

YMCA Summer Sizzler

MEET ANNOUNCEMENT

About the Invitational Meet

Date: 6/29/19

Location: Duaneburg YMCA

Entry Deadline: 6/22/19

Hosted by: Duaneburg Electric Eels

Meet Director: Jennifer Dixon

Web Site: <http://cdymca.org/locations/duaneburg-ymca/>

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Note: TOC must be refreshed after updates



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ABOUT THE INVITATIONAL MEET

This meet is a sanctioned, closed, inter-association YMCA Invitational 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 LSC of USA Swimming.

YMCA Sanction number: xxxxxxxx.
USA-S/ LSC Approval number APP19-007

ADJUSTMENTS TO THE MEET ANNOUCEMENTS: 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 Sanctioned Invitational 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

Saturday, June 29 – Warm ups 12:30pm Meet Start 1:00pm

INCLEMENT WEATHER/CANCELATION: Weather and safety cancelations will be at the discretion of the Referee

LOCATION AND FACILITY

Location: Duanesburg YMCA, 221 Victoria Dr., Delanson, NY 12053

Emergency Phone Number: 518-895-9500

The Duanesburg YMCA is configured as a 6 lane, 25 yard course. Water depth at start is 9'2" (minimum 5 feet required) and at turn end is 4'5" feet. electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)

Spectator seating on the deck will be temporary and spectators should plan to rotate in an out when their child is swimming. There will be seating in our gymnasium for spectators to set up space for the duration of the meet.

There will team seating designated based on team size

Wi-Fi is available during the meet.



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WEB SITE

Meet Information can be found at:

<http://www.adirondackswimming.org/meetschedule2018-2019.html>

Online Meet Results: [Meet Mobile](#) – Eels Summer Sizzler, Delanson, NY

CONTACT INFORMATION

Meet Director: Jennifer Dixon/ jdixon@cdymca.org/ 518-895-9500

Entry Chairperson: Wendy Nelson/ wtanelson@gmail.com/ 518-229-3918

Meet Referee: Travis Nelson/ 518-265-3391

Administrative Official: Wendy Nelson/ wtanelson@gmail.com/ 518-229-3918

Officials Coordinator: Travis Nelson/ 518-265-3391

Safety Director: Jennifer Dixon/ jdixon@cdymca.org/ 518-895-9500

NOTICES

YMCA teams are invited to attend. The meet will be open age group and will stop taking registrations once we reach the 4hr limit

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.

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 four (4) years of age, and not older than twenty-one (21) years of age on the first day Meet.

YMCA Meet Participation:



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Times:

There are no time standards for this meet

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: Swimmers are allowed to enter up to 5 events and two relays for this meet. Time Trials may be requested by the Coaches and will be held at the



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discretion of the meet Director and Meet Referee. Swimmers are limited to 5 individual events per day including time trials. Time Trials fee will be \$10 per swimmer and will be on a first come first serve basis.

QUALIFICATION PERIOD: none

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

TIME STANDARDS: There are no minimum time standards for this meet.

TIMES: No Times (NT) are allowed. Submit entry times in Actual time (no conversion), SCY. Entered times must be the swimmer's BEST time achieved.

ENTRY FEES: \$4.50 per Individual Event. \$6 per Relay event (per team), \$2 Surcharge per athlete.

ENTRY DEADLINE: 6/22/19

ENTRY PROCEDURE: Entries must be submitted as a Meet/Team Manager file via e-mail to Wendy Nelson (wtanelson@gmail.com)

PAYMENT: Payment by check payable to "Capital District YMCA" must be mailed to: Jenn Dixon 221 Victoria Drive Delanson, NY 12053

OVER-SUBSCRIPTION: In the event the meet is oversubscribed, the meet director and the meet referee will work together to determine the solution in the best interest of the swimmers

OFFICIALS AND TIMERS: Officials will be coordinated by Travis Nelson. Officials with both YMCA and USA Swimming certification will be on deck. Each team shall provide timers in accordance with the accompanying file called "Timer Assignments." Timers must make their own arrangements if they need to leave before the end of the session.

SIGN-UP PROCEDURE: Each team shall handle their own recruiting of volunteers.

ATTIRE: Officials shall wear white shoes and socks, blue shorts or pants, and a white short-sleeved collared shirt with the YMCA officials patch. No advertising logos are permitted on any clothing item.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: The meet will be pre-seeded



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COACHES MEETING/SCRATCH MEETING: No coaches meeting will be held. Scratches should be reported to the timing table one-half hour before the start of the meet.

OFFICIALS AND TIMERS MEETING: Officials should check in at the official's room one hour before the start of the meet.

TIMERS Meeting: Timers meetings will be held fifteen minutes before the start of meet.

MEET COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and two Coaches

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

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of first day of the meet. Open Events, male and female events may be combined in the interest of time.

EVENT SEEDING: Events will be seeded Slowest to Fastest. 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 event still counts toward the athlete's total number of events for the meet.

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.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups.

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.



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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.

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 the swimmer's Full Legal Name, Date of Birth and 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

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 Meet 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

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. 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.
- 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.

AWARDS AND RECOGNITION

SCORING: This meet will not be scored

AWARDS: No awards

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Invitational 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.

TIME TRIAL LIMITS:

USA-S rules limit the total number of individual event swims *102·2·3*

Time trial events must count as a part of this daily total.

SPECTATORS

HEAT SHEETS/PROGRAMS: Will be for sale

CONCESSION STAND: Will be on site

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 in the swimmer sections
- No smoking, drugs, or alcohol are permitted in the swimming complex.



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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 of the USA-S/ AD approval, it is understood and agreed that USA Swimming and AD 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.
- 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



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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.

DRONES: 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.

APPENDIX 1: ORDER OF EVENTS

Warm Ups 12:30 pm... Session Begins 1:00pm

Girls Events	Event Description	Boys Events
1	200 Medley Relay	2
3	50 Free	4
5	100 Backstroke	6
7	50 Backstroke	8
9	100 Fly	10
11	50 Fly	12
13	200 IM	14
15	100 IM	16
17	100 Breaststroke	18
19	50 Breaststroke	20
21	100 Free	22
23	200 Free Relay	24



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APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

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

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

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 Summer Sizzler_____ 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 Summer Sizzler.

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, Duanesburg YMCA their agents, representatives or assigns, and the Duanesburg YMCA for any and all injuries which may be suffered by participants at the Summer Sizzler. Furthermore, we understand that the YMCA of the USA and Duanesburg YMCA 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



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Held under the Approval of Adirondack Swimming, Inc. Approval # APP19-007

In granting this Approval it is understood and agreed that USA Swimming and Adirondack Swimming, Inc. 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 event.

Host: Duanesburg YMCA

Place: Duanesburg YMCA, 221 Victoria Dr., Delanson, NY 12053,
6 Lane, 25 yards, - Short Course - Colorado automatic timing system with beeper start and scoreboard readouts

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

Pool Depths: 6 Lane, 25 yards, - Short Course - Colorado automatic timing system with beeper start and scoreboard readouts
Depth of Pool at One (9'2") Meter and Five (9' 4") Meter Distances from Start End of Pool.
Depth of Pool at One (4'1") Meter and Five (4'5") Meter Distances from Turn End of Pool.

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

Saturday, June 29 – Warm ups 12:30pm Meet Start 1:00pm

Meet Director: Jenn Dixon, jdixon@cdymca.org 518-231-4200
Admin Official: Wendy Nelson, wtanelson@gmail.com 518-229-3918

Attending Teams:
Capital District YMCA and all YMCA teams

Entry Rules:
The eligibility of a swimmer will be determined by his or her age on **MEET START DATE**
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter **5 events and 2 relays**
Entries must be received by **6/22/19**

USA Swimming Registration:
Club athletes may obtain USA Swimming Registration from your Club Registrar
Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site www.adirondackswimming.org
Direct registration questions to the Adirondack Registrar, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

Warm-Ups:
Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the club officials and marshals in charge of the area.

Meet Policy:
Use of Audio or Visual Recording Devices, including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited.

Meet Notes:
This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all times achieved by USA Swimming, Inc. Registered Athletes will be loaded to the USA Swimming National Database, SWIMS. **For times to be used, all swims must be observed by a minimum of 2, USA Swimming Registered and Certified Stroke and Turn Officials, one located at each end of the pool, at all times during the meet. The meet must also be overseen by a current USA Swimming Admin Official.**

As this is Not a Sanctioned Meet, it may Not be used to satisfy the Adirondack Swimming Minimum Meet Requirement for Championship Eligibility. However, All legal times achieved May be used for entry qualification purposes in any USA Swimming Sanctioned Meet.



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This is the last page of the Meet Announcement