

Y-States Swimming Championships

January 16-18, 2009

HOST: Chapel Hill YMCA Swim Club

CLASSIFICATION: This meet is a closed YMCA Invitational. No Qualifying Times are required to participate.

USA Swimming Approval#: NC09021AP

LOCATION: Triangle SportsPlex (919) 644-0339
One Dan Kidd Drive
Hillsborough, North Carolina 27278

SCHEDULE:

Friday, January 16, 2009

Evening Session: 11 & Older

Warm-up: 3:30 – 4:30 PM

Finals: 4:40 PM

Saturday, January 17 & Sunday, January 18, 2009

Morning Session: 11 & Over

Warm-up: 6:30:00 – 7:45 AM

Timed Finals: 8:00 AM

Afternoon Session: 10 & Under

Warm-up: Not Before 12:30 PM

Timed Finals: Not Before 1:30 PM

FACILITY: The Triangle SportsPlex is an 11-lane, 25 yard pool with non-turbulent lane lines. The racing course will consist of 10 lanes. A separate 3-lane pool will be available for continuous warm-up and warm-down. A Colorado Timing System will be used and a full 10-lane scoreboard will be on display. Bleacher spectator seating is available. Only swimmers, coaches and officials will be permitted in designated areas on the pool deck during competition. The facility also includes a snack bar with seating, and an ice skating rink.

FACILITY RULES: This facility forbids coolers, and outside food or beverages from being brought into the building. **Please inform your families of this rule.** Also, please note the following additional rules:

- (1) No smoking is allowed inside the facility;
- (2) No glass containers are allowed inside the facility; and
- (3) Shoes are required in the lobby, due to ice skaters on the premises.

ELIGIBILITY: Participants must be a member of a YMCA and must have a full privilege annual membership at that YMCA to be eligible to participate. **Swimmers' ages shall be determined as of January 16, 2009.**

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. Add any additional facility rules in this section. USA Swimming, Inc., North Carolina Swimming, Inc., and Chapel Hill YMCA 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

RULES: This meet will be conducted in accordance with current USA Swimming Technical Rules, National YMCA Championship Meet Rules, and Rules that Govern YMCA Competitive Sports.

1. All events will be conducted as timed finals.
2. All events will be pre-seeded except for event distances 400 yards or longer. A positive check-in will be required for each of these events. ***Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event.*** No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start will count as participation in the event.
3. The Meet Referee reserves the right to combine heats for any event.
4. The North Carolina Swimming Scratch Rule will be in effect.

CHECK-INS: Senior 800 Free Relay Friday, January 16th 4:00 PM
12 & Under 500 Free Friday, January 16th 4:30 PM
Senior 1650 Free Friday, January 16th 4:30 PM
Senior 500 Free Saturday, January 17th 7:30 AM
Senior 400 IM Sunday, January 18th 7:30 PM

ENTRY LIMITS: All swimmers may enter a maximum of 8 total individual events for the meet, not to exceed a maximum of 3 individual events per day. *The Senior 1650 Freestyle will be limited to the fastest 20 male and fastest 20 female entrants. If numbers permit, more than 20 of either gender may participate, provided that the 4 heat maximum is not exceeded. The 11-12 & Senior 500-YD Freestyle and Senior 400-YD IM will be limited to the fastest 40 male and fastest 40 female entrants. If numbers permit, more than 40 of either gender may participate, provided that the 8 heat maximum is not exceeded.*

RELAYS: Each team may enter 2 relay teams for distances 400 yards or longer, and unlimited number of relay teams for distances 200 yards or lower. Only the team's highest-finishing relay team will be eligible to score points. Upon check-in, Coaches will be given Relay sheets to designate swimmers for relays.

AWARDS:

Team Awards

Team Awards will be distributed to the 1st– 3rd Place Teams (Overall). In addition, the 1st and 2nd Place “Small Team”s will also receive an award.

Heat Winner Contest – The “Large” and “Small” Team with the most races won during the weekend will take home a special prize.

For Team Award purposes, a “Small” Team is defined as a team with 75 and fewer swimmers entered in the meet.

Individual & Relay Awards

Individual Events: 1st-3rd place – Medals; 4th-10th place - Ribbons

Relay Events: 1st place – Medals; 2nd-10th place - Ribbons

Heat Winners: Special Prizes

In all ‘Senior’ individual events, separate awards will be given to the top 10 finishers in the 14 & Under and 15 & Over age groups.

Age Group High Point Awards will be given.

Meet Record Breakers will be recognized with special awards.

SCORING: Individual Events: 1st - 10th

11-9-8-7-6-5-4-3-2-1

‘Senior’ individual events will be scored for both 14 & Under and 15 & Over age groups.

Relay Events: 1st - 10th

22-18-16-14-12-10-8-6-4-2

ENTRY FEES: \$2.50 per individual event

\$10.00 per relay event

\$8.00 per swimmer facility surcharge

Make Checks payable to the *Chapel Hill-Carrboro YMCA*.

Entry Fees are Non-Refundable.

COACHES: All Coaches on deck at the meet must have the following CURRENT SAFETY CERTIFICATIONS: C.P.R., First Aid and Lifeguard Training (or Coaches Safety Training). Each team’s entry package must include, (for each coach on deck), a photocopy of all three (3) certifications or a photocopy of his/her current USA Swimming (or USY) Coaches registration card.

ENTRY PROCESS: Please contact Adam Hayes (ahayes@chcymca.org) to inform of your intentions of attending the swim meet. Please notify the number of potential swimmers to be represented by your team (by age group—10 & Under and 11 & Up). This meet will be limited to the first 600 properly registered swimmers, not including the host team.

All entries MUST be submitted in HYTEK (HYV) format. NO HANDWRITTEN, FAX, OR PHONE ENTRIES WILL BE ACCEPTED.

Entries may be submitted via email or on a floppy disk (via snail mail).

Proper registration includes the submission of **all** of the following documentation:

1.) Completed entries – on disk or entry forms (via mail, or e-mail).

- 2.) Printout of entries (individual and relay)
 - 3.) Completed Entry Summary Form.
 - 4.) Copies of coaches' certifications (CPR, First Aid, Lifeguard Training/Coaches Safety Training) or Current USA Swimming Coaches Registration Card or current USY Coaches Card.
- Entry Fees must be paid in full, prior to the start of the meet.*

MAIL ENTRIES: Y States Swimming Championships

Attn: Adam Hayes

980 MLK Jr. Blvd

Chapel Hill, NC 27514-2607

E-MAIL ENTRIES: Entries (HYV file, Team Manager Entry Reports, and Entry Summary Forms) may be e-mailed

to Adam Hayes at: ahayes@chcymca.org.

All teams submitting entries via e-mail must also mail a hard copy of their entries with their team's summary form, coaches' certification cards, and payment to the above mailing address, in order to be properly registered in the meet.

RESULTS: Results may be found on the CHYSC website, www.swimchy.org, as well as the North Carolina Swimming website, www.ncswim.org.

ENTRY DEADLINE: 9:00 PM, WEDNESDAY, JANUARY 7th, 2009

Allow sufficient time for mail delivery. NO Telephone or FAX entries will be accepted.

Late entries may be accepted at the discretion of the Meet Director. On-deck entries will be placed in open lanes only, with double entry fees to be paid at the time of entry. Any available deck entries must be received by the Clerk-of-Course prior to the start of each

MEET REFEREE: Joel Black, USA Swimming Referee

MEET DIRECTOR: Adam Hayes, Chapel Hill YMCA Swim Club

OFFICIALS' MEETING: There will be an officials' meeting on Friday, January 16th at 4:00 PM, and 30 minutes prior to the start of each of the other sessions.

HOSPITALITY: Drinks, meals and snacks will be provided to the Coaches, Officials and full-time meet volunteers.

CONCESSIONS: A full-service concession stand will be open for spectators and swimmers.

MEET T-SHIRTS: Special custom-designed "Y States" T-Shirts will be sold at the meet. Please send Shirt Sizes and numbers to Adam ASAP!

TIMERS: Announcements for timers will be made prior to the start of each session. Swimmers will be required to provide their own timer for the 400 IM, 500 Freestyle, and 1650 Freestyle Events.

**Friday Night
Order of Events
Friday, January 18, 2008
Evening Session: 11 & Older**

Warm-up: 3:30 – 4:30 PM

Timed Finals: 4:40 PM

Women	Event	Men
1	<i>800 Free Relay</i>	2
3	<i>11 & 12 200 IM</i>	4
5	<i>Open 200 IM</i>	6
7	<i>11 & 12 400 Free Relay</i>	8
9	<i>13 & 14 400 Free Relay</i>	10
11	<i>Open 400 Free Realy</i>	12
13	<i>11 & 12 500 Free</i>	14
15	<i>Open 1650</i>	16

**Saturday, January 19, 2008
Morning Session: 11 & Over**

Warm-up: 6:30:00 – 7:45 AM

Timed Finals: 8:00 AM

Women	Event	Men
17	<i>Open 200 Free</i>	18
19	<i>11 & 12 100 Breast</i>	20
21	<i>Open 200 Breast</i>	22
23	<i>11 & 12 50 Back</i>	24
25	<i>Open 100 Back</i>	26
27	<i>11 & 12 50 Fly</i>	28
29	<i>Open 100 Fly</i>	30
31	<i>11 & 12 50 Free</i>	32
33	<i>Open 50 Free</i>	34
35	<i>11 & 12 200 Medley Relay</i>	36
37	<i>13 & 14 200 Medley Relay</i>	38
39	<i>Open 200 Medley Relay</i>	40
41	<i>11 & 12 200 Free</i>	42
43	<i>Open 500 Free</i>	44

Saturday, January 19, 2008
Afternoon Session: 10 & Under
 Warm-up: Not Before 12:30 PM
 Timed Finals: Not Before 1:30 PM

Women	Event	Men
45	<i>10 & Under 400 Free Relay</i>	46
47	<i>8 & Under 100 IM</i>	48
49	<i>9 & 10 200 IM</i>	50
51	<i>8 & Under 25 Free</i>	52
53	<i>9 & 10 50 Free</i>	54
55	<i>8 & Under 50 Fly</i>	56
57	<i>9 & 10 100 Fly</i>	58
59	<i>8 & Under 25 Breast</i>	60
61	<i>9 & 10 50 Breast</i>	62
63	<i>8 & Under 50 Back</i>	64
65	<i>9 & 10 100 Back</i>	66
67	<i>8 & Under 100 Free Realy</i>	68
69	<i>9 & 10 200 Free Relay</i>	70

Sunday, January 20, 2008
Morning Session: 11 & Over
 Warm-up: 6:30:00 – 7:45 AM
 Timed Finals: 8:00 AM

Women	Event	Men
71	<i>13 & 14 400 Medlay Relay</i>	72
73	<i>Open 400 Medley Relay</i>	74
75	<i>11 & 12 100 Fly</i>	76
77	<i>Open 200 Fly</i>	78
79	<i>11 & 12 50 Breast</i>	80
81	<i>Open 100 Breast</i>	82
83	<i>11 & 12 100 Back</i>	84
85	<i>Open 200 Back</i>	86
87	<i>11 & 12 100 Free</i>	88
89	<i>Open 100 Free</i>	90
91	<i>11 & 12 100 IM</i>	92
93	<i>Open 400 IM</i>	94
95	<i>11 & 12 200 Free Relay</i>	96
97	<i>13 & 14 200 Free Relay</i>	98
99	<i>Open 200 Free Realy</i>	100

Sunday, January 20, 2008

Afternoon Session: 10 & Under

Warm-up: Not Before 12:30 PM

Timed Finals: Not Before 1:30 PM

Women	Event	Men
101	<i>9 & 10 100 Free</i>	102
103	<i>8 & Under 50 Free</i>	104
105	<i>9 & 10 100 Breast</i>	106
107	<i>8 & Under 50 Breast</i>	108
109	<i>9 & 10 100 IM</i>	110
111	<i>8 & Under 25 Back</i>	112
113	<i>9 & 10 50 Back</i>	114
115	<i>8 & Under 25 Fly</i>	116
117	<i>9 & 10 50 Fly</i>	118
119	<i>8 & Under 100 Free</i>	120
121	<i>9 & 10 200 Free</i>	122
123	<i>8 & Under 100 Medley Relay</i>	124
125	<i>9 & 10 200 Medley Relay</i>	126