

**2016 FLORIDA YMCA STATE  
SHORT COURSE SWIMMING CHAMPIONSHIP**

February 12-14, 2016

YMCA Aquatic Center, Orlando, Florida

Sanctioned by: YMCA of the USA                      YMCA Sanction: CAQ-2015-FL11278386

Observed by: Florida Swimming, Inc.              FL Swimming Approval: #A-3574

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

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

Hosted by: YMCA of Central Florida

- Type of Meet:
- \* Indoor 25 yard - 8 lane short course meet – Depth is 7 ft.
  - \* 8 & under, 10 & under – Timed Finals
  - \* 11-12, 13-14, & Senior – Preliminaries, Consolation Finals, and Championship Finals. Championship Finals will be followed by Consolation Finals.
  - \* All relays will be conducted as timed final events.  
All 11-12 relays will be swum during the preliminaries.  
**For 13 -14 & Senior, the 400 relays (medley and free) will be swum during the prelim sessions and the 200 relays (medley and free) will be swum during the final sessions.**
  - \* Meet management may opt to use fly-over starts at this competition.
  - \* The meet may be conducted in two courses for prelims and timed finals (afternoon sessions). Finals will be conducted in one 8 lane course.
  - \* **Swimmer's age is their age on the first day of this meet, February 12, 2016.**

Dates & Times:

Friday, Feb 12:	Session #1 - 5:30 pm; Timed Finals; Warm up 4:00 pm
Saturday, Feb 13:	Session #2 - 8:00 am (11 & overs); Prelims; Warm up 6:30 am Session #3 - Not before Noon (10 & unders); Timed Finals; Warm up forty five (45) minutes guaranteed Session #4 - Finals - 5:30 pm – 11-12's, 13-14's, & Senior; Warm up 4:00 pm
Sunday, Feb 14:	Session #5 - 8:00 am (11 & overs); Prelims; Warm up 6:30 am Session #6 - Not before Noon (10 & unders); Timed Finals; Warm up forty five (45) minutes guaranteed Session #7 - Finals - 5:30 pm – 11-12's, 13-14's, & Senior; Warm up 4:00 pm

Location: YMCA Aquatic Center  
8422 International Drive  
Orlando, FL 32819

Pool Specifications: Competition course is two 8 lane indoor 25 yard pools. Water depth at the competition starting end is a minimum of 7 feet and the turn end is a minimum of 7 feet. Non- turbulent lane lines and regulation starting blocks will be used. An additional 25 yard indoor diving well will be available for warm-up/warm-down.

Timing: Colorado Automatic Timing, pads & buttons & stop watches  
Computer scoring  
ViviLED Timing Score Board

**\*\*As a YMCA Championship all participating Associations will be required to provide timers for the preliminary and timed final sessions. Lane/chair assignments will be made according to percentage of entries. Please come prepared to support your swimmers by timing during the meets. Finals will be timed on a voluntary basis.\*\***

Eligibility: Open to all currently registered YMCA swimmers. All swimmers must be members in good standing of the YMCA they represent for a minimum of 90 days prior to the first day of the meet and must have represented only that YMCA in competition for a period of 90 days prior to the first day of the meet. Athletes must meet all eligibility rules established by the YMCA of the USA as contained in the Rules That Govern YMCA Sports. All athletes must have represented their YMCA in three closed YMCA meets during the calendar year preceding the State Swim Meet entry deadline. Any YMCA swimmer who represents or has at anytime represented a scholastic institution beyond Grade 12 in competitive swimming is ineligible to participate in this meet. YMCA Swim Teams need to follow the YMCA Competitive Swimming Black Book. **Coaches must submit, with their entries, the names of the three dual meets at which their athletes have competed. Swimmer's age is their age on the first day of this meet, February 12, 2016.**

Coaches & Teams: MUST be registered and approved for the 2015-2016 season with YMCA of the USA in order to be eligible to participate. The website is [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org). Each coach MUST be registered with YMCA of the USA using the same website. Coaches may use the 2016 USA Swimming card if the YMCA of Principles is listed on the card, or if not, the coach must have a YMCA Swimming Coaches card.

Only coaches, officials and volunteers will be allowed on the competition course.

Seeding: 25 yard short course times will be used for seeding. Conversions, using the formula in the current Florida Swimming Handbook, may be used for entry and seeding purposes.

Scratches: Prelims: No penalty for scratching on the block in the morning prelims.

Finals: Any swimmer who competes in a preliminary heat and qualifies as one of the championship or consolation finalists, as originally seeded, must swim in that event's final; or must notify the clerk of course that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers. Swimmers may reverse their intention to

scratch and choose to be seeded for finals if they do so within 30 minutes of their last prelim event of the day. Any swimmer seeded in a final who fails to swim that event will be barred from their next individual event unless excused by the meet referee because of illness or injury. A swimmer not originally qualified for finals who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.

Timed Final events: No penalty for scratches

**Distance events (500 Free, 1000 Free, 1650 Free and 400 IM) will require an athlete to positively check in to compete in that event.** Any swimmer entered in a deck seeded event that has checked in for the event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being barred from his/her next individual event in which he/she is entered on that day or the next day of the meet, whichever is first, unless excused by the meet referee because of illness or injury.

Deck seeded events will close for seeding at the specified times listed in the order of events. Check-in must be done with the clerk of the course prior to the listed check-in time to be seeded in that event. Any swimmer, properly entered in an event, who fails to check-in for that event by the designated cutoff time, will be allowed to swim only if open lanes are available. No new heats will be formed.

Entry Limit: 8 & under, and 10 & under, limited to entering and swimming a maximum of four (4) events per day, excluding relays.

11-12, 13-14, and Senior are limited to entering and swimming a maximum of three (3) events per day, excluding relays. Swimmers may only swim a specific distance and stroke in one age group category.

Each YMCA team is limited to two (2) relay teams for each event and shall designate such teams as "A" and "B". Entries that exceed the entry limit(s) will automatically be dropped when they exceed the limit for the meet and or day.

**Swimmers may not swim in a similar event in both age group and Senior.**

Entry Form: The enclosed Meet Entry Certification Form must be submitted and signed by the YMCA Executive, Branch or Sports Director. This will certify YMCA membership and participation in the required three closed YMCA meets. In addition, the Entry Summary Sheet must be mailed with your payment along with a hard copy print-out of your Hy-Tek entries to the Sarasota Family YMCA.

Entry Process: Go to [www.sportstiming.com](http://www.sportstiming.com) , click on meets and click on the YMCA State Championship. Complete the form, upload your entry file and click submit. You will receive an email confirmation. If you need to submit updated entry files prior to the deadline, you are able to submit a new form and file. Entry questions can be emailed to [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com).

Entry Fees:	<b>Individual Events</b>	<b>Relays</b>
	10 & Under - \$4.00/event	10 & Under - \$5.00/relay
	11 & Older - \$5.00/event	11 & Older - \$5.00/relay

Facility Surcharge: \$12.00 per swimmer

**Make checks payable to 'YMCA of Central Florida'**

Entry Deadline: Entries must be received no later than 9pm on Tuesday, February 2, 2016.

**LATE ENTRIES AND DECK ENTRIES WILL NOT BE ACCEPTED.**

Mail hard copies & payment to: Mike Brady  
8422 International Drive  
Orlando, FL 32819

Information: Will be posted at [www.ycfswimming.org/schedules/hosted-meets](http://www.ycfswimming.org/schedules/hosted-meets)

Awards: Team Trophies – Top three Teams

**Individual Events:**

1<sup>st</sup>-3<sup>rd</sup> – Medals; 4<sup>th</sup> – 8<sup>th</sup> – Ribbons

**Relay Events:**

1<sup>st</sup>-3<sup>rd</sup> – Ribbons

High Point Trophy presented to top male and female in each age group.

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Rules: 2016 YMCA/USA Swimming rules will govern the competition.

Distance Events: The 400 IM, 500 Free, 1000 Free & 1650 Free events will swim together by gender, fastest to slowest, but they will be scored separately. Courses will be assigned by the Referee/Meet Director. **Positive check in required for 400 IM, 500 free, 1000 free and 1650 free. Cutoff for positive check-in Friday session is 4:30 pm. Cutoff for positive check-in for Saturday and Sunday sessions is 9:00 am.**

Officials: Meet Referee: Robyn Anthony  
Starter: John Dupee  
Chief Stroke & Turn: Terry Ann Tatro  
Admin Official: Billy & Victoria Culbertson  
Meet Manager: Mike Brady

Meet Committee: A meet committee will handle non-rule situations at the meet such as eligibility, severe weather and equipment issues. The Committee members are TBD.

Identification: Coaches and Officials shall wear their YMCA or USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet.

**\*NO SPECTATOR, 18 & OVER, WILL BE ADMITTED INTO THE YMCA AQUATIC CENTER FACILITY WITHOUT SHOWING A PHOTO ID (i.e. Drivers License) - This is YMCA Policy for your children's safety. COACHES PLEASE INFORM YOUR SWIM PARENTS.**

Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated.

Camera Zones: Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area.

Other: Except where 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.

Warm Up: No equipment permitted. SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

Warm up lanes will be assigned after entries are received and prior to the meet, distributed via email and online at [www.ycfswimming.org/schedules/hosted-meets](http://www.ycfswimming.org/schedules/hosted-meets)

Meet Hotels: La Quinta Convention Center  
8504 Universal Blvd, Orlando, FL 32819 – Adjacent to I-Drive Live  
15 Standard Doubles at \$99/night plus tax  
Group Name: YMCA/Y State  
Individuals Call Direct, Must have CC to reserve  
**Cut-Off date: 1/22/16**  
Reservations: Kiki Ames, Sales Coordinator  
P: 407-345-1365 xt3 | F: 407-345-5586

Ramada Convention Center/I-Drive Jamaican Court  
8342 Jamaican Court, Orlando, Florida 32819  
15 room block at \$79/night plus tax  
Group Name: YMCA/Y State  
Individuals Call Direct, Must have CC to reserve  
**Cut-off Date: 2/5/16**  
Reservations: 407-363-1944 ext. 1

Additional options available from our partner hotels listed at:  
<http://ycfswimming.org/schedules/hosted-meets/>

## 2016 FLORIDA YMCA STATE CHAMPIONSHIP ORDER OF EVENTS

### Friday, February 12, 2016

**SESSION #1: TIMED FINALS at 5:30 P.M.; WARM UP AT 4:00 P.M.**

<b>EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>NOTE</b>
1-2	10 & U	200 Freestyle	
3-4	A 11-12	500 Freestyle	1
	B 13-14	500 Freestyle	1
	C Senior	500 Freestyle	1
5-6	10 & U	200 I.M.	
7-8	A 13-14	400 I.M.	2
	B Senior	400 I.M.	2
9-10	11-12	200 I.M.	

### Saturday, February 13, 2016

**SESSION #2: PRELIMS AT 8:00 A.M.; WARM UP AT 6:30 A.M.**

<b>EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>NOTE</b>
11-12	11-12	200 Medley Relay	(Timed Finals in Prelims)
13-14	13-14	400 Medley Relay	(Timed Finals in Prelims)
15-16	Senior	400 Medley Relay	(Timed Finals in Prelims)
17-18	13-14	200 Freestyle Relay	<b>(Timed Finals In FINALS)</b>
19-20	Senior	200 Freestyle Relay	<b>(Timed Finals In FINALS)</b>
21-22	11-12	100 Butterfly	
23-24	13-14	200 Butterfly	
25-26	Senior	200 Butterfly	
27-28	11-12	200 Freestyle	
29-30	13-14	200 Freestyle	
31-32	Senior	200 Freestyle	
33-34	Senior	50 Butterfly	
35-36	11-12	100 Breaststroke	
37-38	13-14	100 Breaststroke	
39-40	Senior	100 Breaststroke	
41-42	11-12	50 Backstroke	
43-44	13-14	200 Backstroke	
45-46	Senior	200 Backstroke	
47-48	11-12	50 Freestyle	
49-50	13-14	50 Freestyle	
51-52	Senior	50 Freestyle	
*** 10 minute break ***			
53-54	A 11-12	1000 Freestyle	3
	B 13-14	1000 Freestyle	3
	C Senior	1000 Freestyle	3

**SESSION #3:           TIMED FINALS NO EARLIER THAN NOON;  
WARM UP 45 MINUTES GUARANTEED**

<b>EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>NOTE</b>
55-56	8 & U	100 Freestyle Relay	
57-58	10 & U	200 Freestyle Relay	
59-60	8 & U	50 Freestyle	
61-62	10 & U	100 Freestyle	
63-64	8 & U	25 Butterfly	
65-66	10 & U	50 Butterfly	
67-68	8 & U	50 Breaststroke	
69-70	10 & U	100 Breaststroke	
71-72	8 & U	25 Backstroke	
73-74	10 & U	50 Backstroke	
75-76	8 & U	100 Individual Medley	
77-78	10 & U	100 Individual Medley	

**SESSION #4:           FINALS AT 5:30 P.M.; WARM UP AT 4:00 P.M.**

<b>EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>NOTE</b>
17-18	13-14	200 Freestyle Relay	
19-20	Senior	200 Freestyle Relay	
21-22	11-12	100 Butterfly	
23-24	13-14	200 Butterfly	
25-26	Senior	200 Butterfly	
27-28	11-12	200 Freestyle	
29-30	13-14	200 Freestyle	
31-32	Senior	200 Freestyle	
33-34	Senior	50 Butterfly	
35-36	11-12	100 Breaststroke	
37-38	13-14	100 Breaststroke	
39-40	Senior	100 Breaststroke	
41-42	11-12	50 Backstroke	
43-44	13-14	200 Backstroke	
45-46	Senior	200 Backstroke	
47-48	11-12	50 Freestyle	
49-50	13-14	50 Freestyle	
51-52	Senior	50 Freestyle	

## Sunday, February 14, 2016

### SESSION #5: PRELIMS AT 8:00 A.M.; WARM UP AT 6:30 A.M.

<b>EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>NOTE</b>
79-80	11-12	200 Freestyle Relay	(Timed Finals in Prelims)
81-82	13-14	400 Freestyle Relay	(Timed Finals in Prelims)
83-84	Senior	400 Freestyle Relay	(Timed Finals in Prelims)
85-86	13-14	200 Medley Relay	<b>(Timed Finals In FINALS)</b>
87-88	Senior	200 Medley Relay	<b>(Timed Finals In FINALS)</b>
89-90	11-12	100 Backstroke	
91-92	13-14	100 Backstroke	
93-94	Senior	100 Backstroke	
95-96	11-12	50 Breaststroke	
97-98	13-14	200 Breaststroke	
99-100	Senior	200 Breaststroke	
101-102	Senior	50 Backstroke	
103-104	11-12	100 Freestyle	
105-106	13-14	100 Freestyle	
107-108	Senior	100 Freestyle	
109-110	11-12	50 Butterfly	
111-112	13-14	100 Butterfly	
113-114	Senior	100 Butterfly	
115-116	Senior	50 Breaststroke	
117-118	11-12	100 Individual Medley	
119-120	13-14	200 Individual Medley	
121-122	Senior	200 Individual Medley	
*** 10 minute break ***			
123-124	A 11-12	1650 Freestyle	4
	B 13-14	1650 Freestyle	4
	C Senior	1650 Freestyle	4

### SESSION #6: TIMED FINALS NO EARLIER THAN NOON; WARM UP 45 MINUTES GUARANTEED

<b>EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>NOTE</b>
125-126	8 & U	100 Medley Relay	
127-128	10 & U	200 Medley Relay	
129-130	8 & U	25 Freestyle	
131-132	10 & U	50 Freestyle	
133-134	8 & U	25 Breaststroke	
135-136	10 & U	50 Breaststroke	
137-138	8 & U	50 Backstroke	
139-140	10 & U	100 Backstroke	
141-142	8 & U	50 Butterfly	
143-144	10 & U	100 Butterfly	



**SESSION #7: FINALS AT 5:30 P.M.; WARM UP AT 4:00 P.M.**

<b>EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>NOTE</b>
85-86	13-14	200 Medley Relay	
87-88	Senior	200 Medley Relay	
89-90	11-12	100 Backstroke	
91-92	13-14	100 Backstroke	
93-94	Senior	100 Backstroke	
95-96	11-12	50 Breaststroke	
97-98	13-14	200 Breaststroke	
99-100	Senior	200 Breaststroke	
101-102	Senior	50 Backstroke	
103-104	11-12	100 Freestyle	
105-106	13-14	100 Freestyle	
107-108	Senior	100 Freestyle	
109-110	11-12	50 Butterfly	
111-112	13-14	100 Butterfly	
113-114	Senior	100 Butterfly	
115-116	Senior	50 Breaststroke	
117-118	11-12	100 Individual Medley	
119-120	13-14	200 Individual Medley	
121-122	Senior	200 Individual Medley	

- #1 Friday - All 500 Freestyles will be seeded and swum together by gender, fastest to slowest, by entry time. **They will be scored separately (11-12; 13-14; Senior). Check in for the 500 Free will end at 4:30 pm.**
- #2 Friday - All 400 IM's will be seeded and swum together by gender, fastest to slowest, by entry time. **They will be scored separately (13-14; Senior). Check in for the 400 IM will end at 4:30 pm.**
- #3 Saturday - All 1000 Freestyles will be seeded and swum together by gender, fastest to slowest, by entry time. **They will be scored separately (11-12; 13-14; Senior). Check in for the 1000 Free will end at 9:00 am.**
- #4 Sunday - All 1650 Freestyles will be seeded and swum together by gender, fastest to slowest, by entry time. **They will be scored separately (11-12; 13-14; Senior). Check in for the 1650 Free will end at 9:00 am.**

**YMCA Sanctioned Meet Declaration Form**  
(Return signed form to the meet director)

**Participating YMCA:**

**YMCA Address:**

**Meet Name:** 2016 Florida YMCA State Championship  
**Meet Date(s):** January 12-14, 2016  
**Meet Host:** YMCA of Central Florida (YCF)  
**Meet Location:** YMCA Aquatic Center

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We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety 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 2016 YMCA Florida State Championship for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. 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 2016 YMCA Florida State 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, YMCA of Central Florida, their agents, representatives or assigns, and the YMCA Aquatic Center for any and all injuries which may be suffered by participants at the 2016 YMCA Florida State Championship. Furthermore we understand that the YMCA of the USA and YMCA of Central Florida 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*

**Entry Summary Sheet**  
**(Next Page)**

**2016 FLORIDA YMCA STATE CHAMPIONSHIP  
Entry Summary Sheet**

Name of YMCA: \_\_\_\_\_

Call Letters: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_

Phone Contact: \_\_\_\_\_

Email Contact: \_\_\_\_\_

**TEAM FEE:**

TOTAL INDIVIDUAL EVENTS: 10 & Unders \_\_\_\_\_ x \$ 3.00 = \_\_\_\_\_

11 & Overs \_\_\_\_\_ x \$ 4.00 = \_\_\_\_\_

TOTAL RELAYS: 10 & Unders \_\_\_\_\_ x \$ 5.00 = \_\_\_\_\_

11 & Overs \_\_\_\_\_ x \$ 5.00 = \_\_\_\_\_

FACILITY SURCHARGE: # of Swimmers \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

AMOUNT ENCLOSED: \$ \_\_\_\_\_

Please list the certified coaches.

<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

Make checks payable to: "YMCA of Central Florida"

**Mail hard copies and payment to:** Mike Brady  
8422 International Drive  
Orlando, FL 32819  
[mbrady@cfymca.org](mailto:mbrady@cfymca.org)

**E-Mail Hy-Tek Entry File to:**

Go to [www.sportstiming.com](http://www.sportstiming.com) , click on meets and click on the YMCA State Championship. Complete the form, upload your entry file and click submit. You will receive an email confirmation. If you need to submit updated entry files prior to the deadline, you are able to submit a new form and file. Entry questions can be emailed to [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com).

**THIS FORM MUST BE RETURNED WITH TEAM ENTRIES.**

The following items are to be returned with your entries on or before **9pm on Tuesday, February 2, 2016**; Meet Entry Certification Form, Entry Summary Sheet, Hy-Tek Meet Entry File, Check for Entry Fee, List of Certified Coaches attending meet.