

## YCM 8 & Under Penguin Meet January 28, 2024

<p><b>Location</b></p>	<p>The Y in Ellicott City (Dancel) 4331 Montgomery Rd, Ellicott City, MD 21043</p>
<p><b>Facility</b></p>	<p>The Y in Ellicott City is a (6) lanes, 25 yards in length, with non-turbulent lane lines,</p> <p>The minimum water depth, measured in accordance with USA Swimming Article 103.2.3, is: 3’5” at the turn end to 10’ at the start end. The competition course has not been certified in accordance with 104.2.2C (4).</p> <p>Teams will be assigned seating areas in the gymnasium and only swimmers, coaches, officials and meet volunteers are allowed on the pool deck throughout the meet.</p> <p>The spectator area is on one side of the pool deck and no “seat saving” is permitted. Strollers, Folding Chairs, or Over-Sized stadium seats, coolers are not permitted in the spectator area. Seating is limited, please enter to watch your swimmer and return to the gym with the swimmers between events.</p> <p>No street shoes will be allowed on the pool deck – please bring appropriate foot covering to walk from the gym to the pool deck. Shoes must be worn when not on the pool deck. No smoking is allowed on Y grounds.</p> <p><b>There is to be no flash photography anytime swimmers are on the blocks. No photography or recording, including cell phones, is allowed behind the blocks or in the locker rooms.</b></p>
<p><b>Eligibility</b></p>	<p>This meet is open to all Y swimmers ages 8 and under. Swimmer’s age as of December 1st, 2023 will apply for the entire meet.</p> <p>No Times (NT) entries are acceptable for this meet. <b>No deck entries will be permitted.</b> C&amp;P League teams will have priority should the meet be oversubscribed.</p> <p>This meet may be limited in size so please ensure both entries and payment are received to insure complete entry to the meet.</p> <p>All teams and coaches must be registered with YUSA and provide proof of current certification.</p>

<b>Meet Director/ Entry Chair</b>	Laura Dunn <a href="mailto:LauraDunn@ymaryland.org">LauraDunn@ymaryland.org</a>
<b>Safety</b>	<p>All USA Swimming/ YMCA Swimming warm-up and safety guidelines and rules will be in effect for the entire meet. All coaches are responsible for their swimmers at all times in the facility and on the pool deck.</p> <p>Specific Covid-related protocols will be shared with coaches at least 1 week prior to the meet.</p> <p>The Y in Ellicott City, and Y-USA are not responsible for any lost or stolen items. It is highly recommended that no valuables are brought to the meet.</p>
<b>Meet Referee/ Officials Volunteers</b>	<p>Meet Referee: TBA</p> <p><b>Timers and Officials will be needed to assist with this meet.</b> The number of timers and officials needed from each team will be based on their number of entries and will be communicated to each team 1 week prior to the meet.</p> <p><b>All Head Coaches are responsible to ensure that all of their team meet volunteers have been appropriately screened through their YMCA</b></p>
<b>Clerking</b>	Each team will be responsible to assure that their swimmers are to the main clerking area on-time. YCM will be responsible for clerking swimmers from the main clerking area to the blocks.
<b>General Note</b>	<b>In case of inclement weather, an email will be sent out to all head coaches by 6:00am.</b>
<b>Rules</b>	<p>The latest applicable USA Swimming technical rules shall govern this competition. Only swimmers, coaches, officials and meet volunteers are allowed on the pool deck throughout the meet.</p> <p>a. 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. 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.</p> <p>b. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>c. The Meet Director and host team reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</p>

	<p>Overhead (dive over) starts will be used for all events 50 yards or longer. Please make sure your swimmers understand how overhead starts are done.</p> <p><b><u>No Recall Procedures:</u> The no-recall rule will be in effect for this meet (USA Swimming Rules, Article 101, Section 102.14.4.H).</b></p> <p><b>Facility Rules:</b> All swimmers MUST dry off, have clothing AND shoes upon leaving the pool area!! The hallways MUST stay as dry as possible.</p> <p><b>Covid-related Procedures:</b> Any Covid related procedures will be sent to the coaches at least 1 week prior to the meet.</p>
<b>Parking</b>	<p>Parking is available in the designated parking areas. There is to be no parking in fire lanes or non-marked areas. Vehicles parked inappropriately are subject to towing at the owner's expense.</p>
<b>Entry Deadline</b>	<p>All entries must be received by the Meet Director <b>no later than 9:00 p.m. on Wednesday, January 17th, 2024</b></p> <p><b>Entries should be emailed to: <a href="mailto:LauraDunn@ymaryland.org">LauraDunn@ymaryland.org</a></b> Please put "Meet Entries" and your team name in the subject line</p> <p><b>Entries are not considered complete until entry payment is received. Payment is due no later than Friday, January 26th, 2024.</b></p> <p>Checks for entry fees should be made payable to Y in Central Maryland and mailed to:  Attention: Adam Rutz  Y in Central Maryland  8366 Mitzy Lane  Ellicott City, MD 21043</p> <p><b>Psych Sheets, meet updates, and warm ups will be emailed out to coaches.</b></p> <p>There will be no acceptance of late entries.</p> <p>If the meet is oversubscribed teams will be notified by Tuesday, January 23rd</p>

<p><b>Entry Info</b></p>	<p>Swimmers will be limited to a maximum of four (4) individual events. Entries must be submitted electronically. No Time entries are acceptable.</p> <p>The Meet Director reserves the right to limit entries to stay within the time constraints of the meet. CPSL teams will have priority and will be seeded first. If space allows entries from teams outside the CPSL will be accepted and will be seeded in the order the entries were received until the meet reaches capacity.</p> <p>No changes, late additions will be accepted beyond the meet entry due date so coaches please review your information in detail prior to final submission. <b>No deck entries will be permitted.</b></p> <p>The Meet Director reserves the right to adjust warm-up and start times once entries have been received. Coaches will be notified of any changes.</p> <p><b>All swimmers entered should be proficient and capable of safely completing events in a timely manner.</b></p>
<p><b>Fees</b></p>	<p>\$ 7.00 for individual events \$ 10.00 facility fee</p>
<p><b>Results</b></p>	<p>The meet results file will be emailed to coaches.</p>
<p><b>Concessions</b></p>	<p>Concessions will be available throughout the meet.</p>
<p><b>Programs</b></p>	<p>The meet will be available on Meet Mobile.</p>
<p><b>Awards</b></p>	<p>Each swimmer will receive a custom meet award.</p>

## LIST OF EVENTS

Sunday, January 28th  
Warm-ups Begin @ 8:00 a.m. (YCM WU at 7am)  
Session Begins @ 8:45 a.m.

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	8 & Under 50 Free	2
3	6 & Under 25 Breaststroke	4
5	7-8 Year Olds 25 Breaststroke	6
7	6 & Under 25 Backstroke	8
9	7-8 Year Olds 25 Backstroke	10
11	8 & Under 100 IM	12
13	6 & Under 25 Freestyle	14
15	7-8 Year Olds 25 Freestyle	16
17	6 & Under 25 Butterfly	18
19	7-8 Year Olds 25 Butterfly	20
21	8 & Under 100 Free	22

**Send to:**  
Attention: Adam Rutz  
Y in Central Maryland  
8366 Mitzy Lane  
Ellicott City, MD 21043

**Please send this form electronically along with entries to Laura Dunn  
[LauraDunn@ymaryland.org](mailto:LauraDunn@ymaryland.org) and hard copy along with payment**

**CLUB NAME:**

**CLUB COACH:**

**ADDRESS:**

**PHONE:**

**E-MAIL:**

**TOTAL INDIVIDUAL ENTRIES: X \$7.00 =**

**TOTAL NUMBER OF SWIMMERS: X \$10.00 =**

**TOTAL ENTRY FEE: \_\_\_\_\_**

\*HyTek Team Manager "Meet Entry Fees" report may be substituted for this form only if it contains all the information requested above.

\* All Entries for the meet must be submitted by coaching staff.