

# Storm Surge Invite 2025

## Meet Announcement

### About the Meet

Date: February 16, 2025  
Location: Sussex Family YMCA  
Entry Deadline: February 7, 2025, at 12 noon  
Hosted by: Sussex Family YMCA  
Meet Director: Mike Vansant

This meet is a closed, inter-association 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.

**ADJUSTMENTS TO THE MEET ANNOUNCEMENT:** 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. This may include unforeseen issues such as weather or facility problems.

Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned meet 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. Warm-ups will be assigned once all meet entry files have been received.

### Session 1 – 8 & Under Mini Meet

Tentative Warm Up: 7:00am  
Tentative Meet Start: 8:00am

### Session 2 – 500 & 1000 Free\*

Tentative Warm Up: 10:30am  
Tentative Meet Start: 11:00am  
\*Swimmers must provide their own timers & counters.

### Session 3 – 9 & Over

Tentative Warm Up: 12:30pm  
Tentative Meet Start: 2:00pm

### LOCATION AND FACILITY

Location: Sussex Family YMCA, 20080 Church St, Rehoboth Beach, DE 19971  
Phone Number: 302-296-9622

The Sussex Family YMCA is configured as a 6 lane, 25-yard course. Water depth at the start end is 8 feet, the turn end is 4 feet. Colorado timing system will be used. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

## CONTACT INFORMATION

Meet Director: Mike Vasant, [vasantmike@yahoo.com](mailto:vasantmike@yahoo.com)  
Entry Chairperson: Anna Seiffert, [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org)  
Meet Referee: Mark Evans, [mark@justcomfortshoes.com](mailto:mark@justcomfortshoes.com)  
Administrative Official: TBD  
Officials Coordinator: Nick Perchiniak, [nperchiniak@gmail.com](mailto:nperchiniak@gmail.com)  
Safety Director: TBD

## NOTICES/ELIGIBILITY

### ATHLETE

**YMCA Membership:** An athlete must be a YMCA member in good standing who holds a 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.

**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.

**Age:** The age of the swimmer is calculated as of 12/1/2024. Swimmers will automatically be included into their appropriate age group regardless as to the age group of the event they swam. An athlete must be at least 5 years of age, and not older than twenty-one (21) years of age on the first day of the meet.

**Times:** There are no time standards for this meet.

**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 of the entry is submitted. If modifications to the USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

### COACH

**Required Certifications:** All coaches must be compliant with their association guidelines.

### TEAM

**Team Registration:** Each team must have complete the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

## ENTRY INFORMATION

**Entry Limits:** A swimmer may participate in one (1) event in session 2, and up to three (3) individual events in session 1 or 3.

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

**Times:** No Times (NT) are allowed.

**Entry Fees:** A \$5.00 per event splash fee will be billed to participating athletes. \$5.00 per swimmer facility surcharge will be billed.

**Entry Deadline:** Friday, February 7, 2025, by 12 noon.

**Entry Procedure:** Submit entry files to Anna Seiffert, [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org).

Meet Updates will be posted on [www.swimsussex.com](http://www.swimsussex.com) and Meet Mobile will be used.

## **VOLUNTEERS/OFFICIALS/TIMERS**

**Officials and Timers:** Sign up will be done via the Job Opportunities on the Team Unify Event Page. Two timers per lane, each with a watch, one with a button. One backup timer per session. Timers should not enter the pool deck until five minutes prior to the start of the session (not during warm up).

**Officials Meeting:** The Officials Meeting will be announced and is planned to take place 20 minutes prior to the start of the meet.

**Background Check Policy:** Child Protection – YMCA Child Protection Guidelines and applicable Safe Sport and Minor Athlete Abuse Prevention Policies remain in effect for all activities and interactions.

## **MEET PROCEDURES AND OPERATIONS**

**Meet Committee:** The Committee will consist of the Meet Director, Meet Referee, and host site Aquatic Director.

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

**Warm-Up Safety Procedures:** Teams will be assigned lanes for warm up. During designated warm up sessions, athletes may enter the competition pool from both the starting and turn ends of the pool. 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.

Coaches are responsible for the safety of their athletes, and they are always expected to monitor them during warm up sessions.

**Ready Bench:** Additional details regarding warm up procedures and clerk of course will be forthcoming once the entries have been received.

**Starts:** Fly-Over starts will be used at this meet.

**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 approved coaches, swimmers, and up to two spectators per swimmer. Spectators will be asked to file in and file out of the pool area for their swimmers events, and to remain in the designated spectator area.
- Deck changes are prohibited.
- Glass, Food, and Chairs are not permitted on the pool deck.
- The use of audio or visual recording devices, including cell phones, are not permitted in the changing areas, rest rooms, or locker rooms.
- Photographs are NOT permitted to be taken from behind the block during competition. This includes from the lobby viewing area.
- 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, or leave items unattended in their vehicle during the meet.
- Shaving is not permitted in any area of the facility.

**Hospitality/Concessions:** There will be no hospitality or concessions at this meet at this time. Food trucks are in the works. More information will be available as we get closer to the event.

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

### **Liability Limits:**

- In granting of the USA-S/Middle Atlantic LSC, it is understood and agreed that USA Swimming and Middle Atlantic LSC shall be free and held harmless from any liabilities or claims for damages arising by reason or 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 the 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 should immediately inform the facilities personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**CONCUSSION AWARENESS:** This meet will follow the YMCA of USA Concussion Protocol. 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. The athlete is removed immediately from participation by the Meet Director.
2. The 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 swimmers coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussions.
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 Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed during the meet.

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

**EVACUATION PROCEDURE:** In the event of an emergency that requires that the facility be evacuated, the YMCA of Delaware Emergency Response Plan will be followed.

## **APPENDIX 1: ORDER OF EVENTS**

### **Session #1: Mini Session**

(All Mixed Gender Events)

Event 1	8 & Under 50 Free
Event 2	8 & Under 25 Fly
Event 3	8 & Under 25 Back
Event 4	8 & Under 100 IM
Event 5	8 & Under 25 Breast
Event 6	8 & Under 25 Free

### **Session #2: 500 & 1000 Free\***

(All Mixed Gender Events)

Event 7	9 & Over 500 Free
Event 8	13 & Over 1000 Free

\*Swimmers must provide their own timers & counters.

### **Session #3: 9 & Older**

Event 9	Mixed 13 & Over 200 Back
Event 10	Mixed 12 & Under 100 Back
Event 11	Girls 9 & Over 100 Free
Event 12	Boys 9 & Over 100 Free
Event 13	Mixed 13 & Over 200 Breast
Event 14	Mixed 12 & Under 100 Breast
Event 15	Girls 9 & Over 200 Free
Event 16	Boys 9 & Over 200 Free
Event 17	Mixed 13 & Over 400 IM
Event 18	Mixed 11-12 200 IM
Event 19	Mixed 9-10 100 IM
Event 20	Girls 9 & Over 50 Free
Event 21	Boys 9 & Over 50 Free
Event 22	Mixed 13 & Over 200 Fly
Event 23	Mixed 12 & Under 100 Fly