
2023 BEDELL YMCA SECTIONAL SWIM MEET

MEET ANNOUNCEMENT

About the Championship

Date: February 11, 2023

Location: Bedell Family YMCA

Entry Deadline: Monday, February 6, 2023

Hosted by: Bedell YMCA Barracudas

Meet Director: Angie Gillespie email: angie.gillespie@okobojiymca.com

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ABOUT THE SECTIONAL CHAMPIONSHIP

This meet is a 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.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS:

The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet 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 Invitational 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. These times might be adjusted if necessary after we receive your entries.

Warm Ups: Doors open at 7:40 am

8:00-8:40 Bedell Lanes 1-6

8:45-9:25 Spencer Lanes 1-6

9:30-9:50 Algona Lanes 1-6

9:55-10:15 Forest City Lane 1-2, Sioux City Lanes 3-4, LeMars Lanes 5-6

Starts with sprints will be done the last 5 minutes of each warm up.

9:30 Officials Meeting in Meeting Room

9:45 Timers Meeting in Meeting Room

10:25 Swimmers' Events will be called to the pool holding area

10:30 Welcome and National Anthem on the Pool Deck

10:35 Competition Begins

20 Minute Break After Event #62



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Inclement Weather/Cancelation: In the event of inclement weather, the Sectional Swim Meet start time could possibly be delayed. Angie will notify all teams in the event that the start time would be delayed.

LOCATION AND FACILITY

Location: Bedell Family YMCA, 1900 41st Street, Spirit Lake, IA

Emergency Phone Number: 712-336-9622

The Bedell YMCA Mueske Family Pool is configured as a 6 lane, 25 yard course. Water depth at start is 9 feet (minimum 5 feet required) and at turn end is 4 feet. Daktronics electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)

Spectator seating is available in the pool and also outside the pool area. Please try to use these areas only when your child is swimming. Swimmers who are NOT currently swimming will NOT be allowed in the spectator seating areas. NO coolers or coats are allowed in the spectator seating areas. NO FOOD OR GLASS in the pool area! Spectators may enter and exit the pool and viewing areas through the locker rooms.

Swimmers' camp area will be located on the North End of the building. Each team will have a designated area. Coolers and parents' belongings may be stored in this area. It is recommended that there be a parent from each team in your team camp area at all times if possible.

Team Camps MUST BE CLEANED UP before the coach can pick up their team awards. Coaches will get a release form after their area is cleaned up.

WEB SITE

Meet Information can be found at: www.iowaymcaswimming.org

Online Meet Results: Meet Mobile results are not available.



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CONTACT INFORMATION

Meet Director: Angie Gillespie Email: angie.gillespie@okobojiymca.com

Entry Chairperson: Cryss Quanbeck Email: angie.gillespie@okobojiymca.com

Meet Referee: JP Haulard and Tim Meyer

Email: angie.gillespie@okobojiymca.com

Administrative Official: Cryss Quanbeck

Email: angie.gillespie@okobojiymca.com

Officials Coordinator: Angie Gillespie and Sandy Holck

Email: angie.gillespie@okobojiymca.com
tigersharks@spencerymca.org

Iowa Committee Chairperson: Sandy Holck

NOTICES

The Bedell Family YMCA will be open to their members and daily pass participants. Places that are off limits for the swimmers and spectators are the walking track, weight room, cardio and wellness center rooms, and basketball courts.

Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.

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.



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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.

Age: An athlete must be at least five (5) years of age, and not older than twenty-one (21) years of age on the first day Meet.

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, 2022. **Per Donald, swimmers do NOT have to have swam in 3 meets since the meet is not sanctioned.**

Times: There are no qualifying times to enter the Sectional Meet. During the Sectional Meet, swimmers will have the opportunity to achieve a qualifying time allowing them to swim at the 2023 Iowa YMCA State Championship Meet.

NEW!! If swimmer has already achieved a qualifying time AND is listed in the top 8 of the most recently posted Top Times Report that Lydia posts online, swimmer must swim that event EXH. If they are not in the Top Times Report, but still have qualifying time, they do NOT need to EXH that event.

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.



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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.

ENTRY INFORMATION

ENTRY LIMITS: Each swimmer may enter a total maximum of three individual events in their age group and two relay events. A swimmer may only age up one age group for relay purposes only. A swimmer may swim in each relay event only once. **Per Donald, since this meet is not sanctioned swimmers may age up for Regional qualifying purposes.**

QUALIFICATION PERIOD: The qualification period is September 1, 2022 through the entry deadline to swim in 3(not necessary this year) YMCA Closed Swim Meets.

TIME STANDARDS: None are needed to enter meet.

TIMES: Submit entry times in **actual times (no conversion)**. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: \$15 per swimmer

OTHER: : <https://www.companycasuals.com/CTRLMarketing>

ENTRY DEADLINE:

Your entries must be received by midnight on **Monday, February 6th**.



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ENTRY PROCEDURE:

Please email your entries to **Angie Gillespie**, angie.gillespie@okobojiymca. **AND** YMCA results committee at iowaswimresults@gmail.com

Please submit entries in sd3 or zip format **AND** also a pdf or word file listed by swimmers' name and a separate relay pdf file. Also send a Team Roster in zipped format.

After entries are received and entered, each team will be sent a file of your entries to be double checked by **NOON on Thursday, February 9th**. If you would like to have more time to review your entries, than please send them before February 7th.

PAYMENT:

Sectional entry fees with Championship Meet Fee Form and hard copy of meet entries are to be mailed by February 28 to:

Iowa YMCA Competitive Swimming
c/o Donald Pirrie
1614 West Mount Vernon Rd
Mount Vernon, IA 52314

OVER-SUBSCRIPTION:

All coaches are expected to model YMCA core Values in all aspects of the meet, including team registration, submission of entries, and the meet itself. Anyone found to have falsified information about the eligibility of a swimmer, or to have altered any official document (including meet results), may, along with their team, be subject to severe disciplinary action. The offending team's Executive Director will be notified promptly and asked to help resolve such issues.

VOLUNTEERS/OFFICIALS/TIMERS

TIMERS:

ALL teams are responsible for providing 2 timers for one lane for the entire day. Plus, a 3rd person for 25-yard events. You may create your own timer's schedule for your assigned lane.

Lane 1 LeMars/Sioux City
Lane 2 Algona
Lane 3 Bedell

Lane 4 Bedell
Lane 5 Spencer
Lane 6 Forest City



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CLERK OF COURSE VOLUNTEERS:

This year Bedell is assigning volunteers from other teams to help in clerk of course.

Algona: 1 for each half

LeMars: 1 for each half

Spencer: 1 for each half

SIGN-UP PROCEDURE:

Please email your list of timers/clerk of course volunteers to Angie Gillespie at angie.gillespie@okobojiymca.com by Tuesday, February 7th.

OFFICIALS:

We welcome and NEED officials from other teams. Please reach out to your YMCA Certified Swim Team Officials to volunteer during the Bedell Sectional Swim Meet, please have them contact Angie Gillespie, angie.gillespie@okobojiymca.com by January 31, 2022.

ATTIRE: Please bring your white shirts and navy shorts or pants and your Officials patch. You will not be allowed on the pool deck without your patch.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE:

Coaches check-in will be in the Conference Room located by the front desk. Please remember to bring a photo ID and your Championship Meet Deck pass from Y-USA to receive your coaches' packets with Sectional Meet deck pass. The check-in room is also the coaches' hospitality room to the right of the front desk.

Coaches ONLY area is located on the South side of the pool. Only coaches with deck passes will be allowed in this area. Coaches will be allowed behind the starting blocks.

COACHES MEETING/SCRATCH MEETING:

9:00am in Conference Room, located to the right of the front desk.

OFFICIALS AND TIMERS MEETING:

9:30am Officials Meeting in Conference Room

9:45am Timers Meeting in Conference Room



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Championship Procedures and Operations

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and Iowa Swimming Committee Representative.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern 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, 2022.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserves 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 Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. 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.



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READY BENCH: According to Iowa Y Swimming Sectional and State Championship Swimming Handbook there will be a modified clerk of course. Swimmers are responsible for lining up for their events in their correct Heat and Lane. **Please instruct swimmers to write event, heat and lane on their arm or leg.**

The pool hallway will be the designated area for swimmers 9 and over to wait for their next event. They should enter this area via the main hallway & NOT the pool deck door. The pool deck door will be one way traffic for swimmers to enter the pool deck when directed by the Clerk of Course for their event/heat. Please remind your swimmers this is a **QUIET AREA** and they need to remain QUIET while they are in the holding area. The 8 and under swimmers will line up on the pool deck and should enter this area via the locker rooms. Bedell will be providing parent volunteers to help direct the swimmers that are in the holding area, especially the younger ones.

8 and unders WILL HAVE a clerk of course on the pool deck. If each team could also provide a parent volunteer(s) to help with their 8 and unders—especially relays, this would be very helpful for all teams and swimmers.

We will be calling events in the Team Camps (Character Center & Racquetball Courts) to the pool so swimmers will have time to get to their next event. 8 and unders WILL NEED to go directly to the Pool Deck via the locker rooms to line up. 9 and over swimmers will line up in the hallway leading to the pool deck. The swimmers are responsible for getting to their events on time. Swimmers may exit the pool area through the locker rooms to return to their camp area.

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.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted throughout the facility as events are completed. Final results will be posted to the Iowa YMCA Swimming Website by the Wednesday following the meet.

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

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).



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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.
- 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, Food, and Chairs are not permitted on deck.
- 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.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permit in any areas of the facility.
- NO Running! The floors get slippery and wet.
- **Swimmers are expected** to wear flip flops, crocs, or some type of deck sandal at all times. This is to increase not only the safety of the swimmers from falling, but also for our older parent/grandparent spectators.
- Lockers are for changing and showers only and as a pass thru to and from the pool. They are not a play area.
- Areas that are OFF Limits:
 - Walking Track
 - Weight Room
 - Cardio and Wellness Center Rooms
 - Basketball Courts



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AWARDS AND RECOGNITION

SCORING: Events will be scored through 8th place as follows:

Individual Events: 9,7,6,5,4,3,2,1

Relay Events: 18,14,12,10,8,6,4,2

AWARDS: Medals will be awarded for 1st thru 3rd place. Ribbons will be awarded for 4th thru 8th place. Each swimmer will receive a participation ribbon.

SPECTATORS

ADMISSION FEE: None

HEAT SHEETS/PROGRAMS: Will be available for \$2 at the concession stand

CONCESSION STAND: Located in the Character Center serving lunch items

HANDICAP SEATING: Will be available in the pool viewing area

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.
- 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 return to their Association. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- 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.



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EVACUATION PROCEDURE: In the event of an emergency that requires evacuation, everyone will be evacuated out the emergency doors located with EXIT signs.

PARKING

Parking is available in the Bedell YMCA parking lot in the front and to the side of the YMCA. Parking is also available along the side streets around the YMCA.



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Iowa YMCA Order of Events and State Qualifying Times

VALID THROUGH 2024 SEASON



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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: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

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 [MEET_NAME] _____ 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 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 [MEET_NAME] _____. 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, [MEET_HOST_ORGANIZATION] _____, their agents, representatives or assigns, and the [MEET_LOCATION] _____ for any and all injuries which may be suffered by participants at the [MEET_NAME] _____. Furthermore, we understand that the YMCA of the USA and [MEET_HOST_ORGANIZATION] _____ 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



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**This is the last page of the Meet Announcement
Date of Template: August 2019**