDS Events 107-108			AWARDS Events 121-122		
109	15-21 200 Fly	110	125	11-12 50 Free	126
AWARDS Events 109-110			AWARDS Events 123-124		
111	13-14 200 Fly	112	127	15-21 400 IM	128
AWARDS Events 111-112			AWARDS Events 125-126		
113	11-12 200 Fly	114	129	13-14 400 IM	130
AWARDS Events 113-114			AWARDS Events 127-128		
115	15-21 100 Breast	116	131	11-12 100 IM	132
			AWARDS Events 129-130-131-132		

SATURDAY MARCH 23

Session 5 Saturday AM Prelims

Age Groups: 13-14, 15-21

Warm-Ups: 6:30 AM

Session Start: 8:00 AM

Girls	Event	Boys
309	15-21 200 Free	310
311	13-14 200 Free	312
315	15-21 200 Back	316
317	13-14 200 Back	318
321	15-21 100 Fly	322
323	13-14 100 Fly	324
327	15-21 200 IM	328
329	13-14 200 IM	330

Session 6 Saturday Distance

Age Groups: 13-14, 15-21

Warm-Ups: Diving well open

Session Start: 10:15 AM

➤ SESSION WILL RUN IN BOTH POOLS CONCURRENTLY

Competition Pool		Scoreboard Pool
Boys	Event	Girls
402	15-21 1000 Freestyle	401
404	13-14 1000 Freestyle	403
AWARDS Events 402-401-404-403		



2024 PA YMCA State Championships March 22-24, 2024

Session 7 Saturday PM 11-12 Prelims + 10u Timed Finals

Warm-Ups: 11:00 AM

Session Start: 12:25 PM

*10u AWARD PRESENTATIONS WILL OCCUR BETWEEN THE 11-12 GIRLS & BOYS HEATS
(Allows athletes receiving awards to report to seeding if also entered in the next event)

Girls	Event	Boys	Girls	Event	Boys
501	10 & under 50 Free	502	507	10 & under 50 Fly	508
307*	11-12 50 Breast	308	325*	11-12 100 Fly	326
*AWARDS Events 501-502			*AWARDS Events 507-508		
503	10 & under 100 Breast	504	509	10 & under 200 IM	510
313*	11-12 200 Free	314	331*	11-12 200 IM	332
*AWARDS Events 503-504			*AWARDS Events 509-510		
505	10 & under 50 Back	506	511	10 & under 100 Free	512
319*	11-12 200 Back	320	513	10 & under 200 Medley Relay	514
*AWARDS Events 505-506			AWARDS Events 511-512-513-514		

Session 8 Saturday PM Finals

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 3:30 PM

Session Start: 4:45 PM

Girls	Event	Boys	Girls	Event	Boys
301	11-12 200 Free Relay	302	321	15-21 100 Fly	322
AWARDS Events 301-302			AWARDS Events 319-320		
303	15-21 200 Free Relay	304	323	13-14 100 Fly	324
AWARDS Events 303-304			AWARDS Events 321-322		
305	13-14 200 Free Relay	306	325	11-12 100 Fly	326
AWARDS Events 305-306			AWARDS Events 323-324		
307	11-12 50 Breast	308	327	15-21 200 IM	328
AWARDS Events 307-308			AWARDS Events 325-326		
309	15-21 200 Free	310	329	13-14 200 IM	330
AWARDS Events 309-310			AWARDS Events 327-328		
311	13-14 200 Free	312	331	11-12 200 IM	332
AWARDS Events 311-312			AWARDS Events 329-330		
313	11-12 200 Free	314	333	15-21 200 Medley Relay	334
AWARDS Events 313-314			AWARDS Events 331-332		
315	15-21 200 Back	316	335	13-14 200 Medley Relay	336
AWARDS Events 315-316			AWARDS Events 333-334		
317	13-14 200 Back	318	337	11-12 200 Medley Relay	338
AWARDS Events 317-318			AWARDS Events 335-336-337-338		



2024 PA YMCA State Championships March 22-24, 2024

SUNDAY March 24

Session 9 Sunday AM Prelims Age Groups: 13-14, 15-21

Warm-Ups: 6:30 AM Session Start: 8:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
603	15-21 100 Free	604
605	13-14 100 Free	606
609	15-21 100 Back	610
611	13-14 100 Back	612
615	15-21 200 Breast	616
617	13-14 200 Breast	618
621	15-21 500 Free	622
623	13-14 500 Free	624

Session 10 Sunday PM 11-12 Prelims + 10u Timed Finals

Warm-Ups: 10:30 AM Session Start: 12:00 PM

*AWARD PRESENTATIONS WILL OCCUR BETWEEN THE GIRLS & BOYS HEATS AS OUTLINED
(Allows athletes receiving awards to report to seeding if also entered in the next event)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
625	11-12 500 Free	626	705	10 & under 100 Back	706
701*	10 & under 100 IM	702	613*	11-12 100 Back	614
*AWARDS Events 625-626			*AWARDS Events 705-706		
601*	11-12 50 Fly	602	707	10 & under 50 Breast	708
AWARDS Events 701-702			619	11-12 200 Breast	620
703	10 & under 200 Free	704	*AWARDS Events 707-708		
607*	11-12 100 Free	608	709	10 & under 100 Fly	710
*AWARDS Events 703-704			711	10 & under 200 Free Relay	712
AWARDS Events 709-710-711-712					

10u Team Champions Presentations



2024 PA YMCA State Championships

March 22-24, 2024

Session 11 Sunday PM Finals

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 3:15 PM

Session Start: 4:15 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
601	11-12 50 Fly	602	615	15-21 200 Breast	616
AWARDS Events 601-602			AWARDS Events 613-614		
603	15-21 100 Free	604	617	13-14 200 Breast	618
AWARDS Events 603-604			AWARDS Events 615-616		
605	13-14 100 Free	606	619	11-12 200 Breast	620
AWARDS Events 605-606			AWARDS Events 617-618		
607	11-12 100 Free	608	621	15-21 500 Free	622
AWARDS Events 607-608			AWARDS Events 619-620		
609	15-21 100 Back	610	623	13-14 500 Free	624
AWARDS Events 609-610			AWARDS Events 621-622-623-624		
611	13-14 100 Back	612	AGE GROUP & 2024 OVERALL TEAM CHAMPION PRESENTATIONS		
AWARDS Events 611-612					
613	11-12 100 Back	614			
AWARDS Events 611-612					

Session 12 Sunday Time Trials

Session Start: approximately 6:15 PM

- Entries close at the start of Finals (approx. 4:15 pm)



2024 PA YMCA State Championships March 22-24, 2024

APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

Email completed forms to: ymcastates@gmail.com

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2024 PA YMCA State Swimming Championships

Meet Date(s): March 22-24, 2024

Meet Host: Uniontown Area YMCA

Meet Location: The Aquatic Center at Mylan Park 1847 Fitness Way Morgantown, WV 26501

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. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training, and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2024 PA YMCA State Swimming Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2024 PA YMCA State Swimming Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, the Uniontown Area YMCA, their agents, representatives or assignees, and the Aquatic Center at Mylan Park for any and all injuries which may be suffered by participants at the 2024 PA YMCA State Swimming Championships. Furthermore, we understand that the YMCA of the USA and the Uniontown Area YMCA 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 of Head Coach

Signature

Name of YMCA Executive Director or Designee

Signature



2024 PA YMCA State Championships March 22-24, 2024

APPENDIX 3: TEAM INFORMATION & CONTACT FORM

Email completed forms to: ymcastates@gmail.com by Monday March 11, 2024

2024 PA YMCA STATES

Please provide your preferred mailing address!

- Swimmer credentials will be shipped to the address below on Saturday, March 16, 2024.
- Credentials will ship to your YMCA address if forms are not returned.
- Teams are responsible for distributing deck passes to their swimmers prior to the meet.

SHIP TO ADDRESS		
TEAM NAME:		
ATTN:		
STREET:		
CITY:	STATE:	ZIP:

ADDITIONAL TEAM CONTACT FOR PARENT & VISITOR INFORMATION:	
NAME:	
E-MAIL:	

Approximate number of Coaches attending: Friday _____ Saturday _____ Sunday _____

This is the last page of the Meet Announcement