



2015 YMCA Short Course National Championship

HANDBOOK

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Handbook - COLLEGE COACHES

College coaches are welcome at all YMCA National Swimming and Diving Championships. We encourage you to come and see the talent that can be the future of your swimming or diving team. There is no charge for admission or deck credentials.

Coaches are encouraged to register in advance so that we have a packet waiting for you at Check-in. Please send an email to Karen at ragtym_n@verizon.net. Include your name, address, phone number, University/college and your email address

To meet your rooming needs, YUSA has secured and confirmed our STAY WITH US Host Hotels that will support the National YMCA Short Course Championship in

Greensboro, NC. College coaches are encouraged to use our Stay-with-US Hotel Reservation system

At the meet, college coaches may pick-up or request credentials at the Team and Coach Check-In table located in the Special Events Center.

Coaches should bring their business card or school identification and a photo ID. At Check-in, you will receive the following at no charge:

A personalized deck and spectator pass

Psych Sheet for the meet

A list of participating YMCA's with their coach's name and address

Complimentary Heat Sheets throughout the meet

Handbook - OFFICIALS AND TIMERS

To properly conduct a championship meet of this magnitude requires that a large number of officials be available to staff the deck each day. There is a need for both YMCA Level I and

YMCA Level II Officials each day at Preliminaries and Finals. All officials attending the meet are strongly encouraged to sign up to work at this meet.

In order to bring a high degree of consistency to the officiating, officials are asked to work as many sessions as possible, but at least three sessions over the course of the week. Officials working at the Preliminaries will receive breakfast and lunch in the Hospitality Room.

APPLICATION TO OFFICIATE: Anyone wishing to officiate for the swimming events in the meet should complete the form available on web site and then may apply to: Email: swimjim0430@gmail.com, Postal: Jim O'Neill, 49 Mountain Ave. Rockaway, NJ 07866

TIMER REQUIREMENTS: It may be necessary to solicit volunteer timers, in which case timing assignments will be made based on the number of athletes entered in the meet by the larger YMCA teams. In such a case, the selected YMCAs will be notified within two days after the Entry Deadline of their assigned timer responsibilities. It will then be the responsibility of the Head Coach or team volunteer coordinator to provide a list of the volunteers to fill the assigned Timer slots at Registration. Volunteer Timers will be expected to attend the Officials meeting immediately before the session at which they are timing. If volunteer Timers are requested, to the extent possible, it would be helpful if such volunteers could work more than one session.

OFFICIALS REGISTRATION AND PRE-MEET MEETING: All officials working the meet should register at Official's Registration. Official's registration will be in the Special Events Center/Registration Room beginning on Monday and throughout the week. At registration the officials will receive their credentials, shirts and instructions.

For those who register to officiate, there will be a MANDATORY meeting on Monday and each day prior to each Prelims and Finals session.

ATTIRE: The uniform for the Preliminaries will be the appropriate colored meet shirt (provided by meet committee) and blue shorts, skorts or skirts (no shorter than 4" above the knee).

The uniform for Finals will be a shirt (provided by the Meet Committee and long blue pants (no shorts, skorts or skirts please).

Officials will only be admitted to the pool complex with appropriate credentials (issued at Officials registration). These credentials must be displayed at all times. Officials are only admitted to the deck for sessions that they are working. Officials will be charged for seats in spectator seating for sessions that they are not working.

CLASSES FOR OFFICIALS: Training classes will be offered for officials and trainers at the meet. See Officials Schedule for specific times and locations. Courses offered are: Swim Officials Trainer Training, Facilitation Skills for Trainers, Swim Officials Level I Training, and Swim Officials Level II Training.

Handbook - IMPORTANT INFORMATION

CHAMPIONSHIP MEET DATES: March 30 to April 3, 2015. The championship this year is a 4-1/2 -day meet with the 1000 Freestyle Timed-Final swum on Monday night

EVENT ORDER: There is a new Event order for 2015

MEET ENTRY DEADLINE: The deadline for meet entries is Monday March 23, 2015 at 5:00PM Eastern Time

THEME: The parade theme is "Outer Space."

TIME TRIALS: An athlete may enter a total of three (3) Time Trial events for the meet. Limit 1 per day. Note: However, the number of Time Trial entries may be limited so that the Time Trial session concludes by 2:15 PM each day.

FOR COACHES – RELAYS - Teams will not need to file a relay form for prelims if the same swimmers who were entered during the on-line entry process will swim in prelims in the same order as entered. Additionally, teams qualifying for finals will not need to file a relay form for finals if the same Swimmers who swam in prelims will swim in the same order in finals

YMCA MEMBER ATHLETES WITH A DISABILITY – The YMCA National Championship Meet Committee is proud to support the entry of Athletes with Disabilities who meet the YMCA Eligibility requirements and the Can-Am Para Swim time standards.

CHAIRS: Chairs are not allowed on the pool deck or spectator stands at any time.

PROCEDURES: The YMCA of the USA procedures for **Concussions** will be followed in the event of a head injury or suspected head injury. The YMCA of the USA policy for **Lightning** will be followed requiring closing an indoor pool during an electrical storm. **Changing into or out of swimsuits** other than in locker rooms or other designated areas is not appropriate and is prohibited.

USA SWIMMING: The Championship Meet is an Approved Meet in accordance with USA-S Rule 202.4, with the approval being granted by North Carolina Swimming. In granting its approval, it is understood and agreed that USA Swimming and North Carolina Swimming, Inc. shall be free and held harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

CHAMPIONSHIP WEB SITE – The web site for the championship meet is located at the link below and contains information for Coaches, Swimmers, Officials, Spectators, and Parents. In addition, a comprehensive schedule of activities is also available on the web site and includes dates and times along with location for Championship activities and events.

<http://www.ymcaswimminganddiving.org/2015SC>

AQUATIC CENTER FOOD AND BEVERAGE POLICY: Swimmers may bring in snacks and energy bars if stored in their back packs, for consumption. No outside catering or take- out food is permitted at either venue. There will be water available throughout the meet in on deck coolers for swimmers, coaches and officials. Empty water bottles may be brought in for use at the water fountains.

VENUE INFORMATION: The Greensboro Aquatic Center is located at the Greensboro Coliseum Complex. 1921 West Lee Street, Greensboro, NC 27403, Phone: (336) 315-8498

<http://www.greensboroaquaticcenter.com/>