

# Great Lakes Zone YMCA Swimming Championship Meet March 15-17, 2013

Bowling Green State University  
[www.glzyswim.org/2013zone.htm](http://www.glzyswim.org/2013zone.htm)  
<http://www.facebook.com/YMCAZone13>  
@YMCAZone13  
#YMCAZone13

Site:

Bowling Green State University – [www.bgsu.edu](http://www.bgsu.edu)  
Samuel Cooper Natatorium, Student Recreation Center  
1411 Ridge Road, Bowling Green, OH 43403

Directions:

Follow Interstate 75 to exit 181; Turn west onto Wooster Street in Bowling Green  
Follow Wooster Street, west bound, to the third traffic signal (Mercer Road)  
Turn right onto Mercer Road (north); The Student Recreation Center is located on the west side of  
Mercer Road, at the intersection of Ridge Street.

Host Teams:

Defiance Area YMCA & Toledo YMCA Swimming

Meet Website:

<http://www.glzyswim.org> and click on 2013 zones

Entry Deadline:

Swimmers commit to participate via Falcons' website by March 3, 2013

#### Rules:

Except for rule changes listed in this information packet, the 2012 USA Swimming rules will govern the meet. This meet will be conducted in accordance with the "RULES THAT GOVERN YMCA COMPETITIVE SPORTS."

#### Entry Fees:

Individual Event- \$4.00 per individual entry

Relay Event- \$16.00 per relay entry

Swimmer Surcharge- \$2.00 per swimmer

#### Entry Limits:

A swimmer may enter a total of three (3) individual events (age group & senior) and one (1) age group relay event each day. Senior Relays are unlimited. There is no limit on the number of entries a team may have in each event provided the time standard has been met. Swim-ups are not allowed for individual events.

Teams who submit entries that violate the above entry limits will have the swimmer automatically disqualified from the extra events. Coaches do not get to enter extra events and scratch swimmers from their least desirable events.

#### Entry Times:

December 1, 2012 will determine the age of the swimmer at the meet.

All entry times must be actual times; yards, short course meters, or long course meters, in hundredths of seconds. Times must be achieved from March 1, 2012 up to the entry deadline.

#### Admissions:

Spectator admission fee is \$3 per person, per session. Athletes, coaches and pre-registered volunteers will not have to pay admission.

#### Parking:

For Friday only (7AM – 7PM), a FREE parking pass must be displayed in all vehicles parked in a BGSU Lot. The parking Pass will be available on the zone website.

#### Heat Sheets:

\$5.00 per session available in the lobby of the facility

#### Final Results:

Results will be posted behind the bleachers and in the Rec Center Lobby. All results will be considered final thirty (30) minutes after posting. Real-time results will be available at [www.glzyswim.org](http://www.glzyswim.org).

#### Meet Apparel:

Official meet apparel will be pre-sold to teams. Some items will only be available through pre-orders and there will be a limited number of apparel items available at the meet. Pre-ordering is strongly encouraged.

#### Food:

A complete concession stand will be available throughout the meet.

#### Warm-Up Sessions:

Specific Warm-up procedures will be announced no later than Wednesday at noon.

#### Warm-Up/Cool Down:

Lanes at the shallow end of the pool will be available for warm-ups/cool-downs during competition, with the exception of the four lanes closest to the locker rooms which will be reserved for BGSU Rec Center Members.

#### Sanction:

This meet has a sanction from the National YMCA Competitive Swimming & Diving Committee. Sanction # CAQ-XXXXXXX. Ohio Swimming Sanction Number xxxxxxxx

#### USA Observed Meet:

The meet will be an "approved" meet by Ohio Swimming, Inc. Times will be submitted to the SWIMS database following the meet for USA Swimming registered athletes. Times that meet the USA rules will be transferred to SWIMS (e.g. relays with swim-up athletes are not eligible in USA swimmer and will not transfer). USA numbers must be included in your meet entry file.

#### Meet Workers:

All teams will be assigned worker positions according to last year's entries. Each team must supply their assigned worker positions in order to participate in the meet. As a general standard, teams will provide one worker for every five swimmers entered in a session. Check the website for worker assignments. Assignments will be posted by January 1, 2013. NEW FOR 2013. The penalty for not fulfilling a workers position will be \$100 per person.

#### National Anthem / Devotions:

Please contact Dave Stannert by email [dstannert@ymcatoledo.org](mailto:dstannert@ymcatoledo.org).

#### Volunteers:

Volunteers need to check in at the meet and secure a deck pass to be on deck. Individuals on deck without a deck pass will be escorted from the building.

#### National Time Trials:

Time trials will be offered between sessions on Saturday and Sunday as time permits. Swimmers must be 12 the first day of nationals to compete. Time trials will be swum in the following order: 50 yard, 100 yard, 200 yard, relays. In the event that more than one heat is needed we will swim free, back, fly and breast – in that order. Girls and boys events will be combined and swum as a 'mixed' event. The fee will be \$10.00 per individual event and \$20.00 per relay. Swimmers must be entered in the meet to participate in time trials.

>>>Swimmers must be within .5 seconds per 50 of a 2013 SC YMCA National Time Standard in order to participate in time trials.

#### Emergency Care:

In the event of an accident at the meet, the BGSU aquatics staff will respond in any emergency.

### Eligibility:

Only certified Associations are eligible to compete in events involving other Associations. An Association is a YMCA unit, which is certified by the National Board, hold an Association branch or unit number, and is eligible for separate listing in the YMCA Directory. A Branch, Department or Center of a Metropolitan Association shall be considered an Association for the purpose of competition.

1. All swimmers must be a member of a local YMCA and must have a full privilege/facility annual membership for a minimum of ninety days prior to the first day of the Zone Championships. A swimmer may not represent more than one YMCA in competitive sports. A swimmer may represent only his/her local YMCA in any open competition during the current season (September 1, 2012 - April 30, 2013). Note: a swimmer may compete in open competition unattached, but may not represent any team other than his/her local YMCA. Swimmers who attend USA Swimming meets must represent their YMCA at that meet, or swim unattached.
2. All swimmers or relay teams who have met or surpassed the 2013 qualifying time(s) may enter the championship events if they have met the above eligibility requirements. NO TIMES will not be accepted. Composite times may be used for relay events.
3. Birth dates are required for meet entries to process through the on-line entry system.
4. Age Groups are 10 & under; 11 & 12; 13 & 14; and 15 & over. Swimmers 18 – 21 may swim in this meet if they have not represented a scholastic institution beyond grade 12. The age of a swimmer is his/her age on December 1, 2012.
5. Individual events require the swimmer to compete in their respective age groups. Swim-ups are not allowed for individual events.
6. Senior Events: Senior events are open only to swimmers between ages 12 and 21 as of April 3, 2013 (the start of Short Course Nationals).
7. Relay Events: An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers may move up one age group to fill that relay. This will count as one age group relay for the day.
8. We adhere to the eligibility standards as set forth in the YMCA black book.
9. A swimmer must have competed in three (3) YMCA inter-association meets during the current season (Since September 1, 2012).

### Scoring:

Points will be awarded for the first sixteen (16) finishers for each event (age group and senior events) according to the following table.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Events:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relays:	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

#### Awards:

Medals will be awarded to the first through eighth places; ribbons will be awarded to the ninth through sixteen places. Ribbons will be awarded for all senior events. There will be age group team awards (10 & under; 11 & 12; 13 & 14; 15 & Over) for first place boys and first place girls. There also will be an overall team trophy. Awards will not be mailed. Please pick them up at the conclusion of the meet.

#### Deck Passes:

Coaches who desire to be on the deck must satisfy the Coaches Certification requirements. Only qualified coaches with a National coach certification card AND a meet deck pass will be able to gain access to the pool deck. See requirements above.

A list of registered coaches who have satisfied this requirement will be posted on the web site.

Volunteers need to check in and secure a session deck pass to be on deck.

- A certified coach must accompany every swimmer while on the deck.
- Swimmers will not be permitted to register until a certified coach has checked in and the team entry fees have been paid. If your coach is not able to attend the meet, you will receive a coaches authorization form for completion by the responsible coach. Bring that form with the team entry check to coaches check-in.
- Swimmers & Coaches needing a replacement deck pass will be charged \$10.

#### Positive Check-In:

There will be positive check-in for the 1,000 free and 1,650 free events. The sheets will be near the scorer's table.

#### SEEDING:

All events (except the 1000 and 1650) will be seeded in advance of the meet. Should a swimmer need special consideration in seeding, please send a note to the meet hosts separate from your entry file. We will do our best to accommodate hearing-impaired swimmers and seed them near the starter.

### Rules of Conduct:

Considering the level of competition and the YMCA Philosophy, it is expected that swimmers, parents and coaches comply with and help enforce the following rules:

1. There is no shaving permitted on pool premises: this includes locker rooms and restrooms of the Natatorium; PENALTY IS EJECTION FROM THE MEET
2. There is to be no use of oils for swimmer rubdowns. This is a safety hazard on deck as well as being a problem with proper pool maintenance.
3. Glass containers of any kind are not permitted in the pool area or locker rooms.
4. Coolers, noise makers and balloons are not permitted.
5. Disorderly conduct will not be tolerated.
6. Vandalism of any nature will be just cause for team disqualification.
7. Teams are expected to police the areas they occupy between events.
8. All swimmers are required to wear some type of footwear when they leave the pool deck.
9. A designated person shall be responsible for the supervision and conduct of their team members.
10. Swimmers are not permitted on deck until a certified coach is on deck.
11. Bleachers are available on deck for swimmers. No chairs, blankets, sleeping bags, etc. are permitted on deck.
12. Deck changing is not permitted, and is cause for ejection from the meet.
13. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Depending on the severity of the infraction, and violation or disregard for these rules may result in disqualification of the swimmer or entire team from meet participation.

## Schedule of Events

All sessions are timed finals.

This is a tentative schedule.

A final meet schedule will be posted on the website by noon on the Wednesday before the meet.

<b>Friday, March 15</b>	
<i>11-12, 13-14, 15 &amp; Over, Senior</i>	
Coach Check-In	2:15 PM
Swimmer Check-In	2:45 PM
Pool deck opens	3:30 PM
Warm-up	3:45 PM
Opening Ceremonies	4:50 PM
Competition Begins	5:00 PM
Competition Complete	8:45 PM
<b>Saturday, March 16</b>	
<i>Morning Session ~ 13-14, 15 &amp; Over, Senior</i>	
Building Opens	6:45 AM
Pool deck opens	7:00 AM
Warm-up	7:15 AM
Opening Ceremonies	8:30 AM
Competition	8:40 AM
Time Trials	12:45 PM
<i>Afternoon Session ~ 10 &amp; Under, 11-12</i>	
Warm-up (approx):	1:30 PM
Opening Ceremonies	2:30 PM
Competition	2:40 PM
Competition Complete	5:30 PM
<b>Sunday, March 17</b>	
<i>Morning Session ~ 13-14, 15 &amp; Over, Senior</i>	
Building Opens	6:45 AM
Pool deck opens	7:00 AM
Warm-up	7:15 AM
Opening Ceremonies	8:30 AM
Competition	8:40 AM
Time Trials	12:45 PM
<i>Afternoon Session ~ 10 &amp; Under, 11-12</i>	
Warm-up (approx):	1:30 PM
Opening Ceremonies	2:30 PM
Competition	2:40 PM
Competition Complete	5:30 PM

## Order of Events

All events are timed finals.

<b>Friday, March 15, 2013 Evening</b>			
101-102	Senior	400	Ind. Medley
103-104	Senior	200	Backstroke
105-106	Senior	200	Breaststroke
107-108	11 & Over	*500	Freestyle
109-110	Senior	800	Freestyle Relay

<b>Saturday, March 16, 2013 Morning</b>				<b>Saturday, March 16, 2013 Afternoon</b>			
201-202	Senior	400	Medley Relay	225-226	11-12	200	Freestyle Relay
5 Minute Break				227-228	10 & U	200	Freestyle Relay
203-204	13-14	200	I M	229-230	11-12	200	Freestyle
205-206	15 & Over	200	IM	231-232	10 & U	200	Freestyle
207-208	Senior	50	Breaststroke	233-234	11-12	100	Breaststroke
209-210	13-14	100	Butterfly	235-236	10 & U	50	Backstroke
211-212	15 & Over	100	Butterfly	237-238	11-12	50	Backstroke
213-214	13-14	100	Freestyle	239-240	10 & U	100	I M
215-216	15 & Over	100	Freestyle	241-242	11-12	100	I M
217-218	Senior	50	Backstroke	243-244	10 & U	50	Freestyle
219-220	13-14	200	Freestyle Relay	245-246	11-12	50	Freestyle
221-222	Senior	400	Freestyle Relay	10 minute break			
223-224	Senior	1000	Freestyle	247-248	11-12	100	Butterfly

<b>Sunday, March 17, 2013 Morning</b>				<b>Sunday, March 17, 2013 Afternoon</b>			
301-302	Senior	200	Freestyle Relay	329-330	11-12	200	Medley Relay
5 Minute Break				331-332	10 & U	200	Medley Relay
303-304	13-14	200	Freestyle	333-334	11-12	200	IM
305-306	15 & Over	200	Freestyle	335-336	10 & U	100	Freestyle
307-308	Senior	50	Butterfly	337-338	11-12	100	Freestyle
309-310	13-14	100	Breaststroke	339-340	10 & U	50	Butterfly
311-312	15 & Over	100	Breaststroke	341-342	11-12	50	Butterfly
313-314	13-14	100	Backstroke	343-344	10 & U	50	Breaststroke
315-316	15 & Over	100	Backstroke	345-346	11-12	50	Breaststroke
317-318	Senior	200	Butterfly	10 Minute Break			
319-320	13-14	50	Freestyle	347-348	11-12	100	Backstroke
321-322	15 & Over	50	Freestyle				
323-324	13-14	200	Medley Relay				
325-326	Senior	200	Medley Relay				
327-328	Senior	1650	Freestyle				

\* The 11 & Over 500's free will swim together but will be scored and awarded separately as 11-12, 13-14, & 15 & Over. They will swim Fastest to Slowest, alternating Girls and Boys.



## Additional Notes

Deck Access – Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except to perform a service or function at the request of meet officials.

Building Entry – Swimmers and Coaches will enter at the “Back Door” which is on the east side of the Student Recreation Center facing the Ice Arena. The back door parking lot is not available for swimmer drop off. Parents and Spectators must enter at the Main Building Entrance which is at the Southwest Side of the building. A Map will be provided on the Website.

Banners – One professionally made banner per team may be displayed in the Natatorium with the approval of the Facility Manager. All banners can be hung by the individual teams with pull ties or blue tape. Handmade signs may be held, but not hung.

Concession/Food – The concession stand at the Natatorium will be available throughout the competition. Outside food will not be permitted to be brought into the facility. Coolers are not permitted in the Natatorium.

Equipment – Swimming equipment (fins, paddles, etc.) is not permitted in the competition pool when timing equipment is in place. Equipment may be used in the adjacent warm-up/cool-down pool.

First Aid / Training Needs – Lifeguards are trained to handle water rescues and first aid on deck. Please report all first aid issues to the Aquatic Staff.

Flash Photography –Flash photography is not permitted at the start of any race.

Locker Rooms and Changing Facilities –Belongings may be stored on deck on team benches, or in a locker in the locker room. Swimmers should bring their own locks. Locks on lockers must be removed at the end of each day. BGSU is not responsible for any lost or stolen items.

Lost and Found – Lost and Found for the event is kept at the announcer/scoring area.

Prohibited Items – The following items are not permitted in the facility: Glass, Lawn or Camping Chairs, Coolers and Outside Food, Tobacco, Alcohol, Illegal Substances, Helium Balloons, Noise Makers

Team Seating – Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Teams should place belongings under the bleachers to keep the aisle clear.