
New York State

YMCA Swimming Championship

MEET ANNOUNCEMENT

About the Championship

Date: March 15-17, 2019

Location: Nassau County Aquatic Center,
Eisenhower Park, East Meadow, NY

Entry Deadline: February 26, 2019

Hosted by: Cross Island, Flushing, Huntington YMCA

Meet Director: Kelly Donlevy, Richard Finkelstein,
Dan Kelly

State Commissioner: Bill Niblock Coach.B@verizon.net

Web Site: www.yswimmingnewyork.org

Contents	
About The Championship	2
Location and Facility	2
Web Site and Contact Information	2
Meet Timeline	2
Eligibility and Entry Information	3
Volunteers/Officials/Timers	4
Check-in Procedure	4
Championship Procedures and Operations	4
Awards and Recognition	5
Spectators	6
Liability, Safety and Emergency Procedures	6
Directions, Lodging and Parking	7
Order of Events	8
APPENDIX 1: Qualifying Times	10
APPENDIX 2: YMCA Sanctioned Meet Declaration Form	11



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

About The Championship

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed, and NYS Y Swimming and Diving Championship Rules for 2018-19. The meet is YMCA sanctioned and approved by the MRLSC of USA Swimming.

YMCA Sanction number: C A Q 2 0 1 8 N Y 1 1 0 2 5 7 0 3 USA-S Approval number: 190370-AP
190371-APT

Meet Format Waiver

RESERVE THE RIGHT TO MAKE CHANGES: The host organization reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed

Location and Facility

Location: Nassau County Aquatic Center, East Meadow, NY 11554

Emergency Phone Number: 516- 571-0702

The competition pool is configured as a 25-yard course. Water depth at start is 8+feet deep and at turn end is 8+ feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4). The facility provides spectator gallery seating for approximately 1,500 and swimmers will be housed on deck.

Web Site

Meet Information can be found at: www.yswimmingnewyork.org

Online Meet Results: Meet Mobile

Contact Information

Meet Director: Kelly Donlevy, Richard Finkelstein, Dan Kelly

Entry Chairperson: Kris Tilas

Meet Referee: Dan Collins, Anne Fosteris

Administrative Official: Kris Tilas

Officials Coordinator: Annie Fosteris apfosteris@gmail.com

MEET TIMELINE

Warm-up and start times for all sessions are subject to change depending on the size of the meet

Class C, B A

Friday Warm-up 3:30 p.m. Start 5:00 p.m.

Saturday Warm-up 6:30 a.m. Start 8:00 a.m.

Sunday Warm-up 7:30 a.m. Start 9:00 a.m.

Finals: Saturday Warm-up 4:30 p.m. Start 6:00 p.m.(1)

Sunday Warm-up 4:00 p.m. Start 5:00 p.m.

Class E, D

Saturday Warm-up 12:30 p.m. Start 1:30 p.m.

Sunday Warm-up 12:45 p.m. Start 1:45 p.m.

Warm-up will be split into two sessions to permit access to both warm-up and competition pools. The Meet Director reserves the right to adjust warm-up and start times after all entries and accurate timelines can be determined.

(1) Senior Recognition will be prior to the start of Saturday Evening Finals Session.

Inclement Weather/Cancelation: Weather and safety cancellations will be at the discretion of the State Committee.



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition. This meet is only open to YMCA teams that compete in a NYS Y swim league.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must not be older than nineteen (19) years of age. Age is determined as of 12-1-18.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2018 until Meet Entry Deadline.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

Entry Information

ENTRY LIMITS:

1. USA-S Rules will be followed.
2. An individual may enter no more than 3 individual events total. Relays and open events do not count toward the event limit.
3. With the exception of open relays, a team may not enter more than one relay per age group. Teams may enter a maximum of two relays for the Open relay events.
4. Scoring will be as follows:
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
5. NO swimmers will be allowed in the stands with only their suits on.
6. Deck changes are prohibited.
7. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind any starting areas.
8. Swim ups are limited to Class D relays only.

QUALIFICATION PERIOD: The qualification period is March 1, 2018 through the meet entry deadline of February 26, 2019. **USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers must have equaled or bettered the minimum time standard: Appendix 1.



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

TIMES: No Times (NT) are not allowed. Submit entry times in actual time. We will accept SCM and LCM times that, when converted to SCY per USA-S conversion factors, meet the SCY qualification times. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES:

\$6.00 per individual entry, \$24.00 per relay, and \$1 per swimmer surcharge.

Entries must be submitted as a Team Manager/Team Unify file via email to Richard Finkelstein, finkfly33@aol.com AND Kris Tilas, kristilas@hotmail.com. Contact the Meet Director if there are questions on this. You will receive a report from Meet Manager for confirmation of the import via email, within 48 hours of receipt of your entry export file.

ALL Entries must be received by Tuesday, February 26, 2019.

ENTRY PROCEDURE: Entries must be submitted as a Team Manager/Team Unify file.

PAYMENT: Appropriate fees and paperwork are to be mailed to Richard Finkelstein, Flushing YMCA, 138-46 Northern Blvd. Flushing, NY 11354. All entries must be received by Tuesday, February 26, 2019.

Volunteers/Officials/Timers

OFFICIALS AND TIMERS: Officials will be coordinated and provided through Annie Fosteris. Teams may be asked to provide (2) timers per morning and afternoon sessions for timing assignments. Your team will be contacted by February 20, 2019 if assignments are necessary. Assignments must be covered for the entire session.

DECK CLEARANCE POLICY: Only registered coaches with current certs with Y-National will be allowed on deck. All other volunteers on deck shall be cleared by the Meet Director and host team volunteer coordinators.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches, Teams and Officials must check-in. Signage will be on site to assist in where to go.

COACHES MEETING: There will be a mandatory coaches meeting prior to the start of the first session. A representative from each team must be present. Coaches' packets will be available in room 106 or on deck. **OFFICIALS AND TIMERS MEETING:** Officials (room 119) and Timers (room 106) meetings shall take place before the start of each session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, State Commissioner and a nominated/selected coach, per the Commissioner, at the beginning of the meet.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed finals, Prelims and Finals format. Swimmer's age will be determined as of December 1, 2018.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except where noted. The Meet Referee/Administrative Official reserves the right to combine heats.

NO SCRATCHES: A swimmer who elects not to swim an event will take a DFS and the event will be counted against the total number of events he/she can swim.

DECLARED FALSE START: An athlete may also withdraw from a prelim heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

TIME TRIALS: There will be individual and relay time trials following sessions as time allows. Time trial entry fee is \$6.00 per individual event and \$24 per relay. No time trials on Friday. The intent of time trials is to provide swimmers that are close to Y National QT's another opportunity to qualify.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts. Warm-up schedules will be distributed to each coach



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

upon arrival. Swimmers in the pool during warm-ups will be limited to those participants for each individual session. (i.e. Session 1 swimmers shall only consist of A, B, and C swimmers and those participating in the Open events for Session 1). Diving well will not be open during competition. Coaches must supervise their swimmers during warm up.

READY BENCH: E swimmers, for 25 yards, must report to the designated bull-pen area on the pool deck for seeding prior to their events (this will be decided prior to the start of the meet). From there they will be escorted to the blocks. A, B, C and D swimmers will report directly to the blocks. It is the swimmer's responsibility to be on the start end and ready to "step-up" when his/her event is ready to swim.

STARTS: 'Fly-over' starts will be used at this meet with the exception for consolation and finals heats on Saturday and Sunday evenings. All swimmers should remain in the water at the completion of their race until the next heat has begun, except for all backstroke and relay events, as well as the Consolation and Finals Sessions.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity. This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass containers are not permitted on deck. All garbage is the responsibility of each individual team. The team areas shall be cleaned after each session by the team utilizing the area.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or by any starting area.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not allowed to be barefoot other than on the pool deck or in the locker rooms.
- Shaving is not permitted in any areas of the facility.
- Food and beverages for coaches and officials will be available in the designated area. A concession stand in the lobby outside of the pool will provide food and drinks for swimmers and spectators.

AWARDS AND RECOGNITION

SCORING: Scoring places 1-16, as follows: 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 for places 1-8 and ribbons for places 9-16. Trophies will be given to the winning team in each age group. Open events are given awards, but are not scored.

RECOGNITIONS: Senior Recognition will take place on Saturday evening before the start of the finals session. Each NYS Senior shall be recognized and introduced. A photographer will be on site for pictures.



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

SPECTATORS

ADMISSION FEES & PROGRAMS:

Admission passes and programs will be available for sale in advance on-line beginning January 15, 2019. If available, additional admissions and programs can be purchased at the door beginning approximately one hour before each session warm-up begins.

Advance Purchase: (If advance purchase is not available, this will be the "At door" price).

ALL Sessions Meet Pass \$20.00*

Class ABC Multi Session Meet Pass \$15.00*

Class DE Multi Session Meet Pass \$15.00*

Single Session Pass \$8.00

Meet Program \$15.00

At Door Purchase:

All Session Meet Pass \$25.00*

Single Session Pass \$10.00

Meet Program \$20.00

* Includes Finals

Parking at Eisenhower Park is free in designated areas.

CONCESSION STAND: Concessions will be provided on site.

ATHLETE APPAREL: Apparel will be available for purchase on site.

Advance orders will be available and recommended.

SEAT SAVING POLICY: There is no seat saving. The viewing areas will be cleared between each session.

HANDICAP SEATING: Handicap seating is available at the venue.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area unless for handicap accessibility
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck
- No smoking, drugs, or alcohol are permitted in the swimming complex.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the entire period of the meet. Appendix 2 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S LSC- MR approval, it is understood and agreed that USA Swimming and YMCA of Greater NY and Long Island shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA and YMCA of Greater NY and Long Island shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

EVACUATION PROCEDURE: If evacuation is deemed necessary, all persons shall evacuate the venue via the procedures posted on site at the facility and announced at the venue.

DIRECTIONS

The swim meet is located in Eisenhower Park, Merrick Ave. East Meadow, NY 11554.

LODGING

Hotel Listing available at www.yswimmingnewyork.org

PARKING

Parking is free at the venue. Parking anywhere other than designated areas may subject you to a fine and or towing.



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

Order of Events YMCA NYS Swimming Meet

	Girls Event #	Boys Event #	Class	Event
Friday, March 15, 2019				
Warm-up: 3:30 pm				
Start: 5:00 pm				
		Mixed		
	1	2	A	200 yd IM
	3	4	B	200 yd IM
	5	6	C	200 yd IM
	7	8	Open	200 Free Relay (fast to slow)
	9	10	Open	200 Back
	11	12	B	500 yd Free (top 30)
	13	14	A	500 yd Free (top 30)
	15	16	Open	200 yd Butterfly
		109	Open	200 Mixed Medley Relay
<hr style="border-top: 1px dashed black;"/>				
Saturday, March 16, 2019				
Warm-up: 6:30 am				
Start: 8:00 am				
	17	18	Open	200 yd Med Rel (fast to slow)
	19	20	C	50 yd Free
	21	22	B	50 yd Free
	23	24	A	50 yd Free
	25	26	C	50 yd Back
	27	28	B	100 yd Back
	29	30	A	100 yd Back
	31	32	C	200 yd Free
	33	34	B	200 yd Free
	35	36	A	200 yd Free (fast to slow)
	37	38	Open	200 Breast (slow to fast)
			<u>10 Minute Break</u>	
	39	40	Open	400 Medley Relay
SWIMMING (41	42	C	200 yd Med Relay
AT (43	44	B	200 yd Med Relay
NIGHT (45	46	A	200 yd Med Relay
Saturday, March 16, 2019				
Warm-up: 12:30 pm				
Start : 1:30 pm				
	47	48	E	100 yd IM
	49	50	D	100 yd IM
	51	52	E	50 yd Free
	53	54	D	100 yd Free
	55	56	E	25 yd Back
	57	58	D	50 yd Back
	59	60	E	100 yd Free
	61	62	D	200 yd Medley Relay
	63	64	E	100 yd Medley Relay



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

Sunday, March 17, 2019	65	66	Open	400 yd IM (fast to slow)
Warm-up 7:30 am	67	68	C	100 yd Free
Start: 9:00 am	69	70	B	100 yd Free
	71	72	A	100 yd Free
	73	74	C	50 yd Fly
	75	76	B	100 yd Fly
	77	78	A	100 yd Fly
	79	80	C	50 yd Breast
	81	82	B	100 yd Breast
	83	84	A	100 yd Breast
	85	86	C	200 yd Free Relay
	87	88	B	200 yd Free Relay
	89	90	A	400 yd Free Relay

Sunday, March 17, 2019	91	92	D	50 yd Free
Warm-up: 12:45 pm	93	94	E	25 yd Free
Start: 1:45 pm	95	96	D	50 yd Fly
	97	98	E	25 yd Fly
	99	100	D	50 yd Breast
	101	102	E	25 yd Breast
	103	104	D	200 yd Free
	105	106	E	100 yd Free Relay
	107	108	D	200 yd Free Relay

Note: Events 7-18, 37-66, 85-109 are Timed Finals (Class C,B,A relays - Sat. ALL IN FINALS, Sun - all relays swim in am session)
Events 1-6, 19-36 Consolations and Finals on Saturday pm; Events 67-84, Consolations and Finals on Sunday pm

Note:
8 & Under 100 Free, 9-10 200 Free, 13-14 500 Free 15-19 500 Free, must submit proof of time with entry.
Only top 30 will swim, based on 10 lane venue unless time permits otherwise.



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

APPENDIX 1: QUALIFYING TIMES

Girls	Event	Boys
	8 & Under - Class E	
1:51.00	100 IM	1:54.00
22.89	25 Back	22.89
41.99	50 Free	41.99
18.20	25 Free	18.29
22.59	25 Fly	24.50
25.00	25 Breast	27.00
1:38.00	100 Free(top 30)	1:38.00
	9 & 10 - Class D	
1:27.90	100 IM	1:30.00
40.75	50 Back	41.50
1:17.00	100 Free	1:17.60
33.76	50 Free	33.76
40.00	50 Fly	42.10
45.50	50 Breast	46.99
2:50.00	200 Free(top30)	2:55.00
	11 & 12 - Class C	
2:48.00	200 IM	2:53.49
35.00	50 Back	35.80
1:06.10	100 Free	1:07.00
29.50	50 Free	29.50
33.90	50 Fly	36.00
2:26.48	200 Free	2:27.00
39.60	50 Breast	41.00
	13 & 14 - Class B	
6:20.00	500 Free (top 30)	6:25.00
2:37.00	200 IM	2:42.00
1:12.80	100 Back	1:13.60
1:01.34	100 Free	1:00.00
28.27	50 Free	27.07*
1:14.99	100 Fly	1:14.99*
2:17.00	200 Free	2:17.00
1:23.00	100 Breast	1:21.00
	15-19 - Class A	
6:08.00	500 Free(top 30)	5:38.00
2:34.00	200 IM	2:21.99
1:10.50	100 Back	1:06.40
1:00.00	100 Free	54.10
28.02	50 Free	24.50
1:12.00	100 Fly	1:03.90
2:15.00	200 Free	2:03.10
1:20.50	100 Breast	1:14.00
	Open - Non-Scoring	
2:28.00	200 Back	2:18.00
2:42.00	200 Breast	2:30.00
2:30.00	200 Fly	2:20.00
5:10.00	400 IM	4:45.00

8 & Under 100 Free, 9-10 200 Free, 13-14 500 Free and 15-19 500 Free must submit proof of time with entry.
 Meet management reserves the right to limit entries to top 30swimmers, based upon 10lane venue.

*Qualifying Times changed from 2018. All other times unchanged.



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2019

APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: New York State YMCA Swimming Championships

Meet Date(s): March 15-17, 2019

Meet Host: Cross Island, Flushing, Huntington YMCA

Meet Location: Nassau County Aquatic Center

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association has insurance coverage for representative(s) including leadership and participants who will be in attendance at the New York State YMCA Swimming Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the New York State YMCA Swimming Championships With this registration, the YMCA will provide a Certificate of Insurance naming the YMCA of Greater NY and Long Island as an additional insured as it relates to this meet.

RELEASE and INDEMNITY - In consideration of your accepting this entry, the Participating YMCA listed above, WAIVES and RELEASES any and all right to or claim for damages the Participating YMCA may have against the YMCA of the USA and YMCA of Greater NY and Long Island, their employees, agents or representatives, for any and all injuries or losses which may be suffered by staff, participants, volunteers and invitees of the Participating YMCA at the New York State YMCA Swimming Championships In addition the Participating YMCA assumes responsibility for any claims, lawsuits or other causes of action arising as a result of any injuries or damages incurred by staff, volunteers, members, participants or invitees of the Participating YMCA that occur during the swim meet, unless caused by the sole negligence of the YMCA of Greater NY or Long Island or YMCA of the USA. The Participating YMCA further agrees to HOLD HARMLESS and INDEMNIFY the YMCA of Greater NY and Long Island and YMCA of the USA for any such claims, lawsuits, or causes of action that arise as a result of any injuries or damages incurred by staff, volunteers, members, participants or invitees of the Participating YMCA that occur during the swim meet, unless caused by the sole negligence of the YMCA of Greater NY or Long Island or YMCA of the USA. Furthermore, we understand that the YMCA of the USA and YMCA of Greater NY and Long Island are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name of Head Coach

Signature of Head Coach

Date

Name of YMCA CEO or Designee

Signature of YMCA CEO or Designee

Date