

PennDel Championship – Jefferson Division

MEET ANNOUNCEMENT

About the Championship

Date: February 9 & 10, 2019

Location: **Boyertown YMCA**
301 W. Spring Street
Boyertown, PA 19512

Entry Deadline: January 27, 2019

Hosted by: Boyertown YMCA

Meet Director: Rachel Gonzales- byns.meetdirector@gmail.com

Web Site: www.boyertownswimming.org

Contents

About The Championship	2
Location and Facility	2
Web Site	3
Contact Information	3
Eligibility	3
Entry Information	5
Volunteers/Officials/Timers	6
Check-in Procedure	6
Championship Procedures and Operations	6
Awards and Recognition	9
Time Trials	10
Spectators	10
Liability, Safety and Emergency Procedures	11
Directions	12
Lodging	12
Parking	13
APPENDIX 1: Order of Events	14

Note: TOC must be refreshed after updates



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

ABOUT THE CHAMPIONSHIP

This meet is a closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is approved by the USA-S Middle Atlantic Swimming.

USA-S/MA Approval number MA-1924-AP.

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 the meet.

Information on the requirements for an approved meet can be found in Article 202.4 of the USA Swimming Rulebook.

ADJUSTMENTS TO THE MEET ANNOUNCEMENT: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Meet and USA-S Approved meet can be changed.

MEET TIMELINE: *Warm-up and start times for all sessions are subject to change depending on the size of the meet*

	Session 1	Session 2	Session 3
Age Groups	8 & U	9-10 & 11-12	13-14 & 15-21
Warm-up Start	4:30 PM	7:00 AM	12:30 PM
Coaches Meeting	5:10 PM	7:30 AM	12:40 PM
Officials Meeting	5:25 PM	7:40 AM	12:55 PM
Timers Meeting	5:40 PM	7:55 AM	1:10 PM
Start of Session	6:00 PM	8:15 AM	1:30 PM

INCLEMENT WEATHER/CANCELLATION: In the event of inclement weather that results in the cancelation of the championship, the championship will be rescheduled for a date to be determined

LOCATION AND FACILITY

Location: Boyertown YMCA 301 W. Spring Street Boyertown, PA 19512

Emergency Phone Number: 610-369-9622



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

This meet will be run in an 8-lane, 25-yard indoor pool with a starting depth of 6 feet at the start-end of the pool and 3'6" at the turn-end of the pool. Daktronics fully automatic timing system (semi-automatic timing for 25-yard events) will be used.

Water depth on starting end 3 ft 3 ½" out: 5'; 16'5" out: 6'

Water depth on turning end 3 ft 3 ½" out: 3'6"; 16'5" out: 4'

Electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4)

Seating for swimmers and visitors will be in the gymnasium (by teams). Please condense your seating as much as you can. Balcony and designated pool-side deck seating will be available for spectators. Please use this seating to see your events then kindly vacate for others to enjoy.

No Smoking is permitted anywhere on YMCA property.

WEB SITE

Meet Information can be found at: <http://www.penndelswim.org>

Online Meet Results: Meet Mobile may be available.

CONTACT INFORMATION

Meet Director: Rachel Gonzales: byns.meetdirector@gmail.com

Entry Chairperson: Carl Sandoe email: carl.sandoe@gmail.com

Referee: Tim Campbell email: tcampbell@janney.com

Administrative Official: Leanne Thompson email: gemini210@gmail.com

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

Swimmers who wish to change their membership from one YMCA to another may do so through Transfer by Consent. An athlete may transfer from one YMCA team to another YMCA team and be eligible to compete for his/her



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

new YMCA team immediately upon the written consent of the YMCA that he/she previously represented.

For further detail, reference: SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must not older than twenty-one (21) years of age on the first day Meet.

PennDel Meet Participation: In order to be eligible to compete, each athlete must be currently listed on a roster of a Penn-Del League member in the Division being contested, and absent an express waiver by the Penn-Del League Board, must have competed as an official or exhibition swimmer in at least two (2) Penn-Del League dual meets in the current season.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must enter a comment on the entry to alert the Entry Chairperson. The coach must also alert the meet director and the meet referee prior to the competition as to the need for any special accommodations.

COACH

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Teams: All teams participating must be members in good standing of the Penn-Del Swim League and assigned to the Division being contested. Teams/Associations with outstanding debts will not be allowed to compete until all debts to the League are paid.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

ENTRY INFORMATION

ENTRY LIMITS: Swimmer may enter up to four (4) events, of which no more than three (3) may be individual events. Deck entries are not permitted.

Teams will be allowed to enter an unlimited number of relays in the relay events. Relay teams must each have a different letter designator assigned by the entering Team.

Swimmers will compete in age groups based on their age as of December 1, 2018 as rostered for the dual meet season. Swimmers must compete in their own age group, except for the Open 500 Freestyle and the Open Age Group Relays.

QUALIFICATION PERIOD: The qualification period is September 1, 2018 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. For TeamUnify users, the Meet Director will need to delete the IDs. Please provide the Meet Director a list of swimmers not USA-S registered.

TIME STANDARDS: There are no Time Standards for this championship.

TIMES: No Times (NT) are allowed if the swimmer does not have an official time for the event. Submit entry times in actual time. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: Swimmer surcharge: \$5. Swimmer individual event: \$3.50; Relay Event: \$12. There are no fees for coaches attending with their team.

ENTRY DEADLINE: January 27th, 2019

ENTRY PROCEDURE: Entries must be submitted through the Penn-Del Online Meet Entry system. Entries are to be submitted in a Hy-Tek or TeamUnify meet entry format. Initial entries are due Sunday two weeks prior to the start date of the meet. Updates will be permitted up to the Sunday prior to the start of the meet. Confirmation of entries will be only be provided via an Online Entry report generated at when entries are submitted to the Online Meet Entry System.

The web site address of the Online Meet Entry system will be available on the PennDel web site at <http://www.penndelswim.org>

All questions regarding entries should be directed to the entries chair person.

PAYMENT: Entry fees are due at or prior to the date of the Championship. Check should be made payable to: Boyertown YMCA and mailed to:



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

**Boyertown YMCA
Attn: Jefferson Meet Director
301 W. Spring Street
Boyertown, PA 19512**

******* Please list Y branch breakdown in check receipt*******

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Each team in the division must provide, at the least, three (3) timers and one (1) certified official for each session of the championship meet. Additional volunteers are welcome and encouraged. Meet Volunteers are encouraged to sign up prior to the entry deadline. **Meet volunteers will be required to present a completed Freedom Valley one day volunteer information and waiver form**

SIGN-UP PROCEDURE: Online sign-up at:
<http://www.signupgenius.com/go/20f0d4cafab283-2107>

ATTIRE: Officials should wear white Oxford or polo shirt and navy long pants, shorts, skorts, skirts, or capris and display their current certification patch.

CHECK-IN PROCEDURE

COACHES MEETING/SCRATCH MEETING: There will be a coaches and Scratch meeting at the beginning of each session. Specific meeting times will be posted on the PennDel web site at <http://www.penndelswim.org>. At least one coach from each team must attend this meeting.

OFFICIALS AND TIMERS MEETING: There will be an officials Meeting followed by a volunteer timers meeting prior to each session. Specific meeting times will be posted on the PennDel web site at <http://www.penndelswim.org>

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, PennDel Meet Referee, PennDel Administrative Referee. The Championship Committee will have the final authority on all procedural matters at the Championship.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, PennDel League Rules (SECTION 3 - CHAMPIONSHIPS AND CHAMPIONSHIP ADMINISTRATION). and USA-S Technical Rules.



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of December 1, 2018.

EVENT SEEDING: All Events will be seeded slowest to fastest prior to the day of the meet. The Meet Referee/Administrative Official reserves the right to combine heats and events at the completion of the scratch meeting.

SCRATCH PROCEDURES: An athlete can only be scratched from the meet at the coach/scratch meeting. After the coach/scratch meeting, an athlete is considered entered into the event.

DECLARED FALSE START: An athlete may withdraw from a heat by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") will be allowed to swim in further individual or relay events with no penalty. A no-show will be counted in the maximum number of events allowed for each athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. The warm-up assignments and schedule will be available on the PennDel Web site at <http://www.penndelswim.org>

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

READY BENCH: There will be a ready bench for all sessions. However, swimmers are still responsible to be at the blocks for the start of their race.

RELAY DECLARATION: Changes in the Medley Relay swimmers or order of the swimmers must be made at the coaches/scratch meeting or at a time designated by the Meet Referee. Changes in a Free Relay swimmers or order of swimmers must be made prior to end of the Breaststroke events. Last minute changes to the order of swimmers should be given to the head lane timer prior to the start of the heat.



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: There will be no Swim-offs in the event of a tie for any places

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times of USA registered swimmers will be automatically submitted for entry into SWIMS.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted in the cafeteria where the teams will be located and outside the balcony area on the second floor.

PROTEST PROCEDURE: Protests may only be initiated by a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Meet Referee and the Meet Referee's decisions will be final (USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct. The following Conduct Rules shall apply:

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- ALL coaches, officials, and volunteers working on deck must sign a YMCA One-Day Volunteer Information & Waiver Form. Form is attached for easy access.
- Deck changing is prohibited.
- Glass and Food are not permitted on deck. Swimmers will not be seated on the pool deck area.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block anytime that swimmers are present.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

- Swimmers are requested to wear sandals and towel off before traveling the corridors.
- No swimmers will be served in the concession area unless they are wearing a T-shirt, shorts and footwear.
- No Flash Photography at the start of competition races.
- Operation of a **drone**, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.

AWARDS AND RECOGNITION

SCORING:

Place	Individual Events	Relay Events
1	16	32
2	13	26
3	12	24
4	11	22
5	10	20
6	9	18
7	7	14
8	5	10
9	4	8
10	3	6
11	2	4
12	1	2

AWARDS: Medals are awarded for 1st-3rd place in individual events and 1st-3rd place in relays.

Ribbons are awarded for 4th-12th place in individual events and 4th-6th place in relays.

High Point Trophy will be awarded to the Team finishing in First Place.

RECOGNITION: PennDel overall Division winner and dual-meet season first-place winners for each age group will be announced and recognized during the Championship.



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

TIME TRIALS

Time Trials will not be held at this Championship.

SPECTATORS

ADMISSION FEE: Admission is free

HEAT SHEETS/PROGRAMS: Heat sheets will be available for \$3.00 per session

CONCESSION STAND: Food and Drinks will be on sale throughout the meet. The concession stand will be located in the cafeteria in the center of all the teams.

APPAREL: Commemorative T-Shirts will be available for purchase. Metro Swim Shop will be on-site for your swimwear and swim accessories needs.

SEAT SAVING POLICY: Due to the limited venue spectator seating, seat saving will not be allowed

HANDICAP SEATING: We have handicap seating in a selected area on the pool deck

LOST AND FOUND: All items recovered will be stored in the concession stand area.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- FOOD is not allowed in the spectator area.
- The Meet Director has the discretion to remove any person whose conduct is inconsistent with the core values of the YMCA.
- Operation of a **drone**, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet.

LIABILITY LIMITS:

- In granting of the USA-S/MA approval, it is understood and agreed that USA Swimming and Middle Atlantic 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 the meet.
- By awarding this Championship to the host team, it is understood and agreed that PennDel Swim League shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

DECK ACCESS: Deck Access will be limited to swimmers, coaches, officials and meet workers. Deck Passes will be issued to gain access to the deck.

PARKING

Parking is available in the Y's two parking lots with overflow parking at the Senior Center adjacent to the Y on Spring Street.

DIRECTIONS

Directions from the South and East (King of Prussia):

- Take Rt. 422 West to Rt. 100 North
- Continue past the Boyertown/Rt.73 exit (approximately 1.5 miles) to the New Berlinville exit.
- Bear right at the bottom of the exit ramp.
- Follow Reading Avenue for approximately 3/4 mile to a railroad overpass (green w/yellow YMCA and a pointing arrow).
- Immediately after going under the railroad overpass, make a hard right turn onto Spring Street
- Follow Spring Street to the end and into the Boyertown Area YMCA parking lot.

Directions from the West (Reading):

- Take Rt. 422 East to Rt. 100 North
- Continue past the Boyertown/Rt.73 exit (approximately 1.5 miles) to the New Berlinville exit.
- Bear right at the bottom of the exit ramp.



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

- Follow Reading Avenue for approximately 3/4 mile to a railroad overpass (green w/yellow YMCA and a pointing arrow).
- Immediately after going under the railroad overpass, make a hard-right turn onto Spring Street
- Follow Spring Street to the end and into the Boyertown Area YMCA parking lot.

Directions from the North (NE Extension of the PA Turnpike):

- Exit at Quakertown
- Take Rt. 663 South toward Pottstown
- At intersection of Rt. 663 and Rt. 73 turn right (Rt. 663 and Rt. 73 will merge for 2.2 miles)
- Bear right to continue on Rt. 73 West
- Turn right onto Rt. 100 North just after McDonald's.
- Travel on Rt. 100 North for approximately 1.5 miles to the New Berlinville exit.
- Bear right at the bottom of the exit ramp.
- Follow Reading Avenue for approximately 3/4 mile to a railroad overpass (green w/yellow YMCA and a pointing arrow).
- Immediately after going under the railroad overpass, make a hard-right turn onto Spring Street
- Follow Spring Street to the end and into the Boyertown Area YMCA parking lot.

Directions from the North (Allentown):

- Take Rt. 100 South
- Exit at the New Berlinville exit.
- Bear right at the bottom of the exit ramp and merge onto Reading Avenue.
- Follow Reading Avenue for approximately 3/4 mile to a railroad overpass (green w/yellow YMCA and a pointing arrow).
- Immediately after going under the railroad overpass, make a hard-right turn onto Spring Street
- Follow Spring Street to the end and into the Boyertown Area YMCA parking lot.

LODGING

Comfort Inn & Suites Pottstown
Address: 99 Robinson St
Pottstown, PA 19464
Phone ☎610-326-5000



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

APPENDIX 1: ORDER OF EVENTS

Session 1

- 101 Girls 8 & Under 100 Medley Relay 8 & Under Age Group
- 102 Boys 8 & Under 100 Medley Relay 8 & Under Age Group
- 103 Girls 8 & Under 25 Freestyle 8 & Under Age Group
- 104 Boys 8 & Under 25 Freestyle 8 & Under Age Group
- 105 Girls 8 & Under 25 Backstroke 8 & Under Age Group
- 106 Boys 8 & Under 25 Backstroke 8 & Under Age Group
- 107 Girls 8 & Under 25 Breaststroke 8 & Under Age Group
- 108 Boys 8 & Under 25 Breaststroke 8 & Under Age Group
- 109 Girls 8 & Under 50 Freestyle 8 & Under Age Group
- 110 Boys 8 & Under 50 Freestyle 8 & Under Age Group
- 111 Girls 8 & Under 25 Butterfly 8 & Under Age Group
- 112 Boys 8 & Under 25 Butterfly 8 & Under Age Group
- 113 Girls 8 & Under 100 Freestyle Relay 8 & Under Age Group
- 114 Boys 8 & Under 100 Freestyle Relay 8 & Under Age Group

Session 2

- 201 Girls 11-12 200 Medley Relay 11-12 Age Group
- 202 Boys 11-12 200 Medley Relay 11-12 Age Group
- 203 Girls 9-10 200 Medley Relay 9-10 Age Group
- 204 Boys 9-10 200 Medley Relay 09-10 Age Group
- 205 Girls 11-12 200 Freestyle 11-12 Age Group
- 206 Boys 11-12 200 Freestyle 11-12 Age Group
- 207 Girls 9-10 200 Freestyle 9-10 Age Group
- 208 Boys 9-10 200 Freestyle 09-10 Age Group
- 209 Girls 11-12 50 Freestyle 11-12 Age Group
- 210 Boys 11-12 50 Freestyle 11-12 Age Group
- 211 Girls 9-10 50 Freestyle 9-10 Age Group
- 212 Boys 9-10 50 Freestyle 08 & Under Age Group
- 213 Girls 11-12 50 Backstroke 11-12 Age Group
- 214 Boys 11-12 50 Backstroke 11-12 Age Group
- 215 Girls 9-10 50 Backstroke 9-10 Age Group
- 216 Boys 9-10 50 Backstroke 08 & Under Age Group
- 217 Girls 11-12 50 Breaststroke 11-12 Age Group
- 218 Boys 11-12 50 Breaststroke 11-12 Age Group
- 219 Girls 9-10 50 Breaststroke 9-10 Age Group
- 220 Boys 9-10 50 Breaststroke 09-10 Age Group
- 221 Girls 11-12 100 Butterfly 11-12 Age Group
- 222 Boys 11-12 100 Butterfly 11-12 Age Group
- 223 Girls 9-10 100 Butterfly 9-10 Age Group
- 224 Boys 9-10 100 Butterfly 09-10 Age Group



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

- 225 Girls 9-10 100 Butterfly 9-10 Age Group
- 226 Boys 9-10 100 Freestyle 09-10 Age Group
- 227 Girls 11-12 100 Freestyle 11-12 Age Group
- 228 Boys 11-12 100 Freestyle 11-12 Age Group
- 229 Girls 9-10 100 Freestyle 9-10 Age Group
- 230 Boys 9-10 100 Backstroke 09-10 Age Group
- 231 Girls 11-12 100 Backstroke 11-12 Age Group
- 232 Boys 11-12 100 Backstroke 11-12 Age Group
- 233 Girls 9-10 100 Backstroke 9-10 Age Group
- 234 Boys 9-10 100 Breaststroke 09-10 Age Group
- 235 Girls 11-12 100 Breaststroke 11-12 Age Group
- 236 Boys 11-12 100 Breaststroke 11-12 Age Group
- 237 Girls 9-10 50 Butterfly 9-10 Age Group
- 238 Boys 9-10 50 Butterfly 09-10 Age Group
- 239 Girls 11-12 50 Butterfly 11-12 Age Group
- 240 Boys 11-12 50 Butterfly 11-12 Age Group
- 241 Girls 9-10 100 IM 9-10 Age Group
- 242 Boys 9-10 100 IM 09-10 Age Group
- 243 Girls 11-12 200 IM 11-12 Age Group
- 244 Boys 11-12 200 IM 11-12 Age Group
- 245 Girls 9-10 200 Freestyle Relay 9-10 Age Group
- 246 Boys 9-10 200 Freestyle Relay 09-10 Age Group
- 247 Girls 11-12 200 Freestyle Relay 11-12 Age Group
- 248 Boys 11-12 200 Freestyle Relay 11-12 Age Group

Session 3

- 301 Girls Open 200 Medley Relay 15-21 Age Group
- 302 Boys Open 200 Medley Relay 15-21 Age Group
- 303 Girls 13-14 200 Medley Relay 13-14 Age Group
- 304 Boys 13-14 200 Medley Relay 13-14 Age Group
- 305 Girls 15-21 400 IM 15-21 Age Group
- 306 Boys 15-21 400 IM 15-21 Age Group
- 307 Girls 13-14 400 IM 13-14 Age Group
- 308 Boys 13-14 400 IM 13-14 Age Group
- 309 Girls 15-21 200 Freestyle 15-21 Age Group
- 310 Boys 15-21 200 Freestyle 15-21 Age Group
- 311 Girls 13-14 200 Freestyle 13-14 Age Group
- 312 Boys 13-14 200 Freestyle 13-14 Age Group
- 313 Girls 15-21 100 Backstroke 15-21 Age Group
- 314 Boys 15-21 100 Backstroke 15-21 Age Group
- 315 Girls 13-14 100 Backstroke 13-14 Age Group
- 316 Boys 13-14 100 Backstroke 13-14 Age Group



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019

- 317 Girls 15-21 100 Breaststroke 15-21 Age Group
- 318 Boys 15-21 100 Breaststroke 15-21 Age Group
- 319 Girls 13-14 100 Breaststroke 13-14 Age Group
- 320 Boys 13-14 100 Breaststroke 13-14 Age Group
- 321 Girls Open 500 Freestyle 15-21 Age Group
- 322 Boys Open 500 Freestyle 15-21 Age Group
- 323 Girls 13-14 50 Freestyle 13-14 Age Group
- 324 Boys 13-14 50 Freestyle 13-14 Age Group
- 325 Girls 15-21 50 Freestyle 15-21 Age Group
- 326 Boys 15-21 50 Freestyle 15-21 Age Group
- 327 Girls 13-14 200 Butterfly 13-14 Age Group
- 328 Boys 13-14 200 Butterfly 13-14 Age Group
- 329 Girls 15-21 200 Butterfly 15-21 Age Group
- 330 Boys 15-21 200 Butterfly 15-21 Age Group
- 331 Girls 13-14 100 Freestyle 13-14 Age Group
- 332 Boys 13-14 100 Freestyle 13-14 Age Group
- 333 Girls 15-21 100 Freestyle 15-21 Age Group
- 334 Boys 15-21 100 Freestyle 15-21 Age Group
- 335 Girls 13-14 200 Backstroke 15-21 Age Group
- 336 Boys 13-14 200 Backstroke 15-21 Age Group
- 337 Girls 15-21 200 Backstroke 15-21 Age Group
- 338 Boys 15-21 200 Backstroke 15-21 Age Group
- 339 Girls 13-14 200 Breaststroke 13-14 Age Group
- 340 Boys 13-14 200 Breaststroke 13-14 Age Group
- 341 Girls 15-21 200 Breaststroke 15-21 Age Group
- 342 Boys 15-21 200 Breaststroke 15-21 Age Group
- 343 Girls 13-14 100 Butterfly 13-14 Age Group
- 344 Boys 13-14 100 Butterfly 13-14 Age Group
- 345 Girls 15-21 100 Butterfly 15-21 Age Group
- 346 Boys 15-21 100 Butterfly 15-21 Age Group
- 347 Girls 13-14 200 IM 13-14 Age Group
- 348 Boys 13-14 200 IM 13-14 Age Group
- 349 Girls 15-21 200 IM 15-21 Age Group
- 350 Boys 15-21 200 IM 15-21 Age Group
- 351 Girls 13-14 200 Freestyle Relay 13-14 Age Group
- 352 Boys 13-14 200 Freestyle Relay 13-14 Age Group
- 353 Girls Open 200 Freestyle Relay 15-21 Age Group
- 354 Boys Open 200 Freestyle Relay 15-21 Age Group



PENN-DEL Championship – Jefferson Division February 9 & 10, 2019



Philadelphia Freedom Valley YMCA One-Day Volunteer Information & Waiver

YMCA Volunteer Program Policies

1. At no time will I be alone with a child or member where other staff cannot see me.
2. At all times, I will adhere to the Core Values of the YMCA.
3. I agree to participate in all necessary/related volunteer training –online or in person.
4. I agree to submit to any and all background checks as requested.
5. I will lead with enthusiasm and promote YMCA programs in Youth Development, Healthy Living and Social Responsibility.

I have read and understand the YMCA Program Volunteer Policies:

Name of Volunteer: _____ Date: _____

Signature of Volunteer: _____

Address: _____

Email Address please print: _____

Waiver, Release, Indemnification and Hold Harmless Agreement

In consideration of my participation in the volunteer programs/activities of the Phila Freedom Valley Y (YMCA), I agree to **waive, release, indemnify and hold harmless the YMCA** and its respective officers, employees, volunteers, and members for injuries, accidents and damages that result of my participation in the programs including but not limited to liability for its own **NEGLIGENCE**, and do hereby on behalf of myself, heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which may have or which may hereafter accrue to me arising out of or connected with participation in these programs, use of the YMCA facilities, property or use of equipment within its facilities.

I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the activities of the YMCA have inherent risks and I hereby assume all risks and hazards incidental to my participation in program.

I HAVE READ AND UNDERSTAND THE ABOVE WAIVER, RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

Name of Volunteer: _____

Signature of Volunteer: _____

Date: _____