YMCA Regional Junior Age Group Championships

Hosted by the York YMCA Aquatic Club

Friday-Sunday – March 12-14, 2021

Meet is Approved by Middle Atlantic Swimming, Inc
Approval # MA 2119 AP

LOCATION	YMCA of York & York County – Graham Aquatic Center 543 North Newberry Street York, PA 17404
EMERGENCY PHONE NUMBER	**DAY OF MEET**: 717-676-1335
FACILITIES	The Graham Aquatic Center is a new indoor facility with a possible 16-lane, 25-yard configuration. Primary configuration will consist of eight 9-foot-wide lanes for competition (6' depth at the start end and 5' depth at the turn end), and six 7-foot-wide lanes for warmup/ warm-down (5' depth at both ends). The competition course has been certified in accordance with 104.2.2C(4). Permanent bleacher seating for 750+; very large deck area for swimmers, coaches and officials. Daktronics OmniSport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 54.0 software. Concession area with promenade overlooking competitive pool; with flat screen TVs and free Wi-Fi. Free parking is available; capacity 550.
MEET DIRECTOR / SAFETY DIRECTOR	Brian Gunn 722 Dogwood Circle York, PA 17403 717-676-1335 bgunn@accomhs.com Please direct all questions about the meet to the Meet Director.
MEET ENTRIES	Brian Gunn. 717-676-1335 Email: bgunn@accomhs.com Deadline for entries is Midnight, March 1.
OFFICIALS COORDINATOR	Eric Harnish. All USA & YMCA Swimming certified officials and trainees are invited to assist in the operation of the meet. If interested in assisting during the meet, please email Eric at eharnish1@comcast.net. Officials will receive free admission to the meet.

SWIMMERS WITH DISABILITIES	Swimmers with disabilities are welcome to enter this meet. A coach or team representative 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.
ELIGIBILITY	This is a closed YMCA, USA-S approved competition, open to YMCA swimmers who attain the qualifying time and are attached to an invited YMCA Team. All swimmers MUST be full-privilege members of their YMCA at least 30 days prior to the date of competition. Swimmers' ages are as of December 1, 2020. Swimmers may swim a maximum of 3 events in his/her age category per day.
ENTRY LIMITS	A swimmer may swim a maximum (3) events per day. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers eliminated from the meet due to time or space constraints will be given a full refund. Deck entries will not be accepted.
EVENTS / SESSIONS	Distance events 400 Yards and longer will be swim fast to slow by gender. Timers will be supplied, but counters will be the responsibility of the swimmer/coach. Each team may have a maximum of 1 relay per event. Relay only swimmers are not allowed. Any relay swimmer must have qualified for an individual event. Relays are timed finals with the top 8 seeded relays swimming with finals. For 10&Under the top 8 make finals, for 11 & Above the top 16 make finals. **This meet will be USA approved**, meaning that the times achieved by all currently registered USA Swimming members will be recorded in the SWIMS database. USA Swimming & Middle Atlantic 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.
WARMUP TIMES/ SESSION STARTS	

Session	Session Title	Warmup	Start
1	Friday Evening Open Distance	3:30pm	5:00pm
2	Saturday Morning Prelims (13-14)	7:00am	9:00am
3	Saturday Afternoon Prelims (9-12)	12:00pm	1:30pm
4	Saturday Evening Finals	4:30pm	5:45pm
5	Sunday Morning Prelims (13-14)	7:00am	9:00am
6	Sunday Afternoon Prelims (9-12)	12:00pm	1:30pm
7	Sunday Evening Finals	4:30pm	5:45pm

RULES / SAFETY	This meet will be conducted according to current YMCA/USA swimming rules and safety procedures. This meet will be conducted using the whistle command and no-recall false start procedures. 'Fly-over' starts will be used at this meet in all sessions. Except for backstroke events, all swimmers should remain in the water at the completion of their race until the next race begins. No diving will be permitted during warm-ups, except limited diving from the starting block end in announced sprint lanes. When diving is permitted, the swimmer must enter from the starting block end and exit from the opposite end of the pool. All entries must be feet-first other than the above mentioned. Sprint lanes will typically open no later than 30 minutes prior to the end of each warm-up session. Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. **ANY SWIMMER OBSERVED SWIMMING UNDER THE BULKHEAD BY AN OFFICIAL OR SAFETY MONITOR AT THE MEET WILL BE DISQUALIFIED FROM THAT SWIMMER'S NEXT INDIVIDUAL EVENT, OR FROM THE REMAINDER OF THE MEET, AS DETERMINED BY THE MEET REFEREE. THIS POLICY WILL BE STRICTLY ENFORCED.** **NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME.** Swimmers are not permitted to be in the spectator seating at any time. Deck access is limited to swimmers, coaches, officials and meet volunteers. All coaches and swimmers must be registered with the YMCA of the USA. Coaches must display their valid YMCA Swimming Credentials to be permitted on the pool deck. Officials must display their valid YMCA or USA credential in order to be permitted on deck. **Deck changes are prohibited.** **RECORDING BAN** – The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms. 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.

SPECIAL MESSAGE REGARDING COVID-19	We have taken enhanced health and safety measures – for you, our volunteers, and competitors. You must follow all posted instructions while visiting and/or participating in this competition. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By entering the YMCA Campus, you voluntarily assume all risks related to exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
ENTRIES	Electronic entries shall be submitted using Hy-Tek or compatible software. Entries for which a swimmer has no time shall be entered as “NT”. Electronic entries shall be emailed to bgunn@accomhs.com. Entries shall be submitted in the course in which they were achieved. Entries submitted with short course or long course meters times will be converted to yard times for seeding. As per Middle Atlantic rules, a $15 per swimmer fee will be assessed for all entries submitted on paper rather than electronically. An additional $25 per swimmer fee will be charged to any team submitting entries for five (5) or more swimmers manually. Electronic entries will be considered the official entries. Electronic data supersedes any information contained on teams’ entry printouts with respect to resolution of errors/discrepancies. Payment and manual entry summary sheets should be mailed to: Brian Gunn 722 Dogwood Circle York, PA 17403
ENTRY FEES	$7.00 per event. There will be a $5 surcharge per swimmer. Deck entries will not be accepted. Make checks payable to “York YMCA Aquatic Club”.

INQUIRIES	Refer questions about the meet to Brian Gunn, Meet Director, at 717-676-1335 (evenings & weekends). E-mail: bgunn@accomhs.com
Live Streaming	This meet will be closed to spectators on deck, but there will be a live stream link that will be posted on www.swimyorky.org during the meet.
FINAL RESULTS	Final results will be posted on the York YMCA Aquatic Club websites, www.swimyorky.org within 48 hours of the conclusion of the meet and transmitted to all clubs submitting meet entries electronically.
DIRECTIONS	See next page.

RELEASE STATEMENT:

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.

The YMCA of York & York County – Graham Aquatic Center and the York YMCA Aquatic Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

YMCA Regional Junior Age Group Championships

March 12th- 14th 2021

York YMCA - Graham Aquatic Center

YORK YMCA

Friday March 12th 2021

Friday Session 1 Timed-Finals (Ages 10&U)

Boys QT	EVENT	Girls QT
7:09.44	10&U 500 Free	7:08.39

Friday Session 1 Timed-Finals (Ages 11-12)

Boys QT	EVENT	Girls QT
5:38.09	11-12 400 IM	5:36.30
6:07.49	11-12 500 Free	6:06.39

Friday Session 1 Timed-Finals (Ages 13-14)

Boys QT	EVENT	Girls QT
4:58.82	13-14 400 IM	5:14.15
5:33.78	13-14 500 Free	5:47.85

Saturday March 13th 2021

Saturday Session 2 Prelims (Ages 13-14)

Boys QT	EVENT	Girls QT
2:18.59	13-14 200 Back	2:24.47
1:11.81	13-14 100 Breast	1:16.74
2:24.05	13-14 200 Fly	2:32.13
55.74	13-14 100 Free	59.20
2:17.75	13-14 200 IM	2:25.94
X	13-14 200 Free Relay	X

Saturday Session 3 Prelims (Ages 10&U and 11-12)

Boys QT	EVENT	Girls QT
2:17.33	11-12 200 Free	2:16.38
1:25.04	10&U 100 Back	1:25.04
1:11.70	11-12 100 Back	1:10.76
44.93	10&U 50 Breast	44.71
37.79	11-12 50 Breast	37.26
1:28.61	10&U 100 Fly	1:28.19
1:12.23	11-12 100 Fly	1:11.07
32.85	10&U 50 Free	33.17
28.65	11-12 50 Free	28.65
3:03.74	10&U 200 IM	3:02.69
2:36.02	11-12 200 IM	2:35.49
3:01.32	11-12 200 Breast	2:58.49
X	10&U 200 Fr Relay	X
X	11-12 200 Fr Relay	X

Saturday Session 4 FINALS (All Ages)

Sunday March 14th 2021

Sunday Session 5 Prelims (Ages 13-14)

Boys QT	EVENT	Girls QT
2:02.10	13-14 200 Free	2:08.61
1:02.57	13-14 100 Fly	1:06.87
25.71	13-14 50 Free	27.39
1:03.41	13-14 100 Back	1:06.76
2:39.37	13-14 200 Breast	2:47.67
X	13-14 200 Med Relay	X

Sunday Session 6 Prelims (Ages 10&U and 11-12)

Boys QT	EVENT	Girls QT
2:37.28	11-12 200 Back	2:34.13
2:40.01	10&U 200 Free	2:39.48
31.48	11-12 50 Fly	31.38
36.95	10&U 50 Fly	36.94
1:02.99	11-12 100 Free	1:02.99
1:13.49	10&U 100 Free	1:13.49
33.38	11-12 50 Back	33.16
38.42	10&U 50 Back	38.42
1:23.04	11-12 100 Breast	1:21.26
1:36.90	10&U 100 Breast	1:35.95
2:47.99	11-12 200 Fly	2:47.99
1:23.46	10&U 100 IM	1:23.46
1:12.12	11-12 100 IM	1:11.91
X	10&U 200 Med Relay	X
X	11-12 200 Med Relay	X

Sunday Session 7 FINALS (All Ages)

*Relays are timed finals. A team is permitted one relay per event. Top 8 Relays will swim at Finals.

* No relay only swimmers. Must have an individual qualifying time.

Directions to Graham Aquatic Center

Note: The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

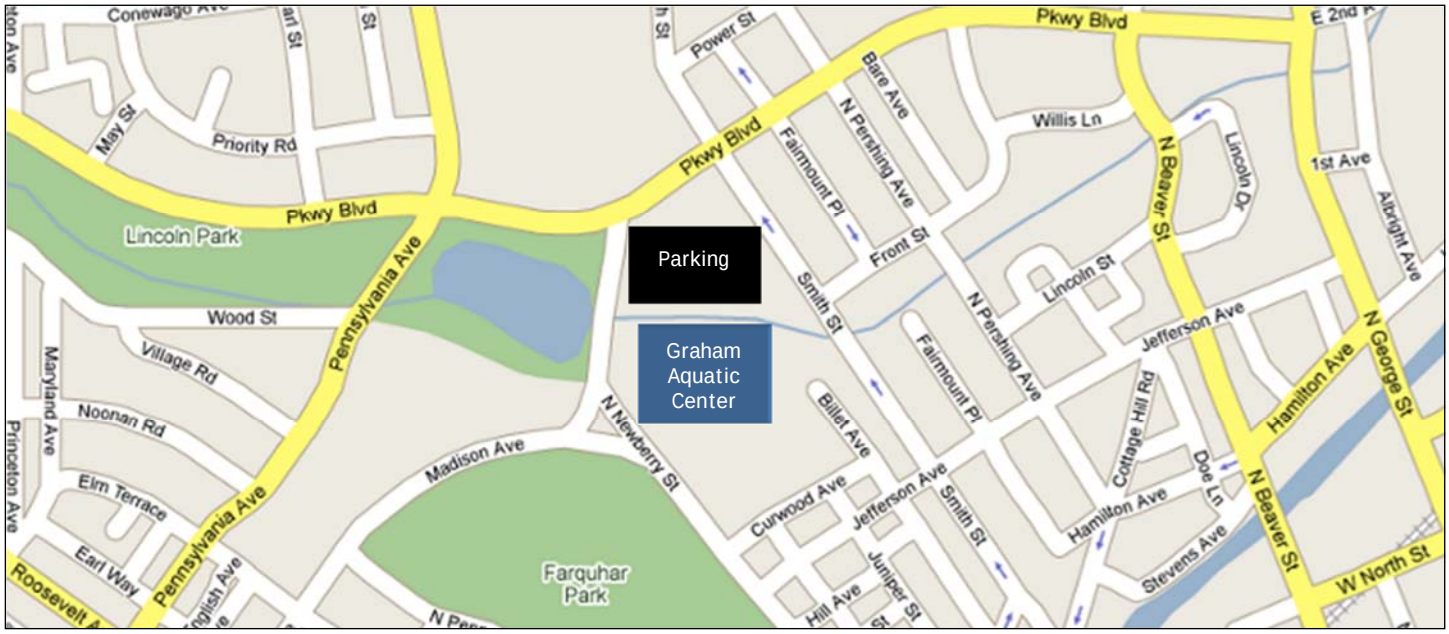
From northbound Interstate 83:
Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound Interstate 83:
Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street. ***NOTE:*** *Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George.* Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From eastbound US Route 30:
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

From westbound US Route 30:
Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

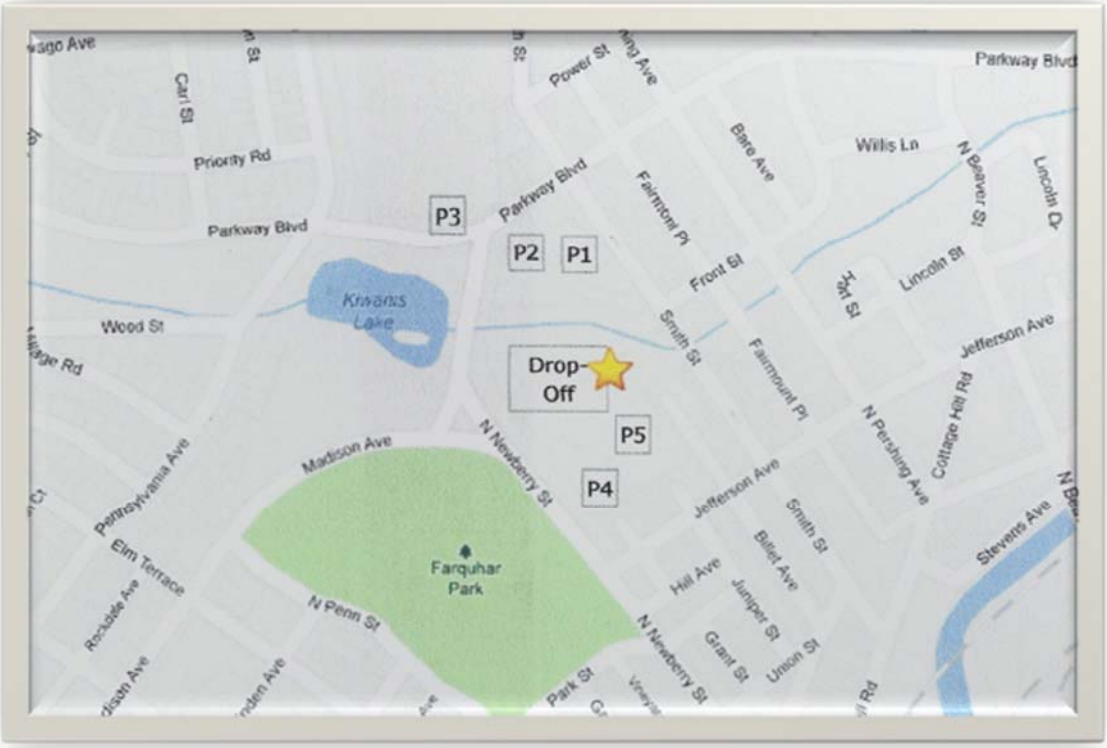
From southbound PA Route 74:
Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.



Graham Aquatic Center
543 North Newberry Street
York, PA 17404

PARKING MAP

Ample parking is available in five general areas within walking distance of the Graham Aquatic Center. Swimmers may be dropped off at the circular entrance located at 543 North Newberry Street. There is also limited handicapped parking at this location. Upon drop-off, cars may proceed to any of the parking areas detailed below. Please secure all valuables when you park.

PLEASE NOTE: PARKING IN ALL LOTS MUST BE IN LINED SPACES ONLY. PLEASE DO NOT BLOCK FENCES, GARAGES, OR INTRUDE ON PRIVATE PROPERTY IN THESE LOTS. TOWING MAY BE ENFORCED.

★	Graham Aquatic Center/Swimmer Drop-off/Handicap Parking
P1	Graham Aquatic Center Lot (enter off Parkway Dr. and cross bridge to pool)
P2	Grace Brethren Church Lot** (enter off N. Newberry St. and cross bridge to pool) ***No Parking on Sunday, please…*
P3	Met-Ed Visitor Lot (enter off Parkway Dr. and walk up N. Newberry St. to pool)
P4/P5	Ferguson Elementary – Upper/Lower Visitor Lot (enter off N. Newberry St. and walk down N. Newberry St. or down path behind pool)