

Florida YMCA State Championships

February 15-17, 2019

Meet Host: YMCA of Central Florida

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

Meet Format: 25 yard Course
Prelim/Finals* (11 & Over swimmers)
Timed Finals (10 & Under swimmers)

* The top sixteen (16) swimmers from each individual event will return in the evening Finals session EXCEPT for the 500, 1000 & 1650 Free, 400 IM and 11-12 200 IM, which will be timed final events. All relays will also be swum as timed final events.

Finals Note: Please be aware per YCF team policy, all swimmers who qualify for Finals are expected to return in the evening session and compete for the team. We do not allow swimmers to scratch from Finals except for unexpected medical reasons with your coach's advance knowledge and permission. There are often penalties for scratching events in Finals which could include team fines and/or being removed from future events. Therefore all YCF swimmers who choose to sign up for this meet should be prepared to attend Finals.

Eligibility: This is a USA Swimming approved/closed YMCA meet and is open to any YCF competitive and national track swimmers **who have participated in at least three (3) closed YMCA meets/days since September 1, 2018**. A list of how many closed YMCA meets/days each YCF swimmer has participated in during this current season can be found on our team website (ycfswimming.org) under the Meets & Outings section. A swimmer's age will be determined by their age on the first day of the meet.

Schedule:	Friday PM (all ages):	Warm up – 4:00 pm	Meet Starts – 5:30 pm
	Saturday Prelims (11 & O):	Warm up – 6:30 am	Meet Starts – 8:00 am
	Saturday Mid-Day (10 & U):	Warm up – Noon	Meet Starts – 12:45 pm
	Saturday Finals (11 & O):	Warm up – 4:00 pm	Meet Starts – 5:30 pm
	Sunday Prelims (11 & O):	Warm up – 6:30 am	Meet Starts – 8:00 am
	Sunday Mid-Day (10 & U):	Warm up – Noon	Meet Starts – 12:45 pm
	Sunday Finals (11 & O):	Warm up – 4:00 pm	Meet Starts – 5:30 pm

PLEASE arrive on pool deck in your suit and ready to swim 10 minutes prior to the warm up start times listed above for check in and last minute instructions.

Events: Please see the event list at the end of this document. Per YCF team policy, our coaches will make all event selections, however, swimmers are encouraged to communicate with their coach on events that they are interested in swimming.

Entry Limit: 10 & Under swimmers may enter four (4) individual events per day. 11 & Older swimmers may enter three (3) individual events per day. Each YMCA is limited to two (2) relay entries per event.

- Entry Fees: The entry fees below include all individual, relay, facility and team fees:
 - \$20.00 facility & team fee per swimmer
 - \$4.15 per 10 & Under individual event
 - \$6.10 per 11 & Over individual event
 - \$5.00 per relay event (paid for by the YCF team)
- Payment Note: By signing up for this meet, you agree to pay all related entry fees as listed above. **Please do not attempt to pay for your entry fees at your YMCA family center.** Final entry fees will automatically be charged thru Active to your payment method on file AFTER the coaches select events for our swimmers. If you do not have a payment method on file with Active, then the balance will be billed to your Active account and require payment prior to your next meet entry. By signing up for this meet you also acknowledge that all entry fees are non-refundable regardless of illness, injury or any reason that may not allow you to participate in this meet. Swimmers who sign up for but then fail to attend the meet for any reason will still be charged for their entry fees.
- Entry Deadline: All interested and eligible YCF swimmers must select which day(s) they can attend through your Active portal. **These selections must be completed no later than 11:59 pm on Thursday, February 7.** Late entries will not be accepted.
- Meet Support
 As a YCF hosted event and major team fundraiser for ALL of our YCF sites, we NEED the help of our YCF parents to run a successful meet, (40+ volunteers per session to be exact). Hosting swim meets like this not only keeps our monthly program dues low and our team travel expenses to a minimum, but also allows us to hold a smaller amount of non-swim meet fundraisers throughout the season.
- Each meet has different meet worker needs, typically including lane timing, assisting meet operations (i.e. 'deck runner'), organizing awards and/or serving hospitality meals to coaches and officials. The list of needed volunteer positions will be posted thru your Active swim portal prior to each YCF hosted swim meet. Please consider helping these meets run smoothly for your team AND your swimmer and we thank you in advanced for your help!
- Awards:
- | | | |
|------------------------|---------|-----------------------------------|
| Individual Events: | Medals | 1 st – 3 rd |
| | Ribbons | 4 th – 8 th |
| Relay Events: | Ribbons | 1 st – 3 rd |
| Team High Point: | Trophy | 1 st – 3 rd |
| Individual High Point: | Trophy | 1 st in each age group |
- Concessions: Concessions will be available.
- Apparel: All attending YCF swimmers and parents should wear their **black** YCF Swimming t-shirt on Friday, their **gray** YCF Swimming t-shirt on Saturday and their **red** YCF Swimming t-shirt on Sunday.
- Officials: If you are a certified USA Swimming and/or YMCA official and willing to officiate during this meet, please contact Meet Referee Robyn Gillespie at rgillespie@cfymca.org.

Facility Note: As a USA Swimming approved event, this meet will operate with a closed pool deck per USA Swimming and Safe Sport rules. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations. We appreciate your help and understanding with this policy.

ORDER OF EVENTS

Friday, February 15

Warm up: 4:00 pm Meet Starts: 5:30 pm

Women			Event			Men
1			10 & under 200 Free			2
3	A		11-12 500 Free*		A	4
	B		13-14 500 Free*		B	
	C		Senior 500 Free*		C	
5			10 & under 200 IM			6
7	A		13-14 400 IM**		A	8
	B		Senior 400 IM		B	
9			11-12 200 IM			10
11			Senior 800 Free Relay			12

* 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
PRELIMS: Warm up – 6:30 am Meet Starts – 8:00 am

Women		Event		Men
19		Senior 400 Medley Relay		20
21		11-12 100 Fly		22
23		13-14 200 Fly		24
25		Senior 200 Fly		26
27		11-12 200 Free		28
29		13-14 200 Free		30
31		Senior 200 Free		32
33		Senior 50 Fly		34
35		11-12 100 Breaststroke		36
37		13-14 100 Breaststroke		38
39		Senior 100 Breaststroke		40
41		11-12 50 Back		42
43		13-14 200 Back		44
45		Senior 200 Back		46
47		11-12 50 Free		48
49		13-14 50 Free		50
51		Senior 50 Free		52
		10 Minute Break		
53	A	11-12 1000 Free***	A	54
	B	13-14 1000 Free***	B	
	C	Senior 1000 Free***	C	

*** 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.

Saturday, February 16
TIMED FINALS: Warm up – Noon Meet Starts – 12:45 pm

Women		Event		Men
55		8 & Under 100 Free Relay		56
57		10 & Under 200 Free Relay		58
59		8 & Under 50 Free		60
61		10 & Under 100 Free		62
63		8 & Under 25 Fly		64
65		10 & Under 50 Fly		66
67		8 & Under 50 Breaststroke		68
69		10 & Under 100 Breaststroke		70
71		8 & Under 25 Back		72
73		10 & Under 50 Back		74
75		8 & Under 100 IM		76
77		10 & Under 100 IM		78

Saturday, February 16
FINALS: Warm up – 4:00 pm Meet Starts – 5:30 pm

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

Sunday, February 17
PRELIMS: Warm up – 6:30 am Meet Starts – 8:00 am

Women		Event		Men
85		Senior 400 Free Relay		86
87		11-12 100 Back		88
89		13-14 100 Back		90
91		Senior 100 Back		92
93		11-12 50 Breaststroke		94
95		13-14 200 Breaststroke		96
97		Senior 200 Breaststroke		98
99		Senior 50 Back		100
101		11-12 100 Free		102
103		13-14 100 Free		104
105		Senior 100 Free		106
107		11-12 50 Fly		108
109		13-14 100 Fly		110
111		Senior 100 Fly		112
113		Senior 50 Breaststroke		114
115		11-12 100 IM		116
117		13-14 200 IM		118
119		Senior 200 IM		120
		10 Minute Break		
121	A	11-12 1650 Free***	A	122
	B	13-14 1650 Free***	B	
	C	Senior 1650 Free***	C	

*** 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.

Sunday, February 17
TIMED FINALS: Warm up – Noon Meet Starts – 12:45 pm

Women		Event		Men
123		8 & Under 100 Medley Relay		124
125		10 & Under 200 Medley Relay		126
127		8 & Under 25 Free		128
129		10 & Under 50 Free		130
131		8 & Under 25 Breaststroke		132
133		10 & Under 50 Breaststroke		134
135		8 & Under 50 Back		136
137		10 & Under 100 Back		138
139		8 & Under 50 Fly		140
141		10 & Under 100 Fly		142

Sunday, February 17
FINALS: Warm up – 4:00 pm Meet Starts – 5:30 pm

Women		Event		Men
79		11-12 200 Medley Relay		80
81		13-14 200 Medley Relay		82
83		Senior 200 Medley Relay		84
87		11-12 100 Back		88
89		13-14 100 Back		90
91		Senior 100 Back		92
93		11-12 50 Breaststroke		94
95		13-14 200 Breaststroke		96
97		Senior 200 Breaststroke		98
99		Senior 50 Back		100
101		11-12 100 Free		102
103		13-14 100 Free		104
105		Senior 100 Free		106
107		11-12 50 Fly		108
109		13-14 100 Fly		110
111		Senior 100 Fly		112
113		Senior 50 Breaststroke		114
115		11-12 100 IM		116
117		13-14 200 IM		118
119		Senior 200 IM		120