

2010 Upper Southeast Regional YMCA Short Course Championship Meet

March 19-21, 2010

- HOST: Upper Palmetto YMCA
- SPONSOR: Upper Southeast Regional YMCA Swimming
- SANCTION: The *preliminary and finals sessions* of the meet will be sanctioned by the Upper Southeast Regional YMCA Competitive Swim Committee and the YMCA of the USA Competitive Swimming and Diving Committee as a Championship Level competition. National YMCA Sanction number CAQ09-2010-8109. In addition, the entire meet will be USA Swimming approved for achievement of USA Swimming time standards (U.S. National Championships and Age Group Top 10). This competition will satisfy the Championship Meet requirement for YMCA Nationals.
- LOCATION: Rock Hill Aquatics Center, 325 Rawlinson Road, Rock Hill, S.C. 803-817-7665
- FACILITY: Ten lane, 25 yard pool with non-turbulent lane lines separating each lane. An eight lane 25 yard adjacent pool will be available for continuous warm-up and warm-down. Electronic timing system and 10-lane scoreboard will be used (all lanes displayed when two pools are used, ie, 10 for main pool, 6 for small pool). Bleacher spectator seating is available for parents and spectators. Spectators will be restricted from coaches and swimmers areas during competition.
- DATES and TIMES: *Friday, March 19 and Saturday, March 20*
- | | <u>13 & older</u> | <u>12 & under</u> |
|----------------------|-----------------------|------------------------------------|
| Preliminary Warm-up: | 6:30 a.m. | Warm-up: Not before 12:00 noon |
| Preliminaries: | 8:00 a.m. | Timed Finals: Not before 1:00 p.m. |
| Finals Warm-up: | 5:00 p.m. | |
| Finals: | 6:00 p.m. | |
- Sunday, March 21*
- | | <u>13 & older</u> | <u>12 & under</u> |
|----------------------|-------------------------------|------------------------------------|
| Preliminary Warm-up: | 6:30 a.m. | Warm-up: Not before 12:00 noon |
| Preliminaries: | 8:00 a.m. | Timed Finals: Not before 1:00 p.m. |
| Finals Warm-up: | No later than 4:00 p.m. | |
| Finals: | 1 hour after start of warm-up | |
- *Times may be adjusted in order to accommodate meet size.**
- ELIGIBILITY: All individual participants must be a member of their local YMCA for a minimum of 90 days prior to the meet entry deadline and must have full privilege annual membership at that YMCA to be eligible. Each participant must have competed in at least three (3) interassociation (closed YMCA) meets since Sept. 1, 2009 and have met the minimum time standard requirement prior to the meet entry deadline as noted under *Classification*. Each team entered must be registered by Dec. 1, 2009 with the Upper Southeast YMCA region (Virginia, North Carolina, South Carolina, & Tennessee). Teams outside the region may participate under the terms of the Classification section of the meet information.
- CLASSIFICATION: This meet is a closed YMCA meet. Swimmers in the 11-12 & 10-Under age groups must have achieved the BB time standard or faster in each event entered. 13/14 & Senior swimmers must have achieved the 2010 USRY time standard in each event entered. Swimmers from out of the region may compete in the meet but must have the "A" time standard in each event entered.
- AGE GROUPS: Swimmers will compete their age as of MARCH 19, 2010. The age groups for competition will be: 10 & Under, 11/12, 13/14, and Senior.
- ENTRY LIMITS: 13-14 and Senior Swimmers will be allowed to compete in a maximum of eight (8) individual events and four (4) relay events during the meet with a limit of a maximum of

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3 individual events in one day. 12 & Under swimmers will be allowed to compete in a maximum of nine (9) individual events for the meet with a limit of a maximum of 4 individual events in one day. Any swimmer who is 12 & under and chooses to compete in a Senior event must have meet the Senior time standard for the event and will be permitted to compete in a maximum of three (3) individual events in any day in which they compete in a Senior event.

The meet host and the Upper Southeast Region may refuse entries from outside of the Region to keep the time line for each session at a manageable size.

RELAY TEAMS: Teams shall be limited to only one scoring relay team for each relay event. Teams may enter unlimited relay teams in a relay event, but only the highest placing team shall score points.

AWARDS: Teams: Top Five (5) Overall Teams
Individuals: 1st – 3rd Medals
4th – 16th Ribbons
Relays: 1st – 3rd Medals
4th – 8th Ribbons
Team Age Group awards for top 10/U, 11-12, 13-14, Senior for each gender

SCORING: Individuals: 11-9-8-7-6-5-4-3-2-1 1st-10th
Relays: 22-18-16-14-12-10-8-6-4-2 1st – 10th

All events will be scored according to age groups.

ENTRY PROCEDURE: Entries may be submitted:

1. Submitted via computer CD created using a standard sd.3 file. Mail the disk containing the entries along with a computer generated hard-copy entry listing and other required hard-copy materials (see below).
2. Sd.3 entry files may be e-mailed to lmwilliams@comporium.net **BUT** hard-copy materials **MUST** still be received at the appropriate address no later than 2 days after the entry deadline. All express or overnight entries must be sent with a signature waiver.
3. All entry times must be short course yards.
No faxed entries will be accepted

Please enter best short course (25 yard) times. The following materials **MUST** accompany all entry packages and be received no later than **Tuesday, March 9 at 9:00PM** :

- Computer CD with computer generated hard-copy entry listing
- Summary sheet (Please write legibly)
- Copies of coaches' safety certifications
- Check for entry fees. Credit Cards may be used for payment of entry fees but all fees must prior to the conclusion of the first day of competition.

!!! Mail or deliver all entries directly to:

-or-
Rock Hill Area YMCA Aquatics
Re: USY Championship Swim Meet
325 Rawlinson Road
Rock Hill, SC 29732
(803) 817-7665

Lynn Williams
lmwilliams@comporium.net

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ENTRY FEES: \$3.00 per individual event
\$12.00 per relay event
\$8.00 per swimmer surcharge (includes \$6.00 facility surcharge, and a SCLSC Surcharge of \$2.00 per swimmer).
\$2.00 per swimmer SCLSC surcharge for all out of state swimmers

Make checks to *Upper Palmetto YMCA*

FORMAT: The meet will be conducted in accordance with USA Swimming Technical rules (blue book) except as noted herein. For those dual member participants in YMCA and USA Swimming programs, the meet will be approved for NTV and reportable time requests.

1. This competition is open only to full privilege eligible YMCA members whose membership is in good standing 90 days prior and thru the Championship meet. Each swimmer must have achieved the time standard in each entered event.
2. Competition for 13 and older swimmers shall consist of a preliminaries session and a finals session for all events except the relays, the 1000 yd. Freestyle and 1650 yd. Freestyle. The 13/14 and senior age groups will be combined as noted in the preliminary sessions and swum separately during the finals sessions. The finals session shall include a championship heat and a consolation heat for all 13/14 and senior events. Those swimmers placing 1st - 10th in the preliminary heats of each event shall swim in the championship final for that event. Those swimmers placing 11th - 20th in the preliminary heats of each event shall swim in the consolation final. The exceptions for the 1000 and 1650 yd. Freestyle events are noted below.
3. Competition for 12 and under swimmers will consist of timed finals.
4. All senior events will be pre-seeded except for the 500 Free, 1000 yd. Freestyle, 1650 yd. Freestyle and 400 IM. A positive check-in will be required for these deck-seeded events.
5. Each team may enter unlimited relay teams per relay event but only the highest placing relay team from each YMCA team will score points. All relays will be swum as timed finals. On Friday and Saturday, the 13/14 and Senior 200 Free & 200 Medley relays will be contested during finals. On Friday, the top 10 seeded 13-14 & Senior 400 Medley relays will swim in finals, all others will swim in prelims. On Sunday, all 13/14 and senior relays will be swum during the preliminary session.
6. The Senior 1650 yd. Freestyle is a timed final event. It will be limited to the fastest forty (40) female entrants and the fastest forty (40) male entrants. All swimmers entering the 1650 Freestyle must submit proof of time with their entry. The fastest heat of 10 women and the fastest heat of 10 men will be contested in the finals session on Sunday. The remaining heats will be swum fastest to slowest, as the last preliminary event on Sunday, following relays. A positive check-in will be required prior to 8:00 a.m. on Sunday. Heats will be posted by 9:00 a.m.
7. The Senior 1000 yd. Freestyle is a timed final event. It will be limited to the fastest forty (40) female entrants and the fastest forty (40) male entrants. All swimmers entering the 1000 Freestyle must submit proof of time with their entry. The fastest heat of 10 women and the fastest heat of 10 men will be contested in the finals session. The remaining heats will be swum fastest to slowest, as the last preliminary event on Saturday. A positive check-in will be required prior to 8:00 a.m. on Saturday. Heats will be posted by 9:00 a.m.
8. The meet referee reserves the right to combine heats where possible.
9. The 12 & Under 500 Free and 11-12 400 IM will be positive check in events and will be deck seeded. These events will be contested fastest to slowest.

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10. All deck seeded events may be contested in two pools. However, meet host reserves the right to use two pools for any and/or all deck seeded events. For these events, the gender with the most positively checked in swimmers will compete in the competition pool and the gender with the least number of positively checked in swimmers will compete in the warm-up pool.
11. The meet host reserves the right to use two pools for any events in any preliminary or timed finals session. The temperature of the warm-up pool will be the same temperature of the main competition pool. If two pools are used for competition, 6 lanes will be used in the smaller pool for competition with one buffer lane and 1 lane for continuous warm-up/warm-down.
12. The meet host reserves the right to adjust the warm-up & start times of each session as needed for meet management.

CHECK-INS:	Senior 1000 Freestyle	8:00 a.m.	Friday
	Senior 400 IM	8:00 am	Saturday
	Senior 1650 Freestyle	8:00 a.m.	Sunday
	12 & under 500 Freestyle	12:30 p.m.	Friday
	11-12 400 IM	12:30 pm	Sunday

SCRATCH
RULE:

Scratches for finals and senior consolations must be given to the clerk of course. Swimmers will have thirty minutes to declare their intention to scratch from an event following the announcement and posting of the preliminary results. Failure to compete in a Championship or Consolation final shall disqualify the competitor from further competition in the meet. Previous performances will not be nullified. Failure to compete in an event that has been positively checked-in will result in the swimmer being scratched from his/her next individual event. Failure to compete in a preliminary heat will be considered a declared false start and will disqualify the swimmer from that event only.

CERTIFICATIONS:

All coaches who wish to be on the pool deck at the Upper Southeast Region Championship Meet must have the following safety certifications: Principles of YMCA Swimming & Diving, Current CPR, Standard First Aid, and either Lifeguard or Safety Training for Swim Coaches. **Coaches must present the following when checking in at the meet:**

- **Their current 2009-2010 USR YMCA Coach's Credential/Deck Pass as issued by Area Group Rep Shelley Remaly. Shelley Remaly may be contacted at sremaly@earthlink.net or 434-974-9622 ext 206.**

MEET DIRECTORS: Paul Vezzetti and Bobette Sweezer

MEET REFEREE: Andy Rutledge

MEET STARTER: Margie Orr

HOST TEAM
HEAD COACH: Lynn Williams

MARSHAL: Joe Martin assisted by the lifeguarding staff of the Upper Palmetto YMCA

MEET OFFICIALS: The Rock Hill Area YMCA Aquatics team welcomes the participation of parent volunteers who are currently certified as USA Swimming and/or YMCA certified officials. If any of your parent officials would be interested in helping with the meet, please include names with your entries or contact the Meet Referee.

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TIMERS: Each team is requested to help supply timers for each session of the meet. The number of timers from each team should be commensurate with the number of swimmers competing from that team.

TIME TRIALS: Time trials will be available at the conclusion of Friday, Saturday and Sunday's finals sessions. Time trials may be conducted at the conclusion of the preliminary sessions only if time permits before the start of the next session and at the discretion of the meet referee. Each individual time trial will cost \$6 and each relay time trial will cost \$24. Time Trial participants must be entered in the meet.

DIRECTIONS: I-77 North or South, depending on each team, take exit 82 C onto Celanese Road (Hwy 161) towards York. Stay on Celanese Rd. (six lane rd.) for approx 4 miles. During this time road will decrease in size from six lanes to four lanes . Turn left at the stop light just past the cemetery on the right. Cross the railroad tracks and Hwy 901. The road becomes Rawlinson Road after crossing Hwy. 901. The Rock Hill Aquatics Center is the first left. Additional parking is available at the second left (Please follow all parking attendants directions).

HOTEL INFORMATION: **Holiday Inn ~ Rays Host Hotel**
503 Galleria Blvd.
Rock Hill, SC 29730
803.323.1900

(39) double queen, 100% non smoking rooms blocked. Ask for the \$94.00 Sports Package which includes complimentary continental breakfast, case of bottled water and two complimentary pizzas by Kem's Restaurant. This newly opened hotel has a full service restaurant, onsite bar and grill and indoor pool!

****For every 10 paid rooms, receive a team manager or coach room for free!****

(Blocked rooms will be held until February 18, 2010)

Hampton Inn ~ Rays Host Hotel
2111 Tabor Drive
Rock Hill, SC 29730
803-325-1100

(50) double queen, 100% non smoking rooms blocked and 10 king, non smoking rooms blocked. \$94.00 per night. Hotel has complimentary continental breakfast.

(Blocked rooms will be held until February 18, 2010)

ADDITIONAL HOTEL INFORMATION IS LISTED AT THE END OF THE MEET INFORMATION.

2010 UPPER SOUTHEAST REGIONAL YMCA Short Course Championship Meet

March 19-21, 2010
Order of Events

Friday, March 19, 2010

Preliminary Warm-up:	6:30 a.m.	Finals Warm-up:	5:00 p.m.
Preliminaries:	8:00 a.m.	Finals:	6:00 p.m.

	Girls		Boys
	1 Senior 100 yd. Breaststroke*		2
	3 Senior 200 yd. Freestyle*		4
	5 Senior 100 yd. Butterfly*		6
	7 Senior 200 yd. IM*		8
	9 13-14 400 Medley Relay top 10 @night		10
	11 Senior 400 Medley Relay top 10 @ night		12
	13 Senior 1000 Freestyle** top 10 @night		14

** Top 10 of each gender will swim in Finals session. All others will swim Timed Finals in Prelims.

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

Finals order of events

15	13-14 200 Free Relay		16
17	Senior 200 Free Relay		18
13	Senior 1000 Freestyle		14
1A	13-14 100 Breaststroke		2A
1B	Senior 100 Breaststroke		2B
3A	13-14 200 Freestyle		4A
3B	Senior 200 Freestyle		4B
5A	13-14 100 Fly		6A
5B	Senior 100 Fly		6B
7A	13-14 200 IM		8A
7B	Senior 200 IM		8B
9	13-14 400 Medley Relay top 10 @ night		10
11	Senior 400 Medley Relay top 10 @ night		12

12 & under Warm-up: Not before 12:00 p.m. Timed Finals: Not before 1:00 p.m.

19	11-12 200 yd. Medley Relay		20
21	10 & Under 200 yd. Medley Relay		22
23	11-12 200 yd. Butterfly		24
25	11-12 50 yd. Breaststroke		26
27	10 & Under 50 yd. Breaststroke		28
29	11-12 100 yd. Freestyle		30
31	10 & Under 100 yd. Freestyle		32
33	11-12 100 yd. Backstroke		34
35	10 & Under 100 yd. Backstroke		36
37	12 & Under 500 Freestyle* scored separately swim together		38

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Order of Events

Saturday, March 20, 2010

Preliminary Warm-up:	6:30 a.m.	Finals Warm-up:	5:00 p.m.
Preliminaries:	8:00 a.m.	Finals:	6:00 p.m.
Girls			Boys
39	Senior 400 yd. Individual Medley		40
41	Senior 50 yd. Freestyle		42
43	Senior 200 yd. Breaststroke		44
45	Senior 100 yd. Backstroke		46
47	Senior 500 yd. Freestyle		48

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

Finals Order of Events

49	13-14 200 yd. Medley Relay	50
51	Senior 200 yd. Medley Relay	52
39A	13-14 400 yd. Individual Medley	40A
39B	Senior 400 yd. Individual Medley	40B
41A	13-14 50 yd. Freestyle	42A
41B	Senior 50 yd. Freestyle	42B
43A	13-14 200 yd. Breaststroke	44A
43B	Senior 200 yd. Breaststroke	44B
45A	13-14 100 yd. Backstroke	46A
45B	Senior 100 yd. Backstroke	46B
47A	13-14 500 yd. Freestyle	48A
47B	Senior 500 yd. Freestyle	48B

Saturday, March 20, 2010

12 & under Warm-up: Not before 12:00 p.m.		Timed Finals: Not before 1:00 p.m.
Girls		Boys
53	11-12 50 yd. Backstroke	54
55	10 & Under 50 yd. Backstroke	56
57	11-12 200 yd. IM	58
59	10 & Under 200 yd. IM	60
61	11-12 100 yd. Butterfly	62
63	10 & Under 100 yd. Butterfly	64
65	11-12 100 yd. Breaststroke	66
67	10 & Under 100 yd. Breaststroke	68
69	11-12 200 yd. Freestyle	70
71	10 & Under 200 yd. Freestyle Relay	72
73	11-12 200 yd. Freestyle Relay	74

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Order of Events

Sunday, March 21, 2010

Preliminary Warm-ups:	6:30 a.m.	Finals Warm-up:	No later than 4:00 p.m.
Preliminaries:	8:00 a.m.	Finals:	1 hour after warm-up start
	Girls		Boys
	75	Senior 200 yd. Backstroke	76
	77	Senior 100 yd. Freestyle	78
	79	Senior 200 yd. Butterfly	80
	81	13-14 400 yd. Freestyle Relay all heats in am	82
	83	Senior 400 yd. Freestyle Relay all heats in am	84
	85	Senior 1650 yd. Freestyle top 10 @night	86

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

Finals Order of Events

75A	13-14 200 yd. Backstroke	
75B	Senior 200 yd. Backstroke	
	13-14 200 yd. Backstroke	76A
	Senior 200 yd. Backstroke	76B
85	Senior 1650 yd. Freestyle	
	13-14 100 yd. Freestyle	78A
	Senior 100 yd. Freestyle	78B
77A	13-14 100 yd. Freestyle	
77B	Senior 100 yd. Freestyle	
	Senior 1650 yd. Freestyle	86
79A	13-14 200 yd. Butterfly	
79B	Senior 200 yd. Butterfly	
	13-14 200 yd. Butterfly	80A
	Senior 200 yd. Butterfly	80B

12 & under Warm-up: Not before 12:00 p.m.

Timed Finals: Not before 1:00 p.m.

87	11-12 100 yd. Individual Medley	88
89	10 & Under 100 yd. Individual Medley	90
91	11-12 200 yd. Backstroke	92
93	10 & Under 50 yd. Freestyle	94
95	11-12 50 yd. Freestyle	96
97	11-12 200 Breaststroke	98
99	10 & Under 50 yd. Butterfly	100
101	11-12 50 yd. Butterfly	102
103	10 & under 200 yd. Freestyle	104
105	11-12 400 yd. IM	106
107	12 & Under 400 yd. Freestyle Relay	108

*On Sunday, Finals warm-ups will begin as soon as possible following the completion of the 12 & Under session but no later than 4:00 p.m. The Finals session will begin one hour after the start of warm-ups.

**2009 Upper Southeast Regional YMCA
Short Course Championship Meet
Qualifying Times**

13-14 Girls	Open Girls	Events	Open Boys	13-14 Boys
29.29	27.89	50 free	25.09	27.39
1:03.99	1:00.79	100 free	54.89	1:00.29
2:17.69	2:10.59	200 free	1:59.39	2:10.59
5:56.19	5:41.49	500 free	5:15.79	5:39.39
11:51.79	11:51.79	1000 free	11:16.69	11:16.69
19:42.39	19:42.39	1650 free	18:54.59	18:54.59
1:14.19	1:10.19	100 back	1:03.29	1:10.29
2:32.89	2:26.29	200 back	2:12.99	2:24.99
1:24.29	1:19.39	100 breast	1:11.79	1:19.79
2:53.99	2:45.19	200 breast	2:31.99	2:45.59
1:12.79	1:07.99	100 fly	1:01.09	1:08.09
2:31.79	2:24.19	200 fly	2:11.19	2:22.69
2:36.09	2:28.49	200 IM	2:15.69	2:27.69
5:12.79	5:00.89	400 IM	4:37.49	4:56.49

YMCA Columbia Swim Team

Sign-up sheet for:
2010 Upper Southeast Regional YMCA
March 19 - 21, 2010

To be held at Rock Hill YMCA, Rock Hill, SC
THIS FORM MUST BE RETURNED ON OR BEFORE:
March 8th by 7:30pm

I. Swimmer's Name(s): 1. _____ 2. _____ 3. _____
 Please enter my child in the above meet.

(Swimmer 1)

(Swimmer 2)

(Swimmer 3)

Event #	Event	Event #	Event	Event #	Event

Please do not Enter Relays

Please do not Enter Relays

II. Meet Entry Information – When meets on the calendar come around, the entry forms will be posted on the website and emailed out. Please print a copy, fill out the form, and return it to the front desk with payment if you want to go to that meet. Please follow all the information and return your entries on time. If you have any questions, call the coach.

III. We hereby agree to pay all entry and related fees for this meet.

 Parent's Signature

*****NOTICE*****

Please return this page and the last page with your payment to the Front Desk and keep the meet information for your records. We are starting a new meet entry process; All Meet entries "Must" go through the front desk before the deadline. Once the deadline has passed no more entries can or will be accepted.

YMCA Columbia Swim Team

Meet Payment Form

Meet: **2010 Upper Southeast Regional YMCA**

Date: **March 19 - 21, 2010**

Section 1

(8 Events for the whole meet)

Individual Names -	# of Events	
Name - _____	# _____	X \$ 3.00 = \$ _____
Name - _____	# _____	X \$ 3.00 = \$ _____
Name - _____	# _____	X \$ 3.00 = \$ _____

Events Total = \$ _____

=====

Section 2

Swimmer Facility use Surcharge (\$6.00)

SC Travel Fund (\$2.00)

Of swimmers _____ X \$8.00 = **Surcharge Total = \$ _____**

=====

Section 3

YMCA Coach's Fee # of days ____ X \$5.00 = \$ _____ (Coach Fee)

Number of swimmers entered ____ X (Coach Fee) = **Travel Total = \$ _____**

=====

Add Section 1 thru 3

Grand TOTAL = \$ _____

*Make checks out to
"YMCA"*

(Give to Front Desk or use on line pay)

NOTE: If your child swims in a relay at the meet, The YMCA will cover the cost of the relays. The coaches reserve the right to change and add events for the best interest of the swimmer. An attempt to notify the Parent of any change will be made.

Please return this form with your entry form by **Mon. Mar 8, 2010 7:30pm**
(Deadline Date)

Completed and verified by: _____ Date: _____
Signature of Parent or Guardian