
CNY YMCA District Swimming Championships 2019

MEET ANNOUNCEMENT

About the Championship

Date: February 2 & 3, 2019

Location: Granby Elementary

Entry Deadline: January 21, 2019

Hosted by: Fulton YMCA Speed Demons (FUL)

Meet Directors: Morgan Murray, Brett Tallents FultonMeetDirector@gmail.com

Web Site: <http://fultonymca.com>

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CNY YMCA District Championship Meet 2019

February 2 & 3, 2019

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 LSC of USA Swimming.

YMCA Sanction number: CAQ-2018-NY10251534

USA-S/Niagara Swimming Approval number: NI-1819-AP002

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

Session 1: Saturday, February 2, 2019 (Ages 11 & Up; Class C, B, and A)

WARM-UPS

9:30 AM – 9:50 AM A, B & C Girls (Blocks Closed)

9:50 AM – 10:10 AM Girls One-Way Sprints

10:10 AM – 10:30 AM A, B & C Boys (Blocks Closed)

10:30 AM – 10:50 AM Boys One-Way Sprints

OPENING REMARKS

Welcome

Rules and Emergency Procedures

Senior Swimmer Recognition Walk

Senior Swimmer CNY League Scholarship Presentations

CNY A, B & C Dual Meet Awards

National Anthem

Begin Session 1 at 11:00 AM (Projected)

Session 2: YMCA National Time Trials will begin immediately following Session 1



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Session 3: Sunday, February 3, 2019 (Ages 9-10 and 8&Under; Class D and E)

WARM-UPS

8:00 AM – 8:20 AM E Swimmers (Blocks Closed)

8:20 AM – 8:40 AM D Swimmers (Blocks Closed)

8:40 AM – 9:00 AM One-Way Sprints

OPENING REMARKS

Welcome

Rules and Emergency Procedures

CNY D & E Dual Meet Awards

National Anthem

Begin Session 1 at 9:30 AM (Projected)

INCLEMENT WEATHER/CANCELLATION: Weather and safety cancellations will be at the discretion of the Meet Referee

LOCATION AND FACILITY

Location: Granby Elementary School

400 W 7th St N

Fulton, NY 13069

Emergency Phone Number: Granby Elementary Pool (315) 593-5480 x6491

The Granby Elementary Pool is configured as a 6 lane, 25-yard course. Water depth at start is 12.5 feet and at turn end is 3.5 feet. Colorado electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4).

The facility provides spectator gallery seating for approximately 150 spectators. Swimmers will be seated in the Granby gymnasium by team. A clearly designated bull-pen will be housed on the cafeteria stage and a holding area on the pool-deck.

WEB SITE

Meet Information can be found at: <http://fultonymca.com>

Online Meet Results: <http://fultonymca.com>



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CONTACT INFORMATION

Meet Directors: Morgan Murray, Brett Tallents FultonMeetDirector@gmail.com

Entry Chairperson: Nicole Ames, nstoutenger@gmail.com

Meet Referee: Elizabeth Rawls, elizabeth.rawls@icloud.com, 315-591-0997

Administrative Official: Nicole Ames, nstoutenger@gmail.com

Officials Coordinator: Elizabeth Rawls, elizabeth.rawls@icloud.com, 315-591-0997

NOTICES

Each team will be provided with a set number of Spectator Passes, based on team size, for entry into the viewing area. Spectators are asked to leave the viewing area at the conclusion of their swimmers' event to allow for other spectators to enter the seating area. Each Team is responsible for ensuring that their assigned Spectator Passes are appropriately managed to allow all families access to the viewing area.

Any USA-S swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this request in accordance with 202.4.10D.

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.



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Age: An athlete must not be older than twenty-one (21) years of age on the first day of the Meet. Age is determined as of 12-1-2018.

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 of the current season.

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) 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 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. A swimmer may swim up to 3 individual events and 1 relay, or two individual events and 2 relays for a total of 4 events. Open Relays 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. NO swimmers will be allowed in the stand with suits on.
6. Deck changes are prohibited.
7. 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, 2018 through the entry deadline of January 21, 2019.

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

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.

ENTRY FEES:

\$4.00 per individual entry, \$16.00 per relay, and \$4.00 per swimmer
(Checks payable to the Fulton YMCA Speed Demons)

Entries must be submitted as a Meet/Team Manager file to Nicole Ames, Entry Chairperson via email at nstoutenger@gmail.com. A report from Meet Manager will be sent via return email within 72 hours of receipt of your entry export file as confirmation of the import.

ALL Entries *must* be received via email at nstoutenger@gmail.com by Monday, January 21, 2019. No exceptions.

Contact the Meet Director if there are questions regarding entries/entry submissions.



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OTHER:

Graduating Seniors will be recognized at the beginning of Session 1. Please complete **Appendix 2: Graduating Seniors Form**.

Scholarship Nomination Applications will be posted on the 2019 CNY District Championship Meet page on the Fulton YMCA website <http://fultonymca.com> as soon as it is available from the District.

District Apparel will be available to pre-order by visiting the 2019 CNY District Championship Meet page on the Fulton YMCA website <http://fultonymca.com>. Merchandise will also be available for sale on-site.

District Programs will be available to pre-order by visiting the 2019 CNY District Championship Meet page on the Fulton YMCA website <http://fultonymca.com>. A small quantity of programs will be available for on-site purchase.

District Advertisements & Acknowledgements Teams and Families can place advertisements and acknowledgements in the 2019 District Program. For Graduating Senior Ads received by December 1st, the District Program will allow for color ads. Please complete and mail **Appendix 4: Program Advertising Order Form** along with payment to the Fulton YMCA (address is on the order form). The electronic advertisement should be sent to the email address on the form.

ENTRY DEADLINE: Monday, January 21, 2019

ENTRY PROCEDURE: Entries ***must*** be submitted as a Meet Manager file to Nicole Ames, Entry Chairperson via email at nstoutenger@gmail.com. Please send your exported ROSTER file with your entries.

PAYMENT: All fees and paperwork ***must*** be postmarked by Monday, January 21, 2019 and mailed to:

Fulton YMCA Speed Demons
c/o District Meet Director
715 West Broadway
Fulton, NY 13069



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VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS:

Officials will be coordinated through Elizabeth Rawls, Officials Coordinator. Teams are **REQUIRED** to provide two (2) YMCA Officials for **each** Session 1 & 3. Please email the name, level, and session assignment for your team officials to elizabeth.rawls@icloud.com by January 21, 2019.

Timers will be coordinated through Kearsten Blake, Head Timer. Teams are **REQUIRED** to provide two (2) Timers for **each** Session 1 & 3. Your team will be contacted by Kearsten Blake keb7980@yahoo.com prior to January 21, 2019 to set a schedule. Coaches are encouraged to ensure coverage as noted on the schedule to expedite the meet.

SIGN-UP PROCEDURE: Please see the above sign-up procedures for Officials and Timers.

DECK CLEARANCE POLICY: Only coaches on the YMCA Approved Coach's List or USA-S Deck Pass will be allowed on deck. All volunteers shall be cleared by the Meet Director ONLY. All others will be asked to relocate.

ATTIRE: The standard uniform for Men and Women shall consist of a short sleeve, solid white, collared Polo/Golf shirt with Navy blue pants or shorts. Capri pants or skirts are also acceptable for women. White Polo shirts with a colored trim on the collar or banded sleeves are acceptable. A solitary YMCA of the USA, Brand Logo may be embroidered on the left breast. The Y Brand Logo may be embroidered with the lettering Swim Official, but no home team name or other designations are to be used. If desired, a plain white, short sleeve dress shirt is also acceptable, with the same embroidery as above.

White tennis shoes/sneakers are the preferred footwear on deck for comfort and safety. White shall be the predominant color, but trims or brand logos of a contrasting color are acceptable. White Crocs or white water sandals are acceptable.

The official should display his/her YMCA Officials Certification Patch suspended from a clip or lanyard.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches will check-in with Morgan Murray or Brett Tallents, Meet Directors. All swimmers will report to their Coaching Staff. Officials will check-in with the Head Referee at the Pool Office.



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COACHES MEETING/SCRATCH MEETING: There will be a mandatory Coach's meeting prior to **each** Session. A representative from each team **must** be present. Team Attendance will be taken to ensure all teams are accounted for. Coach's Packet will be available in the Granby Library.

OFFICIALS AND TIMERS MEETING:

There will be an Officials' Meeting one hour prior to each session to be held in/near the Pool Office.

There will be a Timers' Meeting one hour prior to each session to be held in the hallway outside of the locker rooms.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and District Commissioner Sandra Gantt.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and 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, 2018.

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 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.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Meet Referee/Administrative Official prior to the next scheduled event for the athlete.



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WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship. Warm-up schedules will be distributed to coaches upon arrival. Swimmers in the pool during warm-ups will be limited to those participants for the current session (i.e. Session 1 swimmers shall only consist of Class A, B, and C).

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.

READY BENCH: Swimmers must report to the designated bull-pen in the cafeteria stage area for seating prior to their events. From there, they will be escorted to the pool-deck holding area. D & E swimmers will be escorted to the blocks. A, B, and C swimmers will report to the blocks; it is the swimmers' responsibility to be at the block and ready to "step up" when his/her event is ready to swim.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts and all 25-yard events) should remain in the water at the completion of their race until the next heat has begun.

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 the Fulton Family YMCA website and in the hallway between the Granby cafeteria and gymnasium.

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



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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, volunteer timers and working officials.
- 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 containers and/or food are not permitted on deck or in the gymnasium.
- All food should be consumed in the cafeteria or designated Coach/Officials Hospitality Room. All garbage is the responsibility of each individual team.
- 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.
- 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.
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.

AWARDS AND RECOGNITION

SCORING:

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

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



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AWARDS: Medals for 1st place and ribbons to 2nd-12th place finishes will be awarded to swimmers. Trophies for each age group will be provided.

RECOGNITIONS: Senior Recognition will take place on Saturday prior to the start of Session 1. Each CNY Senior shall be introduced and recognized. A scholarship for one male and one female swimmer will be selected by the CNY Commissioner and Championship Committee.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet. Time trial entry fee is \$4.00 per individual event and \$16.00 per relay event.

TIME TRIAL LIMITS:

Note: USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: Time trial entries ***must*** be submitted as a Meet Manager file to Nicole Ames, Entry Chairperson via email at nstoutenger@gmail.com by Monday, January 21, 2019.

TIME TRIAL PROCEDURE: Individual time trials will be conducted at the conclusion of Session 1. Swimmers are responsible for providing two (2) timers.

SPECTATORS

ADMISSION FEE: There is no admission fee to attend the CNY YMCA District Championship Meet

HEAT SHEETS/PROGRAMS: District Programs will be available to pre-order online. Visit the Fulton YMCA Speed Demons District website for ordering details deadline. A limited amount of programs will be available for purchase on-site.

CONCESSION STAND: A full concession will be provided in the school cafeteria & kitchen.

ATHLETE APPAREL: District Apparel will be available to pre-order online. Visit the Fulton YMCA Speed Demons District website for ordering details and deadline. Select vendor apparel will also be available on-site for purchase.



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SEAT SAVING POLICY: There will be no seat saving. Each team will be provided with a set number of Spectator Passes for entry into the viewing area. Spectators are asked to leave the viewing area at the conclusion of their swimmers' event to allow for other spectators to enter the seating area.

HANDICAP SEATING: Handicap seating is available at the venue on-deck. Please see the Meet Director with any requests or questions upon arrival to the Championship Meet.

LOST AND FOUND: Any items found after the conclusion of the sessions will be turned over to the Lost & Found Coordinator. Items can be claimed in the Granby Library.

CONDUCT AND RESTRICTIONS:

- 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. Permission is granted by the Meet Director for handicap accessibility.
- 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 travel from their Association to the meet, during the entire period of the meet, and the period of travel to return from the meet to their Association. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S approval, it is understood and agreed that USA Swimming and Niagara 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



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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 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 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 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.



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EVACUATION PROCEDURE: If evacuation is deemed necessary, all persons shall evacuate the facility in accordance with posted and announced procedures.

DIRECTIONS

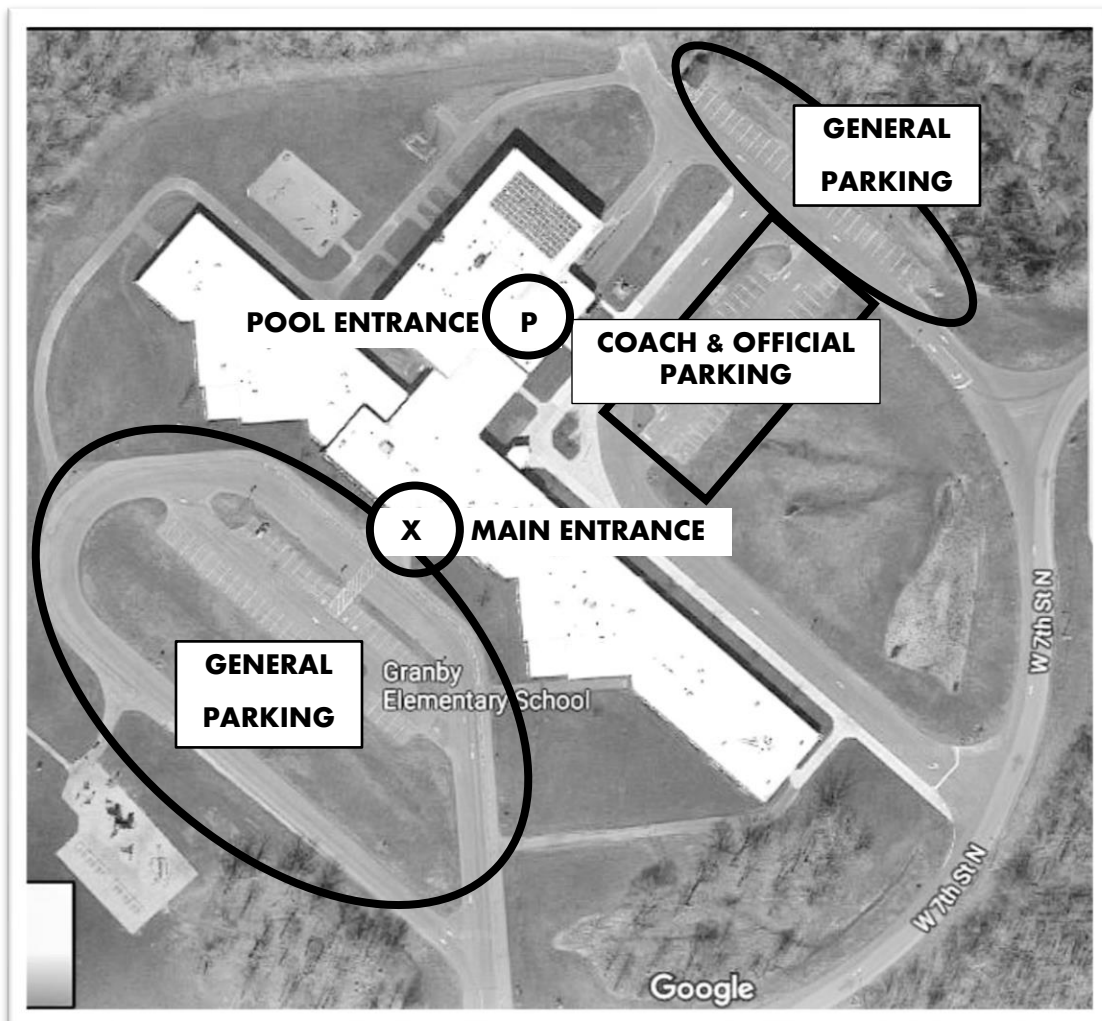
Google Maps Directions: Click [Here](#)

LODGING

[Fulton-Oswego Chamber of Commerce: Lodging](#)

PARKING

There is no parking fee to attend the CNY YMCA District Championship Meet





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APPENDIX 1: ORDER OF EVENTS

Day 1: Event #	Event Name	Day 2: Event #	Event Name
1	Girls 11-12 200 Medley Relay	55	Girls 8 & Under 100 Medley Relay
2	Boys 11-12 200 Medley Relay	56	Boys 8 & Under 100 Medley Relay
3	Girls 13-14 200 Medley Relay	57	Girls 9-10 200 Medley Relay
4	Boys 13-14 200 Medley Relay	58	Boys 9-10 200 Medley Relay
5	Girls 15 & Over 200 Medley Relay	59	Girls 8 & Under 100 Freestyle
6	Boys 15 & Over 200 Medley Relay	60	Boys 8 & Under 100 Freestyle
7	Girls 11-12 200 Freestyle	61	Girls 9-10 200 Freestyle
8	Boys 11-12 200 Freestyle	62	Boys 9-10 200 Freestyle
9	Girls 13 & Over 200 Freestyle	63	Girls 8 & Under 100 IM
10	Boys 13 & Over 200 Freestyle	64	Boys 8 & Under 100 IM
11	Girls 11-12 200 IM	65	Girls 8 & Under 100 IM
12	Boys 11-12 200 IM	66	Boys 8 & Under 100 IM
13	Girls 13 & Over 200 IM	67	Girls 8 & Under 25 Freestyle
14	Boys 13 & Over 200 IM	68	Boys 8 & Under 25 Freestyle
15	Girls 11-12 50 Freestyle	69	Girls 9-10 50 Freestyle
16	Boys 11-12 50 Freestyle	70	Boys 9-10 50 Freestyle
17	Girls 13 & Over 50 Freestyle	71	Girls 8 & Under 25 Butterfly
18	Boys 13 & Over 50 Freestyle	72	Boys 8 & Under 25 Butterfly
19	Girls 11-12 50 Butterfly	73	Girls 9-10 50 Butterfly
20	Boys 11-12 50 Butterfly	74	Boys 9-10 50 Butterfly
21	Girls 13 & Over 100 Butterfly	75	Girls 8 & Under 50 Freestyle
22	Boys 13 & Over 100 Butterfly	76	Boys 8 & Under 50 Freestyle
23	Girls 11-12 100 Freestyle	77	Girls 9-10 100 Freestyle
24	Boys 11-12 100 Freestyle	78	Boys 9-10 100 Freestyle
25	Girls 13 & Over 100 Freestyle	79	Girls 8 & Under 25 Backstroke
26	Boys 13 & Over 100 Freestyle	80	Boys 8 & Under 25 Backstroke
27	Girls 13 & Over 500 Freestyle	81	Girls 9-10 50 Backstroke
28	Boys 13 & Over 500 Freestyle	82	Boys 9-10 50 Backstroke
29	Girls Open 200 Freestyle Relay	83	Girls 8 & Under 25 Breaststroke
30	Boys Open 200 Freestyle Relay	84	Boys 8 & Under 25 Breaststroke
31	Girls 11-12 50 Backstroke	85	Girls 9-10 50 Breaststroke
32	Boys 11-12 50 Backstroke	86	Boys 9-10 50 Breaststroke
33	Girls 13 & Over 100 Backstroke	87	Girls 8 & Under 100 Freestyle Relay
34	Boys 13 & Over 100 Backstroke	88	Boys 8 & Under 100 Freestyle Relay
35	Girls 11-12 50 Breaststroke	89	Girls 9-10 200 Freestyle Relay
36	Boys 11-12 50 Breaststroke	90	Boys 9-10 200 Freestyle Relay
37	Girls 13 & Over 100 Breaststroke		
38	Boys 13 & Over 100 Breaststroke		
39	Girls 11-12 200 Freestyle Relay		
40	Boys 11-12 200 Freestyle Relay		
41	Girls 13-14 200 Freestyle Relay		
42	Boys 13-14 200 Freestyle Relay		
43	Girls 15 & Over 400 Freestyle Relay		
44	Boys 15 & Over 400 Freestyle Relay		
45	Mixed Open 400 IM Time		
46	Mixed Open 800 Free Relay Time Trial		
47	Mixed Open 200 Butterfly Time Trial		
48	Mixed Open 200 Backstroke Time Trial		
49	Mixed Open 200 Breaststroke Time Trial		
50	Mixed Open 1000 Freestyle Time Trial		
51	Mixed Open 400 Medley Relay Time Trial		
52	Mixed Open 1650 Freestyle Time Trial		



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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: CNY YMCA District Championship Meet

Meet Date(s): February 2nd & 3rd 2019

Meet Host: Fulton Family YMCA

Meet Location: Granby Elementary Pool

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 2019 CNY DISTRICT CHAMPIONSHIP SWIM MEET 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 2019 CNY DISTRICT CHAMPIONSHIP SWIM 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 FAMILY YMCA, their agents, representatives or assigns, and the GRANBY ELEMENTARY POOL for any and all injuries which may be suffered by participants at the 2019 CNY DISTRICT CHAMPIONSHIP SWIM MEET. Furthermore, we understand that the YMCA of the USA and FULTON FAMILY YMCA 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

Name and Signature of YMCA Executive Director or Designee



**CNY YMCA District Championship Meet 2019
February 2 & 3, 2019**

APPENDIX 4: PROGRAM ADVERTISING ORDER FORM

*2019 Central New York
YMCA District Swimming Championships*

Hosted by: Fulton Speed Demons

Program Advertising Order Form

_____	<i>Full Page 8"x10½"</i>	<i>Platinum Level Sponsor</i>	\$100
_____	<i>Half Page 8"x5"</i>	<i>Gold Level Sponsor</i>	\$60
_____	<i>Quarter Page 4"x5"</i>	<i>Silver Level Sponsor</i>	\$40
_____	<i>Business Card 2"x3½"</i>	<i>Bronze Level Sponsor</i>	\$20
_____	<i>Text Line Ad 1"x4"</i>	<i>Friends Level Sponsor</i>	\$10

****GRADUATING SENIOR SPECIAL: Send a color ad by December 1st****

All advertising should be formatted, properly sized, and electronically delivered by
Friday, December 15, 2018 to: FultonDistrictAds@gmail.com
Payment must be received no later than **Friday, December 22, 2018**.

If you have any questions please contact Patrick Doran at FultonDistrictAds@gmail.com.

Thank you for supporting the
2019 Central New York YMCA District Swimming Championships



Send To: Fulton YMCA Speed Demons
c/o Patrick Doran
1742 County Route 6
Fulton, NY 13069

Make checks payable to **Fulton YMCA Speed Demons**

Contact Name: _____
Contact Telephone: _____ Text Preferred? _____
Contact E-mail: _____



CNY YMCA District Championship Meet 2019
February 2 & 3, 2019

This is the last page of the Meet Announcement