

WASHINGTON YMCA STATE SWIMMING MEET

Saturday, January 28, 2012
 Weyerhaeuser King County Aquatic Center
 650 S.W. Campus Drive
 Federal Way, WA
 (206) 296-4444, (206) 927-5173

Host: Skagit Valley Family YMCA (SVY)

Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.
 Approval #1201-SP01

In granting this approval it is understood and agreed that USA Swimming and PNS shall be free and held harmless from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

Key Officials:

James Cornforth, SVY Coach
 (cell) 360-319-4678
 Meet Director: Maureen Johnson
 360-421-0929
 svychinooks@gmail.com

Referee: David Baer
 206-938-8388
 dlbaer@comcast.net

Admin Ref: Dave Anthony
 425-481-0515
 dave.anthony@frontier.com

Directions: From I-5, take exit 142B and go west on 348th
 (becomes Campus Way after crossing 1st Ave S.).
 Pool is on the right about 1.5 miles from I-5.

Facility: Two indoor 8 lane 25 yard pools with starting blocks,
 Backstroke flags, anti-wave lane lines. Another 25 yard
 Diving pool for warm up/cool down swims.

Pool meets YMCA start depth for all starts. New timing system
 (2007) was installed for the NCAA National Championships.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Format: All events are timed finals. Age groups for competition:
 8&U, 10 & U, 11-12, 13-14, 15-21. Age is as of the day of the meet.

Heats will be seeded slowest to fastest!

A missed event will be treated as a scratch.

Meet Rules: Current YMCA of USA rules/USA Swimming Technical Rules govern throughout the meet including warm-ups and Time Trials.

Eligibility:

1. YMCA's must be in good standing with the YMCA of USA.
2. Swimmers must be full privilege members of their YMCA by Oct. 30, 2011 (90 days prior to the meet)
3. A swimmer who has graduated from High School, may swim in the 15-21 age group as long as he/she has not participated (in practice or in meets) with a collegiate swimming program.
4. Swimmers must have participated in at least one (1) closed YMCA swim meet.

Entry Limit: Each swimmer may swim in up to 4 individual events plus 2 relays.

Scoring: Relays are scored 18-14-12-10-8-6-4-2 Individual events: 9-7-6-5-4-3-2-1

Awards: Individual /Relay medals for 1st- 3rd. Ribbons: 4th-8th in all events. Consolation ribbons for 9th-16th places will be awarded in all events except the Open individual events and all Relays. No points will be scored for Consolation places. Every swimmer will receive a swim meet pin!

Team Awards: Team Trophies, Male & Female Overall Top Scores, 1st, 2nd, 3rd.

Special Awards: There will be four special awards. Teams will supply candidates for a YMCA Values award. One each for Honesty, Caring, Respect and Responsibility.

Entry Fees: \$35.00 per swimmer. Includes surcharge and entry fee for up to four individual & two relay events.

Payment must be made by January 16, 2012.

Make **one (1) check per team** payable to *SVYCHINOOKS SWIM TEAM*.

Mail to:

Teresa Verdugo, Team treasurer
4601 Hidden Lake Loop
Mount Vernon, WA 98273

Deck Entries: There will be no deck entries

Time Trials: \$10.00 per event, including relays. Swimmers must provide their own timers for time trials.

Heat Sheets: \$5.00; results will be emailed to each participating team coach or designee. Results will be available on the PSSA web site and the PNS web site.

Schedule:

Deck credentials (to be displayed anytime on the deck)
will be issued to all timers and support persons

Coaches meeting: 8:30 am
 Officials meeting: 9:15 am
 Timers meeting: 9:30 am
 Warm up: 9:00 am
 Competition: 10:00 am

Entry Deadline: Monday, Jan. 16, 2011, 5PM. Hy-TEK entries please
Send to Meet Director: svychinooks@gmail.com

**MEET INFORMATION, PSYCH SHEETS & RESULTS posted on
Skagit Valley Family YMCA swim team website**

www.svychinooks.com

Program:

The meet will be run on a Timed Finals format.
All events will be seeded by heats, slowest to fastest.

The Open events all have required qualifying times in order to enter.

Even number heats will contest in the NORTH POOL.

Odd number heats will contest in the SCOREBOARD POOL

All 25 ydevents will be held in the Scoreboard pool and

Will start from the bulkhead

FEMALE Events

#	QT
101	2:48.00
102	2:53.00
103	3:08.00
104	
105	
106	
107	
108	
109	
110	
111	
112	
113	
114	
115	
116	

continued-----

MALE Events

#	QT
1	2:35.00
2	2:42.00
3	2:56.00
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

FEMALES,		Event_	MALES	
#			#	
117		9-10 50 Free	17	
118		11-12 50 Free	18	
119		13-14 50 Free	19	
120		15-21 50 Free	20	
121	6:23.00	OPEN 500 Free	21	6:03.00
122		8&U 25 Butterfly	22	
123		10&U 50 Butterfly	23	
124		11-12 50 Butterfly	24	
125		13-14 100 Butterfly	25	
126		15-21 100 Butterfly	26	
127		8&U 25 Back	27	
128		10&U 50 Back	28	
129		11-12 100 Back	29	
130		13-14 100 Back	30	
131		15-21 100 Back	31	
132		8&U 25 Breast	32	
133		10&U 50 Breast	33	
134		11-12 100 Breast	34	
135		13-14 100 Breast	35	
136		15-21 100 Breast	36	
137		8&U 50 Free	37	
138		10&U 100 Free	38	
139		11-12 100 Free	39	
140		13-14 100 Free	40	
141		15-21 100 Free	41	
142		10&U 200 Free Relay	42	
143		12&U 200 Free Relay	43	
144		14&U 200 Free Relay	44	
145		21&U 200 Free Relay	45	

Time Trials will be held 20 minutes following the final event. Time trial fee is \$10.00 per event. Registration for a Time Trial ends at 12 noon the day of the meet. Time trials available for any event on the program except the 500 free. Time Trial swimmers must provide their own timers.

**TEAMS WILL NEED TO SUPPLY INSURANCE CERTIFICATES NAMING
THE SKAGIT VALLEY Y AND KCAC AS INSURED**

IMPORTANT ADDITIONAL INFORMATION

WARM UP PROCEDURES

Each team will be assigned specific warm up lanes depending upon the number of swimmers you enter. Simple rules and courtesies will be expected:

- Enter the pool by sitting & sliding in
- Circle swim counter-clockwise only
- No diving from the blocks, except during designated times
- No diving over a Backstroke swimmer starting in water
- Sprint lanes & diving:
During the last 25 minutes of warm up, sprint work will be allowed. Large teams who are assigned a lane(s) without another team, may ask the referee for permission to practice starts & one way sprints. These teams may allow a smaller team to join them.
- A COACH MUST BE DIRECTLY SUPERVISING HIS/HER SWIMMERS

The pools will close 10 minutes prior to the start of competition.

Warm up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered

SAFETY

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker room.

Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.

All participating swimmers must be under the supervision of a YMCA coach and may not enter the water at any time unless under the supervision of their coach.

Any swimmer entered in the meet must be certified by their coach as being proficient in performing a racing start or must start each race from within the water.

Only authorized coaches, volunteers and working personnel can be on the deck and must display their credentials. All others must remain in the spectator area unless they are timing or volunteering with the management of the meet.

Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.

MARSHALLS will patrol the pool, locker rooms, bleachers and facilities. They will be clearly identifiable and have the authority to remove any swimmer, coach or Y team who does not follow the safety rules during the meet.

Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of awards or team points accumulated toward team standings earned by the individual.

THIS IS A YMCA MEET & THE ABOVE IS NOTED MERELY TO REINFORCE OUR YMCA VALUES OF HONESTY, CARING, RESPECT and RESPONSIBILITY

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VOLUNTEER MEET OFFICIALS: The Skagit Valley family YMCA welcomes the participation of parent volunteers who are currently certified as YMCA and/or USA Swim Officials. If any of your parents would be interested in helping with the meet, please **indicate the names** below and **send them to Jim Cornforth, jrcorn2@comcast.net by Januray 7th**. We will provide them with an Officials shirt .

Name

YMCA Certification Level

Contact Phone Number

USA Certification Level

Position preferred: ___ Starter ___ Stroke & Turn

Shirt size: ___ Small ___ Medium ___ Large ___ Xlarge

Use above info if you have more officials. Thank you

Jim Cornforth , Host Coach
David Baer, Meet Referee