

## YCF Summer Splash July 30-August 2, 2019

Meet Host: YMCA of Central Florida

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

Eligibility: This is a USA Swimming sanctioned meet and is open to YCF Competitive and National track swimmers who have met the required time standards for their respective age group in the events entered.

Meet Format: 50 meter course, prelims & finals.

- Fastest 8 swimmers in preliminaries for 11-12 swimmers will return for finals.
- 13 & over swimmers will swim together in preliminaries but will be broken out into the following respective age groups during finals:
  - Fastest 16 swimmers in 13-14 age group will return for finals.
  - Fastest 24 swimmers in 15 & over age group will return for finals.

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.

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: Athletes may enter no more than eight (8) individual events for the entire meet with no more than three (3) individual events per day.

Schedule:

Session	Day	Warm Up	Meet Start
1	Tuesday Prelims	7:00am	9:00am
2	Tuesday Finals	4:30pm	6:00pm
3	Wednesday Prelims	7:00am	9:00am
4	Wednesday Finals	4:30pm	6:00pm

5	Thursday Prelims	7:00am	9:00am
6	Thursday Finals	4:30pm	6:00pm
7	Friday Prelims	7:00am	9:00am
8	Friday Finals	4:30pm	6:00pm

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.

Entry Fees: The entry fees below include all individual, relay, facility and team fees:  
 - \$22.00 Facility, LSC, Team and Heat sheet fee  
 - \$6.15 per prelim event  
 - \$4.15 per final event  
 - \$10.00 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 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 Friday, July 19. Late entries will not be accepted.

Awards:

Team:	Trophies	1 <sup>st</sup> - 3 <sup>rd</sup> (combined team)
Individual Events:	Medals	1 <sup>st</sup> - 3 <sup>rd</sup>
	Ribbons	4 <sup>th</sup> - 8 <sup>th</sup>
Relay Events:	Medals	1 <sup>st</sup> - 3 <sup>rd</sup>
	Ribbons	4 <sup>th</sup> - 8 <sup>th</sup>

Apparel: All attending swimmers and parents should wear their **RED** YCF Swimming t-shirt on Tuesday, **BLACK** YCF Swimming t-shirt on Wednesday, their **GRAY** YCF Swimming t-shirt on Thursday and their **RED** YCF Swimming t-shirt on Friday.

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.

Meet Support: As a YCF hosted event and major team fundraiser for ALL of our YCF sites, we NEED the help of all of our YCF parents in order to successfully run this meet, (over 45 volunteers per session to be exact). Fundraising events like this keep our monthly program dues low and allow us to hold a minimal amount of additional fundraisers outside of hosting swim meets.

Each meet has different meet worker needs which typically include lane timing, assisting meet operations, (i.e. 'deck runner') and/or serving hospitality meals to coaches and officials. The list of options and sign up links for each YCF hosted meet will become available through your Active swim portal prior to each meet. And all YCF swim families who volunteer their time to work our meets will receive team credit to help reduce the cost of swimmer entry fees. We thank you in advance for your help!

## ORDER OF EVENTS

### Tuesday, July 30

Prelims: Warm up – 7:00 am      Meet Starts – 9:00 am  
 Finals: Warm up – 4:00 pm      Meet Starts – 5:30 pm

Women	SCY	LCM	Event	LCM	SCY	Men
1			<b>13 &amp; Over 800 Free*</b>			
	12:18.39	11:02.19	13-14 Time Standard			
	11:01.09	9:51.89	15 & Over Time Standard			
			<b>13 &amp; Over 1500 Free*</b>			2
			13-14 Time Standard	20:23.29	19:46.89	
			15 & Over Time Standard	18:44.99	18:08.39	
3	36.89	42.59	<b>11-12 50 Breast</b>	42.59	37.09	4
5			<b>13 &amp; Over 200 Fly</b>			6
	2:30.19	2:49.59	13-14 Time Standard	2:42.89	2:21.39	
	2:21.99	2:42.59	15 & Over Time Standard	2:30.89	2:12.19	
7	2:42.99	3:06.59	<b>11-12 200 Fly</b>	3:05.29	2:42.89	8
9			<b>13 &amp; Over 50 Free</b>			10
	27.49	31.19	13-14 Time Standard	29.49	25.69	
	25.99	29.29	15 & Older Time Standard	27.49	23.79	
11	28.89	32.79	<b>11-12 50 Free</b>	32.79	28.59	12
13			<b>13 &amp; Over 100 Back</b>			14
	1:05.69	1:16.19	13-14 Time Standard	1:12.19	1:01.89	
	1:04.39	1:12.59	15 & Over Time Standard	1:10.39	59.09	
15	1:10.59	1:23.09	<b>11-12 100 Back</b>	1:22.89	1:10.79	16
17	-	-	<b>15 &amp; Over 400 Free Relay**</b>	-	-	18
19	-	-	<b>13-14 400 Free Relay**</b>	-	-	20
21	-	-	<b>11-12 400 Free Relay**</b>	-	-	22

**\*Women's 800 Free and Men's 1500 Free are timed final events with the Top 8 seeds swimming during finals while all other swimmers compete during the preliminary session after the relays. Positive check-in is required. Swimmers in these events will need to provide their own timers and counters.**

**\*\*These relay events will be timed final events with the Top 8 seeded teams swimming during finals. Positive check-in is required.**

### Wednesday, July 31

Prelims: Warm up – 7:00 am      Meet Starts – 9:00 am  
Finals: Warm up – 4:00 pm      Meet Starts – 5:30 pm

Women	SCY	LCM	Event	LCM	SCY	Men
23	-	-	<b>15 &amp; Over 200 Free Relay**</b>	-	-	24
25	-	-	<b>13-14 200 Free Relay**</b>	-	-	26
27	-	-	<b>11-12 200 Free Relay**</b>	-	-	28
			10 Minute Break			
29	<b>32.59</b>	<b>37.79</b>	<b>11-12 50 Back</b>	<b>38.29</b>	<b>33.09</b>	30
31			<b>13 &amp; Over 200 Breast</b>			32
	<b>2:48.79</b>	<b>3:12.99</b>	<i>13-14 Time Standard</i>	<b>3:00.79</b>	<b>2:37.19</b>	
	<b>2:41.39</b>	<b>3:03.49</b>	<i>15 &amp; Over Time Standard</i>	<b>2:52.39</b>	<b>2:25.99</b>	
33	<b>3:01.39</b>	<b>3:29.79</b>	<b>11-12 200 Breast</b>	<b>3:28.19</b>	<b>2:59.39</b>	34
35			<b>13 &amp; Over 400 Free*</b>			36
	<b>5:58.09</b>	<b>5:20.69</b>	<i>13-14 Time Standard</i>	<b>5:09.29</b>	<b>5:41.59</b>	
	<b>5:23.39</b>	<b>4:46.99</b>	<i>15 &amp; Over Time Standard</i>	<b>4:35.09</b>	<b>5:05.69</b>	
37	<b>6:24.09</b>	<b>5:43.09</b>	<b>11-12 400 Free*</b>	<b>5:42.59</b>	<b>6:18.59</b>	38
39	-	-	<b>15 &amp; Over 400 Medley Relay**</b>	-	-	40
41	-	-	<b>13-14 400 Free Relay**</b>	-	-	42
43	-	-	<b>11-12 400 Medley Relay**</b>	-	-	44

\*400 Free is prelim/finals event. Positive check-in is required.

\*\*These relay events will be timed final events with the Top 8 seeded teams swimming during finals. Positive check-in is required.

### Thursday, August 1

Prelims: Warm up – 7:00 am      Meet Starts – 9:00 am  
Finals: Warm up – 4:00 pm      Meet Starts – 5:30 pm

Women	SCY	LCM	Event	LCM	SCY	Men
45	<b>2:22.09</b>	<b>2:43.09</b>	<b>11-12 200 Free</b>	<b>2:42.69</b>	<b>2:21.39</b>	46
47			<b>13 &amp; Over 200 Free</b>			48
	<b>2:13.89</b>	<b>2:32.99</b>	<i>13-14 Time Standard</i>	<b>2:26.39</b>	<b>2:06.89</b>	
	<b>2:01.19</b>	<b>2:16.39</b>	<i>15 &amp; Over Time Standard</i>	<b>2:10.69</b>	<b>1:52.99</b>	
49	<b>1:20.79</b>	<b>1:33.39</b>	<b>11-12 100 Breast</b>	<b>1:33.39</b>	<b>1:19.99</b>	50
51			<b>13 &amp; Over 100 Breast</b>			52
	<b>1:14.49</b>	<b>1:25.69</b>	<i>13-14 Time Standard</i>	<b>1:20.49</b>	<b>1:09.59</b>	
	<b>1:13.79</b>	<b>1:25.19</b>	<i>15 &amp; Over Time Standard</i>	<b>1:19.19</b>	<b>1:06.79</b>	
53	<b>1:10.99</b>	<b>1:20.89</b>	<b>11-12 100 Fly</b>	<b>1:21.29</b>	<b>1:11.09</b>	54
55			<b>13 &amp; Over 100 Fly</b>			56
	<b>1:04.79</b>	<b>1:13.59</b>	<i>13-14 Time Standard</i>	<b>1:09.49</b>	<b>1:01.09</b>	
	<b>1:02.39</b>	<b>1:10.79</b>	<i>15 &amp; Over Time Standard</i>	<b>1:06.99</b>	<b>55.99</b>	
57	<b>5:41.79</b>	<b>6:34.19</b>	<b>11-12 400 IM*</b>	<b>6:36.09</b>	<b>5:42.09</b>	58
59			<b>13 &amp; Over 400 IM*</b>			60
	<b>5:20.09</b>	<b>6:06.09</b>	<i>13-14 Time Standard</i>	<b>5:50.39</b>	<b>5:03.19</b>	
	<b>4:53.69</b>	<b>5:35.99</b>	<i>15 &amp; Over Time Standard</i>	<b>5:31.99</b>	<b>4:45.29</b>	
61	-	-	<b>13-14 800 Free Relay**</b>	-	-	62
63	-	-	<b>15 &amp; Over 800 Free Relay**</b>	-	-	64

**\*400 IM is a prelim/final event. Positive check-in required.**

**\*\*These relay events will be timed final events with the Top 8 seeded teams swimming during finals. Positive check-in is required.**

**Friday, August 2**

Prelims: Warm up – 7:00 am                      Meet Starts – 9:00 am

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

Women	SCY	LCM	Event	LCM	SCY	Men
65			<b>13 &amp; Over 1500 Free*</b>			
	20:36.99	21:13.59	13-14 Time Standard			
	18:38.39	19:18.99	15 & Over Time Standard			
			<b>13 &amp; Over 800 Free*</b>			66
			13-14 Time Standard	10:43.99	11:49.39	
			15 & Over Time Standard	9:43.59	10:28.19	
67	31.29	35.39	<b>11-12 50 Fly</b>	36.39	31.79	68
69			<b>13 &amp; Over 200 Back</b>			70
	2:27.39	2:50.69	13-14 Time Standard	2:42.69	2:20.09	
	2:18.99	2:37.79	15 & Over Time Standard	2:32.09	2:12.09	
71	2:38.39	3:04.39	<b>11-12 200 Back</b>	3:03.99	2:38.69	72
73			<b>13 &amp; Over 100 Free</b>			74
	59.39	1:07.89	13-14 Time Standard	1:04.09	55.99	
	56.59	1:03.59	15 & Over Time Standard	1:00.59	51.69	
75	1:02.69	1:11.59	<b>11-12 100 Free</b>	1:11.59	1:02.49	76
77			<b>13 &amp; Over 200 IM</b>			78
	2:30.59	2:52.59	13-14 Time Standard	2:43.79	2:22.49	
	2:19.59	2:39.09	15 & Over Time Standard	2:28.39	2:08.49	
79	2:39.99	3:04.39	<b>11-12 200 IM</b>	3:05.99	2:41.99	80
81	-	-	<b>15 &amp; Over 200 Medley Relay**</b>	-	-	82
83	-	-	<b>13-14 200 Medley Relay**</b>	-	-	84
85	-	-	<b>11-12 200 Medley Relay**</b>	-	-	86

**\*Women’s 1500 Free and Men’s 800 Free are timed final events with the Top 8 seeds swimming during finals while all other swimmers compete during the preliminary session after the relays. Positive check-in is required. Swimmers in these events will need to provide their own timers and counters.**

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