

East Field South District Championship

MEET ANNOUNCEMENT

About the Championship

Date: March 17 – 19, 2023

Location: Keystone Aquatic Complex, 103 Midway Dr., Carlisle, PA

Entry Deadline: 11:59pm March 8th, 2023

Hosted by: Y in Central Maryland

Meet Director: Laura Dunn, lauradunn@ymaryland.org

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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 the Middle Atlantic LSC of USA Swimming. In granting this approval it is understood and agreed that USA Swimming 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.

YMCA Sanction number: CAQ-2023-MD01256959

USA-S/approval number: MA 2335 AP

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The 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. Any changes to the timeline will be communicated by the end of the day of Wednesday, March 15th.

INCLEMENT WEATHER/CANCELTION: In the event that the meet has to be adjusted, postponed, or canceled the Meet Committee and the District Committee will communicate any and all decisions with the utmost expediency. The Meet Committee and District Committee decisions are final.

LOCATION AND FACILITY

Location: Keystone Aquatic Complex
103 Midway Dr.
Carlisle, PA 17015

The Keystone Aquatic Complex features an indoor 10(ten) lane 50 meter pool with non turbulent lane lines. The competition course shall consist of 10(ten) 25 yard lanes for prelims/timed finals and 8(eight) for finals. The remainder of the pool will be set up in 25 yard lanes and will be available for continuous warm-up / warm-down during the meet. Water depth is 8' 2" across the pool including the start and turn ends(minimum 5 feet required). The facility has fully automatic timing (Colorado timing system), touchpads, scoreboard and horn start.

The competition course has not been certified in accordance with 104.2.2C(4)

WEB SITE

Meet Information and Online Meet Results can be found at: www.ycmsswimming.org



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CONTACT INFORMATION

Meet Director:	Laura Dunn, lauradunn@ymaryland.org
Entry Chairperson:	Laura Dunn, lauradunn@ymaryland.org
Meet Referee:	Bob Johnson, johnsra@comcast.net
Officials Coordinator:	Robert Kwong, districtchamps.official@gmail.com
Meet Safety Director:	Adam Rutz, adamrutz@ymaryland.org
Volunteer Coordinator:	Jennifer Robinson, jenniferrobinson@ymaryland.org
District Coordinator:	Nancy Pressly, pressly@me.com

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 twenty-one (21) years of age on 12/1/2022. All athletes 18 and older must comply with the [USA Swimming Minor Athlete Abuse Prevention Policy](#) (MAAPP).

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, 2022.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of February 1st, 2022 and the entry deadline.

• **No Times (NT) are not allowed.** Submit entry times in actual time in SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

• 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 DISTRICT COMMITTEE AND POSSIBLE DISQUALIFICATION BY THE MEET COMMITTEE AND/OR DISTRICT COMMITTEE.



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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

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered by March 15, 2023 and approved will not be permitted on deck. A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

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: A swimmer may enter a maximum of seven (7) individual events. Of those, the maximum per day is as follows:

- Swimmers may swim in one (1) individual event on Friday.
- Swimmers may swim in three (3) individual and two (2) relays per day on Saturday and Sunday.
- **Bonus Events-** Swimmers with 1 event may enter 3 bonus events, swimmers with 2 events may enter 2 bonus events, swimmers with 3 events may enter 1 bonus event, swimmers with 4 or more events are not eligible for bonus events. Bonus events will count as part of the daily event total. The bonus events may be used on any day of the meet. Events 400 yards or longer are not eligible as bonus events. All bonus entries must have provable entry times.
- If the meet becomes oversubscribed, the bonus events may be removed from the meet.
- The host team reserves the right to limit the number of heats in certain events due to timeline constraints.
- Each YMCA team may enter two (2) relay teams in each relay event per age group



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and only one relay team per team may score in an event.

- A relay shall consist of four swimmers of the same gender. 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. Swimmers in any age group may participate in Open relays and it will not be considered changing their age group.
- **TIME TRIALS:** Time Trials may be offered at the discretion of the Meet Director and Meet Referee. Requests for time trials should be made to the Meet Director on the official time trial request form (available at the admin table). Relays may be swum during one of the offered time trials. The cost of an individual time trial is \$16.00, the cost of a relay is \$48.
- Time Trials will be offered on any day as long as time permits and the swim falls within these standards of a Y National qualifying time:

- 50's within .5 secs
- 100's within 1 sec
- 200's within 2 secs
- 400's within 4 secs
- 500's within 5 secs

- Time trial events count toward an athlete's total events including the limits on the number of individual events each day (Rule reference 102.2.2 and 102.2.7)
- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet.
- Swimmers may compete in one time trial event per day.

ENTRY FEES: \$8.00 per individual event
 \$24 per relay event
 \$15.00 per swimmer surcharge

ENTRY DEADLINE:

- Online Meet Entry File submitted (due 11:59pm March 8th)
- Team Entry List with Proof of Times (due 11:59pm March 8th)
- Completed Meet Declaration Form (Appendix 3)
- Completed Team Summary Form(Appendix 4)
- Graduating Seniors Information Form (Appendix 5)
- Check for Entry Fees (due by Friday, March 17th)

ENTRY PROCEDURE: All entries must be made through the SwimCloud online entry system. Meet Link: [East Field South District Championship](#)

Entries may be imported into the SwimCloud system from Team Manager or Team Unify; or, entries may be manually entered through SwimCloud. Questions regarding entries may be submitted to: lauradunn@ymaryland.org



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TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 2.

SWIMS (USA-S) DATABASE: This meet has been approved by USA Swimming, **ensure that all USA-S registered swimmers have their USA-S ID system listed correctly.** *Remove all Swimmer IDs from non USA-S registered swimmers prior to submitting entries.* All individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

PAYMENT: Checks should be made payable to Y in Central Maryland mailed to:

Attention: Adam Rutz
Y in Central Maryland/District Entries
4331 Montgomery Rd
Ellicott City, Maryland, 21043

OTHER:

- **T-SHIRTS/VENDOR:** Pools, Porches and Patios will be on site selling swim gear.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS: Each team is required to supply at least one (1) certified YMCA official for each session. Please have each volunteering official sign-up to officiate by March 10, 2023 via this google form [District Champs Officials](#). Your team's Official Coordinator should contact the District Championship Officials Coordinator (Robert Kwong, districtchamps.official@gmail.com) with any questions.

TIMERS: Each team **must** provide timers. Each team will be notified of their lane assignments based on the number of swimmers per session two weeks prior to the meet.

SIGN-UP PROCEDURE: A SignUp Genius for timers and officials will be sent out by the volunteer coordinator. We appreciate everyone's support in running a positive, effective championship meet.

BACKGROUND CHECK POLICY: All parents must be Safe Sport Certified; all timers must be compliant with the [USA Swimming Minor Athlete Abuse Prevention Policy \(MAAPP\)](#).

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches must check-in on the first day of competition to receive their badge and/or wristband. All volunteers including timers and officials must check in at the volunteer check-in table to receive their badges and/or wristbands. Only swimmers will gain access to the pool deck via the locker rooms.



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POSITIVE CHECK-IN:

Event		Check in Deadline
1 – 2	12 & U 500 Freestyle	Friday at 4:30 pm
3 – 4	13-14 & 15-21 1000 Freestyle	Friday at 4:30 pm
33 – 36	13-14 & 15-21 400 IM	Saturday at 9:30 am
89 - 92	13-14 & 15-21 500 Freestyle	Sunday at 9:30 am

Swimmers must provide their own counters and timers for 500 and 1000.

COACHES MEETING If needed will be announced during the week before the meet.

OFFICIALS AND TIMERS MEETING: Will be announced during the week before the meet.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and District Coordinator.

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

MEET FORMAT: All 10 & U events and all relay events will be contested as timed final events.

All individual events for the 11-12, 13-14 and 15-21 age groups will be contested in a prelim/finals format, with the exception of the following events:

Event	Timed Finals Events
1 – 2	12&U 500 Freestyle
3 – 4	13-14 & 15-21 1000 Freestyle (scored separately)
33 - 36	13-14 & 15-21 400 IM
89 - 92	13-14 & 15-21 500 Freestyle

- 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 15-21 individual events in the prelim sessions, except as noted for timed finals events, will swim in the finals session with the 1 – 8 place prelim finishers swimming in the A Final heat and the 9 -16 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.
- All 10&U and 11-12 relays are timed finals swimming in prelims. 13-14 and Open relays will be contested during prelim sessions on Saturday and Sunday; except the top 8 seeded 'A' relay teams who will swim at finals. If a Head Coach wishes to request that their relay team swims in the morning session, they must declare their intention to the Meet Director prior to the end of the finals session the night before.
- Breaks before and after relays will be determined by the Meet Referee to allow for appropriate rest between events for the swimmers.



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EVENT SEEDING: Events will be seeded slowest to fastest with the exception of the 400 IM, 500 Free and 1000 Free which will be swum fastest to slowest, alternating heats of women and men. Prelims/Timed Finals will be run in 10 lanes with 8 lanes used for finals. The Meet Referee/Meet Director reserves the right to combine heats.

SCRATCH PROCEDURES: Any swimmer qualifying for a Finals heat based on the results of that event's prelims must declare their intention to scratch within 30 minutes of the announcement of qualifiers at the scratch/admin table. At the conclusion of those 30 minutes an athlete is considered entered and will be seeded into the finals event. If they do not swim that event, the athlete shall not compete in any further individual or relay events, including time trials (page 5-6). However, no penalties shall apply for failure to compete in Finals if the referee is notified in the event of injury or illness and accepts the proof thereof, or it is determined by the referee that failure to compete is caused by circumstances beyond the control of the athlete. It is strongly encouraged that any swimmer qualifying in the top 24 of a prelim event scratch if there is no intention of returning to Finals.

DECLARATION OF INTENT TO SCRATCH: An athlete qualifying for A or B Finals (or their coach), based upon the results of the Prelims in an event, may notify the Scratch table within 30 minutes after announcement of the qualifiers for that event that he/she may not compete in the Finals of the event, pending the results of a subsequent individual Prelims events in which he/she is entered. The athlete (or their coach) must declare their final intentions within 30 minutes following their last individual Prelim event. If the athlete (or their coach) does not declare their final intention, it will be assumed the athlete has chosen not to scratch from the Finals of the original event. If the athlete then fails to compete in this Finals Event, they shall be barred from further competition for the remainder of the meet including relays and time trials.

DECLARED FALSE START: An athlete may withdraw from preliminary heat, timed final (including positive check in events) 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. A swim off is part of the qualification process and does not count as another event. A declared false start is not permitted for an A or B final.

NO SHOW: An athlete who is seeded in a final event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay event, including time trials. An athlete who is seeded in a prelim event and fails to compete will have the event count as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete. No further penalties will be assessed.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during the warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection



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of the YMCA values and sportsmanship.

- During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to enter the pool feet first. 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.

STARTS: 'Fly-over' starts will be used during preliminary sessions at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

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. One can take a declared false start for a swim off and be relegated to the lower position. (USA Swimming Rule 102.5.2)

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile and the host team's website, www.ycmsswimming.org

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 Meet 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, working officials, and working parent volunteers. Meet volunteers and coaches must be compliant with the [USA Swimming Minor Athlete Abuse Prevention Policy \(MAAPP\)](#)
- All non-athletes must use the designated rest rooms.
- 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.
- Deck changes are prohibited. 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



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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
- **TECH SUITS ARE BANNED FOR ALL 12 & U SWIMMERS.**
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms
- Photographs and cell phones are not allowed to be taken behind the block during competition.
- No Flash Photography at the start of competition races.
- Massage tables are not permitted.
- NO CHAIRS
- 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.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

AWARDS AND RECOGNITION

SCORING: When 16 competitors qualify for finals of a championship meet, the scoring will be as below. When only top 8 competitors return for evening Finals (11-12) or no evening Final is offered (10 and under), scoring will be up to and including 16th place. Relays will score through 16th place. Only 1 relay per team will score in an event.

Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

INDIVIDUAL AWARDS: For all 10 and under and 11-12 individual and relay events, 1st-3rd places receive medals and 4th-8th places receive ribbons. For all 13-14 and 15-21 individual and relay events, 1st-3rd places receive medals.

TEAM AWARDS: All team awards will be given in three categories – **large team division**, **medium team division**, and **small team division**. The District Committee reserves the right to remove a division based on the entries received. The 'small team', 'medium team', vs. 'large team' division will be decided based on the number of athletes competing in the meet as of the meet entry deadline of Wednesday, March 8th, 2023 by the District Committee. Decisions regarding team divisions will be announced to the participating teams with the initial psych sheet and other pertinent meet information on Wednesday, March 15th, 2023.

- 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



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

Note: Coaches will pick up all individual and team awards promptly at the end of the meet from the awards table. If coaches do not pick up their team awards a shipping and handling fee will be assessed.

SENIOR RECOGNITION: 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. Teams will be assigned specific recognition times which will be published prior to the start of the meet.

SPECTATORS

ADMISSION FEE: Included in swimmer surcharge. However the facility and Meet Committee reserves the right to limit the number of spectators due to capacity limitations.

HEAT SHEETS/PROGRAMS: The Championship Program will be posted for all sessions. All final sessions will have lane/heat assignments posted as well. The Championship Program will also be available for free on the Meet Mobile App.

CONCESSION STAND: TBA

ATHLETE APPAREL: Pools, Porches and Patios will be on site selling swim gear.

HANDICAP SEATING: Available.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

LIABILITY LIMITS:

- In granting of the USA-S/Middle Atlantic (MA) approval, it is understood and agreed that USA Swimming and MA 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.



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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:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed healthcare 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 healthcare professional, experienced in evaluating concussions determines that the athlete is symptom-free and is cleared 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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.

DIRECTIONS

From 81 North or South:

Take Exit 47 for PA-34/Hanover St. Turn right onto PA-34 S/S Hanover St./Holly Pike. Continue to follow PA-34 S past Chili's Grill & Bar (on the left in 0.2 mi.) Turn left onto Midway Dr. Keystone Aquatics Center will be straight ahead.

PARKING

Parking is available at the facility and along the road.

This is the last page of the Meet Announcement



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APPENDIX 1: ORDER OF EVENTS

FRIDAY, March 17, 2023 SESSION I – Timed Finals

These will be contested fastest to slowest, alternating women and men

Warm Up at 4:00 PM

Meet Starts at 5:00 PM

Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Times	Boys Event Number
1	6:35.09	12&U 500 Freestyle	6:36.99	2
3	13:15.29/ 12:19.99	13-14, 15-21 1000 Freestyle*	12:42.99/ 11:30.99	4

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



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SATURDAY, March 18, 2023

SESSION II – 13-14 and 15-21 Prelims

(all events in **BOLD** will be swum as
Timed Finals fastest to slowest, alternating women and men
& all events in *italics* will have the fastest heat swim at finals)

Warm Up at 7:00 AM

Meet Starts at 8:00 AM

Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Boys Event Number
5	NT	<i>13-14 200 Medley Relay</i>	NT	6
7	NT	<i>OPEN 200 Medley Relay</i>	NT	8
9	28.39	13-14 50 Freestyle	28.19	10
11	27.99	15-21 50 Freestyle	25.09	12
13	2:38.49	13-14 200 Backstroke	2:33.99	14
15	2:32.99	15-21 200 Backstroke	2:23.69	16
17	1:22.99	13-14 100 Breaststroke	1:19.99	18
19	1:18.99	15-21 100 Breaststroke	1:12.29	20
21	2:17.99	13-14 200 Freestyle	2:14.19	22
23	2:11.99	15-21 200 Freestyle	2:00.09	24
25	2:49.99	13-14 200 Butterfly	2:37.69	26
27	2:42.99	15-21 200 Butterfly	2:29.29	28
29	NT	<i>13-14 400 Freestyle Relay</i>	NT	30
31	NT	<i>Open 400 Freestyle Relay</i>	NT	32
33	5:49.19	13-14 400 IM	5:35.59	34
35	5:42.99	15-21 400 IM	5:15.99	36



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SESSION III – 10&U Timed Finals and 11-12 Prelims

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

Warm Up at 12:30 PM

Meet Starts at 1:30 PM

Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Boys Event Number
37	34.49	10 & U 50 Freestyle	34.99	38
39	30.09	11-12 50 Freestyle	30.19	40
41	1:30.29	10 & U 100 Backstroke	1:32.49	42
43	1:17.89	11-12 100 Backstroke	1:19.09	44
45	47.09	10 & U 50 Breaststroke	48.19	46
47	41.09	11-12 50 Breaststroke	41.09	48
49	2:58.29	10 & U 200 Freestyle	2:58.29	50
51	2:29.99	11-12 200 Freestyle	2:29.99	52
53	1:42.09	10 & U 100 Butterfly	1:42.09	54
55	1:20.59	11-12 100 Butterfly	1:22.59	56
57	NT	10 & U 200 Freestyle Relay	NT	58
59	NT	11-12 200 Freestyle Relay	NT	60



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SESSION IV – FINALS for 11-12, 13-14 and 15-21 Events

Warm Up at 4:15 PM

Finals Start at 5:15 PM

Girls Event Number	Event	Boys Event Number
5	13-14 200 Medley Relay	6
7	OPEN 200 Medley Relay	8
39	11-12 50 Freestyle	40
9	13-14 50 Freestyle	10
11	15-21 50 Freestyle	12
43	11-12 100 Backstroke	44
13	13-14 200 Backstroke	14
15	15-21 200 Backstroke	16
47	11-12 50 Breaststroke	48
17	13-14 100 Breaststroke	18
19	15-21 100 Breaststroke	20
51	11-12 200 Freestyle	52
21	13-14 200 Freestyle	22
23	15-21 200 Freestyle	24
55	11-12 100 Butterfly	56
25	13-14 200 Butterfly	26
27	15-21 200 Butterfly	28
29	13-14 400 Freestyle Relay	30
31	Open 400 Freestyle Relay	32



East Field South District Championships March 17 – March 19, 2023

SUNDAY, March 19, 2023

SESSION V – 13-14 and 15-21 Prelims

(all events in **BOLD** will be swum as
Timed Finals fastest to slowest, alternating women and men
& all events in *italics* will have the fastest heat swim at finals)

Warm Up at 7:00 AM

Meet Starts at 8:00 AM

Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Boys Event Number
61	NT	<i>13-14 200 Freestyle Relay</i>	NT	62
63	NT	<i>OPEN 200 Freestyle Relay</i>	NT	64
65	1:03.99	13-14 100 Freestyle	1:02.19	66
67	1:00.79	15-21 100 Freestyle	55.19	68
69	2:35.99	13-14 200 IM	2:31.29	70
71	2:28.99	15-21 200 IM	2:16.29	72
73	1:13.49	13-14 100 Butterfly	1:10.69	74
75	1:09.29	15-21 100 Butterfly	1:01.29	76
77	3:01.99	13-14 200 Breaststroke	2:52.99	78
79	2:58.39	15-21 200 Breaststroke	2:45.59	80
81	1:12.99	13-14 100 Backstroke	1:10.69	82
83	1:07.99	15-21 100 Backstroke	1:03.29	84
85	NT	<i>13-14 400 Medley Relay</i>	NT	86
87	NT	<i>Open 400 Medley Relay</i>	NT	88
89	6:22.39	13-14 500 Freestyle	6:12.69	90
91	6:16.29	15-21 500 Freestyle	5:38.99	92



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SESSION VI – 10&U Timed Finals, 11-12 Prelims

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

Warm Up at 12:30 PM

Meet Starts at 1:30 PM

Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Boys Event Number
93	1:19.99	10 & U 100 Freestyle	1:19.99	94
95	1:07.69	11-12 100 Freestyle	1:08.09	96
97	1:30.99	10 & U 100 IM	1:30.99	98
99	2:49.99	11-12 200 IM	2:50.99	100
101	42.09	10 & U 50 Butterfly	41.99	102
103	35.09	11-12 50 Butterfly	35.49	104
105	1:46.69	10 & U 100 Breaststroke	1:46.69	106
107	1:28.69	11-12 100 Breaststroke	1:29.29	108
109	40.99	10 & U 50 Backstroke	43.09	110
111	36.09	11-12 50 Backstroke	35.49	112
113	NT	10 & U 200 Medley Relay	NT	114
115	NT	11-12 200 Medley Relay	NT	116



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

Warm Up at 4:30 PM

Finals Start at 5:30 PM

Girls Event Number	Event	Boys Event Number
61	13-14 200 Freestyle Relay	62
63	OPEN 200 Freestyle Relay	64
95	11-12 100 Freestyle	96
65	13-14 100 Freestyle	66
67	15-21 100 Freestyle	68
99	11-12 200 IM	100
69	13-14 200 IM	70
71	15-21 200 IM	72
103	11-12 50 Butterfly	104
73	13-14 100 Butterfly	74
75	15-21 100 Butterfly	76
107	11-12 100 Breaststroke	108
77	13-14 200 Breaststroke	78
79	15-21 200 Breaststroke	80
111	11-12 50 Backstroke	112
81	13-14 100 Backstroke	82
83	15-21 100 Backstroke	84
85	13-14 400 Medley Relay	86
87	OPEN 400 Medley Relay	88



East Field South District Championships March 17 – March 19, 2023

APPENDIX 2: QUALIFYING TIMES

GIRLS				25 YARDS	BOYS			
15-21	13-14	11 - 12	10 & U	Event	10 & U	11 - 12	13-14	15-21
27.99	28.39	30.09	34.49	50 Free	34.99	30.19	28.19	25.09
1.00.79	1.03.99	1.07.69	1.19.99	100 Free	1.19.99	1.08.09	1.02.19	55.19
2.11.99	2.17.99	2.29.99	2.58.29	200 Free	2.58.29	2.29.99	2.14.19	2.00.09
6.16.29	6.22.39	6.35.09	6.35.09	500 Free	6.36.99	6.36.99	6.12.69	5.38.99
12.19.99	13.15.29			1000 Free			12.42.99	11.30.99
		36.09	40.99	50 Back	43.09	35.49		
1.07.99	1.12.99	1.17.89	1.30.29	100 Back	1.32.49	1.19.09	1.10.69	1.03.29
2.32.99	2.38.49			200 Back			2.33.99	2.23.69
		41.09	47.09	50 Breast	48.19	41.09		
1.18.99	1.22.99	1.28.69	1.46.69	100 Breast	1.46.69	1.29.29	1.19.99	1.12.29
2.58.39	3.01.99			200 Breast			2.52.99	2.45.59
		35.09	42.09	50 Fly	41.99	35.49		
1.09.29	1.13.49	1.20.59	1.42.09	100 Fly	1.42.09	1.22.59	1.10.69	1.01.29
2.42.99	2.49.99			200 Fly			2.37.69	2.29.29
			1.30.99	100 IM	1.30.99			
2.28.99	2.35.99	2.49.99		200 IM		2.50.99	2.31.29	2.16.29
5.42.99	5.49.19			400 IM			5.35.59	5.15.99

Qualifying Period for East Field South District Championships is February 1st, 2022 through the entry deadline for the meet



East Field South District Championships March 17 – March 19, 2023

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the Meet Director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: East Field South District Championships

Meet Date(s): March 17-19, 2023

Meet Host: Y in Central Maryland

Meet Location: Keystone Aquatic Center, Carlisle, PA

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, Athlete Protection 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 East Field South District 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 East Field South District Championships.

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, Y in Central Maryland Blue Crabs, their agents, representatives or assigns, and the Keystone Aquatic Center for any and all injuries which may be suffered by participants at the East Field District Championship. Furthermore, we understand that the YMCA of the USA, Y in Central Maryland Blue Crabs and Keystone Aquatic Center 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



East Field South District Championships March 17 – March 19, 2023

APPENDIX 4: TEAM SUMMARY FORM

Send checks to:
Attention: Adam Rutz
Y in Central Maryland / District Entries
4331 Montgomery Rd
Ellicott City, Maryland 21043

All entry fees must be received on or before Friday, March 17th, 2023

Team Name	
Team Code	
Coach	
Coach Phone Number	
Coach Email	
Team Address	

	Total Number	Cost Per	Total
Individual Entries		\$8.00 per event	
Relay Entries		\$24.00 per relay	
Swimmer Surcharge		\$15.00 per athlete	
Total Fees Due			

Print Head & Sign Head Coaches Name & Date

Printed Name: _____

Signed: _____ Date: _____



East Field South District Championships March 17 – March 19, 2023

APPENDIX 5: SENIOR RECOGNITION FORM

GRADUATING SENIORS 2023

Preference: Saturday or Sunday

Circle your first choice.

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

Return this form to jessicaschoonmaker@ymaryland.org by March 12th

Team: _____

Name: _____

College / Plans: _____

Name: _____

College / Plans: _____

Name: _____

College / Plans: _____

Name: _____

College / Plans: _____

Name: _____

College / Plans: _____

Name: _____

College / Plans: _____

Name: _____

College / Plans: _____