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# East Field South District Championships

## MEET ANNOUNCEMENT

### About the Championship

Date: March 15 – 17, 2019

Location: Prince George’s County Sports & Learning Complex

Entry Deadline: March 7, 2019, 9:00 pm EST

Hosted by: BRY Barracudas YMCA - DE

Meet Director: Elizabeth Stoddard, ebbystoddard@yahoo.com

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

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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 Potomac Valley LSC of USA Swimming.

YMCA Sanction number: tbd

USA-S/PVS Approval number: tbd

**ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:** The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

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

### FRIDAY, MARCH 15, 2019

- 4:00 PM Warm-ups for Sessions I and II
- 4:30 PM *Positive Check-in Deadline for 11-12 500 FR, 13-14 and 15-21 1000 FR*
- 5:00 PM **TIMED FINALS** for non-scoring Open 200 Free Relays, 11-12 500 FR, 13-14 1000 FR, and 15-21 1000 FR  
\*Swimmers are required to provide their own timers and lap counters.  
Events 1, 2, 3, and 4 will be contested Fastest to Slowest using a two 8-lane pool configuration.

### Saturday, March 16, 2019

- 7:00 AM Warm-ups for Sessions III and IV
- 7:45 AM MANDATORY COACH'S MEETING  
*Positive Check-in Deadline for 13-14 400 IM and 15-21 400 IM*
- 8:00 AM Preliminary Sessions III and IV of individual events including timed finals for the 13-14 and 15-21 400 yard Individual Medley, 400 yard Freestyle Relay and 200 yard Medley Relay for the 11-12, 13-14 and 15-21 age groups. Top 8 seeded relay teams swim at finals. If a head coach wishes to request that their relay



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team swims in the morning session, they must declare their intention to do so by contacting the meet administrator and meet referee prior to 9:30 am the day of the event. Unscored Open 200 Medley Relay will swim at the end of the prelims session on Saturday.

Sessions III and IV will be contested in a two 8-lane pool configuration.

- 12:30 PM Warm-ups for Sessions V & VI  
1:30 PM Sessions V & VI of individual event including timed finals for all relays, timed finals for 9-10 individual events, and prelims for the 11-12 age groups.  
Sessions V and VI will be contested in two 8-lane pool configurations.
- 4:15 PM Warm-ups for Finals, Session VII  
5:10 PM Opening Devotions  
5:15 PM Finals for individual events for 11-12, 13-14 and 15-21 age groups including the Fastest Heat for the 13-14 and 15-21 200 Medley Relays and 13-14 and 15-21 400 Freestyle Relays.

### **SUNDAY, March 17, 2019**

- 6:30 AM Warm-ups for Sessions VIII and IX  
7:15 AM COACH'S MEETING if necessary  
*Positive Check-in Deadline for 13-14 and 15-21 500 Freestyle*  
7:50 AM Preliminary Sessions VIII and IX of individual events including timed finals for the 500 yard Freestyle, 13-14 and 15-21 400 yard Medley Relay and 200 yard Free Relay events for the 11-12, 13-14 and 15-21 age groups. Top 8 seeded relay teams 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 do so by contacting the meet administrator and meet referee prior to 9:30 am the day of the event. Sessions VIII and IX will be contested in a two 8-lane pool configuration.
- 12:00 PM Warm-ups for Sessions X and XI  
1:00 PM Sessions X and XI of individual events including timed finals for all relay and 10 & under individual events, and prelims for the 11-12 age group.  
Sessions X and XI will be contested in two 8-lane pool configurations.
- 4:00 PM Warm-ups for Finals, Session X  
4:50 PM Opening Devotions  
5:00 PM Finals for individual events for 11-12, 13-14 and 15-21 age groups including the Fastest Heat for the 13-14 and 15-21 200 Free Relays and 13-14 and 15-21 400 Medley Relays.



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**INCLEMENT WEATHER/CANCELLATION:** In the event that the meet has to be adjusted, postponed, or cancelled, the meet committee and District Committee will communicate any and all decisions with the utmost expediency. The meet committee and District Committee are responsible for making a decision that best meets the needs of our participants, spectators, and coaches.

### LOCATION AND FACILITY

Location: Prince George's County Sports & Learning Complex  
8001 Sheriff Road  
Landover, MD 20785

The Prince George's County Sports & Learning Complex is configured as a 16 lane, 50 meter 25 yard course. Water depth ranges from 7 to 12 feet (minimum 5 feet required). For Sessions I, II, III, IV, V, VI, VIII, IX, X, and XI sixteen (16) lanes will be used for competition. For all other sessions, eight (8) lanes will be used for competition. Colorado Timing System and Kiefer Wave Eater racing lane lines will be used. The competition course has not been certified in accordance with 104.2.2C (4).

### WEB SITE

Meet Information can be found at: [www.bryswimming.com](http://www.bryswimming.com)

Online Meet Results: [www.bryswimming.com](http://www.bryswimming.com) & Meet Mobile. The results will be sent to team representatives no later than Monday, March 18, 2019.

### CONTACT INFORMATION

Meet Director: Elizabeth Stoddard, [ebbystoddard@yahoo.com](mailto:ebbystoddard@yahoo.com)

Entry Chairperson: Susan Dramis, [sdramis@ymcade.org](mailto:sdramis@ymcade.org)

Meet Referee: Bob Johnson, [johnsra@comcast.net](mailto:johnsra@comcast.net)

Administrative Official: Mike Phillips, [mphillips.de@gmail.com](mailto:mphillips.de@gmail.com)

Officials Coordinator: Dave Pack, [davepack1809@gmail.com](mailto:davepack1809@gmail.com)

Volunteer Coordinator: Colleen Hoban, [BRYswimteam@gmail.com](mailto:BRYswimteam@gmail.com)

District Coordinator: Anna Seiffert, [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org)



## 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 may not be older than twenty-one (21) years of age on the first day of the meet.

**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, 2018.

**Times:** An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2018 and the entry deadline.

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 EAST FIELD SOUTH DISTRICT COMMITTEE AND POSSIBLE DISQUALIFICATION BY THE MEET COMMITTEE AND/OR EAST FIELD SOUTH DISTRICT COMMITTEE.

**Athletes with a Disability:** Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.



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### COACH

**Required Certifications:** Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

**Teams without A Coach at the Meet:** All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

### TEAM

**Team Registration:** Each team must have completed the annual YMCA online 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 and one (1) relay on Friday. Swimmers may swim in three (3) individual and two (2) relays per day on Saturday and Sunday.
- Friday evening's 500 Freestyle for 12 & unders has been reclassified as 11-12. However, a 10 & under swimmer may participate in this event if they have the qualifying time. Their participation in the 500 Freestyle does not affect their age group status for their other individual swims.



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- Each YMCA team may enter two (2) relay teams in each relay event per age group and only one relay team per team may score in an event.
- A relay shall consist of four swimmers of the same sex. 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. Following the 2019 YMCA Short Course National Championships Meet Announcement, the 15-18 age group has been adjusted to reflect a 15-21 age range.
  - \*A swimmer may participate in the 'Open' relays without impacting their age group status for their individual swims.
  - \*\*A swimmer may participate in the 15-21 relays without impacting their age group status for their individual swims.
- The host team reserves the right to limit the number of heats in certain events due to timeline constraints.
- **TIME TRIALS: If time permits, Time Trials may be offered at the discretion of the meet director and meet referee.** Swimmers may compete in one time trial event per day. Swimmers may only time trial the events offered on that day of the meet. A swimmer may only compete in one time trial per day. The cost of an individual Time Trial will be \$10.00.
- **UN-SCORED Relays:** Events 201, 201, 203, and 204 should be used by teams who wish to run a relay combining swimmers in the 13-14 year old age group and 15-21 age group. These events do not count towards entry limits for swimmers.

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

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

**TIME STANDARDS:** Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

**TIMES:** No Times (NT) are not allowed. Submit entry times in actual time (no conversion), SCY or SCM only. Entered times must be the swimmer's BEST time achieved during the qualifying period.



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**ENTRY FEES:** \$7.50 per individual event  
\$20.00 per relay event  
\$13.00 per swimmer surcharge

### **OTHER:**

- **T-SHIRTS:** T-shirts will be available for sale at the meet via Metro Swim Shop.
- **VENDOR:** Metro Swim Shop will be on-site for any swimwear needs.
- **OPENING DEVOTIONS:** Immediately preceding the finals sessions on Friday, Saturday and Sunday, devotions will be offered by swimmers. Please submit any requests to participate in the opening devotions with your entries. The meet committee will decide which submission to use after all entries have been received.
- **GRADUATING SENIORS:** 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.

**ENTRY DEADLINE: Complete team entries must be submitted by 9 p.m. Thursday, March 7, 2019.** For entries to be considered complete, all of the following must be received by the deadline:

- Online Meet Entry File Submitted
- Team Summary Sheet with all information completed
- YMCA Meet Declaration Form
- Graduating Seniors Information Form
- Check (made out to **Brandywine DE YMCA**) for full amount of entry fees

**ENTRY PROCEDURE:** All entries must be made through the ONLINE ENTRY SYSTEM. No mail, fax or email entries will be accepted. Online Entry will only be available at

**TBD**

**SWIMS Database Management** – All teams are asked to follow these procedures in order to facilitate and expedite the entry of the meet results into the SWIMS database. For all swimmers who are registered with USA Swimming for 2019, please be sure that their correct USA Swimming ID number is included in





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the appropriate field in Team Manager and Meet Manager. For swimmers who are NOT registered with USA Swimming for 2019, please be sure that the USA Swimming ID field is *blank* in their Team Manager profile. It is also important that each swimmer's name is spelled correctly and that his/her date of birth is correct. For relays, all four swimmers must have valid USA Swimming ID numbers and be currently registered with USA Swimming in order for the time, including the lead off leg, to be uploaded into SWIMS. Meet management and Potomac Valley Swimming, Inc. greatly appreciate your assistance, as this will help ensure that registered swimmers have their times accurately reflected in the SWIMS database.

**PAYMENT:** Check (made out to **Brandywine DE YMCA**) for full amount of entry fees

Address all entries to:

**Brandywine DE YMCA  
Attn: Derek Farrar  
3 Mt. Lebanon Road  
Wilmington, DE 19803**

Any meet entry questions can be addressed Susan Dramis via email at [sdramis@ymcade.org](mailto:sdramis@ymcade.org).

**Coaches are reminded to include their email addresses on the meet entry forms.** Announcements regarding any additional information will be sent via email distribution and posted on the BRY Barracudas website at [www.bryswimming.com](http://www.bryswimming.com).

***\*\*Please note: Times may be adjusted based on entries received and communication of such changes will occur by March 14, 2019.\*\****

***\*\*Please Note: There will be specific warm up times posted on the BRY Barracudas website on Wednesday, March 13, 2019.\*\****

### **VOLUNTEERS/OFFICIALS/TIMERS**

**VOLUNTEER COORDINATION:** Each team will designate a volunteer coordinator for their team. Please send the name and contact information for this person to [BRYSwimteam@gmail.com](mailto:BRYSwimteam@gmail.com). Teams will be responsible to supply a number of meet volunteers (timers & officials) commensurate with the number of swimmers they have entered in each session. Each team will be notified of their lane assignment(s) for timers based on the number of swimmers per session.

**OFFICIALS:** Each team is asked to provide at least one (1) certified YMCA official FOR EACH SESSION. Please ensure your team's Official Coordinator is in contact



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with the Officials Chairman Dave Pack, [davepack1809@gmail.com](mailto:davepack1809@gmail.com). Please indicate if your YMCA official is also a certified USA swimming official.

**TIMERS:** Each team MUST provide timers. Each team will be notified of their lane assignment(s) for timers based on the number of swimmers per session. Please ensure your team's volunteer coordinator(s) is in contact with the host team coordinators, [BRYSwimteam@gmail.com](mailto:BRYSwimteam@gmail.com). There will be a check in for all timers prior to the timer's meeting for each team.

**SIGN-UP PROCEDURE:** A Sign Up Genius for timers and officials will be sent out by the host team's volunteer coordinators to help organize volunteering efforts. We appreciate everyone's support in running a positive, effective championship meet for our YMCA athletes.

**VOLUNTEER IN GOOD STANDING:** The expectation is that all volunteers who are directly involved in running this championship meet have completed the necessary background check and trainings as deemed appropriate by the local YMCA governing body (association) they represent in accordance to their association's rules & regulations regarding the federal Safe Sport Act. If you have any questions and/or concerns regarding this, please contact the EFSD coordinator, Anna Seiffert, [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org).

### CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Coaches should check in on the first day of competition to be issued your lanyard allowing access to the pool deck. Swimmers will gain access to the pool deck via the locker room and should check in with their coach. All parent volunteers are required to check in at the volunteer check in table to receive their badges.

**EVENT CHECK-IN EVENT CHECK-IN:** A Positive Check-In is required for all Individual Timed Final events.

<u>Event</u>	<u>Check-In Deadline</u>
11-12 500 yd. Freestyle	Friday, March 15 at 4:30 pm
13-14 & 15-21 1000 yd Freestyle	Friday, March 15 at 4:30 pm
13-14 & 15-21 400 yd Individual Medley	Saturday, March 16 at 9:30 am
13-14 & 15-21 500 yd Freestyle	Sunday, March 17 at 9:30 am

**COACHES MEETING/SCRATCH MEETING:** See meet schedule on Pages 2 & 3 of this document.

**OFFICIALS AND TIMERS MEETING:** See meet schedule on Pages 2 & 3 of this document.



## CHAMPIONSHIP PROCEDURES AND OPERATIONS

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

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

**MEET FORMAT:** All individual events for the 11-12, 13-14 and 15-21 age groups will be contested in a prelims/finals format, with the exception of the following events, which will be contested as timed final events: Events 1 and 2 (11-12 500 yard Freestyle), Events 3 and 4 (13-14 and 15-21 1000 yard Freestyle), Events 45, 46, 47, and 48 (13-14 and 15-21 400 yard Individual Medley), Events 101, 102, 103, and 104 (13-14 and 15-21 500 yard Freestyle).

The 13-14 and 15-21 1000 yard Freestyle will be swum together but scored separately.

All 10 and Under events and all Relay events will be contested as timed final events.

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 will swim in the finals session with the 1<sup>st</sup>-8<sup>th</sup> place prelim finishers swimming in the A-Final Heat and the 9<sup>th</sup>-16<sup>th</sup> 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.

The 13-14 and 15-21 400 yard relays will be contested at the end of the Prelim sessions on Saturday and Sunday; except the top 8 seeded relay teams (see previous explanation). The 11-12, 13-14 and 15-18 200 yard relays will be contested at the beginning of the Preliminary sessions on Saturday and Sunday. Breaks before and after relays will be determined by the meet referee to allow appropriate rest between events for swimmers.

The top 8 teams entered in the 200 yard relays (13-14 and 15-21 age groups) will swim at the beginning of the finals session. The top 8 seeded relays for the 400 yard relays for 13-14 and 15-21 age groups will swim at the end of the finals session, unless an alternative request has been made by a team's head coach and received by the MD or AO by 9:30 am on the day the event is being contested. As a courtesy this will permit, the MD and AO the opportunity to connect with the 9th and 10th placed teams to determine the time of their swim(s).



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Scoring from the 11-12 500 Free will be counted toward the combined, girls and boys team total scores but will not be counted toward age group awards.

\*Swimmers competing in the 11-12 500 yard Freestyle, 13-14 and 15-21 1000 yard Freestyle events are required to provide their own timers and lap counters.

**SCRATCH PROCEDURES:** Any swimmer qualifying for a finals heat based on the results of event preliminaries must declare his/her intention to scratch within 30 minutes of announcement of qualifiers. An athlete is considered entered and will be seeded into an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet. It is strongly encouraged that any swimmer qualifying in the top 24 of a preliminary event scratch if there is no intention of returning to finals.

**DECLARED FALSE START:** An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

**NO SHOW:** An athlete who is seeded in a final event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events. No penalty 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 and/or if it is determined by the referee that failure to compete was caused by circumstances beyond the control of the swimmer.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will 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. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

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

**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.



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**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. (USA Swimming Rule 102.5.2)

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

**RESULTS:** Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile, the spectator hallway, and on the host team's website, [www.bryswimming.com](http://www.bryswimming.com).

**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, working officials, and parents who are 'volunteers in good standing.'
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass and Food are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.



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- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.

### AWARDS AND RECOGNITION

**SCORING:** 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 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 for 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 'small team, medium team' vs. large team' division will be done based on the number of athletes competing in the meet as of the meet entry deadline of Thursday, March 7, 2019. The District Committee will determine the large, medium, and small team divisions. Decisions regarding team divisions will be announced to the participating teams with the initial psych sheet and other pertinent meet information on Wednesday, March 13th, 2019.

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

All teams earning a new banner will receive that banner with the team's name and award (girls/boys/small team/medium team/large team/combined team) indicated and the year at the bottom. Space will be left on the banners so that when a team earns a banner award in subsequent years, the team will receive the year decal to add to their existing banner. Teams who have received a particular banner in the past will receive a year sticker to add to their existing banner.



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**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 handle fee will be assessed.

**RECOGNITIONS:** 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.

### TIME TRIALS

**TIME TRIALS:** If time permits, Time Trials may be offered at the discretion of the meet director and meet referee. Swimmers may compete in one time trial event per day. Swimmers may only time trial the events offered on that day of the meet. The cost of an individual Time Trial will be \$10.00.

### SPECTATORS

**ADMISSION FEE:** Included in swimmer surcharge.

**HEAT SHEETS/PROGRAMS:** The Championship Program will be posted for 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:** Food and drink will be available for sale by the facility.

**ATHLETE APPAREL** A swimwear vendor will be on-site for any swimwear needs.

**HANDICAP SEATING:** Available.

#### **CONDUCT AND RESTRICTIONS:**

- 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. Individuals behaving inappropriately in the opinion of the Meet Referee, Meet Director, and South District Coordinator will be removed from the meet.
- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- 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.



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- No smoking, drugs, or alcohol are permitted in the swimming complex.

### **LIABILITY, SAFETY AND EMERGENCY PROCEDURES**

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

#### **LIABILITY LIMITS:**

- In granting of the USA-S/Potomac Valley Swimming approval, it is understood and agreed that USA Swimming and PVS shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**EMERGENCIES:** The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**UNACCOMPANIED ATHLETE:** Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

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





## East Field South District Championships March 15 - 17, 2019

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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 OK 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.

### **DIRECTIONS**

**FROM I-95/495 TAKE EXIT 17B (ROUTE 202 NORTH TOWARDS BLADENSBURG). TURN LEFT ONTO BRIGHTSEAT ROAD. TURN RIGHT ONTO SHERIFF ROAD. TURN LEFT AT THE FIRST LIGHT (HARVEY DRIVE). DRIVE UP THE HILL ONTO THE GROUNDS OF THE COMPLEX.**

### **PARKING**

Swim meet parking is in Lot D.



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**APPENDIX 1: ORDER OF EVENTS**

**FRIDAY, March 15, 2019**

**SESSIONS I and II– Timed Finals**

These will be contested Fastest to Slowest  
Using a two 8-Lane Pool Configuration

**Warm Up at 4:00 PM**

**Meet Starts at 5:00 PM**

Session I Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session II Boys Event Number
1	6:35.09	11-12 500 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
201	NT	Open 200 Freestyle Relay***	NT	202

\*A 10 & under swimmer may compete in the 11-12 500 Freestyle. See page 6 of Meet Announcement.

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

\*\*\*Events 201 and 202 are Un-scored events - they will be contested in the 8 lane pool closer to the scoreboard.

Session I will be contested in the 8 lane pool closer to the scoreboard.

Session II will be contested in the 8 lane pool further from the scoreboard.

**SATURDAY, March 16, 2019**

**SESSIONS III and IV – 13-14 and 15-21 Prelims**

(all events in **BOLD** will be swum as Timed Finals & all events in *italics* will have the fastest heat swim at finals)

Events 45, 46, 47, and 48 will be contested fastest to slowest.

**Warm Up at 7:00 AM**

**Meet Starts at 8:00 AM**

Session III Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session IV Boys Event Number
5	NT	<i>13-14 200 Medley Relay</i>	NT	6
7	NT	<i>15-21 200 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



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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	2:42.99	13-14 200 Butterfly	2:35.69	26
27	2:40.99	15-21 200 Butterfly	2:27.29	28
29	NT	<i>13-14 400 Free Relay</i>	NT	30
31	NT	<i>15-21 400 Free Relay</i>	NT	32
33	5:49.19	<b>13-14 400 IM</b>	5:35.59	34
35	5:42.99	<b>15-21 400 IM</b>	5:15.99	36
203	NT	Open 200 Medley Relay**	NT	204

Session III will be swum in the 8 lanes closer to the scoreboard.

Session IV in the 8 lanes further from the scoreboard.

\*\* Events 203 and 204 are Un Scored events and should be used by teams who wish to run a relay combining swimmers in the 13-14 year old age group and 15-21 age group and do not count toward entry limits.

**SESSIONS V & VI – 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**

Session V Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session VI Boys Event Number
37	34.49	<b>10 &amp; U 50 Freestyle</b>	34.99	38
39	30.09	11-12 50 Freestyle	30.19	40
41	1:30.29	<b>10 &amp; U 100 Backstroke</b>	1:32.49	42
43	1:17.89	11-12 100 Backstroke	1:19.09	44
45	47.09	<b>10 &amp; U 50 Breaststroke</b>	48.19	46
47	41.09	11-12 50 Breaststroke	41.09	48
49	2:58.29	<b>10 &amp; U 200 Freestyle</b>	2:58.29	50



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51	2:29.99	11-12 200 Freestyle	2:29.99	52
53	1:42.09	<b>10 &amp; U 100 Butterfly</b>	1:42.09	54
55	1:20.59	11-12 100 Butterfly	1:22.59	56
57	NT	<b>10 &amp; U 200 Freestyle Relay</b>	NT	58
59	NT	<b>11-12 200 Freestyle Relay</b>	NT	60

Session V will be contested in the 8 lane pool closer to the scoreboard.

Session VI will be contested in the 8 lane pool further from the scoreboard.

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

All events will be swum in the 8-lane pool closer to the scoreboard.

**Warm Up at 4:15 PM**

**Finals Start at 5:15 PM**

Girls Event Number	Event	Boys Event Number
5	<i>13-14 200 Medley Relay</i>	6
7	<i>15-21 200 Medley Relay</i>	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	<i>13-14 400 Free Relay</i>	30
31	<i>15-21 400 Free Relay</i>	32



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**SUNDAY, March 17, 2019**

**SESSIONS VIII and IX – 13-14 and 15-21 Prelims**

(all events in **BOLD** will be swum as Timed Finals & all events in *italics* will have the fastest heat swim at finals)

Events 101, 102, 103 and 104 will be contested fastest to slowest.

**Warm Up at 6:30 AM**

**Meet Starts at 7:30 AM**

Session VIII Girls Event Number	Girls Qualifying Time	Event	Boys Qualifying Time	Session IX Boys Event Number
61	NT	<i>13-14 200 Freestyle Relay</i>	NT	62
63	NT	<i>15-21 200 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>15-21 400 Medley Relay</i>	NT	88
89	6:22.39	<b>13-14 500 Freestyle</b>	6:12.69	90
91	6:16.29	<b>15-18 500 Freestyle</b>	5:38.99	92

Session VIII will be contested in the 8 lane pool further from the scoreboard.

Session IX will be contested in the 8 lane pool closer to the scoreboard.

**SESSIONS X & XI – 10&U Timed Finals, 11-12 Prelims**

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



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**Warm Up at 12:00 PM**

**Meet Starts at 1:00 PM**

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

Session X will be contested in the 8 lane pool further from the scoreboard.

Session XI will be contested in the 8 lane pool closer to the scoreboard.

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

All events will be swum in the 8-lane pool closer to the scoreboard.

**Warm Up at 4:00 PM**

**Finals Start at 5:00 PM**

Girls Event Number	Event	Boys Event Number
61	<i>13-14 200 Freestyle Relay</i>	62
63	<i>15-21 200 Freestyle Relay</i>	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



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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	<i>13-14 400 Medley Relay</i>	86
87	<i>15-21 400 Medley Relay</i>	88



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**APPENDIX 2: QUALIFYING TIMES**

2019 East Field South District Championships  
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	<b>50 Free</b>	34.99	30.19	28.19	25.09
1.00.79	1.03.99	1.07.69	1.19.99	<b>100 Free</b>	1.19.99	1.08.09	1.02.19	55.19
2.11.99	2.17.99	2.29.99	2.58.29	<b>200 Free</b>	2.58.29	2.29.99	2.14.19	2.00.09
6.16.29	6.22.39	6.35.09	6.35.09	<b>500 Free</b>	6.36.99	6.36.99	6.12.69	5.38.99
12.19.99	13.15.29			<b>1000 Free</b>			12.42.99	11.30.99
		36.09	40.99	<b>50 Back</b>	43.09	35.49		
1.07.99	1.12.99	1.17.89	1.30.29	<b>100 Back</b>	1.32.49	1.19.09	1.10.69	1.03.29
2.32.99	2.38.49			<b>200 Back</b>			2.33.99	2.23.69
		41.09	47.09	<b>50 Breast</b>	48.19	41.09		
1.18.99	1.22.99	1.28.69	1.46.69	<b>100 Breast</b>	1.46.69	1.29.29	1.19.99	1.12.29
2.58.39	3.01.99			<b>200 Breast</b>			2.52.99	2.45.59
		35.09	42.09	<b>50 Fly</b>	41.99	35.49		
1.09.29	1.13.49	1.20.59	1.42.09	<b>100 Fly</b>	1.42.09	1.22.59	1.10.69	1.01.29
2.40.99	2.42.99			<b>200 Fly</b>			2.35.69	2.27.29
			1.30.99	<b>100 IM</b>	1.30.99			
2.28.99	2.35.99	2.49.99		<b>200 IM</b>		2.50.99	2.31.29	2.16.29
5.42.99	5.49.19			<b>400 IM</b>			5.35.59	5.15.99

Qualifying Period for East Field South District Championships is March 1  
of the previous season to the entry date for the meet.

revised 4/27/2018; age  
for 15-18 adjusted to  
15-21, Jan 2019





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**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 2019

**Meet Date(s):** March 15 - 17, 2019

**Meet Host:** BRY Barracudas YMCA – DE, YMCA of DE

**Meet Location:** Prince George’s County Sports & Learning Complex

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the East Field South District Championships 2019 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 2019.

**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, BRY Barracudas YMCA – DE, YMCA of DE, their agents, representatives or assigns, and the Prince George’s Sports & Learning Complex in Largo, MD for any and all injuries which may be suffered by participants at the East Field South District Championships 2019. Furthermore, we understand that the YMCA of the USA and BRY Barracudas YMCA – DE, YMCA of DE 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* \_\_\_\_\_  
Date

\_\_\_\_\_  
*Name and Signature of YMCA Executive Director or Designee* \_\_\_\_\_  
Date



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**YMCA 2019 East Field South District Championships**

**March 15 - 17, 2019  
Prince George's Sports & Learning Complex  
Landover, MD**

**Team Summary Sheet**

**\*\*All teams must complete and include this sheet with fees\*\***

**TEAM NAME**

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COACHES' NAME(S)	PHONE	E-MAIL

CONTACT NAME(S) FOR ENTRIES	PHONE	E-MAIL

SUMMARY OF FEES	NUMBER OF ENTRIES	COST PER ENTRY	TOTAL
TOTAL NUMBER OF <i>INDIVIDUAL</i> ENTRIES		X \$7.50 EACH	
TOTAL NUMBER OF <i>RELAY</i> ENTRIES		X \$20.00 EACH	
TOTAL NUMBER OF ATHLETES		X \$13.00 EACH	
ADDITIONAL \$20 IF USING PAPER ENTRIES		\$20	
TOTAL ENCLOSED			

Please make check payable **Brandywine DE YMCA**

**PLEASE SUBMIT TEAM SUMMARY WITH CHECK OR PROOF OF PAYMENT REQUEST TO:**

Derek Farrar  
c/o Brandywine DE YMCA  
3 Mt. Lebanon Road  
Wilmington, DE 19803



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**GRADUATING SENIORS 2019**

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

Team: \_\_\_\_\_

Name: \_\_\_\_\_

College / Plans:  
\_\_\_\_\_

Name: \_\_\_\_\_

College / Plans:  
\_\_\_\_\_

Name: \_\_\_\_\_

College / Plans:  
\_\_\_\_\_

Name: \_\_\_\_\_

College / Plans:  
\_\_\_\_\_

Name: \_\_\_\_\_

College / Plans:  
\_\_\_\_\_

Name: \_\_\_\_\_

College / Plans:  
\_\_\_\_\_

Name: \_\_\_\_\_

College / Plans:  
\_\_\_\_\_

**Coaches: Please indicate which day (Saturday or Sunday) you prefer to recognize your Senior swimmers:** \_\_\_\_\_