

CNY YMCA District Championships

February 1st & 2nd, 2025

MEET ANNOUNCEMENT

About the Meet

Date: February 1st & 2nd, 2025

Location: Granby Elementary School

Entry Deadline: January 13, 2025

Hosted by: Fulton YMCA Speed Demons

Meet Directors: Lisa Doran & Jennifer Fancett

Website: <https://fultonymca.org/swim/speed-demons-swim-team/>

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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 Fulton Family YMCA.

YMCA Sanction number: CAQ-2024-NY10310916

MEET FORMAT WAIVER

RESERVE THE RIGHT TO MAKE CHANGES: The host organization 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. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

LOCATION AND FACILITY

Location: Granby Elementary School, 400 West 7th Street North, Fulton, NY 13069

Emergency Phone Number: (315) 598-9622 (Fulton YMCA)

The Granby Elementary pool is configured as a 6 lane, 25-yard course. Water depth at start is 12.5 feet (minimum 5 feet required) and at turn end is 3 feet 5 inches. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4).

The facility provides spectator gallery seating for approximately 150 spectators. Areas outside the pool are available for families and swimmers to relax in, including the cafeteria, gym, and hallways.

A clearly designated bullpen will be housed in the cafeteria and a holding area on the pool deck.

Absolutely no glass bottles are allowed anywhere in the facility.

WEB SITE

Meet Information can be found at: <https://fultonymca.org/swim/speed-demons-swim-team/>

Online Meet Results: Meet Mobile



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CONTACT INFORMATION

Meet Directors: Lisa Doran & Jennifer Fancett (fsd.pgboard@gmail.com)

Entry Chairperson: Nicole Ames (nstoutenger@gmail.com)

Meet Referee: Patrick Doran (fsd.pgboard@gmail.com)

Officials Coordinator: Patrick Doran (fsd.pgboard@gmail.com)

Safety Director: James Anderson (janderso@fulton.cnyric.org)

MEET TIMELINE

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

10 & Under Session 1 – Saturday, February 1, 2025

- Warm-up 8:30 am – 10:30 am
- Opening remarks
- Welcome, rules and emergency procedures
- Meet start at 11:00 am

11 & Up Session 2 – Sunday, February 2, 2025

- Warm-up 8:00 am – 10:00 am
- Welcome, rules and emergency procedures
- Senior recognition and walk
- Senior scholarship presentations
- Meet start at 11:00 am

Inclement Weather/Cancellation: We will make every effort to inform each team if there is a change in the meet schedule due to inclement weather.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA.

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.



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Unattached Athletes: There is no unattached status in YMCA swimming.

Age: Age is determined as of your age on December 1, 2024.

YMCA Meet Participation: Be a current full privileged YMCA member for the team you are representing.

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.

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), Principles of YMCA Competitive Swimming and Diving and Athlete Protection Training. 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 team and 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 on-line 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.



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ENTRY INFORMATION

ENTRY LIMITS:

1. USA-S Rules will be followed.
2. An individual may enter no more than 3 individual events and 2 relays. If open relays are swum, they do not count toward the event limit.
3. There are no restrictions on the number of entries per team in individual events.
4. There is no limitation to the number of relays a team may enter in a relay event. ONLY A relays will be scored.
5. Swimmers may swim "up" 2 years in a relay, i.e., a 13 year old swimmer may swim on a 15 and up relay.
6. NO swimmers will be allowed in the spectator gallery with their suits on.
7. Deck changes are prohibited.
8. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

QUALIFICATION PERIOD: The qualification period is September 1, 2024 through the entry deadline of January 13, 2025.

TIMES: No Times (NT) are not allowed. Submit entry times in actual time of short course yards. Entered times must be the swimmer's BEST time achieved during the qualifying period.

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

ENTRY FEES: \$5.00 per individual event
\$20.00 per relay event (\$5.00 per swimmer)
\$8.00 deck fee (one-time fee per swimmer)

OTHER: T-shirts will be available for sale prior to event through an on-line store and limited quantities/sizes will be available for sale day of event. Programs will be available for sale day of event.

ENTRY DEADLINE: January 13, 2025

ENTRY PROCEDURE: Entries are to be submitted electronically. An event file will be provided. Please email entries to Nicole Ames at nstoutenger@gmail.com. Please contact Nicole if you do not receive confirmation within 24 hours.



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PAYMENT: Please submit checks payable to "Fulton YMCA Speed Demons" to this address: Fulton YMCA Speed Demons c/o Lisa Doran, 1742 County Route 6, Fulton, NY 13069. Postmarked by January 17, 2025.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Teams are **REQUIRED** to provide **two (2) timers per session for timing assignments**. Each team will provide two (2) officials and two (2) timers for the morning and afternoon of each day. Please email Patrick Doran at fsd.pgboard@gmail.com with the officials that would like to participate. We will require names be provided prior to the meet so that we do not have to hold up the meet looking for timers. Coaches are asked to ensure coverage as noted on the schedule to expedite the meet.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Head coaches should check in at the coaches room.

EVENT CHECK-IN: There are no mixed 1000 or mixed 1650 freestyle time trials scheduled, however, if there is an interest in scheduling these events, they will be scheduled on junior day, February 1st.

COACHES MEETING/SCRATCH MEETING: Coaches meeting will be announced prior to each session. Please provide courtesy scratches to the Administrative Official.

OFFICIALS AND TIMERS MEETING: Officials and timers meeting will be announced at the meet prior to each session.

PROCEDURES AND OPERATIONS

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, CNY Swim League, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a timed finals format. Swimmer's age will be determined as of **December 1, 2024**.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event



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and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

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.

WARM-UP SAFETY PROCEDURES: Teams **will** be assigned lanes for warm-ups. During designated warm-up sessions, athletes may only enter the competition pool feet first. The exception is during specific warm-up periods when sprint lanes are designated for practicing racing starts.

BULL PEN: 10 & under swimmers and 11 & up will be bull penned on the cafeteria stage.

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.

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, and working officials.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Glass containers are not permitted on deck. All garbage is the responsibility of each individual team. The team areas shall be cleared after each session by the team utilizing the area.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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 and not to leave items unattended.



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- Swimmers are not permitted in the spectator gallery at any time while wearing their swimsuits.
- Folding chairs are not allowed on the pool deck.

AWARDS AND RECOGNITION

SCORING: Individual Events 1st – 12th place:

16-13-12-11-10-9-7-5-4-3-2-1

Relay Events 1st -12th place:

32-26-24-22-20-18-14-10-8-6-4-2

AWARDS: 1st – 12th place for all events will receive awards. All awards can be picked up in the Awards Room for all participating teams.

ADMISSION FEE: NONE

HEAT SHEETS/PROGRAMS: Available for sale.

CONCESSION STAND: There will be concessions available for sale in the kitchen.

APPAREL: Will be available for purchase via an on-line store, an on-line link will be sent to each team. In addition, there will be a limited quantity of apparel items available day of the meet.

ATHLETE APPAREL: Swimmers must wear shirts and footwear outside the pool deck.

HANDICAP SEATING: Will be available on the pool deck.

CONDUCT AND RESTRICTIONS:

- No flash photography at the start of competition races.
- No personal chairs are allowed in the spectator area unless for handicap accessibility.
- 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. Permission is granted via Meet Director for handicap accessibility.
- No smoking, drugs, or alcohol are permitted in the event venue.



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- Deck access is restricted to swimming athletes, coaches, officials, and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request.

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 travel from their association to the meet, during the entire period of the meet, and return to their association. Appendix 2 must be signed by each Association participating in the meet.

LIABILITY LIMITS:

- In granting this approval, it is understood and agreed that USA Swimming 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.



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2. 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 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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

EVACUATION PROCEDURE: Will be announced before each session.



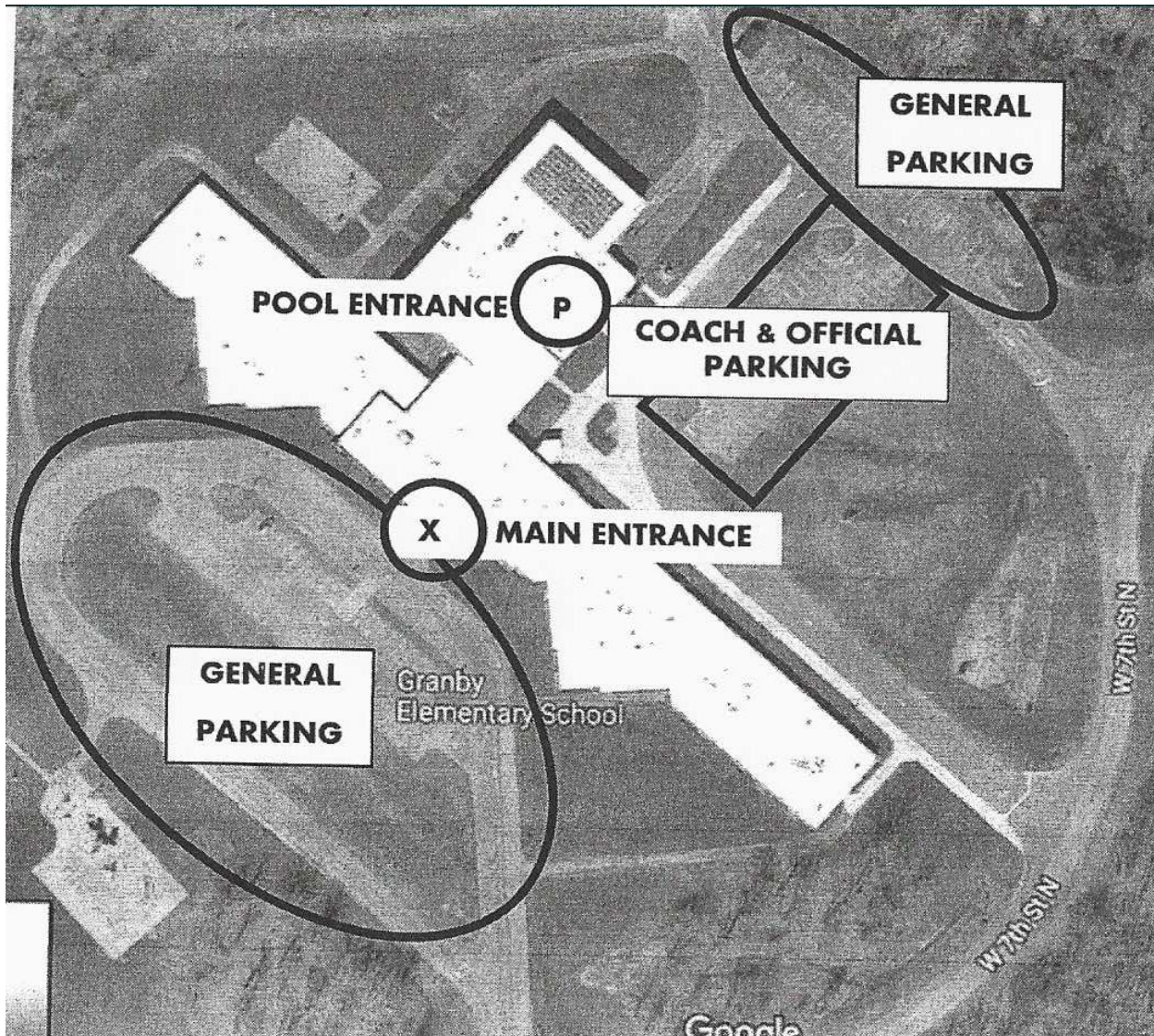
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PARKING

Do not park near the loading dock on the back of the school. This area is for emergency vehicles only.

Parking is available as shown in the picture below:





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APPENDIX 1: 2025 CNY YMCA SWIM CHAMPIONSHIP ORDER OF EVENTS

Event #	Event Name	Event #	Event Name
1	Girls 8 & Under 100 Medley Relay	50	Boys 13 & Over 200 IM
2	Boys 8 & Under 100 Medley Relay	51	Girls 11-12 50 Freestyle
3	Girls 9-10 200 Medley Relay	52	Boys 11-12 50 Freestyle
4	Boys 9-10 200 Medley Relay	53	Girls 13 & Over 50 Freestyle
5	Girls 8 & Under 100 Freestyle	54	Boys 13 & Over 50 Freestyle
6	Boys 8 & Under 100 Freestyle	55	Girls 11-12 50 Butterfly
7	Girls 9-10 200 Freestyle	56	Boys 11-12 50 Butterfly
8	Boys 9-10 200 Freestyle	57	Girls 13 & Over 100 Butterfly
9	Girls 8 & Under 100 IM	58	Boys 13 & Over 100 Butterfly
10	Boys 8 & Under 100 IM	59	Girls 11-12 100 Freestyle
11	Girls 9-10 100 IM	60	Boys 11-12 100 Freestyle
12	Boys 9-10 100 IM	61	Girls 13 & Over 100 Freestyle
13	Girls 8 & Under 25 Freestyle	62	Boys 13 & Over 100 Freestyle
14	Boys 8 & Under 25 Freestyle	63	Girls 13 & Over 500 Freestyle
15	Girls 9-10 50 Freestyle	64	Boys 13 & Over 500 Freestyle
16	Boys 9-10 50 Freestyle	65	Girls Open 200 Freestyle Relay
17	Girls 8 & Under 25 Butterfly	66	Boys Open 200 Freestyle Relay
18	Boys 8 & Under 25 Butterfly	67	Girls 11-12 50 Backstroke
19	Girls 9-10 50 Butterfly	68	Boys 11-12 50 Backstroke
20	Boys 9-10 50 Butterfly	69	Girls 13 & Over 100 Backstroke
21	Girls 8 & Under 50 Freestyle	70	Boys 13 & Over 100 Backstroke
22	Boys 8 & Under 50 Freestyle	71	Girls 11-12 50 Breaststroke
23	Girls 9-10 100 Freestyle	72	Boys 11-12 50 Breaststroke
24	Boys 9-10 100 Freestyle	73	Girls 13 & Over 100 Breaststroke
25	Girls 8 & Under 25 Backstroke	74	Boys 13 & Over 100 Breaststroke
26	Boys 8 & Under 25 Backstroke	75	Girls 11-12 200 Freestyle Relay
27	Girls 9-10 50 Backstroke	76	Boys 11-12 200 Freestyle Relay
28	Boys 9-10 50 Backstroke	77	Girls 13-14 200 Freestyle Relay
29	Girls 8 & Under 25 Breaststroke	78	Boys 13-14 200 Freestyle Relay
30	Boys 8 & Under 25 Breaststroke	79	Girls 15 & Over 400 Freestyle Relay
31	Girls 9-10 50 Breaststroke	80	Boys 15 & Over 400 Freestyle Relay
32	Boys 9-10 50 Breaststroke	81	Mixed Open 400 IM Time Trial
33	Girls 8 & Under 100 Freestyle Relay	82	Mixed Open 200 Freestyle Relay Time Trial
34	Boys 8 & Under 100 Freestyle Relay	83	Mixed Open 200 Butterfly Time Trial
35	Girls 9-10 200 Freestyle Relay	84	Mixed Open 200 Backstroke Time Trial
36	Boys 9-10 200 Freestyle Relay	85	Mixed Open 200 Medley Relay Time Trial
37	Girls 11-12 200 Medley Relay	86	Mixed Open 200 Breaststroke Time Trial
38	Boys 11-12 200 Medley Relay		
39	Girls 13-14 200 Medley Relay		
40	Boys 13-14 200 Medley Relay	***	There are no mixed 1000 or mixed 1650 freestyle time trials scheduled, however, if there is an interest in scheduling these events, they will be scheduled on junior day, February 1 st .
41	Girls 15 & Over 200 Medley Relay		
42	Boys 15 & Over 200 Medley Relay		
43	Girls 11-12 200 Freestyle		
44	Boys 11-12 200 Freestyle		
45	Girls 13 & Over 200 Freestyle		
46	Boys 13 & Over 200 Freestyle		
47	Girls 11-12 200 IM		
48	Boys 11-12 200 IM		
49	Girls 13 & Over 200 IM		



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APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the Meet Director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: CNY YMCA District Championships

Meet Date(s): February 1 & 2, 2025

Meet Host: Fulton YMCA Speed Demons

Meet Location: Granby Elementary School, Fulton, NY 13069

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 CNY YMCA District Championships for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association (we suggest you investigate trip insurance). I hereby certify that our YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the CNY YMCA District Championships. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this meet.

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, Fulton YMCA/Fulton Speed Demons, their agents, representatives or assigns, and GRANBY ELEMENTARY SCHOOL for any and all injuries which may be suffered by participants at the CNY District Championships. Furthermore, we understand that the YMCA of the USA and Fulton YMCA/Fulton Speed Demons 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.

Print Name

Signature of Head Coach

Print Name

Signature of YMCA Executive Director or Designee



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COACHES ATTENDING THE MEET

Team: _____

Team Acronym: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

I attest to the fact that all coaches listed above have the proper credentials (Life Guarding or safety training for swim coaches, CPR, First Aid and required YMCA credentials) to be on deck at the CNY District Championship meet held at the Granby Elementary School on Saturday and Sunday February 1st and 2nd, 2025. All coach certifications will be checked with the YMCA approved coaches list.

Head Coach: _____

Signature required: _____



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ENTRY SUMMARY SHEET

Team Name: _____ Team abbr. _____

Head Coach's Name: _____

Phone # Day: _____ Cell: _____

Email Address: _____

#Girls _____ #Boys _____ #Total Swimmers _____

#Total Swimmers x \$8.00 deck fee = Total deck fees due \$ _____

#Total Individual Events x \$5.00 event fee = Total event fees due \$ _____

#Total Relays x \$20.00 relay fee = Total relay fees due \$ _____

Total overall amount due for deck fees/event fees/relay fees = \$ _____

Head Coach Signature: _____

After emailing entries in, the following documents must be sent and post marked no later than January 17, 2025 to the address listed below:

1. Entry summary sheet
2. Coaches' attendance sheet
3. Release declaration
4. Enclosed check made payable to "Fulton YMCA Speed Demons"

Address to mail to:

Fulton YMCA Speed Demons
c/o Lisa Doran
1742 County Route 6
Fulton, NY 13069



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2025 CNY YMCA District Championship Meet

Senior Recognition Form

We would like to recognize all high school seniors who will be attending the meet. Please include their names and number of years of YMCA swimming. Due January 3, 2025.

Team Name: _____ **Head Coach:** _____

Senior Swimmer Name	# of years in YMCA Swimming	Post High School Plan
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Mail to: **Fulton YMCA Speed Demons**
c/o Lisa Doran
1742 County Route 6
Fulton, NY 13069