
Pennsylvania YMCA Districts – WEST 2025

MEET ANNOUNCEMENT



About the Championship

Date: March 7-9, 2025

Location: SPIRE Institute Entry

Deadline: February 24, 2025

Hosted by: WPYSL

Meet Director: Anita Murphy
amurphy@ncymca.org

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ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by USA-S Lake Erie Swimming.

YMCA Sanction number:

USA-S/LE Approval number

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.

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 FORMAT WAIVER: The Meet Host has the right to change the format of the meet, and reserves the right to identify a committee of coaches and officials to assist in making changes to ensure a more efficient meet.

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

Friday, March 7– SPIRE INSTITUTE

	Session 1
Age Groups	11 & OLDER Timed Finals
Warm-up (1650 only) Start	12:00PM
Positive Check-in	12:00PM
Officials Meeting (#1)	12:00PM
Start of 1650	1:00PM
Warm-up Start	2:30PM
Coaches Meeting	2:15PM
Officials Meeting	2:30PM
Timers Meeting	2:50PM
Start of Session	3:30PM



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Saturday, March 8 – SPIRE INSTITUTE

	Session 2	Session 3
Age Groups	13-14 & 15-21 Timed Finals	11-12 & 10 & U Timed Finals
Warm-up Start	7:30AM	1:00PM
Coaches Meeting	7:45AM	1:15PM
Officials Meeting	8:00AM	1:30PM
Timers Meeting	8:40AM	1:50PM
Start of Session	9:00AM	2:30PM

Sunday, March 9 – SPIRE INSTITUTE

	Session 4	Session 5
Age Groups	13-14 & 15-21 Timed Finals	11-12 & 10 & U Timed Finals
Warm-up Start	7:30AM	1:00PM
Coaches Meeting	7:45AM	1:15PM
Officials Meeting	8:00AM	1:30PM
Timers Meeting	8:40AM	1:50PM
Start of Session	9:00AM	2:30PM

DISTANCE EVENTS: All distance swimmers MUST provide their own timer as well as a counter for the 1000 & 1650 Freestyle.

INCLEMENT WEATHER/CANCELTION: In the event of inclement weather that results in the cancellation of the championship, the championship will be rescheduled for March 14-16 at a place TBD.

LOCATION: SPIRE INSTITUTE 5201 Spire Circle Geneva, Ohio 44041
Emergency Phone Number: 440-466-1002

The Spire Institute Pool will be configured with a twenty-five (25) yard, ten-lane (10) indoor course, with continuous flow through gutters and non-turbulent lane dividers for this competition. Colorado Electronic Timing System, touch pads, horn start and ten lane video screen scoreboard. A twenty-five (25) yard ten-lane pool for continuous warm up and cool down will be adjacent to the competition course. The competition course has been certified in accordance with 104.2.2C (4) of the USA Swimming Rules and regulations. A copy of this certification is on file with USA Swimming. Water depth ranges from 14' to 8' 6" in the competition pool. All swimmers will be housed on deck for the duration of each session.

Online Meet Results: Will be available through Meet Mobile.

Meet will NOT be live streamed.



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CONTACT INFORMATION

Meet Director:	Anita Murphy	email: amurphy@ncymca.org
Entry Chairperson:	Anita Murphy	email: amurphy@ncymca.org
Meet Referee:	Thomas Hoffman	email: drtlh61@gmail.com
Admin Referee:	tbd	email:
Administrative Official:	Kristen Hoffman	email: drtlh61@gmail.com
Officials Coordinator:	tbd	email:
Safety Director:	Anita Murphy	email: amurphy@ncymca.org

NOTICES

COVID-19 RELATED PROTOCOLS: 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 LAKE ERIE SWIMMING 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.

MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER: The Western PA YMCA Swim League, has taken enhanced health and safety measures – for all athletes, coaches and volunteers. You must follow all posted instructions while attending the PENNSYLVANIA YMCA DISTRICTS – WEST 2024. 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 attending PENNSYLVANIA YMCA DISTRICTS – WEST 2024, you voluntarily assume all risks related to exposure to COVID-19.



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ATHLETE PROTECTION (MAAPP): All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.

TECH SUIT POLICY: 102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

DISABLED SWIMMERS: 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.

PROTESTS: A meet jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator.

PHOTOGRAPHY: Lake Erie Swimming PHOTOGRAPHY/VIDEOGRAPHY STATEMENT In compliance with USA Swimming Rules and Regulations; Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.

DECK CHANGING: Deck changes are prohibited.

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 not be older than twenty-one (21) years of age on the first day Meet.

YMCA Meet Participation: To be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1, 2023.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of September 1, 2023, and the entry deadline.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training
- Concussion Training
- Sudden Cardiac Arrest (Lindsay's Law) signature form

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. 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 prior to the entry deadline.

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:

All swimmers 11-12, 13-14, & 15-21 may swim no more than 3 individual events per session with a max of 6 total individual events, relays not included.

All swimmers 10 & Under may swim no more than 4 individual events per session with a max of 8 total individual events, relays not included.

RELAYS: Relays will be limited to 1 relay team per association per event.

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

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. Please provide the Meet Director a list of swimmers non USA-S registered.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES: No Times (NT) are not allowed. Submit entry times in Actual Time. Entered times must be the swimmer's BEST time achieved during the qualifying period. Failure to submit the swimmer's BEST time in the event or to falsify a time may lead to disciplinary action.

ENTRY FEES: Swimmer Individual Event: \$10.00. Relay Event: \$40.00. There will be a \$10.00 Swimmer surcharge. Deck entries will not be permitted. There are no fees for coaches attending with their team.

APPAREL: Can be pre-ordered online thru Fine Designs or onsite.

ENTRY DEADLINE: The entry deadline will be at **8:00 AM** on Monday, **February 24, 2025** No late entries will be accepted.

ENTRY PROCEDURE: All entries are to be emailed to Anita Murphy amurphy@ncymca.org

PAYMENT: Entry fees are due at the Championship. Check should be made payable to: WPYSL

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Officials & Timers are needed. Timer slots will be based on entries per team and teams will be contacted with their slots after entries are received.

SIGN-UP PROCEDURE: OFFICIALS - Online sign-up link will be emailed to each team.

ATTIRE: Officials should wear white Oxford or polo shirt and navy long pants, shorts, skorts, skirts, or capris and display their current certification patch.

MEET CHECK-IN PROCEDURE: All officials and timers must check in at the table in the entryway to receive deck access badge.

EVENT CHECK-IN: Positive check in will be required for the 400 IM, 500, 1000, and 1650 Freestyles.

COACHES MEETING/SCRATCH MEETING: Please see the meet timeline on pages 2 and 3 for detailed information.

OFFICIALS AND TIMERS MEETING: Please see the meet timeline on pages 2 and 3 for detailed information.



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CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep (if attending), a Coach, and a Senior Swimmer if appropriate.

QUALIFYING FOR PA YMCA STATE CHAMPIONSHIP MEET:

Swimmers who have entered in a district meet shall be eligible for the State Championship on the following basis:

1. Top 6 swimmers in each Individual Event from each of the 3 Districts + next 6 from At Large for a total of 24 swimmers in each Individual Event with several exceptions listed on next page:
 - a. 13 and over (13-14 + 15-21 separate age groups) 1000, 1650 will have Top 2 from each District + 2 from At Large which is 8 total swimmers racing at the State Meet in these events in a Timed Final format
 - b. 11-12 500 Free will have Top 2 from each District + 2 from At Large which is 8 total swimmers racing at the State Meet in these events in a Timed Final format
2. All Relays at the State Meet will be swum at the beginning of the Finals session each evening in a Timed Finals format (relays only swim once) – We will have 2 heats of each Relay at the State Meet Relays– Top 4 from each District + next 4 from At Large for a total of 16 Relays
3. Top 6 qualifiers shall be announced at the District Meet. Coaches shall be alerted to the fact that their swimmers have qualified, and subsequent replacements notified should swimmers decide against attending.
4. The “next fastest swimmers & relays” list along with the alternate lists will be announced no later than Wednesday, March 12, 2025.
5. Swimmers shall compete in the events for which they have qualified in the State Meet.
6. Contestants shall declare intent NOT to compete in the State Meet no later than 30 minutes AFTER the session they compete in.

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, 2024

- Swimmers can only swim relays that are in their age-group. Each team may only enter 1 relay per event.
- 1000 & 1650 Free:
 - The 20 fastest qualifying times for the 1000 & 1650 Freestyle Events (311, 312, 323, 324, 411, 412, 423, 424) will be entered into the meet.
 - Teams will be sent out a psych sheet of swimmers once entries are due to inform teams of entry participants.



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- If an entered swimmer does not initially make the Top 20 fastest swimmers at the entry deadline, the swimmer may choose to withdraw the entry and enter another event.
 - Coaches have 12 hours following the posting of the distance event entries to declare their swimmer's intent to withdraw from the distance event and choose another qualified event. If they remain entered in the event, but do not swim, the event will count as one of their daily entries.
 - A positive check-in is required for Events 311, 312, 323, 324, 411, 412, 423, and 424 no later than the start of the session containing the event.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: the 1000 & 1650 Freestyle.

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.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall be allowed to swim in further individual or relay events with no penalty. A no-show will be counted in the maximum number of events allowed for each athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition 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.

SEEDING: There will be Seeding for all 11-12s and the 10 & Unders. There will be NO seeding for 13-14 or 15-21 session.

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.

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 meet mobile, and on the pool deck.

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. The following Conduct Rules shall apply:

- Coaches are responsible for the conduct of their swimmers. Swimmers are not allowed to roam the facility unattended.
- Glass is not permitted on deck.
- 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.
- Shaving is not permitted in any areas of the facility.
- Swimmers are requested to wear sandals and towel off before traveling the corridors.
- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area.
- No smoking, drugs, or alcohol are permitted in the facility.
- The Meet Director has the discretion to remove any person whose conduct is inconsistent with the core values of the YMCA.
- DECK PRIVILEGES: ONLY currently credentialed coaches, athletes and essential meet personal will be permitted on deck.
- MEET/DECK REFEREE: The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgement for any issues that arise that day during the course of the meet.
- MEET MARSHALLS: Meet Marshalls have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches, and spectators may be removed from the deck/venue for noncompliance with procedures or non-cooperation with Marshalls' instructions.

AWARDS AND RECOGNITION

SCORING: Scoring will be as follows:

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

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

AWARDS: Medals awarded to the top 6 in each event. Ribbons awarded for 7-12. Top 12 places will be on the podium.

SPECTATORS

SPECTATOR ADMISSION: No Admission cost.

HEAT SHEETS/PROGRAMS: FREE Heat sheets will be available at WPYSL

CONCESSION STAND: SPIRE Fuel

ATHLETE APPAREL: Will be available online and onsite thru Fine Designs.

SEAT SAVING POLICY: Seat Saving is NOT allowed.



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HANDICAP SEATING: Contact the Meet Director for any needs.

LOST AND FOUND: Will be located on the pool deck.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- 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 facility.

LIVE STREAMING: Meet will NOT be live streamed.

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 the meet. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck.

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director



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2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a 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.

DIRECTIONS

Please use 5201 Spire Circle Geneva, Ohio 44041 in your GPS device to get point-to-point directions to this facility.

PARKING

Parking is available close to the pool. [See Map below.](#)





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APPENDIX 1: ORDER OF EVENTS

Session 1: Friday, March 7 Age Group 11 & OLDER

1650 only 12:00pm Warm-up – 1:00pm Start

All other events 2:30pm Warm-up – 3:30pm Start

Girls	Event	Boys
311	13-14 1650 Freestyle	312
411	15-21 1650 Freestyle	412
201	11-12 200 Butterfly	202
301	13-14 200 Butterfly	302
401	15-21 200 Butterfly	402
203	11-12 50 Backstroke	204
303	13-14 100 Breaststroke	304
403	15-21 100 Breaststroke	404
205	11-12 100 Breaststroke	206
305	13-14 50 Freestyle	306
405	15-21 50 Freestyle	406
207	11-12 50 Freestyle	208
307	13-14 400 Individual Medley	308
407	15-21 400 Individual Medley	408
209	11-12 100 Individual Medley	210



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Session 2: Saturday, March 8 Age Groups 13-14 and 15-21

7:30am Warm-up – 9:00am Start

Girls	Event	Boys
313	13-14 200 Freestyle	314
413	15-21 200 Freestyle	414
315	13-14 200 Backstroke	316
415	15-21 200 Backstroke	416
317	13-14 100 Butterfly	318
417	15-21 100 Butterfly	418
319	13-14 200 Individual Medley	320
419	15-21 200 Individual Medley	420
333	13-14 200 Free Relay	334
421	15-21 200 Free Relay	422
433	13-14 1000 Freestyle	434
423	15-21 1000 Freestyle	424

Session 3: Saturday, March 8 Age Groups 10 & Under and 11-12

1:00pm Warm-up – 2:30pm Start

Girls	Event	Boys
103	10&U 100 Breaststroke	104
213	11-12 200 Freestyle	214
101	10&U 50 Freestyle	102
215	11-12 50 Breaststroke	216
105	10&U 50 Backstroke	106
217	11-12 200 Backstroke	218
107	10&U 50 Butterfly	108
221	11-12 200 Individual Medley	222
109	10&U 200 Individual Medley	110
219	11-12 100 Butterfly	220
111	10&U 100 Freestyle	112
223	11-12 200 Medley Relay	224
113	10&U 200 Medley Relay	114



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Session 4: Sunday, March 9 Age Group 13-14 and 15-21

7:30am Warm-up – 9:00am Start

Girls	Event	Boys
321	13-14 200 Medley Relay	322
421	15-21 200 Medley Relay	422
325	13-14 100 Freestyle	326
425	15-21 100 Freestyle	426
327	13-14 100 Backstroke	328
427	15-21 100 Backstroke	428
329	13-14 200 Breaststroke	330
429	15-21 200 Breaststroke	430
331	13-14 500 Freestyle	332
431	15-21 500 Freestyle	432
309	13-14 400 Freestyle Relay	310
409	15-21 400 Freestyle Relay	410

Session 5: Sunday, March 9 Age Group 10 & Under and 11-12

1:00pm Warm-up – 2:30pm Start

Girls	Event	Boys
211	11-12 400 Freestyle Relay	212
115	10&U 100 Individual Medley	116
227	11-12 50 Butterfly	228
117	10&U 200 Freestyle	118
225	11-12 100 Freestyle	226
119	10&U 100 Backstroke	120
229	11-12 100 Backstroke	230
121	10&U 50 Breaststroke	122
231	11-12 200 Breaststroke	232
123	10&U 100 Butterfly	124
233	11-12 500 Freestyle	234
125	10&U 200 Freestyle Relay	126
235	11-12 200 Freestyle Relay	236



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APPENDIX 2: QUALIFYING TIMES

2025 YMCA PENNSYLVANIA DISTRICT QUALIFYING TIMES



11 and over 6 individual events MAX (could be 2 per day or 3 events for two days) plus relays

10 and Unders 4 events per day + Relays (2 day program)

AGE GROUP: 10 & Under

Stroke	Girls	Boys
50 Yard Freestyle	35.99	35.99
100 Yard Freestyle	1:19.99	1:20.99
200 Yard Freestyle	2:56.99	2:47.99
50 Yard Backstroke	41.99	42.99
50 Yard Breaststroke	46.99	48.99
50 Yard Butterfly	41.99	42.99
100 Yard Backstroke	1:29.99	1:29.99
100 Yard Breaststroke	1:44.99	1:41.99
100 Yard Butterfly	1:38.99	1:46.99
100 Yard Individual Medley	1:30.99	1:29.99
200 Yard Individual Medley	3:15.99	3:13.99
200 Yard Medley Relay	2:46.99	2:50.99
200 Yard Freestyle Relay	2:34.99	2:34.99

AGE GROUP: 11-12

Stroke	Girls	Boys
50 Yard Freestyle	30.99	31.99
100 Yard Freestyle	1:07.99	1:10.99
200 Yard Freestyle	2:28.99	2:32.99
500 Yard Freestyle	6:38.99	6:38.99
50 Yard Backstroke	36.99	38.99
50 Yard Breaststroke	39.99	42.99
50 Yard Butterfly	34.99	37.99
100 Yard Backstroke	1:17.99	1:17.99
100 Yard Breaststroke	1:26.99	1:27.99
100 Yard Butterfly	1:19.99	1:18.99
200 Yard Backstroke	2:43.99	2:43.99
200 Yard Breaststroke	3:06.99	3:06.99
200 Yard Butterfly	2:47.99	2:47.99
100 Yard Individual Medley	1:17.99	1:18.99
200 Yard Individual Medley	2:46.99	2:53.99
200 Yard Medley Relay	2:39.99	2:39.99
200 Yard Freestyle Relay	2:11.99	2:15.99
400 Yard Freestyle Relay	4:39.99	4:51.99

AGE GROUP: 13-14

Stroke	Girls	Boys
50 Yard Freestyle	29.99	27.99
100 Yard Freestyle	1:02.99	1:00.99
200 Yard Freestyle	2:17.99	2:12.99
500 Yard Freestyle	6:18.99	5:58.99
1000 Yard Freestyle	13:01.99	12:23.99
1650 Yard Freestyle	21:43.99	20:43.99
100 Yard Backstroke	1:11.99	1:11.99
100 Yard Breaststroke	1:21.99	1:18.99
100 Yard Butterfly	1:12.99	1:12.99
200 Yard Backstroke	2:34.99	2:28.99
200 Yard Breaststroke	2:56.99	2:47.99
200 Yard Butterfly	2:42.99	2:36.99
200 Yard Individual Medley	2:37.99	2:39.99
400 Yard Individual Medley	5:43.99	5:36.99
200 Yard Medley Relay	2:20.99	2:19.99
200 Yard Freestyle Relay	2:07.99	1:59.99
400 Yard Freestyle Relay	4:19.99	4:11.99

AGE GROUP: 15-21

Stroke	Girls	Boys
50 Yard Freestyle	28.99	24.99
100 Yard Freestyle	1:00.99	55.99
200 Yard Freestyle	2:13.99	2:01.99
500 Yard Freestyle	6:11.99	5:39.99
1000 Yard Freestyle	12:49.99	11:57.99
1650 Yard Freestyle	21:26.99	20:02.99
100 Yard Backstroke	1:08.99	1:03.99
100 Yard Breaststroke	1:19.99	1:11.99
100 Yard Butterfly	1:08.99	1:01.99
200 Yard Backstroke	2:30.99	2:18.99
200 Yard Breaststroke	2:54.99	2:37.99
200 Yard Butterfly	2:32.99	2:24.99
200 Yard Individual Medley	2:34.99	2:19.99
400 Yard Individual Medley	5:33.99	5:14.99
200 Yard Medley Relay	2:10.99	2:09.99
200 Yard Freestyle Relay	1:59.99	1:43.99
400 Yard Freestyle Relay	4:07.99	3:47.99



Pennsylvania YMCA Districts – WEST 2025

March 7-9, 2025

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

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

Participating YMCA: _____
YMCA Address: _____
Meet Name: Pennsylvania YMCA Districts – West 2025
Meet Date(s): March 7-9, 2025
Meet Host: WPYSL
Meet Location: SPIRE Institute

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 BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration Online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Pennsylvania YMCA Districts – West 2025 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 Pennsylvania YMCA Districts – West 2025.

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, WPYSL, their agents, representatives or assigns, and the Lawrence County YMCA and SPIRE Institute for any and all injuries which may be suffered by participants at the Pennsylvania YMCA Districts – West 2025. Furthermore, we understand that the YMCA of the USA, WPYSL, and Lawrence County 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