

RMY Sleepover YMCA Invitational

RMY Racers

October 28, 2016

Harrison Family YMCA, 1000 Independence Drive, Rocky Mount, NC 27804 252-972-9622

Held under the approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Approved Meet #NC16188AP

MEET DIRECTOR	MEET ENTRY COORDINATOR
Yvonne Wilkins 252-972-9622 ext. 236 rmycoachyvonne@gmail.com	Yvonne Wilkins 1000 Independence Drive Rocky Mount, NC 27804 252-972-9622 ext. 236 rmycoachyvonne@gmail.com
MEET REFEREE	MEET MARSHALL
Richard Wilson dickwilson94@gmail.com 252-571-2227	Kaila Billups 252-972-9622 ext. 235 kbillups@rmymca.org

FACILITY

Pool: 25 yard, 8 lanes with non-turbulent lane ropes. The competition course has not been certified in accordance with 104.2.2C(4). Each lane is 7 feet wide. Depth at starting end of pool is 9 feet and 4 feet at the turn end with Spectrum Bighorn starting blocks, Daktronics electronic timing system with 8 lane scoreboard.

MEET FORMAT

This is a closed YMCA meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	5:00pm-6:00pm	6:00 PM	All Swimmers

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Friday, October 14, 2016	Midnight	Entry deadline
Friday, October 28, 2016	5:30	Coaches/General Meeting
Friday, October 28, 2016	30 min prior to session	Official Briefings

SAFETY

The NCS 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.

RACING STARTS	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
RULES	This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. 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.
ELIGIBILITY	Closed competition, open only to YMCA swimmers. A member of a YMCA swim team must have a full-privilege YMCA membership that entitles him or her to the same activities and services as other full-privilege YMCA members, not special limited-access memberships available only to swim team members. A swimmer must be a member in good standing of his/her YMCA for 30 days prior to the first day of a YMCA meet in which they compete.
SWIMMERS WITH DISABILITIES	RMY welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit RMY's ability to accommodate all requests.
ENTRIES	Submit entries in Hy-tek format via email to rmycoachyvonne@gmail.com . A completed and signed Entry Summary Sheet (included in the announcement) must accompany entries and payment in full must be received by the Meet Entry Coordinator prior to meet start time. A swimmer's age on the first day of the meet will determine their age for the entire meet.
ENTRY LIMITATIONS	Swimmers may swim a maximum of 3 individual events plus 1 relay per day. Meet management reserves the right to combine events and heats based on the number of swimmer entries.
ENTRY VERIFICATION	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by the end of the day on Monday, October 14, 2016. Late entries may be accepted at the discretion of the Meet Director.

ENTRY FEES

Make checks payable to: Harrison Family YMCA; All fees are non-refundable	
Entry Fee:	\$5.00 per swimmer, including individual and relay events.
Facility Surcharge	\$15.00 per swimmer

- SEEDING** Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
- SCORING** No team or individual scoring will be kept.
- AWARDS** Ribbons will be awarded 1st through 8th place for individual events and 1st through 4th for relays.
- RESULTS** At the conclusion of the meet, teams may obtain Hy-tek results and/or backups either on a memory stick or via email attachment.
- COACHES** All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.
- OFFICIALS/TIMERS/
VOLUNTEERS** RMY welcomes and encourages anyone willing to volunteer to contact the Meet Director by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.
- HOSPITALITY/
CONCESSIONS** There will be a hot dog dinner after the meet for all swimmers, coaches, officials and volunteers. No concessions will be sold at this meet.
- WARMUPS** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, the recreation pool will be available for warm-up/ cool down. There is to be no diving or horseplay in this area.
- WAIVER/RELEASE** As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with

USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. RMY Racers, Harrison Family Y, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

ORDER OF EVENTS

Friday, October 28, 2016

Warm-up: 5:00PM; Meet Start: 6:00PM

Girls/Women	Event	Boys/Men
1	Open 200 yd. Freestyle	2
3	8 & U 25 yd. Freestyle	4
5	10 & U 50 yd. Freestyle	6
7	11/12 50 yd. Freestyle	8
9	13 & Over 50 yd. Freestyle	10
11	10 & U 50 yd. Butterfly	12
13	11/12 50 yd. Butterfly	14
15	Open 100 yd. Butterfly	16
17	10 & U 50 yd. Breaststroke	18
19	11/12 50yd. Breaststroke	20
21	Open 100 yd. Breaststroke	22
23	10 & U 100 yd. Freestyle	24
25	11/12 100 yd. Freestyle	26
27	Open 100 yd. Freestyle	28
29	8 & U 25 yd. Backstroke	30
31	10 & U 50 yd. Backstroke	32
33	11/12 50 yd. Backstroke	34
35	Open 100 yd. Backstroke	36
37	10 & U 100 yd. IM	38
39	11/12 100 yd. IM	40
41	Open 200 yd. IM	42
43	Open 500 yd. Freestyle	44
45	Open 200 yd. Freestyle Relay	46

**RMY YMCA Sleepover Invitational
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Harrison Family Y):
 RMY Racers
 PO Box 4063
 Rocky Mount, NC 27803
 Email to: rmycoachyvonne@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Fee		\$5.00 per swimmer	
Facility Fee		\$15.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. RMY Racers, Harrison Family YMCA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE