



# YKVK New Year Kick Off

Hosted by  
YMCA of Kanawha  
Valley Kraken Swim  
Team

**Location:**

YMCA of Kanawha Valley  
100 YMCA Drive  
Charleston, WV 25311

**Facility:**

6-lane, 25 yard pool with Colorado timing system and Colorado 6 line scoreboard; touch pads at the start end and two-button finish at the turn end for 25 yard races.  
The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C(4). Some bleacher seating is available.

**Meet Director:**

Melissa McGlothen  
[wvswimming12@gmail.com](mailto:wvswimming12@gmail.com)

**Meet Referee:**

Gary Walker

**Officials Contact for the Meet:**

YMCA Officials are needed and appreciated

**Entry Chair:**

Mark Lopinsky  
[YKVKentries@gmail.com](mailto:YKVKentries@gmail.com)

**Sanction:**

This is not a sanctioned YMCA meet.

**Meet Type:**

YMCA Closed Invitational Meet. The meet size will be limited to be consistent with the allocated time and regulations. If your team is interested in attending, please contact Meet Director.

**# of Sessions:**

1

**Disclaimers**

The YMCA of Kanawha Valley and the Kraken YMCA swim team have taken enhanced health and safety measures for you, our other guests, volunteers, and our athletes. Everyone must follow all posted instructions while attending this meet.

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.

The YMCA of Kanawha Valley and the Kraken YMCA Swim Team cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in our YMCA event. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in our YMCA 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 the YMCA of Kanawha Valley and the Kraken YMCA Swim Team 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 herewith.

<b>Organization Regulations/Waivers</b>	
<b>USA Swimming Rules:</b>	<ul style="list-style-type: none"> <li>• YMCA sponsored events follow USA Swimming technical rules and event requirements. Athletes must be under the supervision of a certified YMCA coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>• Any swimmer entered in the meet <u>must</u> be certified by a YMCA-certified as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</li> <li>• The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>• Use of cameras, cell phones or any other recording device are not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• Flash photography is not permitted at the start of any race.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> </ul>
<b>Technical Suit Ban:</b>	<ul style="list-style-type: none"> <li>• Per USA Swimming Article 102.8.1F, 12 &amp; Under athletes may not compete in Technical Suits at this meet.</li> <li>• A Technical Suit is one that has the following components: <ul style="list-style-type: none"> <li>• Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or</li> <li>• Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</li> </ul> </li> </ul>
<b>Waiver/Release:</b>	<ul style="list-style-type: none"> <li>• By entering this meet, you are granting permission for the names of any or all of your team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.</li> <li>• All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or SEOWV website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team’s head coach and the Meet Director prior to the meet.</li> </ul>
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>• All contestants must be currently full-privilege registered YMCA members.</li> <li>• All adult athletes must hold current Athlete Protection Training certification.</li> <li>• Age as of December 1, 2023 will determine age for the entire meet.</li> </ul>

<b>Disability Swimmers:</b>	<ul style="list-style-type: none"> <li>The YMCA of Kanawha Valley and the Kraken YMCA Swim Team welcome swimmers with a disability.</li> <li>Entry Procedures: <ol style="list-style-type: none"> <li>Enter the swimmers with a disability electronically or on the paper entry form.</li> <li>Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions.</li> </ol> </li> <li>Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent nonconforming time to ensure seeding in the initial heats.</li> <li>Grouping Descriptions for USA-S Swimmers with a Disability: <ol style="list-style-type: none"> <li>P1 – non-ambulatory (wheelchair-bound), limited use of all four extremities</li> <li>P2 – dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair-bound with a high functioning upper body</li> <li>P3 – single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance</li> </ol> </li> </ul>
<b>Entry Limits Entry Fees:</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 4 individual events and 1 relay events.</li> <li>\$4 per individual event.</li> <li>\$8 per relay event.</li> <li>\$4 facility fee</li> </ul>
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li>Entries open on Wednesday, December 20th 2023. Entries will close on Wednesday, January 3rd.</li> <li>Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify).</li> <li>Send entries via email to: ykvkentries@gmail.com</li> <li>Checks should be made payable to: YMCA of Kanawha Valley</li> <li>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors for each session.</li> </ul>
<b>Warm-up, Meet Start and Safety Guidelines:</b>	<ul style="list-style-type: none"> <li>Warm-ups will begin at 11:00 AM according to the published schedule</li> <li>The meet will start at 12:30 PM.</li> <li>The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> <li>Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck.</li> </ul>
<b>Competition Guidelines:</b>	<ul style="list-style-type: none"> <li>This meet will be a timed finals meet.</li> <li>This meet will be pre-seeded. Individual deck entries will only be accepted if there are open lanes in an event. The fee is \$6.00 per event. No relay deck entries.</li> <li>NO Clerk of Course</li> <li>All events will be seeded from slowest to fastest. All events will begin at the start end of the pool. Timers will move to the turn end for the 25's.</li> </ul>
<b>Scoring &amp; Awards:</b>	<ul style="list-style-type: none"> <li>All events will be scored by age group – 8 &amp; under, 9-10, 11-12, 13-14 and 15-18.</li> <li>Individual Events: 7-5-4-3-2-1</li> <li>Relay Events: 14-10-8-6-4-2</li> <li>Heat winners: 8 &amp; under only</li> </ul>
<b>General:</b>	

SCHEDULE OF EVENTS	
1	OPEN Girls 200 Free Relay
2	OPEN Boys 200 Free Relay
***10 Minute Break***	
3	Mixed OPEN 100 free
4	Mixed OPEN 200 free
5	Mixed 8-under 25 fly
6	Mixed OPEN 100 fly
7	Mixed Open 200 fly
8	Mixed OPEN 50 fly
9	Mixed 8-under 25 back
10	Mixed OPEN 100 back
11	Mixed OPEN 200 back
12	Mixed OPEN 50 back
***10 Minute Break***	
13	Mixed 8-under 25 breast
14	Mixed OPEN 100 breast
15	Mixed OPEN 200 breast
16	Mixed OPEN 50 breast
17	Mixed OPEN 100 IM
18	Mixed OPEN 400 IM
19	Mixed OPEN 50 Free
***10 Minute Break***	
20	Mixed OPEN 1650 free

**Summary of Fees/Release Form  
YKVK New Year Kick Off**

Team Name			
Club Name			
Coach			
Coach Phone			
Coach Email			
Team Address			
Item	Total #	Cost per	Total
Individual Entries		\$4.00 per event	
Relay Entries		\$8.00 per relay	
Host Team Facility Surcharge		\$4.00 per swimmer	
Total Fees Due			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are full privilege YMCA members. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and the YMCA of the USA regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The Parkersburg YMCA, the Parkersburg YMCA Sharks Swim, their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

I shall ensure that any meet participants from my team with COVID-19 symptoms are not permitted to enter the Parkersburg YMCA or attend this meet.

\_\_\_\_\_  
 (Coach or Club Representative) Club Title (Coach, etc.) Signature

\_\_\_\_\_  
 Name of Club Date

Make check payable to 'YMCA of Kanawha Valley' and bring to meet and give to the Admin Referee. If needed, checks can be mailed:

YMCA of Kanawha Valley, ATTN: Andrea Meadows, 100 YMCA Drive, Charleston, WV 25314