



Southeast Ohio/West Virginia

2024 Swim League Futures Championships

Items to be submitted by February 19, 2024:

- Entries submitted to Sarah Nisewarner (see below)
- Register all coaches' certifications on <http://www.ymcacompetitiveswim.org/YMCARegisterCoach.asp> and have them verified by Bill Whatley prior to the entry deadline. Please note: Coaches Certifications sent after December 1, 2023 are considered late.
- Check mailed to Sarah Nisewarner (see below) OR hand delivered to the scoring table at the SEOWV Futures Championship Meet **before the start of the meet.**
- Forward the Certificate of Insurance to Paul Hensley (prh@stebelton.com).
- Complete the Executive Director certification and provide to Paul Hensley (prh@stebelton.com).
- Email late Coaches Certifications to Paul Hensley (prh@stebelton.com)
- Late fees will be assessed for certification submissions after Dec. 1

Meet Information

Dates	February 25, 2024
Times	8 and under boys and girls: Warm-ups begin at 12:00 PM, competition starts at 1:00 PM
Location & Pool	<p>Parkersburg YMCA 1800 30th Street Parkersburg, WV 26101 6 lane, 25 yard pool with Colorado timing system Colorado 6-line scoreboard; touch pads at the start end and button finish at the turn end for 25 yard races. Water depths: Start end 10 feet; 5m from start 10 feet; 5m from turn end 4 feet; and turn end 3½ feet. The competition course has not been certified in accordance with USA Swimming Rule 104.2.2C(4).</p>
Entries	<p>Entries must be submitted by HY*TEK <u>TeamManager®</u> or compatible Entry file to: Sarah Nisewarner at sarah.nisewarner@parkersburgymca.org Times used can be from February 1, 2023 through February 20, 2024. Submit only 25-yard times. There are NO minimum qualifying times for all individual events. Due to the volume of entries, updates to times are not permitted for this meet. Coaches are encouraged to post seed times for swimmers to review, in order to ensure the final entry submission is accurate. NO TIMES will be accepted. There will be no deck entries.</p>
Relays	Relay names may be changed at the meet. Please be courteous to our volunteers and enter the names of your athletes into relays. This is particularly true for those swimmers who are relay-only athletes. Without their name in the submitted entry file, they will require a complete athlete setup into the meet files in order to properly record your relay results
Entry Deadline	All entries must be received by 6 PM (Eastern) on Monday February 19, 2024 .
Entry Limits	Each swimmer is allowed to swim a maximum of three (3) individual events plus one (1) Medley and one (1) Freestyle relay. Entries in excess of the limit will be deleted in event number order.
Entry Fees	\$5.00 per individual event. \$10.00 per relay event. \$2.00 per swimmer surcharge. Entry fees may be hand carried to the meet and must be paid before the start of the meet. Make checks payable to "YMCA SEOWV SWIM LEAGUE."
Mailed Checks	Sarah Nisewarner 4072 Stillwell Rd. Davisville, WV 26142
Seeding	All events will be swum as timed finals and pre-seeded according to entered times. The meet referee will have the authority to combine partially seeded heats [girls and boys] as necessary.
Spectators	Spectators will be allowed on a limited basis. Spectators will not be allowed to "camp" in the spectator area. They are encouraged to view their swimmer and then leave. A gym will be reserved for overflow seating.
Swimmer Eligibility	Before the entry deadline for Championships, all swimmers must have: been a YMCA member in good standing who holds an annual, full privilege membership, and in effect for at least the 90 days prior to the start of the Championship meet

	<p>represented their association in three (3) YMCA meets during the winter season, one of which must have been at least 40 days prior to the start of the Championship meet only have represented his or her YMCA in competition for a period of 90 days prior to the first day of the meet.</p>
Certificate of Insurance	<p>YMCA's attending the SEOWV Futures Champs meet will need to provide a Certificate of Insurance (COI). Instructions and contact information are on the AA Champs web page under Certificate of Insurance.</p>
COVID Waiver	<p>The Parkersburg YMCA and the Parkersburg 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.</p> <p>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.</p> <p>The Parkersburg YMCA and the Parkersburg 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 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.</p> <p>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 Parkersburg YMCA and the Parkersburg 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.</p> <p>Locker rooms will be available for quick changes and restroom use. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals as needed.</p>
Coach Requirements and Eligibility Certification	<p>Teams and Coaches must have completed the annual online YMCA swimming registration for 2023-2024 in order to participate. Coaches who are not registered and/or do not have current required certifications are not permitted on deck during the meet.</p> <p><u>Coaches Certification:</u> must hold current certifications in Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (or a Lifeguard certificate <i>with</i> the online portion of Safety Training for Swim Coaches), Concussion Training Lindsay's Law (Sudden Cardiac Arrest) certification and Principles of YMCA Swimming and Diving and MAAPP certification.</p> <p><u>Ohio Return to Play Law:</u> Under the Ohio Return to Play Law governing concussions, all coaches and officials (<u>in state or out of state</u>) are required to have training in concussion signs and symptoms. This required training for coaches is free and can be found at http://www.NFHSlearn.com/self_courses</p> <p><u>Coach Registration:</u> Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck. Coaches will need to sign in at check-in to receive their Deck Pass. You may only pick-up your own Deck Pass, not that of other coaches.</p>

	<p><u>Teams without a Coach at the Meet:</u> 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.</p>
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<p>Rules Governing Competition</p>	<p>The current USA Swimming Technical rules will govern the competition.</p> <p>USA Swimming Tech swimsuit ban for 12 & under swimmers is in effect. Go to the USA Swimming website to check out the list of legal suits vs illegal suits. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>Photographs are not allowed to be taken behind the block during competition.</p> <p>No Flash Photography at the start of competition races.</p> <p>Massage tables and massages are not permitted.</p> <p>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.</p> <p>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 Championship committee will arbitrate protests, eligibility issues, safety rules and other issues.</p> <p>Protests against the judgment decisions of Starters and Stroke & Turn judges can only be considered by the Referee and the Referee’s decisions will be final USA-S Rule 102.23).</p> <p>Minor Athlete Abuse Prevention Policy (MAAPP) – Safe Sport</p> <p>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.</p>
<p>Flyover Starts</p>	<p>NO “fly over” starts for 8 and under age groups.</p>
<p>Warmup Procedure</p>	<p>Warm up lanes and times will be assigned once registration is closed. Each team will receive a 20 minute warm up period. Coaches will have control of their lanes for dive starts. Swimmers must enter the water using a three-point entry.</p>
<p>Special Needs</p>	<p>Should you have a swimmer who requires special assistance, please provide that information with your entries. The importance is to properly seat hearing-impaired swimmers near the starter.</p>
<p>Scoring</p>	<p>Scoring will be 16 places in both individual and relay events.</p> <p>Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p> <p>Relay 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p> <p>Note: Only two relay teams from each club may score in an event.</p>

Awards	<p>Individual and Relay Awards</p> <p>Medals will be awarded for 1st-3rd place</p> <p>Ribbons will be awarded for 4th-16th place</p> <p>There will be an awards presentation for all events. Times during the meet will be published in the meet program. Awards should be picked up by the coach (or a designated representative) no earlier than 30 minutes after the end of the meet. Any remaining awards will be mailed with the shipping cost billed to the receiving team.</p>
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Timers	<p>All teams will be responsible for providing timers. Team assignments will occur after the entries are compiled.</p> <p>Each team may schedule their workers as they wish but must cover their assignments. All timers should attend the timers meeting. The Timers Meeting will be held 20 minutes prior to the start of the meet. Location to be announced.</p>
Officials	<p>Each team should supply as many officials as possible. A minimum of one official per team is requested. Please have all officials contact Sarah Nisewarner at sarah.nisewarner@parkersburgymca.org.</p>
Officials Meeting	<p>All Officials will need to report to the Officials meeting for assignment. The officials meeting will be held 45 minutes prior to the start of the meet. Location to be announced.</p>
Coaches Meeting	<p>Coaches' notes will be in the packets provided to the teams. PLEASE pay close attention to the coaches' notes and share the information with your assistants and teams.</p>
Deck Access	<p>Deck Access is allowed for coaches, timers/officials and athletes ONLY. Parents ARE NOT allowed on deck.</p>
No Food or Drink on Deck	<p>A Concession stand will be operating. Hospitality will be provided to coaches and officials through the concession stand.</p>
Clerk of Course	<p>There will be a bullpen for the 8 and under in the aerobic gym. Swimmers will be escorted to the pool deck by heats. A timer in each lane will verify the swimmers' name from the heat sheet. Swimmers should proceed to the Clerk of Course when their event is called.</p>
Extra Swimmer Camp	<p>Additional space will be available for swimmer camp in the aerobic gym. Expect several areas in the YMCA to be marked as "No Camp". Announcements will occur in the gym to keep the swimmers informed of the event in the pool. Please remember we are guests of Parkersburg YMCA. Treat the facility with respect, act accordingly, and clean up after yourselves.</p>
Time Trials	<p>Time trials for the SEOWV Championship will be at the Referee/Meet committee discretion. \$10.00 per individual event. Time trials will be reserved for those swimmers who are trying to obtain a AA Championship qualifying time only.</p>
Parking	<p>Visitors need to park in designated parking places next to the facility.</p>
Admission	<p>No admission fee will be charged.</p>
Programs	<p>Heat sheets will be available for spectators to purchase for \$2 on site.</p>

<p>Other Notes</p>	<p>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.</p> <p>If a head injury occurs, the action plan below will be followed: Athlete is removed immediately from participation by the Meet Director</p> <p>Athletes must be evaluated by a licensed healthcare professional experienced in identifying and treating concussions. In addition, the athlete must follow the laws that are in effect within the jurisdiction where the meet is held.</p> <p>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.</p> <p>The athlete will not be allowed back to warm-up or compete until a healthcare professional, experienced in evaluating concussions, determines that the athlete is symptom-free and is OK to return to participation.</p> <p>The Ohio Return to Play Law governing concussions states all coaches and officials (in or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at https://nfhslearn.com.</p> <p>Inclement Weather Policy: Lightning: 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. Other: A tornado event, power outage, or similar situation would require evacuation of the swimming pools into designated safe areas.</p> <p>Unaccompanied Athlete Policy: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).</p> <p>SEOWV Volunteer Policy: Every team accepts a volunteer role at championships. Teams unable to perform their role need to make arrangements with another attending team to cover their duties. Notification of failing to fulfill a role will go to the League President and League Vice President and will be reviewed for a potential maximum \$100 penalty. The league will communicate the penalty to the team prior to the next league meeting. Using your cell phone, you can access results through Meet Mobile</p> <p style="text-align: center;">Code of Conduct</p> <p>Any destruction of property during the swimming meet will result in the immediate <u>“DISQUALIFICATION AND REMOVAL”</u> of the swimmer and/or spectator/guest from the meet AND meet area. The swimming clubs will be held responsible for the behavior of their swimmers, parents, guests and coaches. Also, a USA registered/YMCA certified coach MUST be present and “on deck” of the pool during the “warm-up” periods. If you</p>
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	<p>are attending the meet as an “individual entry” from your team OR your team is not sending a coach, please report to the Meet Referee for your lane assignment during the “warm-ups.”</p> <p><i>THANK YOU FOR YOUR CONTINUED COOPERATION IN THESE MATTERS!!!</i></p>
Directions	<p>From Columbus: Consult Mapquest or other direction apps. Travel to Parkersburg can be via WV/OH Rt. 50, I-70, I-77, and Ohio Rt.33.</p>

MEET SCHEDULE

Session 1: 8 and Under girls and boys

- **12:00pm** Pool opens for Warmup #1(tentative)
- **12:15pm** Officials meeting
- **12:20pm** Pool opens for Warmup #2 (tentative)
- **12:40pm** Competition pool closes for warmups
- **12:40pm** Timers Meeting
- **1:00pm** Competition begins
- **3:00pm** Projected completion

SOUTHEAST OHIO / WEST VIRGINIA FUTURES CHAMPIONSHIP Order of Events

Session: 1 8 and Under

Day of Meet: 1 Starts at 1:00 PM

Event

101

Girls 8 & Under 100 Medley Relay

102	Boys 8 & Under 100 Medley Relay
103	Girls 8 & Under 100 Freestyle
104	Boys 8 & Under 100 Freestyle
105	Girls 8 & Under 25 Breaststroke
106	Boys 8 & Under 25 Breaststroke
107	Girls 8 & Under 25 Butterfly
108	Boys 8 & Under 25 Butterfly
109	Girls 8 & Under 25 Freestyle
110	Boys 8 & Under 25 Freestyle
111	Girls 8 & Under 100 IM
112	Boys 8 & Under 100 IM
113	Girls 8 & Under 25 Backstroke
114	Boys 8 & Under 25 Backstroke
115	Girls 8 & Under 50 Freestyle
116	Boys 8 & Under 50 Freestyle
117	Girls 8 & Under 100 Freestyle Relay
118	Boys 8 & Under 100 Freestyle Relay

**APPENDIX 1:
YMCA Sanctioned Meet Declaration Form**

(Note: Return signed Declaration form to the meet director)

Participating YMCA:

YMCA Address:

Meet Name: 2024 SEOWV Swim League Futures Championship

Meet Date(s): February 25, 2024

Meet Host: The Southeast Ohio/West Virginia YMCA Swim League

Meet Location: Parkersburg YMCA, Parkersburg, WV 26101

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 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. The State of Ohio also requires that Coaches must complete a Concussion Training Certification and Sudden Cardiac Arrest (SCA) Training (Lindsay's Law).

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will attend the 2024 SEOWV Swim League Winter Championship 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 SEOWV Swim League Swim League Futures Championship.

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 Southeast Ohio/ West Virginia YMCA Swim League, their agents, representatives or assigns, and the Parkersburg YMCA, Parkersburg, WV for any and all injuries which may be suffered by participants at the 2024 Southeast Ohio/ West Virginia Swim League Futures Championships. Furthermore, we understand that the YMCA of the USA and The Southeast Ohio/ West Virginia YMCA Swim League 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