



NJ YMCA 13 & over State Championship Meet  
Thursday, March 8 to Sunday, March 11, 2018

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## **NJ YMCA 13 & over STATE CHAMPIONSHIP MEET**

### **MEET ANNOUNCEMENT**

#### **About the Championship**

Date: Thursday, March 8 to Sunday, March 11, 2018

Location: Kunkel Aquatic Center, Franklin & Marshall College

Entry Deadline: Thursday, February 22, 2018

Hosted by: **The Community YMCA, Red Bank Swim Team**

Meet Director: Virginia Maldonado [virginiamaldo44@comcast.net](mailto:virginiamaldo44@comcast.net)

Web Site: <http://aquarockets.com>

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This meet is a sanctioned, 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 YMCA sanctioned and approved by the Mid Atlantic of USA Swimming.

YMCA Sanction number: CAQ-2018-NJ01185629  
USA-S/Mid Atlantic Approval number: MA 1835 AP

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** 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 Sanctioned Championship and USA-S Approved can be changed.

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

### Meet Schedule:

Thursday evening, doors will open at 5:15 pm. The rest of the meet, doors will open at 6:45 AM for swimmers, coaches and officials and at 7:00 AM for spectators.

Day	Session		Warm-Up	Meet
Thursday	Session 1	Distance finals – 1000	5:30 PM	6:15 PM
Friday	Session 2	15-18 Boys & Girls Prelims	7:00 AM	8:05 AM
	Session 3	13-14 Boys & Girls Prelims	TBD	TBD
	Session 4	Relays & Finals	5:20 PM	6:15 PM



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Saturday	Session 5	15-18 Boys & Girls Prelims*	7:00 AM	8:05 AM
	Session 6	13-14 Boys & Girls Prelims*	TBD	TBD
	Session 7	Relays & Finals	5:20 PM	6:15 PM
Sunday	Session 8	15-18 Boys & Girls Prelims	7:30 AM (Daylight Savings Time)	8:35 AM
	Session 9	15-18 Boys & Girls Finals - 1650	**see below	TBD
	Session 10	13-14 Boys & Girls Prelims	TBD	TBD
	Session 11	13-14 Boys & Girls 1650 Finals	**see below	TBD
	Session 12	Relays & Finals	6:00 PM	6:45 PM

Warm-up and session start times will be finalized once all entries have been received. They will be e-mailed to participating teams and published on the meet website.

\*Sessions 5 and 6 – 500 Free will be swum in both pools and next events will be swum in the main pool beginning 5 minutes after the conclusion of 500 prelims. Warm ups for Sessions 5 and 6 are prior to the corresponding 500 Free events.

**INCLEMENT WEATHER/CANCELATION:** In case of severe weather conditions or other emergency situations, which force cancellation of any portion of this meet – **no refunds will be made on any entry fees or swimmer surcharges.**

The Meet Committee will make all decisions concerning meet cancellation after consulting with Franklin and Marshall. The decision of the Meet Committee is final.



## LOCATION AND FACILITY

Location: Kunkel Aquatic Center in the Alumni Sports & Fitness Center  
Franklin & Marshall College  
929 Harrisburg Pike, Lancaster, PA, 17603  
Emergency Phone Number: 717-358-4891

The Kunkel Aquatic Center in the Alumni Sports & Fitness Center is configured as a two eight-lane 25 yard courses. Water depth at start is 9 and 6 feet and at turn end is 9 and 6 feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

- During distance sessions/events, both courses will be used for competition and two vacant lanes will be available for warm up/cool down.
- For all other sessions, one course will be used with the remaining lanes and adjacent course available for warm up/cool down.

Deck Area: Swimmers will be permitted to have only one bag.

Spectator Area: No chairs, coolers or saving seats will be permitted.

## WEB SITE

Meet Information can be found at: <http://aquarockets.com>

Meet Results: Meet results can be found on Meet Mobile and will be uploaded in intervals.

## CONTACT INFORMATION

Meet Director: Virginia Maldonado [virginiamaldo44@comcast.net](mailto:virginiamaldo44@comcast.net)

Entry Chairperson: Jim Rimbault [jrimbault@cymca.org](mailto:jrimbault@cymca.org)

Meet Referee: Ed Miller [caefmilleriii@msn.com](mailto:caefmilleriii@msn.com)

Administrative Official: Robert Piasecki [r.piasecki30@comcast.net](mailto:r.piasecki30@comcast.net)

Officials Coordinator: Ed Miller [caefmilleriii@msn.com](mailto:caefmilleriii@msn.com)

Safety Director: Jack Caucino [jcaucino@cymca.org](mailto:jcaucino@cymca.org)



## NOTICES

Only swimmers, certified coaches, certified officials, timers and authorized meet operations personnel may enter the deck area. Swimmers, coaches and officials will enter the facility at the designated entry and exit points.

## 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 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

**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 be at least 13 years of age, and not older than eighteen (18) years of age on the first day Meet.

**YMCA Meet Participation:** In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season.

**Times:** An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of February 1, 2017 through the entry deadline.

**Athletes with a Disability:** Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.



## COACH

**Required Certifications:** Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

**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

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

**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.

## ENTRY INFORMATION

**ENTRY LIMITS:** 3 Individual events per day, 1 relay per day and 7 individual events for the meet. Open events do not count as a swim.

There will be time trials each day, but these are not included in the meet sanction and further information will be available at <http://aquarockets.com>

**QUALIFICATION PERIOD:** The qualification period is February 1, 2017 through the entry deadline.

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.



**TIME STANDARDS:** Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1. **Please note converted times will be accepted to qualify.**

**TIMES:** No Times (NT) are not allowed. Submit entry times in short course yards. Entered times must be the swimmer's BEST time achieved during the qualifying period.

**ENTRY FEES:** Individual entries fee per event is **\$8.00**, distance events (1650 and 1000 free) **\$12.00**. The Relay Entry Fee is **\$32.00**. There is no admission fee for spectators. In lieu of a session entry fee there will be a one-time swimmer surcharge of **\$20.00**. Make all checks payable to "The Community YMCA Swim Team".

**ENTRY DEADLINE:** Entries must be received by mail or email no later than 10:00 pm on Thursday, February 22, 2018. No changes will be accepted after this date.

**New Qualifying Swims: Swims achieving the qualifying time standards for the first time from Friday February 23, 2018 through Sunday March 4, 2018 will be accepted. There will be a separate amended file to be used for these late entries and are due by Monday March 5, 2018, 8:00PM. Proof of times is also required. These cannot be used to improve the seed time of a prior entry, but must be a new qualifying entry.**

**ENTRY PROCEDURE:** Entries must be submitted in computer ready form with a printout copy.

Hy-Tek Meet Manager Software is the standard used. RBY will send each eligible team an event file for Team Manager to facilitate entry into the meet.

All teams must submit a properly signed "2018 NJ YMCA State Championship Meet Certification and Cover Form" and "Hold Harmless Agreement".

Teams must submit a Team Roster, export file electronically from Hy-Tek, with the names and DOB of all swimmers.

Electronic entry files should be sent via email to, [jrimbault@cymca.org](mailto:jrimbault@cymca.org) with "State Entries" in subject line. The meet entry coordinator will respond to email entries within 48 hours.

**If you do not receive an email response within 48 hours, assume that your email has not been received. It then becomes the sender's responsibility to make sure that the host club's meet entry coordinator receives the email.**



**PAYMENT:** Entry fees, entries, registration information and team rosters should be mailed to:

Community YMCA, Swim Team  
166 Maple Avenue  
Red Bank, NJ 07701  
Attn: Joan Truscio

Make checks payable to: "Community YMCA Swim Team"

**OVER-SUBSCRIPTION:** N/A

## **VOLUNTEERS/OFFICIALS/TIMERS**

**OFFICIALS AND TIMERS:** Officials who have been invited by the Meet Referee to work this meet must check in at the designated meeting room. Officials who are not listed on the pre-registered/invited list will not be allowed entry to the pool deck. Timers from each team must check in. The host club will have stopwatches available for timers. Upon checking in, timing credentials will be provided to remain on the deck. Teams are required to fulfill their designated timing assignment or risk disqualification of their swimmers.

**SIGN-UP PROCEDURE:** The host team will create a warm-up schedule and timing assignments that will be fair and equal to all teams. These will be emailed to all participating clubs and posted on the website: <http://aquarockets.com> no later than 72 hours before the meet.

## **CHECK-IN PROCEDURE**

**MEET CHECK-IN PROCEDURE:** Only swimmers, certified coaches, certified officials, timers and authorized meet operations personnel may enter the deck area. Swimmers, coaches and officials will enter the facility at the designated entry and exit points.





**EVENT CHECK-IN:** Scratches for preliminaries need to be handed in at the computer podium 15 minutes after the start of warm-up for each session. Scratches should be indicated as described below using the Team/Session rosters that will be provided in the Coaches Packet.

Scratches for sprint relays need to be handed in at the computer podium 15 minutes after the end of that day's preliminary session. Coaches can change the relay cards 30 minutes prior to the start of the Finals session.

Scratches for Sessions 5A, 5, 6A, and 6 are due 15 minutes after the start of warm up before the 500's.

**Scratch Procedures and penalties for finals:**

- The Scratch Table for Finals will be located next to the computer podium of Pool 1.
- Scratches for finals are due within 30 minutes from the time the top 16 or 24 swimmers are announced in the morning.
- Scratch procedures for Finals will be in accordance with USA-S Rule 207.11.6 D&E.

**Scratch Sheet Instructions:**

- All events will be positive check-in
- Swimmers that are swimming will have a single line through their name.
- Swimmers that are being scratched from the session will have their name circled and "SCR" will be written next to the circle
- Swimmers scratching from individual events will have a single line through their name the event number circled and "SCR" will be written next to the circle.
- All entries not scratched will become official entries.
- Any swimmer not scratched using this procedure, who does not swim an event will be considered a "no show" and shall be disqualified from their next event in that session, including entry as a member of a relay team. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer or the coach declares an intent to swim at the scratch table prior to the close of the scratch period for that day's events.

**COACHES MEETING:** Coaches meeting – Friday 7:15 AM

**OFFICIALS AND TIMERS MEETING:** Officials meetings 45 minutes prior to sessions 2,3,5,6,8,10 and Friday/Saturday/Sunday finals sessions. Officials meetings 15 minutes prior to session 1, 9 and 11. Timers meetings TBD.



## CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, Coaches Rep and Regional Rep.

**RULES:** The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

**MEET FORMAT:** The meet will be swum using a Prelims/Final format. Swimmer's age will be determined as of December 1, 2017. This meet is an Approved Meet in accordance with USA Swimming Rule 202.4.

This meet will be a 3 ½ day preliminaries/finals championship style meet that will host events in the 13/14, 15/18 age groups and Open events.

Published time standards must be strictly adhered to.

Open events are timed finals and will **not** be scored.

There will be time trials each day, but these are not included in the meet sanction and further information will be available at <http://aquarockets.com>

The events for the 13/14 age groups will have prelims in the afternoon and will conclude in the evening with finals. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals. Two alternates will also be announced.

The events for the 15/18 age groups will have prelims in the morning and will conclude in the evening with finals. Swimmers placing 1-8 shall compete in championship finals, 9-16 consolation finals and 17-24 bonus finals. Two alternates will also be announced. Bonus finals will be offered for all 15/18 age group events that are 200 yards or less.

1000 and 1650 events will be run in both pools as a timed final swum fastest to slowest.

**For 1000 and 1650 Prelim swimmers will need to provide their own timer.**

**For 500, 1000, and 1650 events, swimmers will need to provide their own counters.**

The Meet will be conducted under the 2017 USA Swimming Technical Rules, the NJ YMCA Swim League Constitution and the Rules that Govern YMCA Competitive Sports and all supplements thereto.



This meet will be seeded in accordance with USA-S Technical Rules (Rule 102.5),  
The top three preliminary heats will be circle seeded.

Lane timers, officials and coaches will be issued heat sheets indicating open lanes.  
If the Meet Committee decides that it is necessary to re-seed an event, all timers,  
officials and coaches will be issued heat sheets showing the re-seeded heat and  
lane assignments.

Heat sheets will be posted throughout the deck and in the spectator area  
indicating the re-seeded event.

In granting an approval for this meet, 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 meet.

**EVENT SEEDING:** Events will be seeded Slowest to Fastest, except for the 400 IM  
and 500 Freestyle which will circle seed the top two heats and for the 1000 and  
1650 will be run as a timed final fastest to slowest. The Meet  
Referee/Administrative Official reserve the right to combine heats.

**SCRATCH PROCEDURES:** An athlete is considered entered into an event unless  
he/she scratches from that event. If an athlete does not scratch from an event  
and does not swim the event, that athlete will be considered a "no show" and shall  
be disqualified from their next event in that session, including entry as a member  
of a relay team.

**DECLARED FALSE START:** An athlete may also withdraw from a heat or swim-off  
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") shall not compete in any further individual or relay events unless the  
athlete and/or coach declares an intent to swim to the Administrative Referee prior  
to the next scheduled event for the athlete.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups  
depending on age groups and team entries.

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.

There will be DECK MARSHALLS supervising warm-up and they will have the authority to disqualify any swimmer from his/her next swim due to any inappropriate behavior during warm-up.

**STARTS:** The host club will determine if "Fly-over/Over-the-top" starts will be used after a time line has been produced. This information will be posted in the pre-meet information and e-mailed to coaches. If 'Fly-over' starts are 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:** In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

**SWIMS (USA-S):** This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on the pool deck in selected areas. Results will also be posted on Red Bank website <http://aquarockets.com> as soon as possible after the conclusion of the meet. Ongoing results will be posted on Meet Mobile.

**PROTEST PROCEDURE:** Protests may only be initiated by a person with standing, that is, 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). All other protests must be made in writing by the team's coach within 30 minutes for the swim in question and all such protests will be adjudicated by the Meet Committee.



**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Deck changes are prohibited.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on 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 during competition.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, 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.
- 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.
- Shaving is not permitted in any areas of the facility.

## **AWARDS AND RECOGNITION**

**SCORING:** The point value for the first through sixteenth place finishes in both individual and relay events are as follows:

**Individual Events:** 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

**Relay Events:** 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

Only the "A" relay can score. Relay events will be scored according to finish times of all "A" designated relays in all heats.



In the 13/14 and 15&18 individual events, points for first through eighth place shall be awarded solely on the basis of a championship final and points for ninth through sixteenth place shall be awarded solely on the basis of a consolation final.

**AWARDS: Medals:** First through eighth place in all individual and scored relay events.

**Ribbons:** Ninth through sixteenth place in all individual and scored relay events.

**Plaques:** The top two boys' and girls' team in each age group will receive an age group championship plaque.

**Banners:** The top three boys' and girls' teams, according to overall cumulative boys and girls point totals, will each receive a championship banner. The top combined boys' and girls' team, according to overall cumulative point totals, receives the Meet Championship Banner.

**COACHES MUST PICK UP ALL INDIVIDUAL AND TEAM AWARDS PROMPTLY AT THE END OF THE MEET. THE HOST TEAM WILL NOT MAIL AWARDS.**

## TIME TRIALS

**FORMAT AND FEE:** Time Trials are open only to athletes entered in the Championship meet. An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials. Entry fee per event is \$10.00.

**TIME TRIAL LIMITS:** Each athlete is allowed to enter a total of 3 time trial events for the meet – limited to no more than 1 per day. Participating in the Time Trials will count toward the individual event limit.

**TIME TRIAL PROCEDURE:** There will be a Time Trial session on each day of this meet, but will not be part of the acquired sanction and further information will be available at <http://aquarockets.com>

## SPECTATORS

**ADMISSION FEE:** No Admission Cost

**HEAT SHEETS/PROGRAMS:** Individual paper heat sheets can be purchased upon entry for a fee of \$5.00 per session on a session by session basis.

**CONCESSION STAND:** Food and drink will be available for purchase.



**SEAT SAVING POLICY:** Saving seats is NOT permitted.

**ATHLETE APPAREL:** Swim gear and apparel will be available for sale during the meet.

**2018 YMCA State Championship Apparel:** The link to order is:  
<http://www.factorydirectpromotions.com/njymcastates13o>

Password: **NJChamp18** (Deadline is Monday, February 19, 2018)

**CONDUCT AND RESTRICTIONS:**

- No Flash Photography at the start of competition races. There is no photography permitted on the pool deck unless approved by the NJ YMCA Championship Committee.
- 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.

**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. Appendix 3 must be signed by each association participating in the meet.

**LIABILITY LIMITS:**

- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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.
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.

**EVACUATION PROCEDURE:** Follow facility posted evacuation procedures





## DIRECTIONS

Kunkel Aquatic Center in the Alumni Sports & Fitness Center  
Franklin & Marshall College  
929 Harrisburg Pike, Lancaster, PA, 17603

### South From New Jersey:

Take the **New Jersey Turnpike** to **exit 6 (Pennsylvania Turnpike west)**. Take the PA Turnpike west to **exit 286 (Lancaster/Reading/Rt. 222 south)**. Take Rt. 222 south approximately 14 miles to the Lancaster area. Stay to the right and follow signs for **Rt. 30 West (York)**. Pass Oregon, Lititz and Fruitville Pikes. Just beyond Fruitville Pike, exit to **continue** on 30 West (York). Take first exit for **Harrisburg Pike** (The Park City Mall will be on right). At the top of the exit ramp, turn left onto Harrisburg Pike. Proceed 1.5 miles through several traffic lights until you reach the light at the intersection of Race Avenue and Harrisburg Pike. The Turf Field will be on your left. Turn left into this parking lot.

### From Central and North Jersey:

**I-287 S** to Exit 21B - Merge onto **I-78 W** toward Easton, PA. Go about 52 miles and take exit **54A**, to merge onto **US-222 S/Hamilton Blvd**. Follow **US-222 S** to **US-30 W**. Take first exit for **Harrisburg Pike** (The Park City Mall will be on right). At the top of the exit ramp, turn left onto Harrisburg Pike. Proceed 1.5 miles through several traffic lights until you reach the light at the intersection of Race Avenue and Harrisburg Pike. The Turf Field will be on your left. Turn left into this parking lot.

## LODGING

Teams are responsible for their own lodging.

## PARKING

Parking is available in designated areas, please follow the instructions of campus personnel.



## APPENDIX 1: ORDER OF EVENTS

### Order of events

13/Over YMCA State Championships Events, Sessions and Time Standards:				
Girls Event Number	Time Standard	Description	Boys Event Number	Time Standard
<b>Session 1 – Thursday Evening</b>				
<b>Distance Finals</b>				
1	11:34.99	13-14 1000 Freestyle	2	10:59.99
3	11:08.99	15-18 1000 Freestyle	4	10:17.89
<b>Session 2 – Friday Morning</b>				
<b>15 / 18 Girls &amp; Boys Prelims</b>				
7	1:11.79	15-18 100 Breaststroke	8	1:03.99
11	:54.89	15-18 100 Freestyle	12	:49.99
15	2:13.99	15-18 200 Backstroke	16	2:04.79
19	4:51.79	15-18 400 IM	20	4:26.09
<p><b><u>*The 400 IMs will run in both pools followed by a 5 minute break before the next scheduled event in the main pool.</u></b></p>				



**Session 3 – Friday Afternoon**

**13 / 14 Girls & Boys Prelims**

5	1:15.99	13-14 100 Breaststroke	6	1:12.39
9	:57.79	13-14 100 Freestyle	10	:54.99
13	2:21.79	13-14 200 Backstroke	14	2:17.89
17	4:57.99	13-14 400 IM	18	4:45.59

**\*The 400 IMs will run in both pools followed by a 5 minute break before the next scheduled event in the main pool.**

**Session 4 – Friday Evening**

**Event Finals**

57	1:44.99	Open 200 Free Relay	58	1:32.99
5		13-14 100 Breaststroke	6	
7		15-18 100 Breaststroke	8	
9		13-14 100 Freestyle	10	
11		15-18 100 Freestyle	12	
13		13-14 200 Backstroke	14	
15		15-18 200 Backstroke	16	
17		13-14 400 IM	18	
19		15-18 400 IM	20	
59	1:54:09	13-14 200 Freestyle Relay	60	1:48:09
61	3:49.99	15-18 400 Freestyle Relay	62	3:30.99

**Session 5A – Saturday Morning \***

**15 / 18 Girls & Boys Prelims**

23	5:22.49	15-18 500 Freestyle	24	4:57.99
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**\*The 500's will run in both pools followed by a 5 minute break before the next scheduled event in the main pool.**



<b>Session 5 – Saturday Morning</b>				
<b>15 / 18 Girls &amp; Boys Prelims</b>				
27	1:01.69	15-18 100 Backstroke	28	:57.59
31	2:19.99	15-18 200 Butterfly	32	2:05.99
35	2:14.89	15-18 200 IM	36	2:03.99
<b>Session 6A – Saturday Afternoon *</b>				
<b>13 / 14 Girls &amp; Boys Prelims</b>				
21	5:36.19	13-14 500 Freestyle	22	5:22.19
<p><b><u>*The 500's will run in both pools followed by a 5 minute break before the next scheduled event in the main pool.</u></b></p>				
<b>Session 6 – Saturday Afternoon</b>				
<b>13 / 14 Girls &amp; Boys Prelims</b>				
25	1:05.59	13-14 100 Backstroke	26	1:03.89
29	2:30.99	13-14 200 Butterfly	30	2:23.99
33	2:22.39	13-14 200 IM	34	2:14.89



**Session 7 – Saturday Evening**

**Event Finals**

21		13-14 500 Freestyle	22	
23		15-18 500 freestyle	24	
25		13-14 100 Backstroke	26	
27		15-18 100 Backstroke	28	
29		13-14 200 Butterfly	30	
31		15-18 200 Butterfly	32	
33		13-14 200 IM	34	
35		15-18 200 IM	36	
63	2:10.09	13-14 200 Medley Relay	64	1:56.09
65	4:19.99	15-18 400 Medley Relay	66	3:59.99

**Session 8 – Sunday Morning**

**15 / 18 Girls & Boys Prelims**

39	1:59.49	15-18 200 Freestyle	40	1:49.99
43	2:36.29	15-18 200 Breaststroke	44	2:20.99
47	1:00.79	15-18 100 Butterfly	48	55.29
51	:25.39	15-18 50 Freestyle	52	:22.99

**Session 9 – 15-18 Girls & Boys 1650 Distance Finals**

53	18:39.99	15-18 1650 Freestyle	54	17:29.99
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<b>Session 10 – Sunday Afternoon</b>				
<b>13 / 14 Girls &amp; Boys Prelims</b>				
37	2:06.19	13-14 200 Freestyle	38	2:00.89
41	2:43.99	13-14 200 Breaststroke	42	2:32.99
45	1:05.59	13-14 100 Butterfly	46	1:02.39
49	:26.69	13-14 50 Freestyle	50	:25.19
<b>Session 11 13/14 Girls &amp; Boy 1650 Distance Finals</b>				
55	19:09.99	13-14 1650 Freestyle	56	18:39.99
<b>Session 12 – Sunday Evening</b>				
<b>Event Finals</b>				
67	1:58.09	Open 200 Medley Relay	68	1:45.09
37		13-14 200 Freestyle	38	
39		15-18 200 Freestyle	40	
41		13-14 200 Breaststroke	42	
43		15-18 200 Breaststroke	44	
45		13-14 100 Butterfly	46	
47		15-18 100 Butterfly	48	
49		13-14 50 Freestyle	50	
51		15-18 50 Freestyle	52	

APPENDIX 2: Qualifying Times

Time standards are listed above in Appendix 1- please note converted times can be used to qualify.



APPENDIX 3: YMCA Sanctioned Meet Declaration Form

*(Note: Return signed Declaration form to the meet director)*

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** NJ YMCA 13 & over State Championship Meet

**Meet Date(s):** Thursday, March 8 to Sunday, March 11, 2018

**Meet Host:** The Community YMCA, Red Bank Swim Team

**Meet Location:** Kunkel Aquatic Center, Franklin & Marshall College, Lancaster, PA

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the NJ YMCA 13 & over State Championship Meet for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the NJ YMCA 13 & over State Championship Meet.

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, The Community YMCA Red Bank, their agents, representatives or assigns, and the Kunkel Aquatic Center in the Alumni Sports & Fitness Center at Franklin and Marshall College for any and all injuries which may be suffered by participants at the NJ 13 & over YMCA State Championship Meet. Furthermore, we understand that the YMCA of the USA and The Community YMCA, Red Bank Swim Team are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_  
*Name and Signature of Head Coach*

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee*



NJ YMCA 13 & over State Championship Meet  
Thursday, March 8 to Sunday, March 11, 2018

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**This is the last page of the Meet Announcement**