

**2019 FLORIDA YMCA STATE
SHORT COURSE SWIMMING CHAMPIONSHIP**
February 15-17, 2019

Sanctioned by: **YMCA of the USA** **YMCA Sanction: CAQ-2019-FL01142671**

Observed by: Florida Swimming, Inc. FL Swimming Approval: A-4652

“In granting this observation 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 for the top 16 swimmers in each event EXCEPT for the 500, 1000, 1650 Free, 400 IM and 11-12 200 IM, which will all be timed final events. Championship Finals will be followed by Consolation Finals.
 - * All relays will be conducted as timed final events.
The 400 relays (medley and free) will be offered as Senior only and swum during the prelim sessions, while 200 relays (medley and free) will be offered as 11-12, 13-14 and Senior and swum during the evening 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 15, 2019.**

Dates & Times:

Friday, Feb 15:	Session #1 - Warm up 4:00pm/Timed Finals 5:30pm
Saturday, Feb 16:	Session #2 – Warm up 6:30am/Prelims 8:00am (11&O)
	Session #3 – Warm up Not before Noon (10&U)/Timed Finals forty five (45) minutes guaranteed
	Session #4 – Warm up 4:00pm/Finals 5:30pm (11&O)
Sunday, Feb 17:	Session #5 – Warm up 6:30am/Prelims 8:00am (11&O)
	Session #6 – Warm up Not before Noon (10&U)/Timed Finals forty five (45) minutes guaranteed
	Session #7 – Warm up 4:00pm/Finals 5:30pm (11&O)

- Location: Rosen 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 Scoreboard
- 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 since September 1, 2018. 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 15, 2019.**
- Coaches & Teams: MUST be registered and approved for the 2018-2019 season with YMCA of the USA in order to be eligible to participate. The website is www.ymcaswimminganddiving.org. Each coach MUST be registered with YMCA of the USA using the same website. Coaches may use the 2019 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 meet volunteers will be allowed on the competition course. Anyone interested in being a meet volunteer is encouraged to contact the meet director at mbrady@cfymca.org for more information.
- 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 are 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 meet host.

Entry Process: Go to 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.

Entry Fees:	Individual Events	Relays
	10 & Under - \$4.15/event 11 & Older - \$6.10/event	10 & Under - \$5.00/relay 11 & Older - \$5.00/relay

Facility Surcharge: \$15.00 per swimmer
Make checks payable to 'YMCA of Central Florida'

Entry Deadline: Entries must be received no later than 12:00pm on Monday, February 11, 2019. **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

Awards: Team Trophies – Top three Teams

Individual Events:

1st-3rd – Medals; 4th-8th – Ribbons

Relay Events:

1st-3rd – 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: 2019 YMCA/USA Swimming rules will govern the competition.

Distance Events: The 400 IM, 500 Free, 1000 Free & 1650 Free events will timed final events and swum together by age group, 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 Gillespie
Starter: Deb Shell
Chief Stroke & Turn: Renee Maniace
Admin Official: Billy & Victoria Culbertson
Meet Manager: Mike Brady

Any certified YMCA official who is interested in working this meet should contact the meet referee at rgillespie@cfymca.org for more information.

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 or provide proof of membership via the Deck Pass app.

Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated. Anyone interested in being a meet volunteer is encouraged to contact the meet director at mbrady@cfymca.org for more information.

- 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: 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
- Meet Hotels: Options available from our partner hotels listed at: www.ycfswimming.org/schedules/hosted-meets

2019 FLORIDA YMCA STATE CHAMPIONSHIP

Order of Events

FRIDAY, FEBRUARY 15

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

EVENT #	AGE	EVENT
1-2	10&U	200 Free
3-4	A	500 Free *
	B	500 Free *
	C	500 Free *
5-6	10&U	200 IM
7-8	A	400 IM **
	B	400 IM **
9-10	11-12	200 IM
11-12	Senior	800 Free Relay

* 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.**

** 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.**

SATURDAY, FEBRUARY 16

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

EVENT #	AGE	EVENT
19-20	Senior	400 Medley Relay
21-22	11-12	100 Fly
23-24	13-14	200 Fly
25-26	Senior	200 Fly
27-28	11-12	200 Free
29-30	13-14	200 Free
31-32	Senior	200 Free
33-34	Senior	50 Fly
35-36	11-12	100 Breast
37-38	13-14	100 Breast
39-40	Senior	100 Breast
41-42	11-12	50 Back
43-44	13-14	200 Back
45-46	Senior	200 Back
47-48	11-12	50 Free
49-50	13-14	50 Free
51-52	Senior	50 Free
	<i>10 minute break</i>	
53-54	11-12	1000 Free ***
	13-14	1000 Free ***
	Senior	1000 Free ***

*** 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.

Session #3: TIMED FINALS No Earlier Than Noon; WARM UP at 45 Minutes Guaranteed

EVENT #	AGE	EVENT
55-56	8&U	100 Free Relay
57-58	10&U	200 Free Relay
59-60	8&U	50 Free
61-62	10&U	100 Free
63-64	8&U	25 Fly
65-66	10&U	50 Fly
67-68	8&U	50 Breast
69-70	10&U	100 Breast
71-72	8&U	25 Back
73-74	10&U	50 Back
75-76	8&U	100 IM
77-78	10&U	100 IM

Session #4: FINALS at 5:30 P.M.; WARM UP at 4:00 P.M.

EVENT #	AGE	EVENT
13-14	11-12	200 Free Relay
15-16	13-14	200 Free Relay
17-18	Senior	200 Free Relay
21-22	11-12	100 Fly
23-24	13-14	200 Fly
25-26	Senior	200 Fly
27-28	11-12	200 Free
29-30	13-14	200 Free
31-32	Senior	200 Free
33-34	Senior	50 Fly
35-36	11-12	100 Breast
37-38	13-14	100 Breast
39-40	Senior	100 Breast
41-42	11-12	50 Back
43-44	13-14	200 Back
45-46	Senior	200 Back
47-48	11-12	50 Free
49-50	13-14	50 Free
51-52	Senior	50 Free

SUNDAY, FEBRUARY 17, 2019

Session #5: PRELIMS at 8:00 A.M.; WARM UP at 6:30 A.M.

EVENT #	AGE	EVENT
85-86	Senior	400 Free Relay
87-88	11-12	100 Back
89-90	13-14	100 Back
91-92	Senior	100 Back
93-94	11-12	50 Breast
95-96	13-14	200 Breast
97-98	Senior	200 Breast
99-100	Senior	50 Back

101-102	11-12	100 Free
103-104	13-14	100 Free
105-106	Senior	100 Free
107-108	11-12	50 Fly
109-110	13-14	100 Fly
111-112	Senior	100 Fly
113-114	Senior	50 Breast
115-116	11-12	100 IM
117-118	13-14	200 IM
119-120	Senior	200 IM
<i>10 minute break</i>		
121-122	11-12	1650 Free ****
	13-14	1650 Free ****
	Senior	1650 Free ****

**** 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.

Session #6: TIMED FINALS No Earlier Than Noon; WARM UP at 45 Minutes Guaranteed

EVENT #	AGE	EVENT
123-124	8&U	100 Medley Relay
125-126	10&U	200 Medley Relay
127-128	8&U	25 Free
129-130	10&U	50 Free
131-132	8&U	25 Breast
133-134	10&U	50 Breast
135-136	8&U	50 Back
137-138	10&U	100 Back
139-140	8&U	50 Fly
141-142	10&U	100 Fly

Session #7: FINALS at 5:30 P.M.; WARM UP at 4:00 P.M.

EVENT #	AGE	EVENT
79-80	11-12	200 Medley Relay
81-82	13-14	200 Medley Relay
83-84	Senior	200 Medley Relay
91-92	11-12	100 Back
93-94	13-14	100 Back
95-96	Senior	100 Back
97-98	11-12	50 Breast
99-100	13-14	200 Breast
101-102	Senior	200 Breast
103-104	Senior	50 Back
105-106	11-12	100 Free
107-108	13-14	100 Free
109-110	Senior	100 Free
111-112	11-12	50 Fly
113-114	13-14	100 Fly
115-116	Senior	100 Fly
117-118	Senior	50 Breast
119-120	11-12	100 IM
121-122	13-14	200 IM
123-124	Senior	200 IM

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

Participating YMCA:

YMCA Address:

Meet Name: 2019 Florida YMCA State Championship

Meet Date(s): February 15-17, 2019

Meet Host: YMCA of Central Florida (YCF)

Meet Location: Rosen YMCA Aquatic Center

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 2019 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 2019 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 2019 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)

**2019 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 \$4.15 = _____

11 & Overs _____ x \$6.10 = _____

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

11 & Overs _____ x \$5.00 = _____

FACILITY SURCHARGE: # of Swimmers _____ x \$15.00 = _____

AMOUNT ENCLOSED: \$ _____

Please list the certified coaches.

Friday

1. _____

2. _____

3. _____

Saturday

1. _____

2. _____

3. _____

Sunday

1. _____

2. _____

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

E-Mail Hy-Tek Entry File to:

Go to 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.

THIS FORM MUST BE RETURNED WITH TEAM ENTRIES.

The following items are to be returned with your entries on or before **12pm on Monday, February 11, 2019**; Meet Entry Certification Form, Entry Summary Sheet, Hy-Tek Meet Entry File, Check for Entry Fee, List of Certified Coaches attending meet.