

**2014 YMCA Pennsylvania East District Swimming Championship
Hosted by UPPER MAIN LINE YMCA**



March 6-8, 2015

YMCA Sanction #: TBA
USA-S Approval #: TBA

General Meet Information:

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| LOCATION | <u>Friday, Saturday and Sunday events will be held at La Salle University:</u> La Salle University – Kirk Pool 1900 West Olney Avenue Philadelphia, PA 19141 |
| FACILITIES | LaSalle has a 6 lane heated 25 yard pool with a depth of 5 feet at the starting end and turn end of the pool. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Electronic timing with a six lane scoreboard will be used. There is seating capacity for approximately 800. Deck area has seating for swimmers and registered coaches only, as well as a ready area. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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. |
| MEET DIRECTOR | Eric Burns 222 Lenape Drive Berwyn, PA 19312 203-521-0065 ericcburns@hotmail.com Please direct all questions about the meet to the Meet Director. |
| OFFICIALS COORDINATOR & OFFICIAL SIGN-UPS | Steve Booz steve.booz@me.com All currently certified YMCA and USA officials are encouraged to volunteer. Teams with 4 or more swimmers will be required to provide a minimum of one official. |

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| | <p>Officials must sign up online via this link: http://goo.gl/forms/CfHHPDMeq4</p> <p>Any questions/concerns, please contact Steve Booz via email.</p> |
| ELIGIBILITY | <p>This meet is open to all YMCA swimmers who have competed in a minimum of three (3) closed YMCA meets during the current season. There are qualifying times for this meet listed below. All swimmers MUST be full-privilege members of their YMCA and must have represented only their YMCA in competition (high school excepted) for a period of 90 days prior to the start of the meet. Swimmers' age is as of December 1, 2014. Swimmers who are 21 and under and have not represented a post-high school institution in closed or open competition are eligible to participate.</p> |
| QUALIFYING TIMES | <p>YMCA Pennsylvania District Swimming Championship is a time standard qualifying meet. Only swimmers who have swum the qualifying times have the honor of swimming in the District Championship. Your cooperation in submitting only those swimmers who have qualified will assure the importance of the achievement and the honor earned by the swimmers qualifying to represent their YMCA at this meet. Proof of time must be presented if an entry time is challenged.</p> |
| ENTRY LIMITS | <p>Swimmers may enter a total of four (4) events with a maximum of three (3) individual events. Entries must be in YARD TIMES and submitted via the online entry system. To submit entries go to the Hosted Meets page of the UMLY swimming web site (www.swimumly.com) and click on the link to submit District Championship entries.</p> <p>Reminder: update your team file to reflect ONLY current USA Swimming Registration data prior to submitting your entries to ensure your team's results are recorded in the USA Swimming SWIMS database. Payment and meet summary sheets should be mailed to:</p> <p style="padding-left: 40px;">Eric Burns 222 LENAPE DRIVE Berwyn PA 19312</p> |
| ENTRY FEES | <p>\$6.00/individual event, \$24.00/relay plus a \$5.00 swimmer surcharge.</p> <p>Please send ONE CHECK ONLY for the total amount of your team entries: we will not accept a collection of individual checks from your team members. Your check should be made payable to <u>UMLY SWIM TEAM PARENTS ASSOCIATION.</u></p> |
| ENTRY DEADLINE | <p>Entry Deadline is 12:00 pm, MONDAY MARCH 1, 2015 ***NO EXCEPTIONS***. No additional swimmers or events can be added after the deadline.</p> |
| ENTRY PROCESS | <p>Entries must include signed Meet Recap / Waiver Form.</p> |
| EVENTS / SESSIONS | <p>The order of events with qualifying times is attached. All events are pre-seeded, timed finals. This meet will be USA approved, meaning that the times achieved by all currently registered USA Swimming members will be recorded in the SWIMS database. In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</p> |
| WARM-UP & START TIMES | <p style="text-align: center;"><u>PLEASE NOTE THE NEW SCHEDULE FOR 2015:</u></p> |

ALL AT LASALLE UNIVERSITY!!

FRIDAY, MARCH 6, 2015:

- 13/14 400 IM, 500 Free (ONLY) 2:00 PM Warm-Up, 3:00 PM Start
- 15/Over Regular Events (no 400 IM, 500 free): 4:00 Warm-Up, 5:15 Start

SATURDAY, MARCH 7, 2015:

- 13/14 Regular Events: 7:30 AM Warm-Up, 9:15 AM Start
- 15/over Distance Events & Time Trials: 12:15 AM Warm-Up, 1:15 PM Start

These times could be adjusted based upon entries. Exact Times will be announced to coaches no later than Wednesday, March 4th.

All swimmers entered into distance events and times trials are required to provide timers and counters.

SUNDAY, MARCH 8, 2015 (note that it is daylight savings)

- 10/unders: 7:30 AM Warm-Up, 9:15 Start
- 11/12's: 1:15 PM Warm-Up, 2:45 Start

A schedule of assigned Warm-Up times and lanes will be posted on the UMLY website by Wednesday, March 4, 2015.

Continuous warm-up/ warm-down will be available in the diving well throughout the meet.

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| SCORING | Scoring will be as follows: Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1 Relays: 32-26-24-22-20-18-14-10-8-6-4-2 |
| VOLUNTEERS | Volunteer timers and officials are needed from all participating teams. Please encourage volunteers from your team. |
| SWIMMER SEATING/STAGING | Swimmer seating will be available on the pool deck and in the bleachers on the south side of the pool. All swimmers are required to be at the blocks on-time for their events. There will be NO BULLPEN this year. |
| SCRATCH RULE | If a swimmer fails to compete in a scheduled event without declaring a false start, he/she shall be disqualified from that event. The swimmer MAY compete in the State Championships in any events previously qualified. Points scored and events earned in previous events shall stand. |
| RULES | The current USA Swimming technical rules, YMCA Rules that Govern Competitive Sports, and the Rules Supplement for Pennsylvania Group shall apply. Where there is any conflict, the YMCA Rules that Govern Competitive Sports shall supersede. Any question that may arise and is unanswered by the meet referee may be referred to the Championship Committee. |
| COACHES REQUIREMENTS | All coaches must be currently registered through the YMCA Online Team Registration system and must show current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet: First Aid CPR |

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| | <p align="center">Safety Training for Swim Coaches OR Lifeguard OR YASA* Principles of YMCA Competitive Swimming and Diving</p> <p>Coaches may show their current YMCA coach credential, current USA Swimming coach credential with the Y stamp. Coaches who are NOT registered will NOT be permitted on deck</p> |
| <p>SAFETY & WARM-UP PROCEDURE</p> | <p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet.</p> <p>Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> • No diving or backstroke starts will be permitted except in sprint lanes, when designated. • The referee may remove anyone from the warm-up for failure to comply with the warm-up rules. • Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. Swimmers without a coach who are 12 & Under will swim with and be supervised by the host club during warm-up. <p>Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. This policy will be strictly enforced.</p> <p>NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME.</p> |
| <p>AWARDS & RESULTS</p> | <p>Medals will be awarded to the swimmers who finish in the top six (6) in each event. Ribbons will be awarded for places 7 – 12 in each event.</p> <p>Team trophies will be given to the winner and the second place team in each age group only. Separate team swimming banners shall be given to the first three place teams according to overall cumulative point totals. A first place banner shall be awarded to combined team scores (men and women).</p> <p>All events are electronic timed finals. Real time results will be posted throughout the meet.</p> <p>Final Meet Results will be posted at www.swimumly.com within 48 hours of the conclusion of the meet.</p> |
| <p>QUALIFYING FOR STATE MEET</p> | <p>Swimmers who have entered in a district meet shall be eligible for the State Championship on the following basis:</p> <ol style="list-style-type: none"> 1. Individual Events: The six fastest swimmers from each District for each event shall be eligible for the similar event in the State Meet. In addition, the next 6 fastest swimmers from across the 3 districts shall also be eligible for events that will field four heats in the State meet. Events with 4 heats are determined by the State committee. 2. Relays: The six fastest relay teams from each district shall be eligible for the similar event in the State Meet. 3. Swimmers shall compete in the events for which they have qualified in the State Meet. 4. Contestants shall declare intent to compete in the State Meet by the end of each session. |
| <p>PROGRAMS &</p> | <p>\$5 per person per session. Children under the age of 6 admitted free. Programs</p> |

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| ADMISSION | will be available for \$2 per session. Meet will also be available on Meet Mobile. |
| VENDORS | <p>To ensure your swimmers have an opportunity to purchase a commemorative T-Shirt, please use the Pre-order form enclosed in this packet. The T-Shirt graphic will be posted on the UMLY web site: www.swimumly.com. Pre-order deadline is MONDAY FEBRUARY 23, 2015. A limited number of T-Shirts will be available at the meet at a cost of \$18.00.</p> <p>Custom t-shirts, and swimming accessories by Toad Hollow Athletics of Berwyn will be available.</p> <p>Refreshments will be available for your convenience through La Salle's on campus concession vendor. There will be NO food or beverages consumed in the pool or seating areas.</p> |
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2015 YMCA Pennsylvania EAST District Swimming Championship Event List with Qualifying Times

Session 1- Held at LaSalle University
Friday, March 6 Jr Distance Warm-Up: 2:00PM, Start: 3:00 PM

| Girls | Qualifying Time | Event Description | Qualifying Time | Boys |
|-------|-----------------|----------------------------------|-----------------|------|
| 101 | 5:43.50 | 13-14 400 Yard Individual Medley | 5:33.50 | 102 |
| 103 | 6:10.60 | 13-14 500 Yard Freestyle | 5:51.90 | 104 |

SESSION #2 (Held at LaSalle University)
Friday, March 6, Senior (15 and Over) Warm-Up: 4:00 PM, Start: 5:15 PM

| Girls | Qualifying Time | Event Description | Qualifying Time | Boys |
|-------|-----------------|----------------------------|-----------------|------|
| 301 | 2:18.60 | 200 Yard Medley Relay | 2:15.50 | 302 |
| 303 | 2:10.30 | 200 Yard Freestyle | 2:00.00 | 304 |
| 305 | 0:27.80 | 50 Yard Freestyle | 0:24.50 | 306 |
| 307 | 1:09.00 | 100 Yard Backstroke | 1:05.00 | 308 |
| 309 | 1:19.50 | 100 Yard Breaststroke | 1:11.50 | 310 |
| 311 | 2:33.00 | 200 Yard Butterfly | 2:22.00 | 312 |
| 313 | 1:00.20 | 100 Yard Freestyle | 0:54.00 | 314 |
| 315 | 2:31.10 | 200 Yard Backstroke | 2:19.00 | 316 |
| 217 | 2:54.30 | 200 Yard Breaststroke | 2:37.60 | 318 |
| 319 | 1:08.50 | 100 Yard Butterfly | 1:02.00 | 320 |
| 321 | 2:32.00 | 200 Yard Individual Medley | 2:19.00 | 322 |
| 323 | 2:01.80 | 200 Yard Freestyle Relay | 2:01.80 | 324 |

SESSION #3 (Held at LaSalle University)
Saturday Morning, March 7, Junior (13-14) Warm-Up: 7:30 AM, Start: 9:15 AM

| Girls | Qualifying Time | Event Description | Qualifying Time | Boys |
|-------|-----------------|----------------------------|-----------------|------|
| 201 | 2:21.00 | 200 Yard Medley Relay | 2:18.00 | 202 |
| 203 | 2:17.00 | 200 Yard Freestyle | 2:15.00 | 204 |
| 205 | 0:28.45 | 50 Yard Freestyle | 0:27.50 | 206 |
| 207 | 1:11.50 | 100 Yard Backstroke | 1:11.50 | 208 |
| 209 | 1:21.40 | 100 Yard Breaststroke | 1:18.50 | 210 |
| 211 | 2:37.00 | 200 Yard Butterfly | 2:30.00 | 212 |
| 213 | 1:01.00 | 100 Yard Freestyle | 1:00.00 | 214 |
| 215 | 2:34.70 | 200 Yard Backstroke | 2:25.10 | 216 |
| 217 | 2:55.10 | 200 Yard Breaststroke | 2:44.10 | 218 |
| 219 | 1:13.00 | 100 Yard Butterfly | 1:13.00 | 220 |
| 221 | 2:38.00 | 200 Yard Individual Medley | 2:46.30 | 222 |
| 223 | 2:06.50 | 200 Yard Freestyle Relay | 2:02.90 | 224 |

SESSION #4 (Held at LaSalle University)
Saturday, March 7 Sr Distance (15 and Over) * Warm-Up: 12:15 PM, Start: 1:15 PM

| Girls | Qualifying Time | Event Description | Qualifying Time | Boys |
|-------|-----------------|--|-----------------|------|
| 105 | 5:33.50 | 15 and Over 400 Yard Individual Medley | 5:11.00 | 106 |
| 107 | 5:55.50 | 15 and Over 500 Yard Freestyle | 5:40.00 | 108 |

SESSION #5 (Held at LaSalle University)
Sunday Morning, March 8, Cadet (10 & Under) Warm-Up: 7:30 AM, Start: 9:15 AM

| Girls | Qualifying Time | Event Description | Qualifying Time | Boys |
|-------|-----------------|----------------------------|-----------------|------|
| 401 | 2:45.90 | 200 Yard Medley Relay | 2:50.10 | 402 |
| 403 | 2:44.20 | 200 Yard Freestyle | 2:41.00 | 404 |
| 405 | 0:34.80 | 50 Yard Freestyle | 0:36.40 | 406 |
| 407 | 0:40.80 | 50 Yard Backstroke | 0:43.30 | 408 |
| 409 | 0:46.00 | 50 Yard Breaststroke | 0:48.30 | 410 |
| 411 | 1:35.00 | 100 Yard Butterfly | 1:33.60 | 412 |
| 413 | 1:19.20 | 100 Yard Freestyle | 1:21.40 | 414 |
| 415 | 1:26.30 | 100 Yard Backstroke | 1:29.00 | 416 |
| 417 | 1:38.10 | 100 Yard Breaststroke | 1:38.40 | 418 |
| 419 | 0:40.60 | 50 Yard Butterfly | 0:43.10 | 420 |
| 421 | 1:28.00 | 100 Yard Individual Medley | 1:30.00 | 422 |
| 423 | 2:28.10 | 200 Yard Freestyle Relay | 2:29.60 | 424 |

SESSION #5 (Held at LaSalle University)
Sunday Afternoon, March 8, Prep (11-12) Warm-Up: 1:15 PM, Start: 2:45 PM

| Girls | Qualifying Time | Event Description | Qualifying Time | Boys |
|-------|-----------------|----------------------------|-----------------|------|
| 501 | 2:26.00 | 200 Yard Medley Relay | 2:32.00 | 502 |
| 503 | 2:31.00 | 200 Yard Freestyle | 2:37.00 | 504 |
| 505 | 0:30.80 | 50 Yard Freestyle | 0:32.00 | 506 |
| 507 | 0:36.80 | 50 Yard Backstroke | 0:38.40 | 508 |
| 509 | 0:40.40 | 50 Yard Breaststroke | 0:43.10 | 510 |
| 511 | 1:19.20 | 100 Yard Butterfly | 1:19.00 | 512 |
| 513 | 1:07.70 | 100 Yard Freestyle | 1:11.40 | 514 |
| 515 | 1:17.90 | 100 Yard Backstroke | 1:18.00 | 516 |
| 517 | 1:26.30 | 100 Yard Breaststroke | 1:26.30 | 518 |
| 519 | 0:34.70 | 50 Yard Butterfly | 0:37.80 | 520 |
| 521 | 2:47.00 | 200 Yard Individual Medley | 2:58.50 | 522 |

Directions to La Salle University

From The South I-95 North to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West. From The East Route 42 West to Walt Whitman Bridge; from the bridge, follow Route 76 West to US 1 North (Roosevelt Expressway). To continue, see directions from Route 76 West.

From The West PA Turnpike East to Exit 326 (old exit 24 - Route 76 East, Valley Forge). To continue, see directions from Route 76 East.

From Route 76 East to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

From Route 76 West to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

Parking at LaSalle – Parking will not be available in the pool parking lot. Parking for the event is available in a 24 hour guarded lot within short walking distance to the Hayman Center where the pool is located. Continue past the pool (on your left.) On-campus parking is provided to all visitors and

attendees at the "G" Lot, (The Shops at LaSalle), which is approximately 200 feet on the right after you pass through the Wistar Avenue traffic light, this is now a newly built shopping center. The "J" lot is also a visitors lot which is located on the left on Penn Blvd, just past the Wistar Ave intersection.

Accommodations near LaSalle: Each team is responsible for making appropriate reservations at their selected hotel. UMLY does not recommend or endorse any hotel.

Hotel: www.gophila.com

2015 YMCA PA EAST DISTRICT SWIMMING CHAMPIONSHIP MEET SUMMARY FORM

Note: Forms must be received electronically via fax or scanned and sent as an email attachment by 12:00PM MONDAY MARCH 2, 2015. Mail submission material (and check for entry fees) must be postmarked by MONDAY, MARCH 2, 2015. If requesting check, include a copy of the check request and/or PO#.

TEAM NAME: _____
 TEAM CODE: _____
 HEAD COACH: _____
 COACH OR CLUB ADDRESS: _____
 CITY/STATE/ZIP: _____
 PHONE: _____
 EMAIL: _____

Coaches Attending Districts

List coaches and place an "x" for the sessions each will attend. Indicate if the coach plans to attend Saturday and/or Sunday Lunch. Maximum of 3 coaches per team per session allowed on deck.

| Coach's Name | YMCA Certified | Cadets Session | Preps Session | Juniors Session | Seniors Session | Sat Lunch | Sun Lunch |
|--------------|----------------|----------------|---------------|-----------------|-----------------|-----------|-----------|
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ENTRY FEES:

_____ INDV. EVENTS @ \$6.00 EACH \$ _____

_____ RELAYS @ \$24.00 EACH \$ _____

_____ Swimmer Surcharge @ \$5.00 EACH \$ _____

TOTAL: \$ _____

Mail Entries to: ERIC BURNS
 222 LENAPE DRIVE
 BERWYN PA 19312
ericcburns@hotmail.com
 203-521-0065

Please make checks payable to: UMLY Swim Team Parents Association

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH THE YMCA THAT THEY REPRESENT AND THAT THEY HAVE ATTENDED AT LEAST THREE CLOSED YMCA MEETS DURING THE CURENT SEASON.

_____ **HEAD COACH or TEAM REPRESENTATIVE**

DISTRICTS COMMEMORATIVE T-SHIRT PRE-ORDER FORM

To: YMCA Swim Team Parents' Organizations

We are taking pre-orders of the District Commemorative **short sleeve** T-shirt for your swimmers on a first come, first served basis. Please designate an adult from your Organization to be responsible to take T-shirt orders for your swimmers and return the attached order form. The T-shirts must be picked up by the designated team representative at LaSalle during the Saturday Morning Session in the balcony area.

Sizes: YOUTH Large, Youth X-Large, ADULT Small, Medium, Large, or X-Large

Cost: \$18.00

A graphic of the tee shirt is posted on the UMLY web site (www.swimumly.com).

We thank you for your assistance and look forward to seeing you at Districts.

DISTRICTS COMMEMORATIVE T-SHIRT ORDER FORM

The (Y-name) _____ Swim Team is ordering

_____ (#) YOUTH LARGE _____ (#) YOUTH X-LARGE

_____ (#) Adult Small _____ (#) Adult Medium

_____ (#) Adult Large _____ (#) Adult X-Large

for a total of _____ (#) District T-shirts at \$18.00 each. \$_____ is enclosed.

_____ (name) will be picking up the T-shirts at the District Meet on Saturday,
March 8th during the morning session.

Person placing order: _____ Telephone # _____

Payment must accompany order.

Please make checks/money orders payable to: UMLY SWIM TEAM PARENTS ASSOCIATION

Graphic is available at: www.swimumly.com

Mail orders to:

Tiffany Sellig
706 Strawbridge Lane
Wayne PA 19087
tiffanyselig@gmail.com

**T-Shirt
Deadline
2/23/15**