



# 2010 New York State YMCA Swimming Championships

## March 12<sup>th</sup>-14<sup>th</sup>, 2010

University of Buffalo, Alumni Arena Natatorium  
Hosted by the Rochester Area YMCA Swim League

**Co-Meet Directors:** Brian Bradstreet, 585-227-3900, [brianb@rochesterymca.org](mailto:brianb@rochesterymca.org)  
Erik Fix, 585-344-1664, [efix@geneseeymca.org](mailto:efix@geneseeymca.org)

<b>Times: Class C, B, A</b>	<b>Friday:</b>	<b>Warm-up 4:00 PM*</b>	<b>Start: 5:00 PM*</b>	Events 1-16
<b>Preliminaries</b>	<b>Saturday:</b>	<b>Warm-up 7:00 AM*</b>	<b>Start: 8:00 AM*</b>	Events 17-38
	<b>Sunday:</b>	<b>Warm-up 8:00 AM*</b>	<b>Start: 9:00 AM*</b>	Events 63-88
<b>Finals</b>	<b>Saturday</b>	<b>Warm-up 5:00 PM*</b>	<b>Start: 6:00 PM*</b>	Events 11-16, 19-36, 39-44
	<b>Sunday</b>	<b>Warm-up 4:00 PM*</b>	<b>Start: 4:00 PM*</b>	Events 65-82

\* Subject to change

<b>Class E, D</b>	<b>Saturday</b>	<b>Warm-up 12:30 PM**</b>	<b>Start: 1:30 PM**</b>	Events 45-62
<b>Timed</b>	<b>Sunday</b>	<b>Warm-up 12:00 PM**</b>	<b>Start: 1:00 PM**</b>	Events 89-106
<b>Finals</b>		<b>** Subject to change due to length of prelims</b>		

**Awards:** Medals for 1<sup>st</sup>-8<sup>th</sup> place and ribbons for 9<sup>th</sup> - 16<sup>th</sup> place, for all events.  
Plaques for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place team for total points in each age group.  
Awards will be presented to the coaches at the end of the meet.

**Scoring:** For all events, excluding the open events, will be to 16<sup>th</sup> place.  
Relays 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

**Entry Fees:** \$4.25 per individual event, per swimmer, and \$17 per relay entry, per team. There are no refunds for scratches. Age is as of December 1st, 2009.

**Spectator Admission:** Weekend Pass - \$15  
Individual sessions - \$5 - Friday,  
\$8 - All day Saturday,  
\$8 - All day Sunday,  
\$5 - Saturday or Sunday Finals

**Facilities:** An 8 lane, 25 yard competition pool, a 25 yard warm up pool, Colorado Timing System and Scoreboard.

**Parking:** Follow parking regulations for the University of Buffalo.

**Refreshments:** A concession stand will be provided by the University of Buffalo.

**Meals:** Hospitality will be provided for coaches, officials and volunteers.

**Restrictions:** Swimmers must remain in designated areas. Anyone found outside of the designated areas will be disqualified from the meet. Anyone caught swimming under the bulkhead will be disqualified from the meet. Shaving is prohibited in the facility. Coaches are responsible for their swimmers at all times.

**Sanctions:** The Meet is sanctioned by the YMCA National Competitive Swimming and Diving Committee and USA-Swimming. It is required by the YMCA National Committee that all teams register with the National Competitive Swimming Committee to compete in YMCA sanctioned meets, and that coaches' passes be required of all coaches wishing to be on the deck during sanctioned meets. Information about this process is included in this package. USA and YMCA sanction numbers to be announced.

**Rosters:** Each participating team must submit a current eligibility roster with the age of each swimmer as of 12/01/09 to; Brian Bradstreet, Northwest YMCA, 730 Long Pond Road, Rochester, NY 14612, to be postmarked on or before January 15, 2009, and, via email, a Hy-Tek TM Export Athlete Roster File, to be eligible for the meet. After January 15, 2010, a \$10/team late registration fee payable to NYS Commissioner must accompany the registration, rosters and forms.

**Eligibility:** See Rules for 2009-2010 on the NYS web site at [www.y swimmingnewyork.org](http://www.y swimmingnewyork.org)

**Entries:** All Hy-Tek e-mail entries must be RECEIVED BY Tuesday, March 2<sup>nd</sup>, 2010. Paperwork for e-mail entries must be RECEIVED BY Friday, March 5<sup>th</sup>, 2010. The meet file will be on the NYS website. Either checks for entry fees, payable to Rochester Area YMCA Swim League or a copy of a check request, must accompany all entries.  
Mail to: Brian Bradstreet, Northwest YMCA, 730 Long Pond Road, Rochester, NY 14612

E-mail rosters and entries to BOTH [brianb@rochesterymca.org](mailto:brianb@rochesterymca.org) & [y stinggray@aol.com](mailto:y stinggray@aol.com)

**Meet Format: Class E (8 & under) and Class D (10 & Under):** All events will be timed finals. There will be diving blocks on both ends of the 25 yard pool. Therefore, all starts including Class E relay starts, will be from starting blocks. We will be using fly-over starts for all individual events of 50 yards and longer, except backstroke. Please make sure your swimmers are familiar with this start procedure.

**Class C (11 & 12), Class B (13 & 14) and Class A (15-18):** All individual events will be in Preliminary/Finals format with top 8 finishers advancing to the finals heat and the next 8 finishers advancing to the consolation final heat. The exception to this is the 500 yd freestyle, all relays and all open events, which will be timed final. We will be using fly-over starts for all individual events of 50 yards and longer except backstroke. Please make sure your swimmers are familiar with this start procedure

\*The 500 yd Freestyle will require positive check-in and be deck seeded.

\*All 11 & over Age Group Medley Relays will be swum during the Saturday Finals, session 4.

\*All relays on Sunday will be swum during the Sunday Preliminaries, session 5.

**Rules:**

1. 2009 USA Swimming and Diving Rules technical rules as modified for NYS YMCA Swimming and Diving Championships will govern. (see web site)
2. A swimmer may swim up to three individual scoring events in their age group, that they have qualified for. In addition, a swimmer may swim up to three open individual non-scoring events that they have qualified for. A swimmer can swim up to three total individual events per day. A swimmer can swim on two age group and two open relays. Please list relay names and order on your entry. Changes will be permitted at the meet. Relay only swimmers must be listed on a relay.
3. Scratches will be on the blocks.
4. Scratches for all final events will be accepted up to 30 minutes after finishes in prelims have been announced. After 30 minutes, no swimmer may advance from Consolations to Finals. Only alternates may advance to Consolations.
5. Class D & E -- One false start charged to the heat will be allowed.
6. Class C, B, A -- NO False Start Rule will be in effect.
7. "E" swimmers may swim in "D" events, but no other age group changes are allowed.

8. 8 . Please submit proof of time for 8 & u 100 free, 9-10 200 free, all 500's and all open individual events along with your entry. Be prepared to prove any times with meet results at the meet if necessary.

**Clerk of Course:** All swimmers will report to the blocks at least three heats prior to their race.

**National Time Trials:** Time Trials to qualify for the YMCA National Championship Meets, may be available if time and officials permit. There will be a \$5 per event per swimmer charge (\$20 per relay).

**Area Hotels:**

<b>Hotel Indigo, 10 Flint Rd., Amherst, NY, 14226, 716-689-4414</b>	<b>\$119</b>
<b>Holiday Inn-Amherst, 1881 Niagara Falls Blvd., Amherst, NY, 716-691-8181</b>	<b>\$109</b>
<b>Holiday Inn-Airport, 4600 Genesee St., Buffalo, NY, 14225, 716-634-6969</b>	<b>\$109</b>
<b>Holiday Inn-Buffalo, 620 Delaware Ave., Buffalo, NY, 14202, 716-886-2121</b>	<b>\$109</b>
<b>Holiday Inn-GI, 100 Whitehaven Rd., Grand Island, NY, 14072, 716-773-1111</b>	<b>\$ 99</b>
<b>Marriott, 1340 Millersport Hwy., Amherst, NY, 14221, 716-689-6900 x216</b>	<b>\$125</b>

A certification class for Principles of YMCA Competitive Swimming will be offered on Friday, March 12th, 2010. The class will be held at the Marriott from 10am-3pm, and will be instructed by Frank Ranhofer. More information to follow.

A certification class for Swim Officials Level 2 will be offered on Friday, March 12th, 2010. The class will be held at the Marriott, from 10am-3pm, and will be instructed by Deborah Weymouth. More information to follow.

## Qualifying Times for 2010 New York State YMCA Swimming Championships

<b>Girls</b>	<b>8 &amp; Under</b>	<b>Boys</b>
1:51.00	100 Ind. Medley	1:53.99
21.99	25 Back	23.59
41.99	50 Free	42.59
17.99	25 Free	18.29
22.59	25 Fly	23.39
24.59	25 Breast	26.89
1:38.00	100 Free	1:41.00
<b>Girls</b>	<b>9 &amp; 10</b>	<b>Boys</b>
1:27.90	100 Ind. Medley	1:30.00
41.50	50 Back	42.49
1:17.00	100 Free	1:17.59
34.00	50 Free	34.50
40.00	50 Fly	42.10
45.50	50 Breast	46.99
2:50.00	200 Free	2:55.00
<b>Girls</b>	<b>11 &amp; 12</b>	<b>Boys</b>
2:50.00	200 Ind. Medley	2:53.49
35.99	50 Back	36.49
1:07.50	100 Free	1:07.00
30.19	50 Free	30.19
34.70	50 Fly	36.00
2:30.00	200 Free	2:31.49
40.00	50 Breast	41.99
<b>Girls</b>	<b>13 &amp; 14</b>	<b>Boys</b>
6:20.00	500 Free	6:24.99
2:39.99	200 Ind. Medley	2:41.99
1:13.59	100 Back	1:13.59
1:02.59	100 Free	1:01.00
28.59	50 Free	27.99
1:16.49	100 Fly	1:16.99
2:20.99	200 Free	2:20.99
1:23.00	100 Breast	1:22.90
<b>Girls</b>	<b>15 &amp; Over</b>	<b>Boys</b>
6:07.99	500 Free	5:37.99
2:36.49	200 Ind. Medley	2:21.99
1:12.99	100 Back	1:07.59
1:01.59	100 Free	54.99
28.19	50 Free	25.00
1:12.59	100 Fly	1:04.49
2:17.00	200 Free	2:04.99
1:20.50	100 Breast	1:14.00

QT Girls	12-Over	QT Boys	Day	QT Girls	12-Over	QT Boys	Day
2:28.00	200 Back	2:18.00	Friday	2:30.00	200 Fly	2:20.00	Friday
2:42.00	200 Breast	2:30.00	Saturday - AM	5:10.00	400 IM	4:45.00	Sunday -

We have added some Open events as non-scoring. The qualifying times are more difficult than for the other events. The purpose is to give swimmers a

## 2010 NewYork State YMCA Swimming Championship - 3/12/2010 to 3/14/2010

USA Approval #: NI 0910 ?, Sanction #: CAQ 0910 ?

## Event List-By Event Number

Event #	Event Name	Event #	Event Name
1	Girls Open 200 Butterfly Time Trial	51	Girls 9-10 100 Freestyle
2	Boys Open 200 Butterfly Time Trial	52	Boys 9-10 100 Freestyle
3	Girls 15-18 500 Freestyle	53	Girls 8 & Under 25 Backstroke
4	Boys 15-18 500 Freestyle	54	Boys 8 & Under 25 Backstroke
5	Girls 13-14 500 Freestyle	55	Girls 9-10 50 Backstroke
6	Boys 13-14 500 Freestyle	56	Boys 9-10 50 Backstroke
7	Girls Open 200 Freestyle Relay Time Trial	57	Girls 8 & Under 100 Freestyle
8	Boys Open 200 Freestyle Relay Time Trial	58	Boys 8 & Under 100 Freestyle
9	Girls Open 200 Backstroke Time Trial	59	Girls 9-10 200 Medley Relay
10	Boys Open 200 Backstroke Time Trial	60	Boys 9-10 200 Medley Relay
11	Girls 11-12 200 IM	61	Girls 8 & Under 100 Medley Relay
12	Boys 11-12 200 IM	62	Boys 8 & Under 100 Medley Relay
13	Girls 13-14 200 IM	63	Girls Open 400 IM Time Trial
14	Boys 13-14 200 IM	64	Boys Open 400 IM Time Trial
15	Girls 15-18 200 IM	65	Girls 11-12 100 Freestyle
16	Boys 15-18 200 IM	66	Boys 11-12 100 Freestyle
17	Girls Open 200 Medley Relay Time Trial	67	Girls 13-14 100 Freestyle
18	Boys Open 200 Medley Relay Time Trial	68	Boys 13-14 100 Freestyle
19	Girls 11-12 50 Freestyle	69	Girls 15-18 100 Freestyle
20	Boys 11-12 50 Freestyle	70	Boys 15-18 100 Freestyle
21	Girls 13-14 50 Freestyle	71	Girls 11-12 50 Butterfly
22	Boys 13-14 50 Freestyle	72	Boys 11-12 50 Butterfly
23	Girls 15-18 50 Freestyle	73	Girls 13-14 100 Butterfly
24	Boys 15-18 50 Freestyle	74	Boys 13-14 100 Butterfly
25	Girls 11-12 50 Backstroke	75	Girls 15-18 100 Butterfly
26	Boys 11-12 50 Backstroke	76	Boys 15-18 100 Butterfly
27	Girls 13-14 100 Backstroke	77	Girls 11-12 50 Breaststroke
28	Boys 13-14 100 Backstroke	78	Boys 11-12 50 Breaststroke
29	Girls 15-18 100 Backstroke	79	Girls 13-14 100 Breaststroke
30	Boys 15-18 100 Backstroke	80	Boys 13-14 100 Breaststroke
31	Girls 11-12 200 Freestyle	81	Girls 15-18 100 Breaststroke
32	Boys 11-12 200 Freestyle	82	Boys 15-18 100 Breaststroke
33	Girls 13-14 200 Freestyle	83	Girls 11-12 200 Freestyle Relay
34	Boys 13-14 200 Freestyle	84	Boys 11-12 200 Freestyle Relay
35	Girls 15-18 200 Freestyle	85	Girls 13-14 200 Freestyle Relay
36	Boys 15-18 200 Freestyle	86	Boys 13-14 200 Freestyle Relay
37	Girls Open 200 Breaststroke Time Trial	87	Girls 15-18 400 Freestyle Relay
38	Boys Open 200 Breaststroke Time Trial	88	Boys 15-18 400 Freestyle Relay
39	Girls 11-12 200 Medley Relay	89	Girls 9-10 50 Freestyle
40	Boys 11-12 200 Medley Relay	90	Boys 9-10 50 Freestyle
41	Girls 13-14 200 Medley Relay	91	Girls 8 & Under 25 Freestyle
42	Boys 13-14 200 Medley Relay	92	Boys 8 & Under 25 Freestyle
43	Girls 15-18 200 Medley Relay	93	Girls 9-10 50 Butterfly
44	Boys 15-18 200 Medley Relay	94	Boys 9-10 50 Butterfly
45	Girls 8 & Under 100 IM	95	Girls 8 & Under 25 Butterfly
46	Boys 8 & Under 100 IM	96	Boys 8 & Under 25 Butterfly
47	Girls 9-10 100 IM	97	Girls 9-10 50 Breaststroke
48	Boys 9-10 100 IM	98	Boys 9-10 50 Breaststroke
49	Girls 8 & Under 50 Freestyle	99	Girls 8 & Under 25 Breaststroke
50	Boys 8 & Under 50 Freestyle	100	Boys 8 & Under 25 Breaststroke

**2010 New York State YMCA Swimming Championship - 3/12/2010 to 3/14/2010**

**USA Approval #: NI 0910 ?, Sanction #: CAQ 0910 ?**

**Event List-By Event Number**

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
101	Girls 9-10 200 Freestyle		
102	Boys 9-10 200 Freestyle		
103	Girls 8 & Under 100 Freestyle Relay		
104	Boys 8 & Under 100 Freestyle Relay		
105	Girls 9-10 200 Freestyle Relay		
106	Boys 9-10 200 Freestyle Relay		

# 2010 New York State YMCA Swimming Championships

## Checklist

- \_\_\_\_\_ **Register with the YMCA of the USA East Field Representative ASAP!**
- \_\_\_\_\_ **Redister with the New York State YMCA designee by January 26th, 2010**
- \_\_\_\_\_ **E Mail Hy-Tek Roster File and Mail by January 26th, 2010**  
(There will be a \$10 per team fee for late rosters.)
- \_\_\_\_\_ **Advertising Forms due by February 12<sup>th</sup>, 2010**
- \_\_\_\_\_ **Event Sponsor Forms due by February 22<sup>nd</sup>, 2010**
- \_\_\_\_\_ **Senior Recognition Form due February 22<sup>nd</sup>, 2010**
- \_\_\_\_\_ **E Mail Hy-Tek Entry File due March 2<sup>nd</sup>, 2010**

\_\_\_\_\_ **All of the following must be included with your entries and received by Saturday, March 6<sup>th</sup>, 2010;**

- \_\_\_\_\_ Disk, Hy-Tek entry list(individual & relay), entry fee report
- \_\_\_\_\_ Entry Summary Sheet
- \_\_\_\_\_ Coaches' attending the meet
- \_\_\_\_\_ Copy of East Field Registration Card
- \_\_\_\_\_ Coaches' reception RSVP form
- \_\_\_\_\_ Release Declaration form
- \_\_\_\_\_ Proof of Insurance

\_\_\_\_\_ **All coaches must show proof of current certification to receive a deck pass. If you have not already done so, send this to Erik Fix, Batavia YMCA, 209 East Main St., Batavia, NY 14020, please do so. This also applies to any assistants.**

**EAST FIELD (North)  
TEAM REGISTRATION  
2009-2010**

As is always the case, to be eligible to swim at the 2010 New York State YMCA Swimming Championships, each team and coach must register with the YMCA of the USA East Field Group Representative.

This year the registration can be done on line at the YMCA of the USA National Swimming and Diving website.

<http://www.ymcaswimminganddiving.org/>

1. Scroll down, on the right side of the page click on Register Team.
2. You will be asked for a password. (9622)
3. You will need your Association Number
4. Follow instructions to register your team and your coaches.
5. For more information please contact our East Field representative;

Kaeley Steinnagel  
697 South End Road Unit #23  
Plantsville CT, 06479  
860-614-2008

# 2010 New York State Swimming Championships Team Registration Form

Association Name \_\_\_\_\_ Association Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

We hereby certify that the following swimmers are eligible in accordance with the New York State Competitive Swim Rules governing the Championship Swim Meet and that each swimmer is a full privileged member of the above named YMCA. All team members will honorably represent the above named Association and be responsible to his/her YMCA.

Executive Director \_\_\_\_\_ Phone \_\_\_\_\_  
(please print)

Executive Director \_\_\_\_\_  
(signature)

Director in Charge \_\_\_\_\_ Phone \_\_\_\_\_  
(please print)

Director in Charge \_\_\_\_\_  
(signature)

Girls' Coach \_\_\_\_\_ # of Girls \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_  
(Signature - Girls' Coach Signature)

Boys' Coach \_\_\_\_\_ # of Boys \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_  
(Signature - Boys' Coach Signature)

List all eligible team members on the roster regardless of meeting established qualifying times. A TM roster export file must be e-mailed to the address listed below. A legible copy of your team roster will be accepted as your State Team Roster if the proper form has been followed: (1) typewritten; (2) Team members listed by age group; (3) Each age group listed together; (4) boys and girls listed on separate pages (please copy as needed); (5) each separate page signed by the two Directors named above.

All rosters submitted by e-mail (TM export file) must be followed by a hard copy signed by the directors.

Registration forms and rosters must be postmarked by January 22<sup>nd</sup>, 2010.

A \$10 late fee will be charged for all teams not registering by January 22<sup>nd</sup>, 2010.

E-mail TM Roster Export File to [brianb@rochesterymca.com](mailto:brianb@rochesterymca.com) by January 22<sup>nd</sup>, 2010.

Send Registration Form and Rosters to;

Brian Bradstreet  
Northwest YMCA  
730 Long Pond Road  
Rochester, NY 14612

This registration process is in addition to the YMCA of the USA team and coach registration process.

# 2010 New York State YMCA Swimming Championships

## Official Team Roster

(A copy of the Team Manager Roster signed by the Executive and Aquatic Directors can substitute for this form)

Team Name \_\_\_\_\_ Head Coach \_\_\_\_\_

Date \_\_\_\_\_ Girls or Boys(circle one) MUST BE TYPEWRITTEN

Name	Age as of 12/01/09	Date of Birth
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

I, \_\_\_\_\_, Director of the \_\_\_\_\_ Branch \_\_\_\_\_ YMCA due declare the above information correct.

Signed: \_\_\_\_\_ Signed \_\_\_\_\_  
Executive Director Responsible Director

# 2010 New York State YMCA Swimming Championships

## Advertising Order Form

Name \_\_\_\_\_  
E-mail Address \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
Phone \_\_\_\_\_

### Price of Ads

Size of Ad	Cost	Cost to Swimmer Family
Patron (one line)	\$ 25.00	\$20.00
Business Card	\$ 35.00	\$30.00
¼ Page	\$ 50.00	\$40.00
½ Page	\$ 80.00	\$75.00
Full Page	\$135.00	\$100.00

Please have all advertisements **CAMERA READY**  
**(Formatted and Properly Sized - Ready for Copying)**  
**Digital Files Preferred**

All advertising copy should be mailed by February 12<sup>th</sup>, 2010 to:  
Brian Bradstreet, Northwest YMCA, 730 Long Pond Road, Rochester, NY 14612  
brianb@rochesterymca.org

Please make checks payable to Rochester Area YMCA Swim League

Patron Message: \_\_\_\_\_

# 2010 New York State YMCA Swimming Championships

## EVENT SPONSOR FORM

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

Sponsor E-Mail: \_\_\_\_\_

Sponsor Address: City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Team Name: \_\_\_\_\_ Coach \_\_\_\_\_

Event Sponsor @ \$20.00 per event – 1 form per event

Please list 3 choices. (Event and description).

Every effort will be made to use your 1<sup>st</sup> choice but sponsors will be taken on a first come, first serve basis.

1. Event Number \_\_\_\_\_ Event Name \_\_\_\_\_

2. Event Number \_\_\_\_\_ Event Name \_\_\_\_\_

3. Event Number \_\_\_\_\_ Event Name \_\_\_\_\_

**Message** (up to 36 characters) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Make checks payable to **Rochester Area YMCA Swim League**

Return form and payment by **February 22<sup>nd</sup>, 2010** to:

Brian Bradstreet, Northwest YMCA, 730 Long Pond Road, Rochester, NY 14612



# 2010 New York State YMCA Swimming Championships

## ENTRY SUMMARY SHEET

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

Requested Team  
abbreviation: \_\_\_\_\_

Head Coach's Name: \_\_\_\_\_ Phone No: (Day) \_\_\_\_\_  
(Eve) \_\_\_\_\_

Email Address: \_\_\_\_\_

	Girls	Boys	Total Entries	X Fee	Total Due
<b>Total number of swimmers</b>					
<b>Individual Entries</b>				X \$ 4.25	
<b>Relay Entries</b>				X \$17.00	
				<b>Total Fee</b>	

Coach's Signature: \_\_\_\_\_

**Please e-mail your entries NO LATER THAN 8 PM on Tuesday, March 2<sup>nd</sup>, 2010 to  
Brian Bradstreet at [brianb@RochesterYMCA.org](mailto:brianb@RochesterYMCA.org)**

**After emailing entries, the following must be sent and postmarked no later than Wednesday, March 3<sup>rd</sup>, 2010, to the address below:**

- Entry Summary Sheet
- Coaches Attendance Sheet
- Enclosed check payable to "NYS YMCA State Meet"

**\* Please waive signature on delivery!**

**Brian Bradstreet  
Northwest Family YMCA  
730 Long Pond Road  
Rochester, NY 14612**

MEET ADMINSTRATOR USE ONLY	
Check No:	
Date:	
Amount:	
Overpmt:	
Underpmt:	

**Contact Information:**

Entry questions to Brian Bradstreet, [brianb@RochesterYMCA.org](mailto:brianb@RochesterYMCA.org) or call 585-227-3900

2010 New York State YMCA Swimming Championships

Release Declaration Form

The Release Declaration below **must be signed and accompany** all meet entries. Entries submitted without a signed Release Declaration will not be accepted. No substitution or changes will be accepted. **Please include a copy of your YMCA insurance naming Erie County as additional insured.**

**RELEASE DECLARATION**

"In consideration of your accepting this entry, we hereby, for ourselves, heirs, executor and administrators, waive and release any and all right and claim for damage we may have against the host YMCA's, their Parents' Committees and Board of Directors, the 2010 New York State YMCA Swimming Championships Swim Co-Meet Directors and Meet Committee, their agents, representatives or assigns and the University of Buffalo for any and all injuries which may be suffered by us at the 2010 New York State YMCA Swimming Championships to be held in Alumni Arena Natatorium, March 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>, 2010.

We further acknowledge the risks inherent in the activities to be undertaken at said meet and hereby agree to assume those inherent risks.

In addition, we certify that all swimmers entered in the New York State YMCA Swimming Championships are eligible to compete based on the rules set forth in the State guidelines.

---

Signature Print Name Date

YMCA Executive Director

---

Signature Head Coach Print Name Date

---

YMCA (Name as shown on eligibility certificate) Phone

---

YMCA address

## Coaches Attending the Meet

This form must be returned with your entries. Thank you.

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

**Team Acronym** \_\_\_\_\_

1.
2.
3.
4.
5.
6.

**I attest that all coaches listed above have the proper credentials (Life Guarding, CPR, First Aid) to be on deck at the 2010 New York State YMCA Swimming Championships held at the University of Buffalo, Alumni Arena Natatorium, March 12<sup>th</sup>-14<sup>th</sup>, 2010**

**Head Coach**

\_\_\_\_\_  
*Signature required*

**YMCA Executive Director**

\_\_\_\_\_  
*Signature required*

# **YMCA National Swimming and Diving Advisory Committee**

## **YMCA Sanctioned Swim Meets**

This document sets forth the criteria for having a swim meet recognized as a YMCA Sanctioned Championship Meet for purposes of serving as a qualifying meet for entry into the YMCA National Short Course or Long Course Swimming Championship meets.

### **Purposes**

A YMCA Sanctioned Championship Meet is a celebration of the YMCA values and the accomplishments of the YMCA swimmers through competitive swimming, and is part of the larger effort to build strong communities. It is the next logical progression, beyond local dual and invitational meets, by which the individual YMCA team integrates their smaller team community within an expanded YMCA community of teams in a broader geographic area, prior to participating in the National Championships.

A YMCA Championship Meet sanctioned under the criteria set forth below provides the vehicle for the individual swimmers to satisfy the requirement to participate in a YMCA Closed Championship meet for purposes of entry into the YMCA National Championship Meets.

### **Eligibility**

Eligibility of swimmers to participate in a YMCA Sanctioned Championship Meet is set forth in the Rules That Govern YMCA Competitive Sports and the YMCA Competitive Swimming Black Book. The Meet host may not waive these eligibility requirements.

All swimmers entered into the meet must have previously represented their YMCA in YMCA closed competition meets.

A YMCA Sanctioned Championship Meet must be a closed competition as that term is defined in the Rules That Govern YMCA Competitive Sports.

### **Scope of the Meet**

A YMCA Sanctioned Championship Meet must be either:

the highest level end of season championship meet offered in that geographic area (i.e., group, cluster, district, etc.), or

an end of season meet at a higher level (e.g., a state or field meet), or

an in-season invitational meet that is open to YMCA teams from various geographic areas and of equal or greater competitive level than the above referenced district, cluster, state, field meets.

For local geographic area meets (group, cluster, district), the meet must be open to all YMCA teams in that local area and must attract a majority of the YMCA teams in the area

In geographic areas with a heavy concentration of YMCA teams, championship meets may be organized at Gold, Silver and Bronze levels, and such meets may qualify for sanctioning.

In such heavily concentrated areas, an end of season dual meet team championship or other local end of season championship meet would normally not be eligible to be sanctioned.

The meet must be scored by team. Meets can be scored by women vs men and by age group, but there should also be a combined score for each team.

### **Events Offered**

As this is a championship meet, which will qualify swimmers to swim at the National Championships, it is expected that at least 75% of the individual events swum at Nationals would be offered at such a YMCA Sanctioned Championship Meet, including at least 60 % of the relays swum at Nationals. The fact that some of the events offered are not swum due to lack of entrants will not automatically revoke the meet sanction.

Events offered must generally be scheduled as age-group events, although some events may be scheduled as open events (e.g., 400 IM, 1000 and 1650 Freestyle, etc.).

All events may be run as timed finals events, although where possible, a preliminaries and finals format is recommended, at least for the older swimmers who may qualify for Nationals.

### **Entry Standards**

To qualify for a sanction a meet must have published entry standards. These standards may be time standards, or they may be level of finish at a lower level meet (e.g., the top six finishers at each cluster meet move on to the district meet). Meets without any qualifying entry standards normally would not be sanctioned as a YMCA Sanctioned Championship Meet.

## **Meet Conduct and Administration**

YMCA Sanctioned Championship Meets must be run under USA Swimming Technical Rules. It is recommended that they also follow the USA-S Administrative Regulations of Competition in Part Two of the Rulebook, modified to adapt to local conditions.

It is expected that YMCA Sanctioned Championship Meets will obtain “Approved Meet” status from the local USA-S LSC and enter the results into the USA-S SWIMS database.

YMCA Sanctioned Championship Meets must be officiated by YMCA certified officials. USA-S certified officials may assist in the officiating and should be encouraged to do so. However, the Meet Referee must be YMCA certified and two additional YMCA certified officials must be on deck at all times, one of whom must be the deck referee. A copy of the Meet Referee’s YMCA Certified Official’s card must be submitted with the sanction request.

March 18, 2009