



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 C&P SUB-DISTRICT CHAMPIONSHIP INVITATIONAL SWIM MEET

Saturday & Sunday, February 18 & 19, 2017

USA Swimming Approval#

- Hosted By: YMCA of Metropolitan Washington
- Host Website: <http://www.piranhasyss.org>
- Meet Mission: The C&P Sub-District Championship Meet is designed to encourage a positive and competitive team experience. In the spirit of the Y core values, the participants are responsible for caring about their teammates, respecting the competition, and competing honestly. This Invitational is intended to meet the needs of the C & P league by providing team competition during Sessions 1,2, 3 and 4 and individual achievement during Session 5.
- Meet Director: Laura Dunn, Laura.Dunn@ymcadc.org
- Admin Referee: Harry Rieck III, hhr357@gmail.com
- Meet Referee: Linda Sagaser, sagaser@verizon.net
- Facility: Fairland Aquatic Center
13820 Old Gunpowder Road, Laurel, MD 20707
(301) 206-2359
- Fairland Aquatic Center will have a 10 lane, 25-yard competition pool with water depth from 5' to 6' at the shallow end of the course to 7' to 13' at the deep end of the course, and non-turbulent lane dividers. A separate pool will be available during the meet for warm-ups and warm-downs.
 - A Colorado automatic timing system (touchpads primary), scoreboard, and electronic start will be used for races 50 yards or longer. Back-up stopwatches will be used for all races.
 - The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
- Directions: Traveling on I-95 take exit 33B (Burtonsville, MD Route 198 West). Follow MD 198 for about 1 mile to Old Gunpowder Road. Turn left at the signal onto Old Gunpowder Road and proceed to the facility on the right.
- Safety: All YMCA and USAS safety guidelines will be in effect for the entire meet.
- Weather Note: In case of inclement weather, check our website www.piranhasyss.org. In the event of a cancellation 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.

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.

Meet Format: Saturday and Sunday Sessions 1, 2, 3 & 4 are age-group timed finals. Sunday's Session 5, is OPEN Time Trials (mixed-age, mixed-gender).

Schedule:

<u>Session 1</u>	11-12 Timed Finals	Saturday	
	Warm-Up 6:30-7:30am		Events 7:40am
<u>Session 2</u>	10&Under Boys Timed Finals	Saturday	
	Warm-Up 11:00am-11:45pm		Events 11:55pm
<u>Session 3</u>	10&Under Girls Timed Finals	Saturday	
	Warm-Up 2:15-3:00pm		Events 3:10pm
<u>Session 4</u>	13 & Over Timed Finals	Sunday	
	Warm-Up 7:00-8:00am		Events 8:15 am
<u>Session 5</u>	OPEN Time Trials	Sunday	
	Warm-Up 12:00-1:00pm		Events 1:15pm

An updated meet timeline will be posted no later than Tuesday, February 14, 2017. Please wait until that date to contact YSS with any questions regarding warm ups.

**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 of Tuesday, February 14th.

Eligibility: The C&P Championships is open to all swimmers who are in good standing with the C&P Swim League and YMCA. Swimmers must be slower than the 2017 East Field South District Championship Qualifying time for the events they wish to compete in. Age determined as of December 1, 2016. Teams and Coaches must be registered for the 2016-2017 season, using the YMCA online registration system.

Entry Rules:

- 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 also enter up to four (4) events so long as one (1) is a relay event.
- 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, 2016 will be accepted.
- A swimmer must participate in their own age group, as of December 1, 2016. A nineteen (19) year old swimmer who is still in high school may compete in the 15-18 age group.

Entry Procedures: 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 12, 2017. 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
- Check (made out to Metropolitan Washington YMCA) for the full amount of entry fees

Meet information will be available on the CPSL website and www.piranhasyss.org

Entry Fees: **\$5.00 per individual event**
\$20.00 per relay event
\$7.50 per swimmer surcharge

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 Silver Spring
Attn: Laura Dunn, Swim Coach
9800 Hastings Dr.
Silver Spring, MD 20901*

Deck Entries: 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 18th for all swimmers in Sessions 1, 2 & 3, and fifteen minutes following the final heat of Session 4 on Sunday morning, February 19th for the swimmers in Session 4. Swimmers must be entered in the meet to be deck seeded. All deck entries are to 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.
Deck entry forms can be found on the YSS web page and will be available at the meet.

Meet Rules:

1. Current USA Swimming rules shall govern the Meet. Any question that may arise and is unanswered by the meet referee may be referred to the Championship Committee.
2. The Championship Committee shall be composed of the YMCA Certified Meet Referee, Meet Director, and Administrative Referee.
3. Dive-over starts will be used at this meet for Sessions 1, 4, and 5. Coaches are requested to instruct their swimmers on proper dive-over start procedure. Officials are requested to review Protocol for Dive-Over Starts.
4. 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 per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.
5. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
6. Positive check-in is required at the beginning of Sessions 1, 3, and 4 for the 500yd Freestyle and at the beginning of Session 4 for the 400yd IM.
7. The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
8. Swimmers competing in the 500yd Freestyle and 400yd IM are required to provide their own timers and lap counters for all applicable sessions. Stop watches and counter boards will be provided.
9. There is no penalty or refund for a no show or for a scratch after the team entries have been submitted.

Scoring: Sessions 1, 2, 3 and 4 will be scored following USA Swimming 102.7.3. 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 4th through 6th place finishers in individual and relays. Custom ribbons will be awarded for 7th through 10th place in individual events and relays. Awards will not be given out for open session events.

Volunteers: Each team is asked to designate a volunteer coordinator for their team. Please send the name and contact information for your volunteer coordinator to laura.dunn@ymcadc.org by February 12th at midnight. In the title of the email, please use the following format: "2017 C&P Volunteer Coordinator – [team acronym]".

There will be a check-in for all volunteers prior to the timers meeting for each team.

- Each team must provide at least 3 timers per session. 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 if the entry number for that session is above 30 swimmers).
- Each team is permitted to provide 2 parents on deck per session. Only parents registered for this position prior to the meet will be permitted on deck.

Clerk of Course: A Clerk of Course will be in place for Sessions 2 &3. It is the responsibility of the swimmers and coaches to get swimmers to the CoC in a timely manner. All swimmers must use the CoC for their events in Session 2 &3.

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

Conduct: Coaches will be held responsible for the conduct of their swimmers as prescribed in the most recently published YMCA Supplement.

Results: Results will be posted on the YSS and CPSL websites within two days after the competition and emailed results should be received within two (2) days after the completion of the meet.

Concessions: Food and drink will be available for sale.

Hospitality: A hospitality area will be available for coaches and officials who are displaying proper identification.

T-Shirts: Custom T-shirts will be available each day of the meet.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, YMCA-USA, Fairland Aquatic Center and the YMCA of Metropolitan Washington shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Hotels	Holiday Inn Hotel Laurel West 15101 Sweitzer Lane Laurel, MD (301) 776-5300	Sheraton Washington North Hotel 4095 Powder Mill Road Beltsville, MD (301) 937-4422	Quality Inn & Suites 1 N 2nd Street Laurel, MD (301) 725-8800
---------------	--	---	--

Saturday AM

Session 1: 11-12				
Warm-ups start at 6:30am (subject to change)				
Events start at 7:40am (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 11:55am (subject to change)			Events start at 3:10pm (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

Sunday AM

Session 4: 13 & over				
Warm-ups start at 7:00AM (subject to change)				
Events start at 8:15AM (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 12:00PM (subject to change)		
Events start at 1:15PM (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

YMCA C&P Sub-District Championship Meet Declaration

(Return signed form with your meet fees to the meet director)

Participating YMCA:

YMCA Address:

Meet Name: C&P Sub-District Championships

Meet Date(s): February 18-19, 2017

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 and have completed the annual YMCA coach registration online.

INSURANCE- Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the C&P Sub-District Championship for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the 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, Laurel, MD for any and all injuries which may be suffered by participants at the C&P Sub-District Championships. Furthermore we understand that the YMCA of the USA and the 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.

We understand that the YMCA of Metropolitan Washington will not be held liable for any weather or facility incidents that result in cancellation or postponement of any or all of the meet and any refund of meet entry fees will be at the discretion of the meet directors.

Name and Signature of Head Coach:

Name and Signature of YMCA Executive Director or Designee:
