



UPPER SOUTHEAST REGIONAL YMCA CHAMPIONSHIPS

Hickory, NC
July 19-21, 2013

Sanction: The YMCA of the USA Competitive Swimming and Diving Committee has sanctioned this meet as a Championship Level Competition. National YMCA sanction number is CAQ-2013-NC1491116. This competition will satisfy the Championship Meet requirement for YMCA Nationals.

Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **Approval #NC13108AP and #NC13108APTT**

Local Sponsor: YMCA of Catawba Valley

Dates & Times: **Friday, July 19 through Sunday, July 21**

13 and Older

Preliminary Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Finals Warm-up: 4:30 p.m.

Finals: 5:30 p.m.

12 and Under

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Classification: This meet is a closed YMCA meet. There are no minimum qualifying standards for events 200 meters and less. For all events 400 meters and longer, a USA Swimming **B+** time in their age group will be required. **NT entries will not be accepted.**

Eligibility: All teams must be registered through the online YMCA team registration system for 2012-13.
All swimmers must be full privilege members of their YMCA and must have represented only their YMCA in competition (high school excepted)

for a period of 90 days prior to the start of the meet. Each participant must have met the minimum time standard requirement as noted under classification.

All teams and coaches must be currently registered through the YMCA Swimming Online system.

YSST 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 YSST's ability to accommodate all requests.

Facility: Millholland Aquatic Center
Hickory Foundation YMCA
Hickory, North Carolina

Eight lane, 50 meter outdoor pool with non-turbulent lane lines separating each of the lanes. KDI Paragon starting blocks will be used. Lane width is 6 feet. The competition course has not been certified in accordance with 102.2.2C(4). Warm-up/Warm-down will be available at the adjacent indoor 25 yard pool. Colorado timing will be used. Spectators should bring chairs and tents for shade.

Rules: The meet will be conducted in accordance with current USA Swimming Technical Rules, National YMCA Championship Meet Rules, and Rules that Govern YMCA Competitive Sports. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.**

Times will be reported to USA Swimming.

NOTE: Please indicate which swimmers on your team are NOT registered with USA Swimming. Include this list with your entry. This is necessary for reporting times to USA Swimming. The easiest method is to go into your Team Manager program and for each non-USA Swimming registered swimmer, erase the swimmer ID number that HyTek automatically generates.

Scratches: The current NCS Scratch Rule will be in effect during the conduct of this meet for prelim/finals and deck seeded events. (see attachment).

Age Groups: Swimmers will compete their age as of July 19, 2013. The age groups for competition will be 10 & under, 11/12, 13/14, and Senior. During preliminaries, 13/14 and Senior events will be swum together. During Finals, these age groups will be swum and scored separately.

Format: Competition for 13 and older swimmers shall consist of a preliminaries and finals session for all events except the relays, 800 Free and 1500 Free. The 800 and 1500 Free will be timed finals with the fastest heat of women and men swimming in finals. For preliminaries, heats of the 800 and 1500 will be swum fastest to slowest alternating women and men. The finals session shall include a championship heat for all 13/14 and Senior events plus a consolation heat for senior events. All relays will be contested at night during finals on Friday and Saturday. On Sunday, relays will be contested during preliminaries. All events 200 meters and shorter will be pre-seeded. All events of 400 meters and longer will be deck seeded with a positive check-in requirement. 12 and under competition will be timed finals.

For 200 meter relays, the 2nd and 4th swimmers will begin in the water due to the shallow depth at the non-starting end of the pool.

Check in times:

Senior 400 IM & 800 Free:	Friday, July 19	8:00 a.m.
Senior 400 Free:	Saturday, July 20	8:00 a.m.
Senior 1500 Free:	Sunday, July 21	8:00 a.m.
12 & U 400 Free:	Sunday, July 21	12:30 p.m.

Entries: Entries will be accepted using Hy-Tek or Team Unify format. Entry via e-mail is encouraged. List the best official time achieved in **long course meters. Entry Deadline is Tuesday, July 9th, 2013.**

Send entries to:

Jon Jolley
701 First Street NW
Hickory, NC 28601
(828) 381-8806
jtjolley@twave.net

Entry Limit: Swimmers may compete in a maximum of three events per day and eight individual events and five relay events during the meet. Teams may enter multiple relays but only one relay per team will score.

Entry Fees: \$3.00 per individual event
\$8.00 per relay
\$12.00 facility surcharge per swimmer
Please make checks payable to YSST.

Scoring: Individual scoring will be 9,7,6,5,4,3,2,1. Relay scoring will be 18,14,12,10,8,6,4,2 with one scoring relay per team.

Awards: Team Awards: 1st . 3rd place teams
Individual Events: 1st-3rd Medals, 4th-8th Ribbons
Relay Events: 1st Medals, 2nd-3rd Ribbons

Meet Director: Jon Jolley jtjolley@twave.net

Meet Referee: Richard Wilson dickwilson94@gmail.com

Meet Marshall: Rachel Lee

Warm-ups: General warm-ups will be for the first 35 minutes of the session. Specific warm-ups will be for the next 15 minutes. Four lanes will be for dive sprints, two lanes will be for pace and two lanes will remain available for general warm-up. The pool will close ten minutes prior to the start of each session.

Time Trials: Time Trials will be offered at the conclusion of each preliminary and finals session at the discretion of the Meet Referee.

Time trials will be for YMCA LC National Cuts and all entrants in Time Trials must be entered in the meet.

Time Trials events will be added to the swimmersqmeet entries and may not exceed the per day entry limits mandated by USA Swimming . 3 individual entries per day in a prelim/finals meet.

All USA Swimming rules apply to Time Trials.

Time Trials
Schedule: TT1: Conclusion of Friday Prelims
TT2: Conclusion of Friday Finals
TT3: Conclusion of Saturday Prelims
TT4: Conclusion of Saturday Finals
TT5: Conclusion of Sunday Prelims
TT6: Conclusion of Sunday Finals

Time Trial order of events for each TT session:

50M events - 100M events - 200M events - 400M events

Safety: The NCS Safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer, or others associated with a team are found to be violating posted rules for use of the Hickory Foundation YMCA, or any other restrictions that are posted for the safety of the people in attendance, or to protect the Hickory Foundation YMCA property, the individuals will be reported to the Meet Director or the Meet Marshall who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshall, or Meet Referee may also take disciplinary action.

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.

Release: The YSST Swim Team, YMCA of Catawba Valley, USA Swimming and North Carolina Swimming 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 meet.

Coaches:

All coaches on deck must be registered through the online YMCA team and coach registration system and have current certifications in the following: Principles of YMCA Competitive Swimming and Diving, CPR, First Aid, and one of the following: YMCA Lifeguarding, Red Cross Lifeguard or Red Cross Safety Training for Swim Coaches. **Coaches with a Lifeguard certification must also have passed the online Red Cross Safety Training for Swim Coaches test.** Coaches must show a current YMCA Coaches Card or USA Swimming Coaches Card *with the Y stamp to verify certification in Principles.*

Timers:

All visiting teams will need to supply a minimum of two timers for each session.

Devotions:

Each session of the meet will begin with a devotion. If you have swimmers or parents that are willing to do a devotion, please contact Jon Jolley.

North Carolina Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
 - C Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - D In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - E When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - F If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C The swimmer was not named in any finals heat during the initial announcement of results
 - D It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

ORDER OF EVENTS

Friday

Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Women		Men
1	Senior 400 meter Individual Medley	2
3	Senior 50 meter Freestyle	4
5	Senior 200 meter Breaststroke	6
7	Senior 100 meter Backstroke	8
9	Senior 50 meter Butterfly	10
11	Senior 800 meter Freestyle*	12
13	13/14 400 meter Freestyle Relay	14
15	Senior 400 meter Freestyle Relay	16

13/14 and Senior swimmers will swim together during preliminaries, but will compete and score separately in Finals.

* The 800 meter Freestyle will be swum as a combined 13/14 and Senior timed final event with the top eight women and men competing in finals. All remaining heats will swim in preliminaries at the conclusion of the 50 meter Butterfly. Relays are swum during Finals.

Friday

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Women		Men
17	10/U 200 meter Medley Relay	18
19	12/U 200 meter Medley Relay	20
21	10/U 200 meter Freestyle	22
23	11/12 200 meter Freestyle	24
25	10/U 50 meter Backstroke	26
27	11/12 50 meter Backstroke	28
29	10/U 100 meter Breaststroke	30
31	11/12 100 meter Breaststroke	32
33	10/U 400 meter Freestyle Relay	34
35	12/U 400 meter Freestyle Relay	36

ORDER OF EVENTS

Saturday

Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Women		Men
37	13/14 200 meter Medley Relay	38
39	Senior 200 meter Medley Relay	40
41	Senior 400 meter Freestyle	42
43	Senior 200 meter Individual Medley	44
45	Senior 100 meter Freestyle	46
47	Senior 200 meter Butterfly	48
49	Senior 50 meter Backstroke	50
51	Senior 100 meter Breaststroke	52
53	13/14 800 meter Freestyle Relay	54
55	Senior 800 meter Freestyle Relay	56

13/14 and Senior swimmers will swim together during preliminaries, but will compete and score separately in Finals.

Saturday

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Women		Men
57	10/U 50 meter Butterfly	58
59	11/12 50 meter Butterfly	60
61	10/U 100 meter Freestyle	62
63	11/12 100 meter Freestyle	64
65	10/U 50 meter Breaststroke	66
67	11/12 50 meter Breaststroke	68
69	10/U 200 meter Individual Medley	70
71	11/12 200 meter Individual Medley	72
73	10/U 200 meter Freestyle Relay	74
75	12/U 200 meter Freestyle Relay	76

ORDER OF EVENTS

Sunday

Warm-up: 7:30 a.m.

Preliminaries: 8:30 a.m.

Women		Men
77	13/14 200 meter Freestyle Relay	78
79	Senior 200 meter Freestyle Relay	80
81	Senior 1500 meter Freestyle*	82
83	Senior 200 meter Backstroke	84
85	Senior 50 meter Breaststroke	86
87	Senior 200 meter Freestyle	88
89	Senior 100 meter Butterfly	90
91	13/14 400 meter Medley Relay	92
93	Senior 400 meter Medley Relay	94

13/14 and Senior swimmers will swim together during preliminaries, but will compete and score separately in Finals.

*The 1500 meter Freestyle will be swum as a combined 13/14 and Senior timed final event with the top eight women and top eight men competing in finals. All remaining heats will swim at the conclusion of the 400 meter Medley Relay event during preliminaries. Swimmers should provide their own counters for the 1500M. Relays will swim during Preliminaries.

Sunday

Warm-up: 12:00 Noon

Timed Finals: 1:00 p.m.

Women		Men
95	10/U 100 meter Backstroke	96
97	11/12 100 meter Backstroke	98
99	10/U 50 meter Freestyle	100
101	11/12 50 meter Freestyle	102
103	10/U 100 meter Butterfly	104
105	11/12 100 meter Butterfly	106
107	10/U 400 meter Freestyle	108
109	11/12 400 meter Freestyle	110
111	10/U 400 meter Medley Relay	112
113	12/U 400 meter Medley Relay	114