

PennDel South Distance Invitational 2022-23

MEET ANNOUNCEMENT

About the Invitational

Date: January 21-22, 2023

Location: Boyertown YMCA

Entry Deadline: January 15, 2023 at 1:00

PM Hosted by: Boyertown YMCA Navy Seals

Meet Director: Rachel Gonzales

Web Site: www.boyertownswimming.org

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ABOUT THE INVITATIONAL

This meet is a closed, inter-association invitational 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 USA-S Middle Atlantic Swimming.

USA-S/MA Approval number **PENDING**

ADJUSTMENTS TO THE MEET ANNOUNCEMENT: The 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	Open	13 & Over / 1000	12 & Under
Warm-up Start	3:30 pm	8:00 am	1:30 pm
Coaches Meeting	3:45 pm	8:45 am	2:15 pm
Officials Meeting	4:00 pm	9:00 am	2:30 pm
Timers Meeting	4:15 pm	9:15 am	2:45 pm
Start of Session	4:30 pm	9:30 am	3:00 pm

INCLEMENT WEATHER/CANCELATION: In the event of inclement weather that results in the cancelation of the invitational, the invitational will be rescheduled for January 28-29, 2023.

LOCATION AND FACILITY

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

Emergency Phone Number: 610-369-9622



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This meet will be run in an 8-lane, 25-yard indoor pool with a depth of 5 feet at the start end of the pool and 3 1/2 feet at the turn end of the pool. Automatic timing with manual backup will be used.

The competition course has NOT been certified in accordance with 104.2.2C (4).

Seating for spectators will be indoors, subject to any public health restrictions at the time of the meet. Due to limitations in seating capacity, Boyertown YMCA is asking spectators to “switch out” whenever their swimmers are not competing wherever possible.

Seating for swimmers will be in either the main gym or fitness room located within close proximity to the pool.

WEB SITE

Meet Information can be found at: <https://www.teamunify.com/team/penndelymca/page/news> Online Meet Results will be available via Meet Mobile.

Meet will be live streamed at TBD.

CONTACT INFORMATION

Meet Director: Rachel Gonzales

email: byns.meetdirector@gmail.com

Entry Chairperson: Carl Sandoe

email: carl.sandoe@gmail.com

Referee: Ted Scaffidi

email: scaffidi.at43@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 new YMCA team immediately upon the written consent of the YMCA that he/she previously represented.



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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.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed as an Official or Exhibition swimmer in a minimum of two (2) PennDel dual meets since September 1 of 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 in this championship must be members in good standing of the PennDel League. 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.



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ENTRY INFORMATION

ENTRY LIMITS: Swimmer may enter up to four (4) events, of which no more than three (3) may be individual events per day. Deck entries will be permitted based on space limitation and will count toward the entry limits.

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, 2022, as rostered for the dual meet season. Swimmers must compete in their own age group, except for the Open Age Group Relays.

QUALIFICATION PERIOD: The qualification period is September 1, 2022, 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 with 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: \$6.00. Relay Event: \$15. Deck entries \$12. There are no fees for coaches attending with their team.

ENTRY DEADLINE: Sunday, January 15, 2023 @ 1:00 PM.

ENTRY PROCEDURE: Entries are submitted in a Hy-Tek or TeamUnify meet entry format. Entries must be submitted through the Swim Cloud Online Meet Entry system up to 1:00 PM Sunday two weeks prior to the start date of the meet. Updates will be accepted until 1:00 PM Sunday one week prior to the start of the meet. All updates are to be submitted through the Swim Cloud Online Meet Entry system. Athletes will not be permitted to change events once the psych sheet is posted. Confirmation of entry will be provided via an Online Entry report generated when entries are submitted to the Online Meet Entry System.

For any questions related to the entries or the entry process please contact the entry chairperson.



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The website address of the Online Meet Entry system will be available on the PennDel web site at <https://www.swimcloud.com/country/usa/club/lsc/MA/league/pdsl/>

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:

**Boyertown YMCA
Attn: Jodi Boal
301 Spring Street
Boyertown, PA 19512**

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Each team that has a swimmer entered in a session must provide at least one (1) certified official for the session. Additional volunteers are welcome and encouraged. Each individual entered in the 1650 or 1000 is required to provide their own timer and lap counter. Swimmers who enter the 400 IM must provide their own timer. **Meet Volunteers are encouraged to sign up prior to the entry deadline.**

SIGN-UP PROCEDURE: TBD

ATTIRE: Officials should wear a 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 coach and scratch meeting at the beginning of each session. Specific meeting times will be posted on the PennDel website at <https://www.teamunify.com/team/penndelymca/page/news>. 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 website at <https://www.teamunify.com/team/penndelymca/page/news>

INVITATIONAL PROCEDURES AND OPERATIONS

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



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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.

MEET FORMAT: The meet will be swum using a Timed Finals format. The swimmer's age will be determined as of December 1, 2022.

EVENT SEEDING: All Events will be seeded slowest to fastest prior to the day of the meet. The Meet Referee/Administrative Official reserve 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 <https://www.teamunify.com/team/penndelymca/page/news>

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 and 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 located in the gymnasium. However, swimmers are still responsible to be at the blocks for the start of their race.



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RELAY DECLARATION: Changes in a relay's 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 Free Relay swimmers or order of swimmers must be made prior to the end of the Breaststroke events. Last-minute changes should be given to the head timer prior to the start of the heat.

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 will be automatically submitted for entry into SWIMS.

RESULTS: Any results displayed on the scoreboard are unofficial until the final results are published. Results will be posted on the gym wall nearest the entry door.

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 Referee and the 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.
- Deck changes are prohibited
- Glass, Food, and Chairs are not permitted on deck. Coaches may bring a folding chair for seating on pool deck.
- 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.



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- 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.
- 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.
- 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: This meet will not be scored

AWARDS: Awards will not be issued

TIME TRIALS

Time Trials will be held at this Invitational if time allows. The Meet director will have the final decision on the number of deck entries to be accepted.

Time Trial events count as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

SPECTATORS

ADMISSION FEE: Admission is free.

HEAT SHEETS/PROGRAMS: Meet Mobile will be used.

CONCESSION STAND: Food and Drinks will be on sale throughout the meet.

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

HANDICAP SEATING: The Meet Director will help any spectator who is handicapped find a seat to view the meet.



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LOST AND FOUND: There is lost and found bin at the front desk.

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.

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 Meet 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



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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 healthcare 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.
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.

COVID Statment: We have taken enhanced health and safety measures – for you, our volunteers, and competitors. You must follow all posted instructions while visiting and/or participating in this competition.



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An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the YMCA campus, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming-sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming-sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

DIRECTIONS

For GPS, Use 301 Spring Street, Boyertown, PA 19512

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.



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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.
- 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 the 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.



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LODGING

The Twin Turrets Inn 11 E. Philadelphia Ave. Boyertown, PA 610-367-4516 Approximately 1.5 miles	Comfort Inn 99 Robinson St. Pottstown, PA 610-326-5000 Approximately 7.3 miles	Motel 6 78 Robinson St. Pottstown, PA 610-819-1288 Approximately 7.4 miles
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PARKING

Swim meet parking will be located in the Boyertown YMCA lot, with overflow parking at the Boyertown Multi-Services Center. Signage and/or personnel will be posted.



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APPENDIX 1: ORDER OF EVENTS

Session 1 - Saturday PM

101	Girls 12 & Over 1650 Freestyle (Limited to two heats)
102	Boys 12 & Over 1650 Freestyle (Limited to two heats)
103	Girls 11 and Over 400 IM
104	Boys 11 and Over 400 IM

If more than 16 entries are received for events 101 & 102, the FIRST 16 entries received for each event will swim. Coaches will be notified if this occurs. Swimmers for events 101, 102, 103, and 104 must provide their own timer. Swimmers for events 101 and 102 must provide their own lap counter.

Session 2 - Sunday AM

201	Girls 13 and Over 200 Butterfly
202	Boys 13 and Over 200 Butterfly
203	Girls 13 and Over 200 Backstroke
204	Boys 13 & Over 200 Backstroke
205	Girls 13 & Over 200 Breaststroke
206	Boys 13 & Over 200 Breaststroke
207	Girls Open 400 Freestyle Relay
208	Boys Open 400 Freestyle Relay
209	Girls 12 and Over 1000 Freestyle
210	Boys 12-Over 1000 Freestyle

There will be a 10-minute break after event 208 to allow swimmers in events 209 & 210 to warm up. If more than 16 entries are received for events 209 & 210, the FIRST 16 entries received for each event will swim. Coaches will be notified if this occurs. Swimmers for events 209 and 210 must provide their own timer and lap counter.



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Session 3 - Sunday PM

301	Girls 10 & Under 100 Freestyle
302	Boys 10 & Under 100 Freestyle
303	Girls 12 & Under 100 Butterfly
304	Boys 12 & Under 100 Butterfly
305	Girls 12 & Under 100 Backstroke
306	Boys 12 & Under 100 Backstroke
307	Girls 12-Under 100 Breaststroke
308	Boys 12-Under 100 Breaststroke
309	Girls 12- Under 200 Freestyle
310	Boys 12-Under 200 Freestyle