

## Y In Central Maryland Blue Crabs

Final Countdown

Hosted by Y in Central Maryland

January 26 -27, 2019

Held at Edward T. Hall Aquatics Center, 130 Auto Drive, Prince Frederick, MD 20678

**Held under the Approval of USA Swimming, Inc., issued by Maryland Swimming, Inc.**

Approval # MD 18-19 – AM006

YMCA Sanction number: CAQ-2018-MD10249023

In granting this Approval it is understood and agreed that USA Swimming and MD 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 event. USA Swimming Article 202.6.6C

*This meet is held under the dictates of the MD Swimming Honor Code/Code of Conduct available at [www.mdswim.org](http://www.mdswim.org). All participants, coaches, officials, management and spectators will be held to the standards set within*

<b>CERTIFIED MEET DIRECTOR</b> Melanie Greenhill <a href="mailto:melaniegreenhill@ymaryland.org">mailto:melaniegreenhill@ymaryland.org</a>	<b>CERTIFIED MEET ENTRY COORDINATOR</b> Melanie Greenhill <a href="mailto:melaniegreenhill@ymaryland.org">mailto:melaniegreenhill@ymaryland.org</a>
<b>MEET REFEREE</b> Robert Johnson <a href="mailto:johnsra@comcast.net">johnsra@comcast.net</a> Meet Notice approved by referee: YES	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b> Melissa Cherry
<b>OFFICIALS CONTACT</b> Felicia Simpson <a href="mailto:jsimp0715@gmail.com">mailto:jsimp0715@gmail.com</a>	<b>ADMIN OFFICIAL</b> TBD

### FACILITY

The Edward T. Hall Aquatic facility features an indoor ten lane 25 yard pool, non-turbulent lane lines and continuous flow through gutters. The competition course shall consist of eight 25 yard long lanes established between the end of the pool and a movable bulkhead. Two lanes will be available for continuous warm-up/warm-down during the meet. The meet will be conducted using the Colorado electronic timing system with touchpads. The depth of the competition pool varies from 13 feet to 8.6 feet.

**The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.**

**MEET TIMELINE:**

Session	Day	Warm-up	Meet Start	Age Group
I	Saturday	8:00 a.m.	9:00 a.m.	12 & Under
II	Saturday	1:15 p.m.	2:15 p.m.	13 & O
III	Sunday	8:00 a.m.	9:00 a.m.	12 & U
IV	Sunday	1:15 p.m.	2:15 p.m.	13 & O

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Friday, January 11, 2019	7:00 p.m.	Entry deadline
Saturday, January 26, 2019	7:30 a.m.	Coaches/General Meeting
Saturday, January 26, 2019	8:20/8:40 a.m.	Official/Timers Briefings
Saturday, January 26, 2019	1:40/2:00 p.m.	Official/Timers Briefings
Sunday, January 27, 2019	8:20/8:40 a.m.	Official/Timers Briefings
Sunday, January 27, 2019	1:40/2:00 p.m.	Official/Timers Briefings

**SAFETY**

The MDSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in non-competition warm up areas.

All swimmers MUST dry off, have clothing AND shoes upon leaving the pool area!! The hallways MUST stay as dry as possible. There is to be NO BALL PLAYING OR All meet participants and family members MUST remain in the areas of the building allotted to meet attendees. Anyone outside of the appropriate areas will be asked to leave the meet. Marshalls will enforce the rules for safety.

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.

**RACING STARTS**

Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing **both** a forward racing start and a backstroke start, or must start each race from within the water. When un-accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RULES**

This meet is a YMCA sanctioned closed YMCA invitational 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.

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms. Deck changes are prohibited.

## ELIGIBILITY

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 30 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition between Sept 1, 2018 and March 3, 2019.

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 eighteen (18) years of age as of the first day of the meet.

Times: BB Times and faster

**There will be no on deck registration available at this meet. A swimmer's age on the first day of the meet will determine their age for the entire meet**

## TEAM REGISTRATION/ LIABILITY INSURANCE

Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

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. 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.

## SWIMMERS WITH DISABILITIES

**The Y in Central Maryland welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the Y in Central Maryland's ability to accommodate all requests.**

## HEALTH GUIDELINES

**All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24 hour period. Swimmers will need to be cleared by the Meet Referee in order to return to competition.**

## ENTRIES

All entries MUST be submitted via Hy-tek's Team Manager. Email is preferred for electronic entries

A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by Monday, January 21 to be considered complete and entries confirmed. Entries will not be considered complete until fees are received.

The Y in Central Maryland Team entries will be entered first and then accept teams/entries in the order received, until the four/five hour rule is reached. Entries received thereafter will be returned immediately.

CPSL teams will have priority, if space allows the met will be opened to teams outside the CPSL.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of 4 individual events per day and a total of 8 individual events.

**ENTRY VERIFICATION** An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**ENTRY DEADLINES** **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck registrations.**

**ENTRY FEES**

**Make checks payable to:** Y in Central Maryland.  
Fees are refundable at the discretion of the Y in Central Maryland.  
Entry fees and forms should be mailed to: Melanie Greenhill, 4331 Montgomery Road, Ellicott City, 21043

<b>Facility Surcharge</b>	<b>\$8.00 per Swimmer</b>
Individual Event	\$6.00 per event

**SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

**SCRATCHES** 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.

**RESULTS** **Results will be posted on the Y in Central Maryland and MDSI’s website within 24 hours of the meet’s conclusion.** At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

**COACHES** 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 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.

**There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.**

**OFFICIALS/  
TIMERS**

There will be a need for officials. The Y in Central Maryland Swim Team welcomes and encourages anyone willing to volunteer to contact the Meet Referee prior to the meet or sign in once you arrive at the meet.

**Teams will be required to supply timers.**

**Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.** Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

**VOLUNTEER  
SAFESPORT  
REQUIREMENTS**

All volunteers **MUST TAKE** the following child abuse prevention and reporting training: Praesidium's Athlete Protection training AND Praesidium's Duty to Report: Mandated Reporter Requirements and Best Practices training. **AND** All Volunteers must undergo a background check.

Officials who are USA-S certified officials who are USA-S registered do not need to take the Praesidium Training or undergo a background check since they are required to take an approved training under USA-S policy.

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

**WARM-UP**

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. **In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. There is to be no diving or horseplay in this area.**

**SPECTATORS**

**HEAT SHEETS:** Meet Mobile will be utilized.

**T-SHIRTS:** There will be a T-shirt vendor on site to sell meet shirts and other swim related shirts.

**SEATING:** Spectators will not be allowed on the pool deck. Spectator seating is in the viewing gallery.

**CONDUCT AND RESTRICTIONS:**

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator stands.
- 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.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

**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.

# ORDER OF EVENTS & QUALIFYING TIMES

**Saturday January 26, 2019**

## **Session I**

**Warm-ups: 8:00 AM**  
**Meet Starts: 9:00 AM**

<b><u>Girls</u></b>	<b><u>Age group</u></b>	<b><u>Event</u></b>	<b><u>Boys</u></b>
1	15 & O	200 Free	2
3	10 & U	100 Free	4
5	15 & O	100 Breast	6
7	10 & U	50 Breast	8
9	15 & O	100 Fly	10
11	10 & U	50 Fly	12
13	15 & U	200 Back	14
15	10 & U	100 Back	16
17	15 & O	100 Free	18
19	10 & U	200 Free	20
21	Open	400 IM	22

**Saturday January 27, 2019**

**Session II**

**Warm-ups: 1:15 p.m.**

**Meet Starts: 2:15 p.m.**

<b><u>Girls</u></b>	<b><u>Age group</u></b>	<b><u>Event</u></b>	<b><u>Boys</u></b>
23	13-14	100 Breast	24
25	11-12	50 Breast	26
27	13-14	200 Free	28
29	11-12	200 Free	30
31	13-14	100 Fly	32
33	11-12	50 Fly	34
35	13-14	100 Free	36
37	11-12	100 Free	38
39	14 & U	200 Back	40
41	11-12	100 Fly	42



**Sunday January 26, 2019**

**Session III**

**Warm-ups: 8:00 AM**

**Meet Starts: 9:00 AM**

<b><u>Girls</u></b>	<b><u>Age group</u></b>	<b><u>Event</u></b>	<b><u>Boys</u></b>
43	10 & U	100 IM	44
45	15 & O	200 Fly	46
47	10 & U	100 Fly	48
49	15 & O	50 Free	50
51	10 & U	50 Free	52
53	15 & O	200 Breast	54
55	10 & U	100 Breast	56
57	15 & O	100 Back	58
59	10 & U	50 Back	60
61	15 & O	200 IM	62
63	10 & U	200 IM	64
65	Open	500 Free	66

**Sunday January 26, 2019**

**Session IV**

**Warm-ups: 1:15 p.m.**

**Meet Starts: 2:15 p.m.**

<b><u>Girls</u></b>	<b><u>Age group</u></b>	<b><u>Event</u></b>	<b><u>Boys</u></b>
67	11-12	100 IM	68
69	13-14	100 Back	70
71	11-12	50 Back	72
73	13-14	50 Free	74
75	11-12	50 Free	76
77	14 & U	200 Breast	78
79	11-12	100 Back	80
81	14 & U	200 Fly	82
83	11-12	100 Breast	84
85	14 & U	200 IM	86

### 2019 Final Countdown Qualifying Times - BOYS

EVENT	10 and Under Boys	11 & 12 Boys	13 & 14 Boys	15 and Over Boys
50 FREE	34.49	30.29	27.89	26.79
100 FREE	1:18.79	1:05.89	1:00.89	58.39
200 FREE	2:47.99	2:24.59	2:12.79	2:07.49
500 FREE	7:26.99	6:27.49	5:58.99	5:45.99
50 BACK	42.39	35.29		
100 BACK	1:29.69	1:15.79	1:06.89	1:03.49
200 BACK		2:40.29	2:25.89	2:19.19
50 BREAST	46.59	39.59		
100 BREAST	1:41.89	1:25.49	1:15.59	1:12.09
200 BREAST		3:00.99	2:45.59	2:36.59
50 FLY	40.49	34.19		
100 FLY	1:37.99	1:16.49	1:06.39	1:03.39
200 FLY		2:43.99	2:26.99	2:20.59
100 IM	1:29.39	1:14.99		
200 IM	3:13.19	2:44.19	2:28.59	2:21.79
400 IM		5:46.39	5:17.39	5:05.59

### 2019 Final Countdown Qualifying Times - GIRLS

EVENT	10 and Under	11 & 12	13 & 14	15 and Over
50 FREE	35.19	31.49	30.29	29.79
100 FREE	1:19.99	1:08.29	1:05.79	1:04.59
200 FREE	2:57.39	2:29.69	2:22.19	2:19.19
500 FREE	7:35.49	6:38.39	6:20.09	6:12.09
50 BACK	41.89	35.59		
100 BACK	1:30.69	1:18.49	1:11.69	1:10.09
200 BACK		2:43.99	2:35.39	2:32.39
50 BREAST	47.49	39.99		
100 BREAST	1:44.99	1:27.39	1:22.39	1:20.69
200 BREAST		3:08.59	2:58.29	2:54.69
50 FLY	41.79	34.09		
100 FLY	1:39.09	1:18.29	1:11.39	1:09.99
200 FLY		2:47.89	2:37.89	2:34.89
100 IM	1:31.69	1:18.39		
200 IM	3:15.59	2:47.79	2:39.19	2:36.19
400 IM		5:56.79	5:39.69	5:31.99

**Final Countdown  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Y in Central Maryland):  
Y in Central Maryland  
ATTN: Melanie Greenhill  
4331 Montgomery Road  
Ellicott City, 21043

Email to: melaniegreenhill@ymaryland.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Facility Surcharge		\$8.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Y in Central Maryland, Calvert County, Maryland Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

\_\_\_\_\_  
SIGNATURE (Coach or Club Representative)

\_\_\_\_\_  
CLUB

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE

# YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

**Participating YMCA:**

**YMCA Address:**

**Meet Name:** Final Countdown

**Meet Date(s):** January 26 – 27, 2019

**Meet Host:** Y in Central Maryland Swim Team

**Meet Location:** Edward T. Hall Aquatics Center

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We the undersigned attest to the following:

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR Pro, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

**VOLUNTEERS** - All volunteers have taken the following child abuse prevention and reporting training: Praesidium's Athlete Protection training AND Praesidium's Duty to Report: Mandated Reporter Requirements and Best Practices training. **AND** All Volunteers have cleared a background check.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Fall Meet for the entire 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 Fall 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, Y in Central Maryland Swim Team, their agents representatives or assigns, and Calvert County any and all injuries which may be suffered by participants at the Final Countdown. Furthermore we understand that the YMCA of the USA and the Y in Central Maryland 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*