



C&P Sub-District Championship

MEET ANNOUNCEMENT

MDSI Approval # TBD

About the Invitational Meet

Date: March 2-3, 2024

Location: Frederick County
Natelli Family Y
3481 Campus Drive
Ijamsville, MD 21754

Entry Deadline: February 23, 2024

Hosted by: Frederick County YMCA

Meet Director: Nancy Pressly

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C&P SUB-DISTRICT CHAMPIONSHIP

March 2-3, 2024

ABOUT THE CHAMPIONSHIP MEET

This meet is a closed, inter-association YMCA Invitational 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 Maryland Swimming of USA Swimming.

YMCA Sanction number: TBD

MDSI Approval number: TBD

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.

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

Session	Day/Date	Warm-up	Session Start	Age Group
1	Saturday, 3/2	7:00am	8:30am	11-12
2	Saturday, 3/2	12:45pm	2:00pm	10 & Under
3	Sunday, 3/3	7:00am	8:30am	13 & Over
4	Sunday, 3/3	1:00pm	2:00pm	Open

Please note that all times may be subject to change based on the entries received. An updated meet timeline will be posted no later than Wednesday, February 28, 2024. Please wait until after that date to contact FCY with any questions regarding warm-ups.

INCLEMENT WEATHER/CANCELATION: In case of inclement weather, check our website [YMCA of Frederick County \(frederickymca.org\)](http://frederickymca.org). If the meet needs to be cancelled due to inclement weather, information will be sent to the coaches by 5:00am (or earlier, if possible). In the event of a cancelation due to weather or facility closing, the Frederick County YMCA will make every effort possible to reschedule; however, we cannot guarantee that any or all of the events will be rescheduled.

COVID-19 RELATED PROTOCOLS: For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, the host YMCA, the host facility and the USA Swimming LSC will be followed. These are included in this document.



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LOCATION AND FACILITY

Location: Frederick County Natelli Family Y
3481 Campus Drive
Ijamsville, MD 21754

Emergency Phone Number: 301-607-6900 (facility) 301-788-4201 (Coach)

The Natelli Family Y is configured as an 8 lane, short course. Water depth at start is 9 feet and at turn end is 3.5 feet. CTS Gen 7 electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4)

Spectator seating is available in the balcony

Swimmers and families will be in the gymnasium and other studio facilities between events. A clerk of course will line-up all swimmers for all sessions. Swimmers will be escorted to the pool deck by volunteers. No street shoes will be allowed on the pool deck. Swimmers should bring appropriate covering to walk throughout the facility.

WEB SITE

Online Meet Results: Meet results will be available on Meet Mobile
Results will be posted throughout the building.

CONTACT INFORMATION

Meet Director/Entry Chairperson: Nancy Pressly FCYswimmeets@gmail.com

Meet Referee/Officials Coordinator: Kyle Bostian KLBostian@gmail.com

Volunteer Coordinator: Amy Hain FCYswimmeets@gmail.com

NOTICES

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

Sunday's Session 4 is OPEN Time Trials (mixed-age, mixed-gender).

Any additional information will be distributed to participating teams closer to the date of the meet.

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 event.



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All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition.

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 30 days prior to the first day of the meet.

YMCA Meet Participation: Swimmers must be in good standing with the C&P Swim League in addition to the YMCA. Non-C&P teams who are in the East Field South District may participate.

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 no older than nineteen (19) years of age. Age groups for competition will be determined by age as of 12/01/2023.

Times – Sessions 1-3: An athlete must be slower than the 2024 East Field South District Championship qualifying time for each event in which he/she enters during the period of February 1, 2023 and the entry deadline.

There are no time standards for events 200 yards and shorter for the Open session. **Minimum** time standards for the 400IM, 500 Free and 1000 Free are the following:

Event	Minimum Qualifying Time
400IM	6:30
500 Free	7:00
1000 Free	14:30



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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.

Athletes With Medical Devices: Swimmers competing with external medical devices attached while swimming will need to be declared to the meet referee in advance. Coaches or team entry personnel should provide notification at the time of entry. Under no circumstance shall swimmers use athletic, therapeutic, or kinesio tape during competition. Buddy taping of fingers is allowed but must be inspected by the meet referee prior to swimming. Bandages required for wound closure may be allowed, unless deemed to provide a competitive advantage. These should also be reported to the meet referee for inspection prior to swimming.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

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

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. 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



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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 prior to the entry deadline.

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 Deadline	Friday, February 23, 2024 9:00pm
Entry Fees	Individual Event: \$8.00 Relays: \$32.00 Facility Surcharge per Swimmer:\$8.00
Entry Limits	Sessions 1-3 Maximum of 3 individual events and 1 Relay Session 4 Maximum of 3 events

ENTRY LIMITS: For sessions 1-3 swimmers may enter no more than (3) individual and one (1) relay event per session. For session 4 (OPEN) 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.

QUALIFICATION PERIOD: The qualification period is March 1, 2023 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. **Please be sure all non-USAS IDs are removed from entry files!**



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TIME STANDARDS: Swimmers must be slower than the 2024 East Field South District Championship qualifying time for the events they wish to compete in for Sessions 1-3.

TIMES: No Times (NT) are not allowed in sessions 1-3. NT entries are allowed in session 4 only. Submit entry times in SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES:

\$8.00 per individual event

\$32.00 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: Friday, February 23, 2024 at 9:00pm

ENTRY PROCEDURE: All entries must be submitted via Hy-Tek's team manager/team unify to the meet entry chairperson at FCYswimmeets@gmail.com. **Please put "Meet Entries" and your team name in the subject line.** Please include entry fee report & insurance certificate with your entries. Entries will not be considered complete until payment has been received. No manual entries will be accepted. **Please be sure all non-USAS IDs are removed from entry files!** Please review entries carefully prior to submission to prevent the need for subsequent resubmissions of entry files.

PAYMENT: Meet entry fees should be mailed to arrive by Thursday prior to the meet or brought to the meet and hand delivered to the meet director with the exception of deck entries for the OPEN session.

Checks should be made payable to Frederick County YMCA and mailed to:
Frederick County YMCA

Attn: Becky Bostian

1000 N. Market St

Frederick, MD 21701

Please notify the Meet Director if you intend to bring your team check and/or meet declaration form to the meet.

OVER-SUBSCRIPTION: Entries will be accepted in the order they are received. Once the meet is fully subscribed, no additional entries will be accepted. Teams will be notified by Saturday evening, February 24 if their



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entries were not accepted. 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, and 3. Deck entries will be allowed for Session 4 and must be submitted by a coach on the required form and submitted to the scorer's table with cash payment (\$10 per event) within the timeline below. Swimmers must be entered in the meet by the entry deadline of February 23rd in order to Deck Enter.

- Deck entries from swimmers in Session 1, & 2 will be accepted until one half hour after the last heat of Session 2 concludes on Saturday night, March 2.
- Deck entries for swimmers in Session 3 will be accepted for fifteen minutes following the conclusion of the final heat of Session 3 on Sunday, March 3rd.

Entries for session 4 are encouraged to be submitted with team entry files prior to the meet. Swimmers will be allowed to switch events in session 4 during the deck entry times for no additional fee using the provided form. Changes must be submitted by the coach.

DECK ENTRY LIMITS: Swimmers are limited to 3 events in Session 4.

Session 4 will be seeded immediately upon closure of Deck Entries and Positive Check In Events. Coaches and Officials shall not approach the Administrative Table during the Meet seeding and printing process.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS

TIMERS: Each team will be assigned a required number of timers per session based on their entries. Assignments will be given out the week of the meet. Stop watches will be provided by the meet host. All volunteer timers are required to be appropriately screened and/or trained by their local YMCA. All head coaches are responsible to ensure that all of their team meet volunteers have been appropriately screened through their YMCA.

Marshalls will restrict access to the deck to swimmers, coaches, officials, session-assigned volunteers, and Frederick County YMCA hosting staff.



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Officials Each team must provide at least (1) YMCA or USA-S Certified official per session (more may be requested from a team). Certified YMCA or USA-S officials should sign-up, preferably by 2/20/2024, using the form at the following link: <https://www.signupgenius.com/go/30E0C4BAFA923A6F49-47032691-officials>.

Clerking: Each team is responsible for getting their swimmers to the clerking area. In addition, some larger teams may be asked to provide 1 volunteer for the main clerking area.

SIGN-UP PROCEDURE: Teams will be asked to provide their list of volunteers via email.

Safe Sport Requirement: All head coaches are responsible to ensure that all of their team meet volunteers have been appropriately screened through their YMCA.

OFFICIALS AND TIMERS MEETINGS: Officials meeting will begin 1 hour before the beginning of each session. Timers meeting will begin 30 minutes before the beginning of each session. Prompt arrival is requested. Officials briefings will take place in the Universal Locker Room hallway. Timers briefings locations will be on the pool deck by the shallow pool.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: A greeter will be available inside the front entrance to check-in coaches, volunteers and officials. Coaches and volunteers will receive wristbands allowing them on-deck access. All Coaches must be YMCA Certified.

COACHES MEETING/SCRATCH MEETING: There will not be a coaches/scratch meeting for this event. All communications prior to the start of the meet will be via email. Coaches should provide any scratches to the IT table by the end of warm-ups.

OFFICIALS AND TIMERS MEETING:

Officials Meetings	Session 1 & 3 Session 2 & 4	7:30am, Universal Locker Rooms 1:00pm, Universal Locker Rooms
Timers Meeting	Session 1 & 3 Session 2 & 4	8:00am, On deck 1:30pm, On deck

EVENT CHECK-IN: Positive check-in will be required for the following:



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- Sessions 1 and 3 for the 500 Freestyle – by the session start time.
- Session 4 for all 400 IM, 500 Free, and 1000 Free – by the session start time.

Swimmers competing in Session 4 distance events – 400IM, 500y, and 1000y Freestyle are required to provide their own timers and lap counters (for the 500y and 1000y). Stop watches and counter boards will be provided.

MEET PROCEDURES AND OPERATIONS

Championship COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Administrative Referee and host team Head Coach.

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: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of December 1, 2023.

EVENT SEEDING: Events will be seeded Slowest to Fastest. In Session 3, 13-14 and 15-19 age groups will swim combined but will score by age group. The Meet Referee/Administrative Official reserve the right to combine heats.

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 toward the maximum number of events allowed for each athlete per session.

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. Teams may need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Feet first entry into the pool is required. The



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exception is during specific warm up periods when practicing racing starts under the supervision of a coach.

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: There will be a clerk of course for all sessions. All swimmers are expected to report to the clerk of course in a timely manner.

STARTS: 'Fly-over' starts will be used 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.

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 current, accurate, USA-S ID numbers have been included with your entry.

RESULTS: Results displayed on the scoreboard are unofficial. Final results will be published at the conclusion of the meet. Preliminary results will be posted hard copy in the facility and will be available via Meet Mobile. Final meet results will be emailed to all participating teams within 24 hours of the conclusion of the meet.

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, volunteers and working officials.
- All swimmers must use Guest Locker rooms only. No spectators allowed in the Guest Locker rooms.
- Swimmers are not allowed in the spectator balcony.
- Swimmers cannot be in the Health & Wellness Center or other closed portions of the facility.



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- Food and drinks are allowed in the gym/studios but please pick up after yourselves. Eating is also allowed in the lobby, near the concessions stand.
- Deck changing is prohibited. 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.
- Chairs are allowed on deck but not along the immediate perimeter of the competition pool.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during warm-ups or competition.
- 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.
- 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.

AWARDS AND RECOGNITION

SCORING: Sessions 1, 2, and 3 will be scored following USA Swimming 102.24. The value for points for first through eighth places in individual events is 9, 7, 6, 5, 4, 3, 2, and 1. The value for points for first through eighth places in relay events is 18, 14, 12, 10, 8, 6, 4, and 2. Session 4 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, and 3.

INDIVIDUAL AWARDS: Medals will be awarded to the top 3 finishers of each event, including relays. Rosette ribbons will be awarded to the 4th through 6th place finishers in individual events and relays. Custom ribbons will be awarded



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for 7th through 8th place in individual events and relays. Awards will not be given out for open session 4 events.

SPECTATORS

Spectators will be permitted in the spectator balcony.

ADMISSION FEE: None

HEAT SHEETS/PROGRAMS: Programs will not be available for sale however the meet will be available on Meet Mobile and meet programs will be sent electronically to coaches for electronic distribution.

CONCESSION STAND: Will be available throughout the meet.

ATHLETE APPAREL: Pools, Patios and Porches will be available during the meet. T-shirts will be available for order prior to the meet. Details to be sent separately.

SEAT SAVING POLICY: There is limited spectator viewing in the balcony. We request that spectators watch their swimmer then return to seating in the gym/studio. There will be no saving of seats in the spectator area.

HANDICAP SEATING: Please notify us ahead of time with any handicapped needs so arrangements can be made.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- Adults should use restrooms off the main lobby or the Adult locker rooms.
- Adults are **NOT** allowed in the Guest locker rooms.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- Spectators are not allowed in Health & Wellness Center or other closed portions of the facility.
- Food and drinks are allowed in the gym/studios but please pick up after yourselves. Eating is also allowed in the lobby, near the concessions stand.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck
- No smoking/vaping, drugs, or alcohol are permitted in the swimming complex.



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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. The Declaration Form must be signed by each YMCA participating in 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:

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

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA



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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.

DIRECTIONS

From I-270 – Take Exit 26 for MD-80. Proceed on MD-80 Eastbound approximately 1 mile. Turn right onto Campus Drive (this is at a set of lights). Take your first left into the Y parking lot.

LODGING

If needed, numerous hotels are available in the Frederick area.

PARKING

Parking is available in the Y parking lot. Park only in marked spaces. Do not park in fire lanes. Illegally parked cars are subject to towing at the owner's expense.

Overflow parking is available in the middle school parking lots next door. These can be accessed from MD-80, just east of campus drive.

Please follow directions of facility security.



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APPENDIX 1: ORDER OF EVENTS

Session 1 – 11-12 Age Group		
Boys	Event	Girls
1	11-12 200 Medley Relay	2
3	11-12 200 Freestyle	4
5	11-12 50 Backstroke	6
7	11-12 50 Breaststroke	8
9	11-12 50 Butterfly	10
11	11-12 50 Freestyle	12
13	11-12 200 Individual Medley	14
15	11-12 100 Freestyle	16
17	11-12 200 Freestyle Relay	18
19	11-12 500 Freestyle	20

Session 2 – 10 & Under Age Group		
Boys	Event	Girls
21	10 & Under 200 Medley Relay	22
23	8 & Under 50 Freestyle	24
25	9-10 100 Freestyle	26
27	8 & Under 25 Breaststroke	28
29	9-10 50 Breaststroke	30
31	8 & Under 25 Freestyle	32
33	9-10 50 Freestyle	34
35	10 & Under 100 Individual Medley	36
37	8 & Under 25 Butterfly	38
39	9-10 50 Butterfly	40
41	8 & Under 25 Backstroke	42
43	9-10 50 Backstroke	44
45	10 & Under 200 Freestyle Relay	46



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Session 3 – 13-19 Age Group		
(age groups will be swum together but scored separately)		
Boys	Event	Girls
47	13-19 400 Medley Relay	48
49	13-19 200 Medley Relay	50
51	13-19 200 Freestyle	52
53	13-19 100 Backstroke	54
55	13-19 100 Breaststroke	56
57	13-19 100 Butterfly	58
59	13-19 Freestyle	60
61	13-19 200 Individual Medley	62
63	13-19 100 Freestyle	64
65	13-19 400 Freestyle Relay	66
67	13-19 200 Freestyle Relay	68
69	13-19 500 Freestyle	70

Session 4 – Open Age Group	
Number	Event
71	Mixed 50 Freestyle
72	Mixed 100 Backstroke
73	Mixed 200 Breaststroke
74	Mixed 50 Butterfly
75	Mixed 200 Individual Medley
76	Mixed 200 Freestyle
77	Mixed 50 Backstroke
78	Mixed 100 Breaststroke
79	Mixed 100 Individual Medley
80	Mixed 200 Butterfly
81	Mixed 100 Freestyle
82	Mixed 200 Backstroke
83	Mixed 50 Breaststroke
84	Mixed 100 Butterfly
85	Mixed 400 Individual Medley
86	Mixed 500 Freestyle
87	Mixed 1000 Freestyle



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APPENDIX 2: YMCA SACTIONED 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): March 2-3, 2024

Meet Host: Frederick County YMCA

Meet Location: Natelli Family YMCA, 3481 Campus Dr, Ijamsville, MD 21754

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 BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

VOLUNTEERS - All head coaches are responsible to ensure that all of their team meet volunteers have been appropriately screened through their YMCA.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Last Chance Qualifying Meet 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 Last Chance Qualifying 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, Frederick County YMCA, their agents, representatives or assigns, and the Natelli Family YMCA, 3481 Campus Drive, Ijamsville, MD 21754 for any and all injuries which may be suffered by participants at the Last Chance Qualifying Meet. Furthermore, we understand that the YMCA of the USA and Frederick County YMCA 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



C&P SUB-DISTRICT CHAMPIONSHIP
March 2-3, 2024

APPENDIX 3: ENTRY FEE REPORT

Send to:

Frederick County YMCA
Attention: Becky Bostian
1000 N Market St.
Frederick, Maryland 21701

Please send this form electronically along with entries and hard copy along with payment

CLUB NAME: _____

CLUB COACH: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

TOTAL INDIVIDUAL ENTRIES: _____ X \$8.00 = _____

TOTAL RELAY ENTRIES: _____ X \$32.00 = _____

PER SWIMMER SURCHARGE: _____ X \$8.00 = _____

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.