



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

East Field South District YMCA Championship Meet
March 11-13, 2016
Prince George's County Sports & Learning Complex
Landover, MD
YMCA Sanction # xxx
USA Swimming Approval # xxx

SANCTIONED BY: YMCA of the USA Competitive Swimming and Diving Advisory Committee, YMCA Sanctioning Office, and Potomac Valley Swimming, Inc.

HOSTED BY: YMCA of DE - Western Family Wahoos and Brandywine Barracudas

MEET DIRECTORS: David Blake
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johnsra@comcast.net

DISTRICT COORDINATOR: Anna Seifert
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FACILITY: Prince George's County Sports & Learning Complex
8001 Sherriff Rd.
Landover, MD 20785
(301) 583-2670

50 meter x 25 yard indoor pool. For Sessions I, II, III, IV, V, VI, VIII, IX, X and XI Sixteen (16) lanes will be used for competition. For all other sessions, Eight (8) lanes will be used for competition. Colorado Timing System and Kiefer Wave Eater racing lane lines. Depth ranges from 7 to 12 feet for all competition lanes. The competition course has not been certified in accordance with USA Swimming rules and Regulations Article 104.2.2(C).

TIMING SYSTEM: Automatic Timing (touch pads primary) will be used for this meet.

DIRECTIONS: From I-95/495 take exit 17B (Route 202 North towards Bladensburg). Turn left onto Brightseat Road. Turn right onto Sheriff Road. Turn left at the first light

(Harvey Drive). Drive up the hill onto the grounds of the complex. *Swim meet parking uses Lot D.*

SPECTATORS: Spectator seating is separate from the pool deck. The pool deck is restricted to swimmers and meet volunteers ONLY. No spectators will be permitted on the pool deck at any time.

COACHES: All coaches must hold current certifications in the following and must display his/her YMCA coaches credential in order to be permitted to be on deck at this YMCA sanctioned championship meet:

- CPR-Pro
- First Aid
- YMCA Lifeguard or Red Cross Safety Training for Swim Coaches or Red Cross Lifeguard. If a safety certification other than Red Cross Safety Training for Swim Coaches is held, you must also pass the online STSC test.
- Principles of YMCA Competitive Swimming and Diving

Teams and Coaches must be registered for the 2015-2016 season, using the YMCA online registration system. Registration is open until February 1st, 2016. No teams or Coaches may register after this date.

MEET FORMAT: All individual events for the 11-12, 13-14 and 15-18 age groups will be contested in a Prelims/Finals format, with the exception of the following events, which will be contested as Timed Final events: Events 1 and 2 (12&U 500 yard Freestyle), Events 3 and 4 (13-14 and 15-18 1000 yard Freestyle), Events 7, 8, 9, and 10 (13-14 and 15-18 400 yard Individual Medley), Events 51, 52, 53, and 54 (13-14 and 15-18 500 yard Freestyle).

The 13-14 and 15-18 1000 yard Freestyle will be swum together but scored separately.

All 10 and Under events and all Relay events will be contested as Timed Final events.

The top 8 swimmers entered in Events 7, 8, 9, and 10 (13-14 and 15-18 400 yard Individual Medley), Events 61, 62, 63, and 64 (13-14 and 15-18 500 yard Freestyle) will swim during the evening Finals session.

The top 8 finishers in 11-12 individual events in the Prelim sessions, except as noted for Timed Finals events, will swim in the Finals session. The top 16 finishers in the 13-14 and 15-18 individual events will swim in the Finals session with the 1st-8th place Prelim finishers swimming in the A-Final Heat and the 9th-16th place Prelim finishers swimming in the B-Final Heat. Finals will be swum with the B final followed by the A final when two heats are swum.

The open 400 yard relays will be contested at the beginning of the Prelim sessions on Saturday and Sunday. The 13-14 and 15-18 200 yard relays will be contested at the end of the Preliminary sessions on Saturday and Sunday. Breaks before and after relays will be determined by the meet referee to allow appropriate rest between events for swimmers.

Scoring from the 12&U and Open events will be counted toward the combined, girls and boys team total scores but will not be counted toward age group awards.

*Swimmers competing in the 12&U 500 yard Freestyle, 13/14 and 15-18 1000 yard Freestyle events are required to provide their own timers and lap counters.

EVENT CHECK-IN: A Positive Check-In is required for all Individual Timed Final events.

<u>Event</u>	<u>Check-In Deadline</u>
12&U 500 yd. Freestyle	Friday, March 11 at 4:30 pm
13-14 & 15-18 1000 yd Freestyle	Friday, March 11 at 4:30 pm
13-14 & 15-18 400 yd Individual Medley	Saturday, March 12 at 9:30 am
13-14 & 15-18 500 yd Freestyle	Sunday, March 13 at 9:30 am

ELIGIBILITY: In order to be eligible to compete in the East Field South District Championship Meet, a swimmer must:

- Be a full privilege member of the YMCA he/she is representing for a period commencing at least 90 days prior to the first day of the meet and continuing through the final day of the meet.
- Be an amateur and must not have represented another YMCA or organization (except for a closed competition scholastic team) in open or closed competition for a period commencing at least 90 days prior to the first day of the meet. College swimmers are ineligible.
- Represent his/her YMCA in closed YMCA competition on at least three (3) separate occasions on separate days since September 1, 2015.
- Swimmers must meet the East Field South District qualifying time, as included in this meet notice, in each event entered. **Swimmers must have achieved the qualification time for each event entered between March 1, 2015 and the entry deadline, March 3, 2016.**

PROOF OF TIME AND PARTICIPATION OF SWIMMERS IS REQUIRED UPON CHALLENGE. FAILURE TO PROVIDE SUCH PROOF WHEN REQUESTED WILL BE SUBJECT TO INVESTIGATION BY THE EAST FIELD SOUTH DISTRICT COMMITTEE AND POSSIBLE DISQUALIFICATION BY THE MEET COMMITTEE AND/OR EAST FIELD SOUTH DISTRICT COMMITTEE.

In order to be eligible to compete in the East Field South District Championship Meet, each team must:

- Complete the online team registration for the 2015-2016 season by February 1, 2016.
- Submit completed YMCA Declaration Form (see page 18)

ENTRY RULES: The following rules apply to entries in the District Championship Meet:

- Individual entries require qualification times achieved in open, league, dual or high school meet competition.
- A swimmer may enter a maximum of seven (7) individual events. Of those, the maximum per day is as follows:
 - One (1) individual event on Friday, March 11
 - Three (3) individual events each on Saturday, March 12 and Sunday, March 13
- Each YMCA team may only enter one (1) relay team in each relay event per age group.
- A relay shall consist of four swimmers of the same sex. All eligible swimmers listed on the entry forms are considered alternates. Any four may swim the day of the meet.
- A swimmer may participate in only one age group. A swimmer may move up an age group for the entire meet. A 19 year-old swimmer who is still in high school may compete in the 15-18 age group.

MEET RULES:

This is a closed YMCA meet. The meet and all participants must adhere to the *Rules that Govern YMCA Competitive Sports*. The technical rules (blue pages) of the current USA Swimming Rule Book will be followed in the conduct of the meet. Any question that may arise and is unanswered by the meet referee may be referred to the Meet Committee.

The Meet Committee shall be composed of the YMCA Certified Meet Referee, Meet Director(s) and District Coordinator or designated representative.

Scratch Policy – There will be NO scratch meeting prior to each session. If a swimmer intends to scratch for a final event, the swimmer must report to the scratch table prior to the designated time. (Generally following 30 minutes after the results of the preliminary event are *announced*). **Please note: all swimmers are subject to the scratch rule; qualifiers in positions 1-15 for the 11-12 age groups, and positions 1-25 for the 13-14 and 15-18 age group are reminded that they must scratch if they will not be returning for finals.** There will be no penalty for a no show in Preliminary events. Failure to compete in the finals where preliminaries are swum will result in the swimmer being barred from participating in the remainder of the meet, including relays and time trials, unless meeting the requirements of USA Swimming rule 207.12.6.E. A declared false start or delay of meet is not permitted and will be considered as a failure to compete. Points scored and awards earned shall stand for previous events.

Coaches are reminded that swimmers that have qualified for YMCA Short Course Nationals MUST participate in a sanctioned meet. This East Field South District Meet will satisfy that requirement.

In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

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 prohibited.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.

**ENTRY
PROCEDURES:**

Entries *in short course yards times only* should be submitted as computer files using the Hy-Tek software format.

SWIMS Database Management – All teams are asked to follow these procedures in order to facilitate and expedite the entry of the meet results into the SWIMS database. For all swimmers who are registered with USA Swimming for 2016, please be sure that their correct USA Swimming ID number is included in the appropriate field in Team Manager and Meet Manager. For swimmers who are NOT registered with USA Swimming for 2016, please be sure that the USA Swimming ID field is *blank* in their Team Manager profile. It is also important that each swimmer's name is spelled correctly and that his/her date of birth is correct. For relays, all four swimmers must have valid USA Swimming ID numbers and be currently registered with USA Swimming in order for the time, including the lead off leg, to be uploaded into SWIMS. Meet management and Potomac Valley Swimming, Inc. greatly appreciates your assistance, as this will help ensure that registered swimmers have their times accurately reflected in the SWIMS database.

All entries must be made through the **ONLINE ENTRY SYSTEM**. No mail, fax or email entries will be accepted. Online Entry will only be available at <http://YMCA.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=MDSouthDistrict>
Complete team entries must be submitted by 9 p.m. Thursday, March 3, 2016. For entries to be considered complete, all of the following must be received by the deadline:

- Online Meet Entry File Submitted
- Team Summary Sheet with all information completed
- YMCA Meet Declaration Form
- Check (made out to **Western Family YMCA**) for full amount of entry fees

Address all entries to:

Western Family YMCA
Attn: Kayla Andrews-Large / Crystal Sheehan
2600 Kirkwood Hwy
Newark, DE 19711
kandrews-large@ymcade.org
csheehan@udel.edu

Any meet entry questions can be addressed to Kayla Andrews-Large at Kandrews-large@ymcade.org or by phone at 302-709-9622 ex 1126 (YMCA).

Preliminary psych sheets will be available on the Western Family website, www.westernwahoos.org, by noon on Saturday, March 5, 2016. Teams may submit seed time corrections until noon on Monday, March 7, 2016. *No changes to the original events as defined by the print file/listing submitted with those entries, will be permitted.*

Coaches are reminded to include their email addresses on the meet entry forms. Announcements regarding any additional information will be sent via email distribution and posted on the Western Family website at www.westernwahoos.org.

*****Please note: Times may be adjusted based on entries received and communication of such changes will occur by March 9, 2016. *****

*****Please Note: There will be specific warm up times posted on the Western Family website, no later than Monday, March 9, 2016. *****

ENTRY FEES: \$ 7.00 per individual event
\$16.00 per relay event
\$ 9.00 per swimmer surcharge

INDIVIDUAL AWARDS: For all individual and relay events, 1st-3rd places receive medals and 4th-8th places receive ribbons.

TEAM AWARDS: All team awards will be given in two categories – **large team division** and **small team division**. The 'small team vs. large team' division will be done based on the number of accepted individual entries from each team as of the first day of competition. The meet committee will determine the most logical divide between individual entry numbers to determine the divisions.

The top boys' and top girls' teams in each age group, in each division, will each receive an age group championship plaque.

The top boys' and top girls' teams in each division, according to overall cumulative boys or girls point totals, each receive a championship banner. The top three combined boys' and girls' teams in each division, according to overall cumulative point totals, receive a Meet Championship banner.

All teams earning a new banner will receive that banner with the team's name and award (girls/boys/small team/large team/combined team) indicated and the year at the bottom. Space will be left on the banners so that when a team earns a banner award in subsequent years, the team will receive the year decal to add to their existing banner. Teams who have received a particular banner in the past will receive a year sticker to add to their existing banner.

Note: Coaches will pick up all individual and team awards promptly at the end of the meet from the awards table.

SCORING: The value of points for first through eighth places in both individual and relay events per USA Swimming 102.7.3 is:

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

VOLUNTEER COORDINATION: Each team will designate a volunteer coordinator for their team. Please send the name and contact information for this person to Cindy Jones-Taddei at cejt12@verizon.net. Teams will be responsible to supply a number of meet

volunteers (timers and officials) commensurate with the number of swimmers they have entered in each session.

TIMERS: Each team ***MUST*** provide timers. Please ensure your team's volunteer coordinator is in contact with Cindy Jones-Taddei at cejt12@verizon.net or Maureen Buzdygon at mbuzdygon@hotmail.com ***There will be check-in for all timers prior to the timers meeting for each team.***

Swimmers competing in the 12&U 500 Freestyle, the 13/14 and 15-18 1000 Freestyle on Friday, March 11 are required to provide their own timers and lap counters.

OFFICIALS: Each team is asked to provide at least one certified YMCA official **FOR EACH SESSION**. Please ensure your team's Official Coordinator is in contact with the Officials Chairmen Cindy Jones-Taddei and Maureen Buzdygon. Please indicate if your YMCA official is also a certified USA swimming official.

OFFICIALS CHAIRMAN: Cindy Jones-Taddei cejt12@verizon.net
Maureen Buzdygon mbuzdygon@hotmail.com

CLERK OF COURSE/

MARSHALLING: *Coaches are responsible for ensuring that their swimmers get to the starting blocks in time for their respective events. There will be no Clerk of Course; however, a Marshall will be available during sessions V & IX to assist swimmers with their lane assignments. Marshalls will be stationed at both end lanes of the pool.*

CHAMPIONSHIP PROGRAM:

The Championship Program will be available for purchase for sessions III,IV,V,VII, VIII and IX with pages for swimmers or parents to record times and special thoughts from this exciting event. All final sessions will have lane/heat assignments posted. Please use the attached order form for any advertising that you wish to purchase for the program. The Championship Program will also be available for free on the Meet Mobile App.

CONDUCT: Coaches and their assistants will be held responsible for the conduct of their swimmers. Coaches are expected to model appropriate behavior toward officials, parents, swimmers, volunteers and fellow coaches and to require the same of all persons associated with their team and YMCA. Individuals behaving inappropriately in the opinion of the Meet Referee, Meet Director, and South District Coordinator will be removed from the meet.

RESULTS: Results will be posted on the Western Family website, www.westernwahoos.org, on the day after the competition and emailed results should be received within two days after the completion of the meet.

SPECTATORS: Seating for spectators is located in the upstairs stands. ***Spectators are not permitted on the pool deck. This policy will be strictly enforced. Only coaches and officials with credentials and timers/meet volunteers with meet-issued name badges will be permitted on the pool deck.*** Spectators are not able to stand or sit in walkways or on steps, by rule of the fire marshal. There will be designated areas for individuals with physical disabilities. Thank you

for your assistance so that all spectators are able to enjoy the Districts experience.

- CONCESSIONS:** Food and drink will be available for sale by the facility.
- HOSPITALITY:** A hospitality room on the pool deck level will be available for coaches and officials who are displaying their credentials.
- T-SHIRTS:** T-shirts will be available for order prior to the meet. A pre-order form will be sent to the Team Representative. A limited number will be available at the meet.
- VENDOR:** A swimwear vendor will be on-site for any swimwear needs.
- TIME TRIALS:** **If time permits, Time Trials may be offered at the discretion of the meet director and meet referee.** Swimmers may compete in one time trial event per day. Swimmers may only time trial the events offered on that day of the meet. A swimmer may only compete in one time trial per day. The cost of an individual Time Trial will be \$10.
- UN-SCORED Relays:** In lieu of an open 200 Free Relay or open 200 Medley Relay Time Trial, we will offer an un-scored Open Men's and Open Women's 200 Free Relay* on Friday night Mar 11 following the distance events. We will offer an un-scored Open Men's and Open Women's 200 Medley Relay* on Saturday night March 12 at the conclusion of Finals.
- * These events should be used by teams who wish to run a relay combining swimmers in the 13-14 year old age group and 15-18 age group – not in addition to the 200 Free Relay and 200 Medley Relay events offered on Saturday Mar 12 and Sunday Mar 13.
* These events do not count towards entry limits for swimmers
- OPENING DEVOTIONS:** Immediately preceding the finals sessions on Friday, Saturday and Sunday, devotions will be offered by swimmers. Please submit any requests to participate in the opening devotions with your entries. The meet committee will decide which submission to use after all entries have been received.
- GRADUATING SENIORS:** We will be recognizing the graduating seniors from each team during the morning sessions on Saturday and Sunday. The swimmer's name, team and plans after graduation will be announced.

Note: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Prince George's County Sports and Learning Complex, YMCA of DE - Western Family Wahoos and Brandywine Barracudas shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET SCHEDULE

(Start times may be adjusted based on entries. You will be notified if changes occur.)

FRIDAY, MARCH 11th, 2016

- 4:00 PM Warmups for Sessions I and II
- 4:30 PM *Positive Check-in Deadline for 12&U 500 FR, 13-14 and 15-18 1000 FR*
- 5:00 PM **TIMED FINALS** for 12&U 500 FR, 13-14 1000 FR, and 15-18 1000 FR
*Swimmers are required to provide their own timers and lap counters.
Events 1,2,3 and 4 will be contested Fastest to Slowest using a two 8-lane pool configuration

SATURDAY, MARCH 12th, 2016

- 7:00 AM Warmups for Sessions III and IV
- 7:45 AM MANDATORY COACH'S MEETING
Positive Check-in Deadline for 13-14 400 IM and 15-18 400 IM
- 8:00 AM Preliminary Sessions III and IV of individual events including Timed Finals for 400 yard Individual Medley, 400 yard Freestyle Relay and 200 yard Medley Relay for the 13-14 and 15-18 age groups.
Sessions III and IV will be contested in a two 8-lane pool configuration
- 12:30 PM Warmups for Sessions V and VI
- 1:30 PM Sessions V and VI of individual events including Timed Finals for all Relay and 10 & Under Individual events, and Prelims for the 11-12 age groups
Sessions V and VI will be contested in a two 8-lane pool configuration
- 4:15 PM Warmups for Finals, Session VII
- 5:10 PM Opening Devotions
- 5:15 PM Finals for individual events for 11-12, 13-14 and 15-18 age groups including the Fastest Heat for the 13-14 and 15-18 400 yard Individual Medley.

SUNDAY, MARCH 13th, 2016

- 6:30 AM Warmups for Sessions VIII and IX
- 7:15 AM COACH'S MEETING if necessary
Positive Check-in Deadline for 13-14 500 Freestyle and 15-18 500 Freestyle
- 7:30 AM Preliminary Sessions VIII and IX of individual events including Timed Finals for the 500 yard Freestyle, 400 yard Medley Relay and 200 yard Free Relay events for the 13-14 and 15-18 age groups.
Sessions VIII and IX will be contested in a two 8-lane pool configuration
- 12:00 PM Warmups for Sessions X and XI
- 1:00 PM Sessions X and XI of individual events including Timed Finals for all Relay and 10 & Under Individual events, and Prelims for the 11-12 age groups
Sessions X and XI will be contested in a two 8-lane pool configuration
- 4:00 PM Warmups for Finals, Session XII
- 4:50 PM Opening Devotions
- 5:00 PM Finals for individual events for 11-12, 13-14 and 15-18 age groups including the Fastest Heat for the 13-14 and 15-18 500 yard Freestyle.

FRIDAY, March 11, 2016
SESSIONS I and II – Timed Finals
These will be contested Fastest to Slowest
Using a two 8-Lane Pool Configuration

Warmup at 4:00 PM

Meet Starts at 5:00 PM

Session I Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session II Boys Event Number
1	6:35.09	12 & Under 500 Freestyle	6:36.99	2
3	13:15.29 / 12:19.99	13-14, 15-18 1000 Freestyle *	12:42.99 / 11:30.99	4
201	NT	Open 200 Freestyle Relay **	NT	202

*Events will be contested together but will be separated for scoring.

Session I will be contested in the 8 lane pool closer to the scoreboard

Session II will be contested in the 8 lane pool further from the scoreboard

** Events 201 and 202 are Un-Scored events – they will be contested in the 8 lane pool closer to the scoreboard and do not count toward swimmers entry limits

SATURDAY, March 12, 2016
SESSIONS III and IV – 13-14 and 15-18 Prelims
 (all events in **BOLD** will be swum as Timed Finals)
 Events 31, 32, 33 and 34 will be contested fastest to slowest

Warmup at 7:00 AM

Meet Starts at 8:00 AM

Session III Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session IV Boys Event Number
5	NT	Open 400 Freestyle Relay	NT	6
7	28.39	13-14 50 Freestyle	28.19	8
9	27.99	15-18 50 Freestyle	25.09	10
11	2:38.49	13-14 200 Backstroke	2:33.99	12
13	2:32.99	15-18 200 Backstroke	2:23.69	14
15	1:22.99	13-14 100 Breaststroke	1:19.99	16
17	1:18.99	15-18 100 Breaststroke	1:12.29	18
19	2:17.99	13-14 200 Freestyle	2:14.19	20
21	2:11.99	15-18 200 Freestyle	2:00.09	22
23	2:42.99	13-14 200 Butterfly	2:34.99	24
25	2:40.99	15-18 200 Butterfly	2:26.59	26
27	NT	13-14 200 Medley Relay	NT	28
29	NT	15-18 200 Medley Relay	NT	30
31	5:49.19	13-14 400 IM	5:35.59	32
33	5:42.99	15-18 400 IM	5:15.99	34

Session III will be swum in the 8 lanes closer to the scoreboard – Session IV in the 8 lanes further from the scoreboard

SESSIONS V and VI– 10&U Timed Finals and 11-12 Prelims

(all events in **BOLD** will be swum as Timed Finals)

Warmup at 12:30 PM

Meet Starts at 1:30 PM

Session V Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session VI Boys Event Number
35	34.49	10 & U 50 Freestyle	34.99	36
37	30.09	11-12 50 Freestyle	30.19	38
39	1:30.29	10 & U 100 Backstroke	1:32.49	40
41	1:17.89	11-12 100 Backstroke	1:19.09	42
43	47.09	10 & U 50 Breaststroke	48.19	44
45	41.09	11-12 50 Breaststroke	41.09	46
47	2:58.29	10 & U 200 Freestyle	2:58.29	48
49	2:29.99	11-12 200 Freestyle	2:29.99	50
51	1:42.09	10 & U 100 Butterfly	1:42.09	52
53	1:20.59	11-12 100 Butterfly	1:22.59	54
55	NT	10 & U 200 Freestyle Relay	NT	56
57	NT	11-12 200 Freestyle Relay	NT	58

Session V will be contested in the 8 lane pool closer to the scoreboard.

Session VI will be contested in the 8 lane pool further from the scoreboard

SESSION VII – FINALS for 11-12, 13-14 and 15-18 Events

All events will be swum in the 8-lane pool closer to the scoreboard.

Warmup at 4:15 PM		Finals Start at 5:15 PM
Girls Event Number	Event	Boys Event Number
31	13-14 400 IM (fastest heat)	32
33	15-18 400 IM (fastest heat)	34
37	11-12 50 Freestyle	38
7	13-14 50 Freestyle	8
9	15-18 50 Freestyle	10
41	11-12 100 Backstroke	42
11	13-14 200 Backstroke	12
13	15-18 200 Backstroke	14
45	11-12 50 Breaststroke	46
15	13-14 100 Breaststroke	16
17	15-18 100 Breaststroke	18
49	11-12 200 Freestyle	50
19	13-14 200 Freestyle	20
21	15-18 200 Freestyle	22
53	11-12 100 Butterfly	54
23	13-14 200 Butterfly	24
25	15-18 200 Butterfly	26
203	Open 200 Medley Relay**	204

** Events 203 and 204 should be used by teams who wish to run a relay combining swimmers in the 13-14 year old age group and 15-18 age group – not in addition to the 200 Free Relay events offered on Sunday Mar 13 and do not count toward entry limits

SUNDAY, March 13, 2016
SESSIONS VIII and IX – 13-14 and 15-18 Prelims

(all events in **BOLD** will be swum as Timed Finals)
 Events 85, 86, 87 and 88 will be contested fastest to slowest

Warmup at 6:30 AM

Meet Starts at 7:30 AM

Session VIII Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session IX Boys Event Number
59	NT	Open 400 Medley Relay	NT	60
61	1:03.99	13-14 100 Freestyle	1:02.19	62
63	1:00.79	15-18 100 Freestyle	55.19	64
65	2:35.99	13-14 200 IM	2:31.29	66
67	2:28.99	15-18 200 IM	2:16.29	68
69	1:13.49	13-14 100 Butterfly	1:10.69	70
71	1:09.29	15-18 100 Butterfly	1:01.29	72
73	3:01.99	13-14 200 Breaststroke	2:52.99	74
75	2:58.39	15-18 200 Breaststroke	2:45.59	76
77	1:12.99	13-14 100 Backstroke	1:10.69	78
79	1:07.99	15-18 100 Backstroke	1:03.29	80
81	NT	13-14 200 Freestyle Relay	NT	82
83	NT	15-18 200 Freestyle Relay	NT	84
85	6:22.39	13-14 500 Freestyle	6:12.69	86
87	6:16.29	15-18 500 Freestyle	5:38.99	88

Session VIII will be contested in the 8 lane pool further from the scoreboard.
 Session IX will be contested in the 8 lane pool closer to the scoreboard

SESSIONS X and XI – 10&U Timed Finals and 11-12 Prelims

(all events in **BOLD** will be swum as Timed Finals)

Warmup at 12:00 PM

Meet Starts at 1:00 PM

Session X Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session XI Boys Event Number
89	1:19.99	10 & U 100 Freestyle	1:19.99	90
91	1:07.69	11-12 100 Freestyle	1:08.09	92
93	1:30.99	10 & U 100 IM	1:30.99	94
95	2:49.99	11-12 200 IM	2:50.99	96
97	42.09	10 & U 50 Butterfly	41.99	98
99	35.09	11-12 50 Butterfly	35.49	100
101	1:46.69	10 & U 100 Breaststroke	1:46.69	102
103	1:28.69	11-12 100 Breaststroke	1:29.29	104
105	40.99	10 & U 50 Backstroke	43.09	106
107	36.09	11-12 50 Backstroke	35.49	108
109	NT	10 & U 200 Medley Relay	NT	110
111	NT	11-12 200 Medley Relay	NT	112

Session X will be contested in the 8 lane pool further from the scoreboard.

Session XI will be contested in the 8 lane pool closer to the scoreboard

SESSION XII – FINALS for 11-12, 13-14 and 15-18 Events

All events will be swum in the 8-lane pool closer to the scoreboard.

Warmup at 4:00 PM

Finals Start at 5:00 PM

Girls Event Number	Event	Boys Event Number
85	13-14 500 Free (fastest heat)	86
87	15-18 500 Free (fastest heat)	88
91	11-12 100 Freestyle	92
61	13-14 100 Freestyle	62
63	15-18 100 Freestyle	64
95	11-12 200 IM	96
65	13-14 200 IM	66
67	15-18 200 IM	68
99	11-12 50 Butterfly	100
69	13-14 100 Butterfly	70
71	15-18 100 Butterfly	72
103	11-12 100 Breaststroke	104
73	13-14 200 Breaststroke	74
75	15-18 200 Breaststroke	76
107	11-12 50 Backstroke	108
77	13-14 100 Backstroke	78
79	15-18 100 Backstroke	80

YMCA 2016 East Field South District Championships

March 11-13, 2016

Prince Georges Sports & Learning Complex

Landover, MD

Team Summary Sheet

**** All teams must complete and include this sheet with fees ****

TEAM NAME

--

Coaches' Name(s)	Phone	E-Mail

Contact Name(s) for Entries	Phone	E-Mail

Summary of Fees	Number of Entries	Cost Per Entry	Total
Total number of <i>individual</i> entries		x \$7.00 each	
Total number of <i>relay</i> entries		x \$16.00 each	
Total number of athletes		x \$9.00 each	
Additional \$20 if using paper entries		\$20	
Total enclosed			

Please make check payable ***Western Family YMCA.***

Please submit Team Summary with check or proof of payment request to:

Kayla Andrews-Large/
 Crystal Sheehan
 c/o Western Family YMCA
 2600 Kirkwood Hwy
 Newark, DE 19711
kandrews-large@ymcade.org
csheehan@udel.edu

GRADUATING SENIORS 2016

Please write the names of your graduating seniors and their plans for next year.

Team: _____

Name: _____

College / Plans:

Name: _____

College / Plans:

Name: _____

College / Plans:

Name: _____

College / Plans:

Name: _____

College / Plans:

Name: _____

College / Plans:

Name: _____

College / Plans:

Name: _____

College / Plans:

YMCA Sanctioned Championship Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: East Field South District YMCA Championship Meet

Meet Date(s): March 11-13, 2016

Meet Host: Western Family YMCA of Newark DE

Meet Location: Prince George's County Sports & Learning Complex, Landover, MD

We the undersigned attest to the following:

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

COACHES - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the East Field South District YMCA Championship Meet for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. 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 travel to and from and during their participation in the East Field South District YMCA Championship Meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, YMCA of DE - Western Family Wahoos and Brandywine Barracudas, their agents, representatives or assigns, and the Prince Georges Sports & Learning Complex, Landover, MD for any and all injuries which may be suffered by participants at the East Field South District YMCA Championship Meet. Furthermore we understand that the YMCA of the USA and Western Family YMCA of Newark DE 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 and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee