

# C&P Sub-District Championships

## MEET ANNOUNCEMENT

### About the Championship

Date: February 23-24, 2019

Location: Fairland Aquatic Center, Laurel, MD

Entry Deadline: February 17<sup>th</sup>, 2019 at Midnight

Hosted by: YMCA of Metropolitan Washington

Meet Director: Patricia Wilson, [water.wolves@ymcadc.org](mailto:water.wolves@ymcadc.org)

Meet Referee: Bob Hansen, [rfhjr2@comcast.net](mailto:rfhjr2@comcast.net)

Web Site: [www.teamunify.com/vayfcrww](http://www.teamunify.com/vayfcrww)

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# C&P Sub-District Championship February 23-24, 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. The meet is YMCA sanctioned and approved by Potomac Valley Swimming of USA Swimming.

YMCA Sanction number: CAQ- 2018-VA12174029  
USA-S/PVS Approval number: PVA-19-303

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** The Championship Meet Committee 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 or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

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

<u>Session 1</u>	Saturday	11-12 Timed Finals	
	Warm-Up	6:30-7:40am	Events 7:50am
<u>Session 2</u>	Saturday	10&Under Boys Timed Finals	
	Warm-Up	11:00am-11:50pm	Events 12:00pm
<u>Session 3</u>	Saturday	10&Under Girls Timed Finals	
	Warm-Up	2:15-3:10pm	Events 3:15pm
<u>Session 4</u>	Sunday	13 & Over Timed Finals	
	Warm-Up	7:00-8:10am	Events 8:20 am
<u>Session 5</u>	Sunday	OPEN Time Trials	
	Warm-Up	12:40-1:55pm	Events 2:00pm

*An updated meet timeline will be posted no later than Wednesday, February 20<sup>th</sup>, 2019. Please wait until after that date to contact RY with any questions regarding warmups.*

Please note that all times may be subject to change based on the entries received. Changes will be communicated no later than the end of the day on Wednesday, February 20<sup>th</sup>, 2019.

**INCLEMENT WEATHER/CANCELATION:** In case of inclement weather, check our website [www.teamunify.com/vayfcrww](http://www.teamunify.com/vayfcrww). In the event of a cancelation due to weather or facility closing the YMCA of Metropolitan Washington will make every effort possible to reschedule, however we cannot guarantee that any or all of the events will be rescheduled.

### LOCATION AND FACILITY:

Location: Fairland Aquatic Center  
13820 Old Gunpowder Road, Laurel, MD 20707  
Emergency Phone Number: (301) 206-2359

The Fairland Aquatic Center is configured as a 10 lane, 25 yard course. Water depth at start is 5-6 feet and at turn end is 7-13 feet. Colorado electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4)

A separate pool will be available during the meet for warm-ups and warm-downs



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### WEB SITE

Meet Information and Results can be found at: [www.teamunify.com/vayfcrww](http://www.teamunify.com/vayfcrww)

### CONTACT INFORMATION

Meet Director/Entry Chairperson: Patricia Wilson, [water.wolves@ymcadc.org](mailto:water.wolves@ymcadc.org)

Meet Referee: Bob Hansen, [rfhjr2@comcast.net](mailto:rfhjr2@comcast.net)

Administrative Official: Diana Wright, [dianamwright@yahoo.com](mailto:dianamwright@yahoo.com)

### NOTICES

Saturday and Sunday Session 1, 2, 3, & 4 are age-group timed finals.

Sunday's Session 5 is OPEN Time Trials (mixed-age, mixed-gender)

### 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.

**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 be at least five (5) years of age, and not older than nineteen (19) years of age on the first day Meet.

**YMCA Meet Participation:** Swimmers must be in good standing with the C&P Swim League in addition to the YMCA.

**Times:** An athlete must be slower than the 2019 East Field South District Championship Qualifying time for each event in which he/she enters during the period of March 1, 2018 and the 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.



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### 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 team and 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:**

For sessions 1-4 swimmers may enter up to four (4) events so long as one (1) is a relay event. For session 5 swimmers may enter up to three (3) individual events.

Teams may enter up to three (3) relay teams per relay event. Swimmers must be registered for that session in order to participate in the relay.

The host team reserves the right to limit the number of heats per event.

NT entries WILL NOT be accepted in sessions 1, 2, 3 or 4. NT entries WILL be accepted in Session 5. Only times since March 1, 2017 will be accepted.

A swimmer must participate in their own age group, as of December 1, 2018.

**QUALIFICATION PERIOD:** The qualification period is March 1, 2018 through the entry deadline.

**USA-S IDs:** Only USA-S registered athletes should have an ID number in the Meet Entry File.

**TIME STANDARDS:** Swimmers must be slower than the 2019 East Field South District Championship Qualifying time for the events they wish to compete in for Sessions 1-4.



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**TIMES:** No Times (NT) are not allowed in sessions 1-4. NT times are allowed in session 5 only. Submit entry times in SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

**ENTRY FEES:**

**\$6.00 per individual event**

**\$24.00 per relay event**

**\$8.00 per swimmer surcharge**

There is no penalty or refund for a no show or for a scratch after the team entries have been submitted.

**ENTRY DEADLINE:** SUNDAY, FEBRUARY 17<sup>th</sup> at midnight

**ENTRY PROCEDURE:** All entries must be made through the ONLINE MEET ENTRY SYSTEM (OME). No mail, fax or email entries will be accepted. Link to online entry:

<http://ymca.ymcacompetitiveswim.org/YMCANatsEntry.asp?M=CPSubDistrict>

Online entry will only be available until midnight on Sunday, February 17, 2019. For entries to be complete, all of the following must be received by the deadline:

- Online Meet Entry File Submitted
- Team Fee Summary form from either Team Manager or Team Unify via email to the Meet Director
- YMCA Meet Declaration form

Meet information will be available on the CPSL website and [www.teamunify.com/vayfcrww](http://www.teamunify.com/vayfcrww)

**PAYMENT:** All payments must be received prior to the start of the meet with the exception of deck entries. Teams should submit payment with a Team Manager or Team Unify "Entry Fees Report" attached and send the "Meet Declaration Form" before the meet begins either by mail or e-mail to the Meet Director. Teams should use one team check payable to "YMCA of Metropolitan Washington". All meet fees are non-refundable. Payments can be mailed (in time to be received prior to the meet date) to:

*YMCA Fairfax County Reston  
Attn: Aleksandar Milojkovic  
12196 Sunset Hills Rd  
Reston, VA 20190*

**OVER-SUBSCRIPTION:** The host team reserves the right to limit the number of heats per event. The Meet Director reserves 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

### DECK ENTRIES

**FORMAT AND FEE:** There will be no deck entries for Sessions 1, 2, 3, or 4. Deck entries will be allowed for Session 5 and will be accepted until one half hour after the last heat of Session 3 on Saturday night, February 23<sup>th</sup>, for all swimmer in Sessions 1, 2, & 3, and fifteen minutes following the final heat of Session 4 on Sunday morning, February 25<sup>th</sup> for the swimmers in Session 4.



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Swimmers must be entered in the meet by the entry deadline of February 20<sup>th</sup> in order to Deck Enter. All deck entries must be submitted **by a coach** on the proper form and submitted to the scorer's table *with payment (\$10 per event)*. Session 5 will be seeded after all deck entries have been received.

If a swimmer chooses to scratch an event in Session 5 in order to enter another event, that swimmer will need to pay the \$10 entry fee for any new deck entries.

**DECK ENTRY LIMITS:** Swimmers are limited to 3 events in Session 5.

### VOLUNTEERS/OFFICIALS/TIMERS

**OFFICIALS AND TIMERS:** Each team will be assigned a number of timers per session based on their entries. Assignments will be given out the week of the meet along with a sign-up genius link. Stop watches will be provided by the meet host. Each team must provide at least 1 YMCA Certified official per session (more may be requested from a team). *All volunteers are required to have their background checks done by their organizations prior to being on deck.* There will be a check-in table in the lobby for all volunteers to obtain a wrist band and deck-pass lanyard. Marshalls will restrict access to the deck to swimmers, coaches, officials, session-assigned volunteers, and YMCA Metropolitan Washington hosting staff. Meet Volunteer coordinator is Cveta Shalevska, [cveta.shalevska@ymcadc.org](mailto:cveta.shalevska@ymcadc.org)

Click [Here](#) to sign up to help officiate. Thank you!

**SIGN-IN PROCEDURE:** There will be a check-in for all volunteers in the pool lobby before each session.

**DECK PARENTS:** Each team is permitted to provide 2 parents on deck per session for sessions 2 & 3. Only parents registered for this position *prior* to the meet will be permitted on deck.

### CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** All information for coaches will be provided at the Meet Admin Table. All coaches must be YMCA.

**EVENT CHECK-IN:** Positive check-in is required at the beginning of Sessions 1, 4 and 5 for the 500yd Freestyle and at the beginning of Session 5 for the 400 yd IM, 500y and 1000y Freestyle. Swimmers competing in these events are required to provide their own timers (400IM, 500y and 1000y Free) and lap counters (for the 500y and 1000y Free) for all applicable sessions. Stop watches and counter boards will be provided.

**OFFICIALS AND TIMERS MEETING:** Officials meeting will begin 45 minutes before the beginning of each session. Timers meeting will begin 30 minutes before the beginning of each session. Locations will be announced.

### CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** The Committee will consist of the Meet Director, Meet Referee, and the Administrative Referee



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**RULES:** The meet will run under YMCA Rules that Govern Competitive Sports Swimming 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 format. Swimmer's age will be determined as of December 1, 2018

**EVENT SEEDING:** Events will be seeded Slowest to Fastest.

**SCRATCH PROCEDURES:** An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

**DECLARED FALSE START:** An athlete may also withdraw from a 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.

**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.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

**CLERK OF COURSE:** A Clerk of Course will be run by FCY for Sessions 2&3. ALL SWIMMERS MUST USE the CoC for their events in Sessions 2&3. It is the responsibility of the swimmers and coaches to get swimmers to the CoC in a timely manner. More information will be available about CoC closer to the meet date.

**STARTS:** 'Fly-over' starts will be used at this meet in Session 1, 4, & 5. All swimmers in these Sessions (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**SWIMS (USA-S):** This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Official results will be posted on the meet webpage (RY) and the CPSL website within 48 hours of the conclusion of the meet and will be emailed out to all participating coaches.





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**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 and meet volunteers (timers).
- 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 and Food are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- The use of **any** electronic device (cell phones, iPads, Nintendo DS, etc) capable of photographs and/or video recording shall not to be used at anytime behind the starting blocks or in the starting area. This includes during warm-ups, competition, and warm-down periods. This will be strictly enforced.
- 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.
- Shaving is not permitted in any areas of the facility.

### AWARDS AND RECOGNITION

**SCORING:** Sessions 1, 2, 3 and 4 will be scored following USA Swimming 102.25. The value for points for first through tenth places in individual events is 11, 9, 8, 7, 6, 5, 4, 3, 2, and 1. The value for points for first through tenth places in relay events is 22, 18, 16, 14, 12, 10, 8, 6, 4, and 2. Session 5 will not be scored.

**TEAM AWARDS:** A first place plaque will be awarded to the team with the highest overall combined score for Sessions 1, 2, 3 and 4.

**INDIVIDUAL AWARDS:** Medals will be awarded to the top 3 finishers of each event, including relays. Rosette ribbons will be awarded to the 4<sup>th</sup> through 6<sup>th</sup> place finishers in individual and relays. Custom ribbons will be awarded for 7<sup>th</sup> through 10<sup>th</sup> place in individual events and relays. Awards will not be given out for open session 5 events.





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### SPECTATORS

**ADMISSION FEE:** There is no admission fee.

**HEAT SHEETS/PROGRAMS:** The C&P Championship Meet Program will be available for purchase. Session programs will be provided to the coaches and officials.

**CONCESSION STAND:** Food and drink will be available for sale.

**ATHLETE APPAREL:** Custom T-Shirts will be available each day of the meet.

**SEATING:** Spectator seating is separate from the pool deck. Saving of seats will not be permitted. No strollers, folding chairs, or over-sized stadium seats will be permitted on the spectator level. Swimmers are expected to remain on the pool deck and not occupy the spectator area. No spectators will be permitted on the pool deck at any time. Teams will be assigned deck seating areas and only teams, officials, meet workers, and coaches are allowed on the pool deck throughout the meet.

### 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 period of the meet. Appendix 2 must be signed by each association participating in the meet.

#### LIABILITY LIMITS:

- In granting of the USA-S/PVS approval, it is understood and agreed that USA Swimming and PVS 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 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 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:



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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.

### APPENDIX 1: ORDER OF EVENTS

#### Saturday AM

Session 1: 11-12				
Warm-ups start at 6:30am (subject to change)				
Events start at 7:50am (subject to change)				
Positive Check-in 500free closes at 30 min after start of warm ups (subject to change)				
Slower than	Boys	EVENT	Girls	Slower than
NT	1	11-12 200 Medley Relay	2	NT
2:29.99	3	11-12 200 Free	4	2:29.99
35.49	5	11-12 50 Back	6	36.09
41.09	7	11-12 50 Breast	8	41.09
35.49	9	11-12 50 Fly	10	35.09
30.19	11	11-12 50 Free	12	30.09
2:50.99	13	11-12 200 IM	14	2:49.99
1:08.09	15	11-12 100 Free	16	1:07.69
NT	17	11-12 200 Free Relay	18	NT
6:36.99	19	11-12 500 Free	20	6:35.09

#### Saturday PM

Session 2&3: 10 & Under				
Session 2 10& U BOYS			Session 3 10& U GIRLS	
Warm-ups start at 11:00am (subject to change)			Warm-ups start at 2:15pm (subject to change)	
Events start at 12:00pm (subject to change)			Events start at 3:15pm (subject to change)	
Slower than	Boys	Event	Girls	Slower than
NT	21	10 & Under 200 Medley Relay	34	NT
34.99	22	8 & Under 50 Free	35	34.49
1:19.99	23	9-10 100 Free	36	1:19.99
NT	24	8 & Under 25 Breast	37	NT
48.19	25	9-10 50 Breast	38	47.09
NT	26	8 & Under 25 Free	39	NT
34.99	27	9-10 50 Free	40	34.49
1:30.99	28	10 & Under 100 IM	41	1:30.99
NT	29	8 & Under 25 Fly	42	NT
41.99	30	9-10 50 Fly	43	42.09
NT	31	8 & Under 25 Back	44	NT
43.09	32	9-10 50 Back	45	40.99
NT	33	10 & Under 200 Free Relay	46	NT



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### Sunday AM

Session 4: 13 & over				
Warm-ups start at 7:00AM (subject to change)				
Events start at 8:20AM (subject to change)				
Positive Check-in 500free ends 30 min after start of warm-ups (subject to change)				
Slower than	Boys	Event	Girls	Slower than
NT	47	15 & over 400 Medley Relay	48	NT
NT	49	13-14 200 Medley Relay	50	NT
2:00.09	51	15 & over 200 Free	52	2:11.99
2:14.19	53	13-14 200 Free	54	2:17.99
1:03.29	55	15 & over 100 Back	56	1:07.99
1:10.69	57	13-14 100 Back	58	1:12.99
1:12.29	59	15 & over 100 Breast	60	1:18.99
1:19.99	61	13-14 100 Breast	62	1:22.99
1:01.29	63	15 & over 100 Fly	64	1:09.29
1:10.69	65	13-14 100 Fly	66	1:13.49
25.09	67	15 & over 50 Free	68	27.99
28.19	69	13-14 50 Free	70	28.39
2:16.29	71	15 & over 200 IM	72	2:28.99
2:31.29	73	13-14 200 IM	74	2:35.99
55.19	75	15 & over 100 Free	76	1:00.79
1:02.19	77	13-14 100 Free	78	1:03.99
NT	79	15 & over 400 Free Relay	80	NT
NT	81	13-14 200 Free Relay	82	NT
5:38.99	83	15 & over 500 Free	84	6:16.29
6:12.69	85	13-14 500 Free	86	6:22.39

### Sunday PM

Session 5 – OPEN		
Warm-ups start at 12:40PM (subject to change)		
Events start at 2:00PM (subject to change)		
Positive Check-in for 400IM, 500free, 1000free ends 30 min after warm-ups (subject to change)		
87	50 Free	OPEN
88	100 Back	OPEN
89	200 Breast	OPEN
90	50 Fly	OPEN
91	200 IM	OPEN
92	200 Free	OPEN
93	50 Back	OPEN
94	100 Breast	OPEN
95	100 IM	OPEN
96	200 Fly	OPEN
97	100 Free	OPEN
98	200 Back	OPEN
99	50 Breast	OPEN
100	100 Fly	OPEN
101	400 IM	OPEN
102	500 Free	OPEN
103	1000 Free	13&Over



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### APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

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

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name** C&P Sub-District Championship

**Meet Date(s):** February 23-24, 2019

**Meet Host:** YMCA of Metropolitan Washington

**Meet Location:** Fairland Aquatic Center, Laurel, MD

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 now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the C&P Sub- District Championship 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 C&P Sub- District Championship.

**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 Metropolitan Washington, their agents, representatives or assigns, and the Fairland Aquatic Center for any and all injuries which may be suffered by participants at the C&P Sub- District Championship. Furthermore, we understand that the YMCA of the USA and YMCA of Metropolitan Washington 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*



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**This is the last page of the Meet Announcement**