

2012 Pennsylvania YMCA East-West Swimming Championships

Date: Saturday March 24th, 2012 and Sunday March 25th, 2012

Location: McCoy Natatorium, Pennsylvania State University

Host Teams: State College Area YMCA / Bellefonte YMCA
(YMCA of Centre County)

<p>Held under the Sanction of YMCA Competitive Swimming and Diving Sanction #CAQ-2012-PA333537 USA "Approved Meet" Status</p>

Dear PA YMCA Swimmers, Coaches, and Parents –

Welcome to the 2012 PA YMCA East-West Swimming Championships website. This year our swim meet will be held on March 24-25, 2012 at McCoy Natatorium on the campus of the Pennsylvania State University. Proud hosts of this meet are the State College Branch and the Bellefonte Branch of the YMCA of Centre County. Many volunteers from both swim teams are working hard to provide an enjoyable experience for all swimmers, coaches, and spectators.

Please visit our website often to get the latest information and any important updates. Coaches, should you have any questions or concerns, please feel free to contact me by email at mehurley99@comcast.net. I will be happy to help!

Thank you,
Mary Ellen Hurley
Meet Director
2012 PA YMCA East-West Swimming Championships

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YMCA STATE COMMITTEE REPRESENTATIVES

Bruce Matthews
Tom Warrick

Denny Hartnett
Barbara Highlands

MEET DIRECTOR

Mary Ellen Hurley
mehurley99@comcast.net

HEAD REFEREE/STARTER

Art Vascik, YMCA Certified; USA-S Certified
Greg Bell, YMCA Certified; USA-S Certified

SANCTION

Held under the Sanction of YMCA Competitive Swimming and Diving issued by the YUSA Certification Department. **Sanction # CAQ-2012-PA333537**. This meet fulfills all requirements listed below for a YMCA Sanctioned Championship meet:

1. This meet is a closed YMCA meet.
2. Only YMCA teams that have completed the current year YMCA team registration are permitted to compete.
3. This meet adheres to the ***Rules that Govern YMCA Competitive Sports***.
4. USA Swimming technical rules shall be followed.
5. The Meet Referee is currently certified as a Level 2 official, and a minimum of two additional YMCA certified officials shall conduct the meet. USA Swimming certified officials are welcome to participate, but the Meet Referee is YMCA certified.
6. Only coaches with current CPR, First Aid, and Lifeguard/YASA/Safety Training for Swim Coaches certifications will be permitted on deck. Coaches must also have Principles of YMCA Competitive Swimming and Diving
7. All swimmers must be full privilege members of their local YMCA and must have represented only their YMCA in competition (high school competition excepted) for a period of 90 days prior to the first day of the meet.
8. This meet has entry standards (see QUALIFICATIONS below).
9. This meet is the highest level championship meet for a given region, an end-of-season meet at a higher level for a given region, or an invitational that includes competitors from multiple regions and with a level of competition higher than that offered in their region.

RELEASE STATEMENT

YMCA of the USA and the YMCA of Centre County (State College Branch and Bellefonte Branch) shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Current YMCA procedures for conducting meets will take precedence over any inadvertent errors or omissions in this meet information document.

USA APPROVED MEET STATUS

The 2012 Pennsylvania YMCA East-West Swimming Championship Meet will be considered an "Approved Meet" by USA Swimming and Middle Atlantic Swimming.

NOTE: *In granting this approval it is understood and agreed that USA Swimming and Middle Atlantic 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 meet.*

SWIMS database: With approved meet status, we agree to submit a complete backup of the meet to the Middle Atlantic office at least 5 business days prior to the first day of the meet for a meet reconciliation against the SWIMS database. In addition, the event results for registered USA swimmers with valid ID numbers will be uploaded into SWIMS. These times will be legitimate for all purposes (qualifying times for local, regional, national meets; records; recognition).

Coaches: Please make the effort to confirm that your USA swimmer's registrations are current for 2012. Also please make sure that if a swimmer is not USA-S registered that the USA-S id is deleted on the entry file. This way only the registered swimmers have USA-S id. This should be done for your DISTRICT Registration.

RULES

The meet will be conducted in accordance with the current USA Swimming Rules and Regulations (Technical Rules), "Rules That Govern YMCA Competitive Sports" and YMCA Competitive Swimming and Diving "Black Book", except where rules therein are optional and exceptions are herein stated. This includes, but is not limited to, the following:

1. Start, individual stroke and relay rules
2. Event limit per day (including time trials)
3. Swimwear restrictions
4. Timing rules
5. Minimum standards for facilities

SAFETY

The YMCA Competitive Swimming and Diving Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated.

FACILITY

Capacity: McCoy Natatorium has seating capacity for 900+ spectators.

Competition Pool: This is a deep (6 to 10 ft) 25 yard pool with 6 lanes, maintained at 80° F. Brock 6" Gold Medal Lane Lines and a Colorado System 6 timing system utilizing Touch Pads w/ Dual Plunger backup will be in use during competition. This pool will be utilized for the warm-up session before competition begins.

Instructional Pool: This instructional pool will be available during each session for warm-up and swim-down. This is a shallow (3 1/2 - 5 ft) 25 meter pool with 6 lanes. Diving is not permitted.

Certified: The Competition Pool has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

SCHEDULE OF EVENTS

A detailed schedule of events, including warm up times, competition start/end times, and scratch meeting times, can be viewed [here](#) when it becomes available.

Saturday March 24, 2012 - morning

JUNIORS (13-14 boys and girls)

Saturday March 24, 2012 – afternoon

SENIORS (15-18 boys and girls)

Saturday March 24, 2012 – evening

National Time Trials

Sunday March 25, 2012 - morning

CADETS (10 & Under boys and girls)

Sunday March 25, 2012 - afternoon

PREPS (11-12 boys and girls)

******* Please note these changes from previous years. *******
Saturday will be Juniors and Seniors; Sunday will be Cadets and Preps.
Saturday night will be National Time Trials – after the Senior session.

WARM UP SCHEDULE

A copy of the warm up schedule can be viewed [here](#) when it becomes available. (NOTE: This schedule will not be available until AFTER Districts when we know how many swimmers from each team will be swimming at States.)

Teams can warm-up in the competition pool in their designated lanes at their assigned times. The Meet Director or officials must approve any exception. The instructional pool will be available for warm-up and swim-down before and during all sessions.

Each team will have 15 minutes of circle swimming during the warm-up session. Starts and one way sprints will be held at the end of the warm-up session. No deck diving or starts off blocks during circle swimming. An East Field Certified Coach from your team must be on deck to supervise your swimmers during warm-ups.

QUALIFICATIONS

Only those swimmers who qualify by the time standard set for the District swim meets shall be eligible to compete in the PA YMCA East-West Swimming Championships. A swimmer must swim at Districts in order to advance to the PA YMCA East-West Swimming Championship as follows:

1. **Individual events:** a swimmer must finish in either the Top 12 of the Eastern PA District Championships or the Top 12 of the Western PA District Championships. Each individual event will consist of 24 swimmers; 4 heats of 6 swimmers each. All events are Timed Finals.
2. **Relay events:** a relay must finish in either the Top 9 of the Eastern PA District Championships or the Top 9 of the Western PA District Championships. Each relay event will consist of 18 relay teams; 3 heats of 6 relays each. All events are Timed Finals.
3. **Alternates:** Two alternates from East District and two alternates from West District for each event will also advance.

ENTRY FEES

Swimmer entry fees are **\$6.50 per individual event** and **\$24.00 per relay event**. It is mandatory that all fees be paid to the District host committee on the day of District Championships. **NOTE: Entry fees have increased from \$6.00 to \$6.50.**

Current YMCA procedures for conducting meets will take precedence over any inadvertent errors or omissions in this meet information document.

SWIMMER REGISTRATION

Early registration: For your convenience, early swimmer registration will be held on Friday evening March 23, 2012 at the Central Pennsylvania Convention & Visitors Bureau (located adjacent to Beaver Stadium). Directions and a map can be accessed from their website homepage <http://www.centralpacvb.org/>.

When: Swimmers may register on Friday night or at any time on Saturday and Sunday before warm ups for their session.

Purpose: At swimmer registration, swimmers will be registered into the swim meet and will receive a colored wrist band that is required to be worn in order to gain access to the pool deck. Wrist bands will be color coded according to age group.

The following rules will be enforced for the safety of all swimmers!

1. Swimmers **MUST** be present at registration.
2. We will not give wristbands to parents or coaches to place on their swimmer.
3. Swimmers will be required to remove any colored wrist band from Districts.
4. The only wrist band that will be allowed will be the appropriated colored wrist band for our PA YMCA East-West Swimming Championship swim meet.
5. Any swimmer or coach caught removing a wristband, or passing a wristband to another individual will be disqualified from the meet and will not be permitted on deck.

NATIONAL TIME TRIALS

******* Please note this change from previous years. *******

Saturday night will be National Time Trials – after the Senior session.

National Time Trials will be held **SATURDAY** evening following the afternoon Senior session. Some things to know:

1. **Warm ups:** a 20 minute warm-up period will be provided before time trials begin. The instructional pool will also be available for warm ups throughout the afternoon session.
2. **Registration:** swimmers wishing to compete in National Time Trials must register with the Assistant Meet Director (Bill Welsh) by the scorer's table **BEFORE** the end of the SR breaststroke events.
3. **Fee:** (\$ 10) per individual entry; (\$ 40) per relay and must be paid when registering for the time trials. Make checks payable to "SCAY Aqualions".
4. **Qualifications:** swimmers wishing to compete in time trials must be within 3 seconds of the 2012 National qualifying time standard for the event being swum.
5. **Officials:** We must have officials for time trials to take place. Please make an attempt to provide an official if you have a swimmer in time trials. If not, one will be provided for you.
6. **Important:** Time Trial events count toward the daily limitations on the number of events a swimmer can swim. A swimmer may swim no more than 5 individual events per day in a timed final meet.

MARSHALING

Marshaling will be on deck, in front of the committee table for each session. Swimmers should report to the marshaling volunteers no later than the event prior to their event. Swimmers and coaches should listen for the announcements as to what event is in the water and what heat is behind the block. The current Event/Heat number can be found on the electronic scoreboard.

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SCORING

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1 (1st through 12th)

Relays: 32-26-24-22-20-18-14-10-8-6-4-2 (1st through 12th)

AWARDS

1. **Medals/Ribbons:**

Medals will be given to 1st through 6th place for each event.

Ribbons will be given to 7th through 12th place for each event.

2. **Trophies:** First place Boys (Cadets, Preps, Juniors, Seniors)

First place Girls (Cadets, Preps, Juniors, Seniors)

Second place Boys (Cadets, Preps, Juniors, Seniors)

Second place Girls (Cadets, Preps, Juniors, Seniors)

3. **Banners:** First place combined TEAM score.

First place Girls/ First place Boys

Second place Girls/ Second place Boys

Third place Girls/ Third place Boys

4. **Patches:** All participating swimmers will receive a commemorative patch.

5. **Value:** The estimated value of all awards given is approximately \$6000

T-SHIRTS

2012 PA YMCA East-West Swimming Championship T-Shirts and Caps will be available for sale in the lobby during the swim meet. Pre-ordering provides a discount and guarantees that you get what you want.

The [States T-Shirt Order Form](#) can be found here when it becomes available.

Advance T-shirt orders must be completed and received by the T-shirt coordinator as indicated on the order form. T-shirt orders will be sorted by team for pick-up at swimmer registration on Friday evening March 23rd, or in the lobby of the Natatorium during the meet. Note that a "pick-up" person must be identified on the order form. To avoid confusion, T-shirts for your team will only be released to the person designated on the order form. Also, one check for the entire order should be made payable to "SCAY Aqualions."

DECK ACCESS

For the safety of the swimmers, access to the pool is restricted to:

1. Swimmers with color-coded, session-specific wristbands for that session.
2. Coaches with YMCA coaches' credentials, picture ID and wristbands.
3. Officials, meet workers and others with specially issued name cards.

No one will be permitted on deck without the above credentials.

TIMERS / OFFICIALS

We are always in need of timers and officials to participate in the meet.

- **Qualifications:** Timers must be an experienced timer and/or a Level 1 certified official. All other officials must be a Level 2 certified official. All USA certified officials are welcome to participate also.
- **Who to Contact:** Please volunteer by contacting Cory Miller @ 814-861-4304 or by email @ kingofthesewers@msn.com.
- **Registration:** Officials can register on Friday night (See Swimmer Registration) or Saturday and Sunday before any session.
- **Officials Meeting:** An officials briefing will be held prior to each meet session. Time and place can be found in the Schedule of Events section.

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HOSPITALITY

Coaches, officials and volunteers are welcome to enjoy lunch, snacks and drinks – which will be provided free of charge – in our hospitality area which is located on the mezzanine above the pool area. This area will be restricted to coaches, officials and volunteers only. Thank you for your cooperation.

SCRATCH MEETING

Purpose: A coaches meeting will be held prior to each session for the purpose of explaining the meet operation, to declare event scratches, to correct possible errors, and to work out any problems that may arise. Attendance by at least one coach from each team is mandatory.

Scratch Procedures will be outlined in the coaches' packet.

PSYCH SHEETS

As soon as the psych sheets are available, you may view them through the links below. Please read the following disclaimer.

The following psych sheets are intended to provide participants with a preliminary list of all swimmers categorized by gender and age group for each event and seeded in accordance with times provided from each of the district competitions. Many changes may be made before the actual event. All swimmers should be prepared for any changes and alternate swimmers should be prepared to swim if asked to do so. It is not the intention of the meet organizers to replace the heat sheets that will contain the final heat and lane assignments for each event. That information can be found in the program that will be available at the meet.

[Cadet Psych Sheet](#)

[Prep Psych Sheet](#)

[JR Psych Sheet](#)

[SR Psych Sheet](#)

MEET RESULTS

Meet results will be posted as the meet progresses, and final results will be posted on this web site by Monday, March 26th, 2012. You can view the results [here](#).

***** **Information for spectators** *****

SPECTATOR AREA

We would like all spectators to be aware that with the increase in the number of swimmers coming to this swim meet over the past few years we have had to implement the following rules regarding our spectator seating area. These rules have been implemented for the safety of our entire swim community and will be strictly enforced by Penn State and our security personnel. Thank you for your understanding.

1. **Capacity:** We cannot sell more admission tickets than capacity limits. We will do our very best to accommodate overflow crowds.
2. **Restricted Items:** The following items will not be allowed into the spectator area: strollers, folding chairs, coolers, and any other large items.
3. **Space Limitations:** Please be considerate of space limitations. Your personal belongings should fit within the space allotted for one spectator.
4. **Who pays:** Anyone who takes up the allotted space for one spectator will pay for an admission ticket regardless of age.
5. **No saving seats:** Saving seats is not permitted.
6. **Clearing between sessions:** We also request your cooperation in clearing the spectator seating area between sessions. Following the awards ceremony of the morning session, all spectators will be asked to exit the spectator area. This applies even if you are returning for the afternoon session. When exiting please take all of your personal belongings with you.

SPECTATOR ADMISSIONS

Session fee: \$6.00 adults; \$3.00 children 10 and under.

Daily fee (2 sessions per day): \$10.00 adult; \$5.00 children 10 and under.

Admission tickets will be sold before and during the sessions in the lobby of the Natatorium.

Advanced ticket sales: Also for your convenience, admission tickets will be sold at swimmer registration on Friday evening at the Central Pennsylvania Convention & Visitors Bureau.

PROGRAMS

Program fee: \$6.00. There is a separate program for Saturday and Sunday events. Meet programs for both days will be sold before and during the sessions in the lobby of the Natatorium.

Advanced program sales: Also for your convenience, programs will be sold at swimmer registration on Friday evening at the Central Pennsylvania Convention & Visitors Bureau.

PARKING

Please be advised that the University charges a \$5.00 event parking fee on both Saturday and Sunday. You will receive a parking pass that will be good for all day. Parking will be in the East parking deck on Bigler Road approximately one block from to the Natatorium. Signs will direct traffic to the parking area. University parking attendants will be stationed at all lots to collect the fee.

HOW TO GET A MESSAGE TO YOUR SWIMMER

There will be a MESSAGE CENTER located in the lobby, and a MESSAGE CENTER located on deck. These centers will be clearly marked for your convenience. If a parent wishes to send a message, medications, flowers, etc. to a swimmer, they should go the MESSAGE CENTER in the lobby. There will be messengers available to run that message to the MESSAGE CENTER on deck. Volunteers at the MESSAGE CENTER on deck will identify your team location on the map and get the message to the swimmer. These volunteers will make every effort to locate swimmers (sound system, white board messages, word of mouth). If your swimmer is expecting a message, medications, flowers, etc. please have them periodically check in with the MESSAGE CENTER on deck.

PHOTOGRAPHY

Absolutely no flash photography is allowed during the start of each event. A professional photographer will be on deck to photograph the awards ceremony. Photographs of the top twelve and the top six award winners will be taken on the podiums. The photographer will also be available to photograph individual swimmers and swimmers with their coaches and/or friends. Pictures will be available for purchase on-line after the meet at www.picmyphotos.com; password=ystates.

FOOD CONCESSIONS

Food and beverages will be available during all sessions in the lobby of the Natatorium.

BOUTIQUE

A full array of swimming apparel and accessories will be available during all sessions in the lobby of the Natatorium.

FLOWERS

A variety of flowers will be on sale during all sessions in the lobby of the Natatorium. **How to get flowers to your swimmer:** After purchasing the flowers, visit the MESSAGE CENTER in the lobby where there will be messengers available to take the flowers to the MESSAGE CENTER on deck. Volunteers at the MESSAGE CENTER on deck will locate your swimmer. Please have your swimmer check with the MESSAGE CENTER volunteers on deck if they are expecting flowers. They will be tagged with the swimmer name, team, and event.

WHEELCHAIR ACCESS

Wheelchair access to the pool is via ground level south entrance, located on the side of the building next to the outdoor pool. Please see a representative at the admissions area to obtain entry. One attendant may join spectators requiring handicapped seating.

WHERE TO MEET YOUR SWIMMER AFTER THE SESSION

During the meet, access will be restricted between the swimmer registration lobby and the spectator lobby. Swimmers will be permitted into the spectator lobby, but spectators will not be permitted into the swimmer lobby. Also, the spectator lobby will be closed immediately following the morning sessions to facilitate the changeover between sessions. Spectators who wish to meet swimmers following the session should do so outside the natatorium in the vicinity of the swimmer lobby or at a pre-arranged location.

******* RULES and REGULATIONS *******
******* Statement of Purpose and Responsibility *******

The Pennsylvania YMCA East-West Swimming Championship meet is intended to foster and display the highest level of competition and sportsmanship in youth swimming. For ALL swimmers, coaches, officials, parents and friends attending the meet, we ask that you join with us in observing the core values of the YMCA:

Honesty * Caring * Respect * Responsibility

Please be aware that the following rules and regulations will be strictly enforced.

1. COACHES: At coach's registration, you will be required to show a picture ID (driver's license or other) along with YMCA coaches credentials (i.e. Deck Passes that are registered with the East Field). These credentials must also be carried at all times while on deck.
2. Swimmers will be issued session specific colored wristbands at swimmer registration. Anyone without the correct wristband will not be permitted on deck. Any swimmer or coach caught removing a wristband, or passing a wristband to another individual will be disqualified from the meet and will not be permitted on deck.
3. To avoid transmission of blood borne pathogens, shaving is strictly prohibited anywhere on site. Please impress this upon your swimmers. Anyone found in violation will be denied deck access for the duration of the meet.
4. Each of the two male and two female public locker rooms will be fully and simultaneously used. Teams from the East District will use locker rooms A & C, and teams from the West District will use locker rooms B & D. The faculty locker rooms will be available for use by coaches and officials.
5. Swimmers should not bring valuables (jewelry, cameras, CD players, etc.) to the session in which they swim. Penn State University and the YMCA are not responsible for lost or stolen items.
6. Glass containers are strictly forbidden in the Natatorium.
7. Food and beverages are not permitted on deck. There are vending machines on the lower level near the locker rooms and concessions will be available in the front lobby.
8. Parents are not permitted to go on deck or into locker rooms to see children. Messengers will be available. See someone at the MESSAGE CENTER area to send a message to your swimmer.
9. SPECTATORS: Saving seats is not permitted. Strollers, folding chairs, coolers and large items are restricted from the seating area. Your belongings should fit within the allotted space for one spectator. We also request your cooperation in clearing the spectator seating area between sessions.

Thank you for your understanding.

Current YMCA procedures for conducting meets will take precedence over any inadvertent errors or omissions in this meet information document.