

## WASHINGTON YMCA STATE SWIMMING CHAMPIONSHIP

Saturday, January 30, 2010  
 Weyerhaeuser King County Aquatic Center  
 650 S.W. Campus Drive  
 Federal Way, WA  
 (206) 296-4444, (206) 927-5173

Host: Skagit Valley Family YMCA (SVY)

YMCA Sanction #: **CAQ 09-2010 8119**

Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.  
 Approval #xxxx-xxxx; Time Trial Approval #xxxx-xxxx  
 In granting this approval it is understood and agreed that USA Swimming shall be free  
 and held harmless from any liabilities or claims or damages arising by reason of injuries  
 to anyone during the conduct of the event.

Key Officials:  
 James Cornforth, SVY Coach  
**Meet Director: Maureen Johnson**  
 360-421-0929  
[moe@cosaint.net](mailto:moe@cosaint.net)

Referee: David Baer  
 206-938-8388  
[dlbaer@comcast.net](mailto:dlbaer@comcast.net)

Admin Ref: Dave Anthony  
 425-481-0515  
[dave.anthony@verizon.net](mailto:dave.anthony@verizon.net)

**Directions:** From I-5, take exit 142B and go west on 348<sup>th</sup>  
 (becomes Campus Way after crossing 1<sup>st</sup> Ave S.).  
 Pool is on the right about 1.5 miles from I-5.

**Facility:** Two indoor 8 lane 25 yard pools with starting blocks,  
 Backstroke flags, anti-wave lane lines. Another 25 yard  
 Diving pool for warm up/cool down swims.  
 Pool meets YMCA start depth for all starts. New timing system  
 (2007) was installed for the NCAA National Championships.  
 The competition course has been certified in accordance with 104.2.2C(4). The copy of  
 such certification is on file with USA Swimming.

**Format:** All events are timed finals. Age groups for competition:  
 8&U, **10 & U**, 11-12, 13-14, 15-21. Age is as of the day of the meet.  
 Heats will be seeded slowest to fastest!

**Note the few events with required qualifying times!!**

**Rules:** Current YMCA of USA rules/USA Swimming Technical Rules.

**Eligibility:**

1. YMCA's must be in good standing with the YMCA of USA.
2. Swimmers must be full privilege members of their YMCA by Nov. 2, 2009 (90 days prior to the meet)
3. A swimmer who has graduated from High School, may swim in the 15-21 age group as long as he/she has not participated (in practice or in meets) with a collegiate swimming program.
4. Swimmers must have participated in at least one (1) closed YMCA swim meet.

**Entry Limit:** Each swimmer may swim in up to 4 individual events plus 2 relays.  
Swimming any Open event will count as one of the 4 events!

**Scoring:** Relays are scored 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

**Awards:** Championship group: Individual /Relay medals for 1<sup>st</sup>- 3<sup>rd</sup>. Ribbons: 4<sup>th</sup> -16<sup>th</sup>

**Team Awards:** Team Trophies, Male & Female Overall Top Scores, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.

**Entry Fees:** \$35.00 per swimmer. Includes surcharge 4 individual & 2 relay events.

Payment must be made by **January 19, 2010.**

Make **one (1) check per team** payable to **SVY CHINOOKS SWIM TEAM.**

Mail to:

Katherine Olson, SVY Team President  
9572 Fruitdale  
Sedro Wooley, WA 98284

**Deck Entries:** There will be no deck entries

**Time Trials:** \$10.00 per event, including relays. Swimmers must provide their own timers for time trials.

**Heat Sheets:** \$5.00; results will be emailed to each participating team coach or designee.

**Schedule:**

Coaches meeting:	8:30 am
Officials meeting:	9:15 am
Timers meeting:	9:30 am
Warm up:	9:00 am
Competition:	10:00 am

**Entry Deadline: Monday, Jan. 18, 2010, 5PM.** Hy-TEK entries only.

Send to Meet Director: moe@cosaint.net

**MEET INFORMATION, PSYCH SHEETS & RESULTS posted on  
Skagit Valley Family YMCA swim team website**

**www.svychinooks.com**

**Program:**

The meet will be run on a Timed Finals format.  
All events will be seeded by heats, slowest to fastest.

**There are 4 Open events and they all have required qualifying times to enter.**

All **8 & U** and **Male** events will be held in the South Pool.

All other **Female** events will be held in the North Pool.

North Pool: FEMALE Events

South Pool: 8 & U and MALE Events

#	<u>QT</u>	Event_____	#	<u>QT</u>
101	2:48.00	Open 200 Butterfly	1	2:35.00
102	2:53.00	Open 200 Backstroke	2	2:42.00
103	3:08.00	Open 200 Breaststroke	3	2:56.00
104		10&U 200 Free	4	
105		12&U 200 Free	5	
106		13-14 200 Free	6	
107		15-19 200 Free	7	
108		10&U 200 Medley Relay	8	
109		12&U 200 Medley Relay	9	
110		14&U 200 Medley Relay	10	
111		21&U 200 Medley Relay	11	
112		10&U 100 Ind. Medley	12	
113		11-12 100 Ind. Medley	13	
114		13-14 200 Ind. Medley	14	
115		15-21 200 Ind. Medley	15	
		8&U Boys 25 Free	16	
		8&U Girls 25 Free	17	
118		9-10 50 Free	18	
119		11-12 50 Free	19	
120		13-14 50 Free	20	
121		15-21 50 Free	21	
122	6:23.00	OPEN 500 Free	22	6:03.00
		8&U Boys 25 Butterfly	23	
		8&U Girls 25 Butterfly	24	
125		10&U 50 Butterfly	25	
126		11-12 50 Butterfly	26	

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**FEMALES, North Pool**

**8&U & MALES, South Pool**

#	Event_	#
127	13-14 100 Butterfly	27
128	15-21 100 Butterfly	28
	8&U Boys 25 Back	29
	8&U Girls 25 Back	30
131	10&U 50 Back	31
132	11-12 100 Back	32
133	13-14 100 Back	33
134	15-21 100 Back	34
	8&U Boys 25 Breast	35
	8&U Girls 25 Breast	36
137	10&U 50 Breast	37
138	11-12 100 Breast	38
139	13-14 100 Breast	39
140	15-21 100 Breast	40
	8&U Boys 50 Free	41
	8&U Girls 50 Free	42
143	10&U 100 Free	43
144	11-12 100 Free	44
145	13-14 100 Free	45
146	15-21 100 Free	46
147	10&U 200 Free Relay	47
148	12&U 200 Free Relay	48
149	14&U 200 Free Relay	49
150	21&U 200 Free Relay	50

Time Trials will be held 20 minutes following the final event. Time trial fee is \$10.00 per event. Registration for a Time Trial ends at 12 noon the day of the meet. Time trials available for any event on the program except the 500 free. Time Trial swimmers must provide their own timers.

## IMPORTANT ADDITIONAL INFORMATION

## WARM UP PROCEDURES

Each team will be assigned specific warm up lanes depending upon the number of swimmers you enter. Simple rules and courtesies will be expected:

- Enter the pool by sitting & sliding in
- Circle swim counter-clockwise only
- No diving from the blocks, except during designated times
- No diving over a Backstroke swimmer starting in water
- Sprint lanes & diving:  
During the last 25 minutes of warm up, sprint work will be allowed.  
Large teams who are assigned a lane(s) without another team, may ask the referee for permission to practice starts & one way sprints. These teams may allow a smaller team to join them.
- A COACH MUST BE DIRECTLY SUPERVISING HIS/HER SWIMMERS

The pools will close 10 minutes prior to the start of competition.

Warm up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered

## SAFETY

There will be **MARSHALLS** patrolling the pool, locker rooms, bleachers and facilities. They will be clearly identifiable and have the authority to remove any swimmer, coach or Y team who does not follow the safety rules of warm up or during the meet.

Only authorized volunteers and working personnel can be on the deck. All others must remain in the spectator area unless they are timing or volunteering with the management of the meet.

Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.

Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of awards or team points earned by the individual. Punitive action will also be exacted.

**THIS IS A YMCA MEET & THE ABOVE IS NOTED MERELY TO REINFORCE OUR YMCA VALUES OF HONESTY, CARING, RESPECT and RESPONSIBILITY**

