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# 27<sup>th</sup> ANNUAL YOTA-ARENA CAPITAL CLASSIC

## MEET ANNOUNCEMENT

### **About the Championship**

Date: December 6<sup>th</sup> – 8<sup>th</sup>, 2019

Location: Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511

Entry Deadline: 11:59 PM on Tuesday, November 26, 2019

Hosted by: YMCA of the Triangle Area Swim Team (YOTA)

Meet Director: Tom Hazelett

[Tom.hazelett@ymcatriangle.org](mailto:Tom.hazelett@ymcatriangle.org)

Web Site: [YOTASwimTeam.org](http://YOTASwimTeam.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 the NC LSC of USA Swimming.

YMCA Sanction number: XXXXXXXXXXXX

USA-S/NC LSC Approval number: NCXXXXXX

USA-S/NC LSC Time Trial Approval number: NCXXXXXX

## MEET FORMAT WAIVER

The meet will be conducted in accordance with USA Swimming rules except as noted herein. USA Swimming/YMCA dual-certified officials will supervise the conduct of the competition. For those participants on a dual member (YMCA and USA Swimming) team, this will be a USA Swimming Approved meet. Swimmers' USA Swimming ID numbers must be submitted as a part of the team's meet entries for NTV and reportable times.

1. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
2. **Deck changes are prohibited.** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
3. The competition will consist of a preliminary session and a finals session each day. We will offer one (1) Championship final heat for the 12 & under athletes finishing in the top 8 of the preliminary session. We will also have four (4) Championship final heats for the 13 and over athletes. The top 8 swimmers from preliminaries (13 & over only) qualify for the Championship heat. Swimmers (13 & over) placing 9<sup>th</sup> – 24<sup>th</sup> during preliminaries qualify for the Consolation heats. The D Final (25<sup>th</sup>– 32<sup>nd</sup>) will be protected to 13-14 age group only.
4. All events will be pre-seeded except for the 500 and 1650 Freestyles and the 400 Individual Medley.
5. The 400-yard Individual Medley will require a positive check-in by 8:45 a.m. on Friday morning. Heats will be posted by 9:30 a.m. The top 16 athletes will be circle seeded and swim first, the remaining preliminary heats will be swum fastest to slowest. The preliminary heats of the 400 IM will be swum following the morning heats of the 800 Free Relay. The Referee reserves the right to combine heats.
6. The 500-yard Freestyle will require a positive check-in by 8:45 a.m. on Saturday morning. Heats will be posted by 9:30 a.m. The Top 16 Athletes will be circled seeded and swim first, the remaining heats will follow swimming fastest to slowest. The preliminary heats of the 500 Free will be swum following the morning heats of the



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- 400 Medley Relay. The Referee reserves the right to combine heats. All athletes are asked to please provide their own counter for both preliminaries and finals.
7. The 1650-yard Freestyle will be a timed final event and will require a positive check-in by 8:45 a.m. on Sunday morning. Heats will be posted by 9:30 a.m. on Sunday morning. The fastest eight seeded women and the fastest eight seeded men will compete during the evening finals. All remaining preliminary heats of the 1650-yard Freestyle will swim fastest to slowest, at the conclusion of the preliminary session following the 400 Free Relay. The Referee reserves the right to combine heats. All athletes are asked to please provide their own counter for both preliminaries and finals.
  8. All relays will be swum as timed finals. ***You may enter up to three (3)- 13 & over relays and two (2)- 12 & under relays. A maximum of two (2) relays can score points for each team.*** The fastest two seeded heats of 13 & over relays will be swum during the Finals session, all remaining heats will be swum during the morning's preliminary session. ***All of the 12 & under relays will be swum during prelims sessions.*** On Friday, preliminary heats of the 800 Freestyle Relay will be swum prior to the preliminary heats of the 400 IM. On Saturday, preliminary heats of the 400 Medley Relay will be swum prior to the preliminary heats of the 500 Free. ***All morning heats of the 400 Freestyle Relay will be contested at the conclusion of the preliminary session prior to the morning heats of the 1650.*** Relay Cards are due 30 minutes prior to the start of the relays in both preliminaries and finals. Changes can be made up to the start of the relays at the admin table.
  9. Bonus Structure: All athletes who have achieved one to three qualifying standards are eligible for up to two (2) bonus swims. All athletes who have achieved four (4) qualifying standards are eligible for one (1) bonus swim. 13 and older swimmers entering a bonus event in the distance of 200 yards or longer, must meet the minimum USA Swimming Motivational Time Standard of "A" or above for the 13-14 age group. 12 and under swimmers entering a bonus event in the distance of 200 yards or longer, must meet the minimum USA Swimming Motivational Time Standard of "A" or above for the 11-12 age group.
  10. There are no qualifying standards for the 12 and under 50 Fly, Back or Breaststroke events. Athletes that qualify for the 100 distance in that stroke will automatically be eligible for the 50 distance of that stroke. Athletes that do not make the qualifying standard in the 100's of stroke can still enter the 50's as bonus events.
  11. The 12 & under 200 Fly, 200 Back, 200 Breaststroke, 400 IM and 500 Free are all TIMED FINAL events that will only be swum in the preliminary sessions.
  12. We will use both the 8 lane and 10 lane pools for preliminaries. Only the 8 lane pool will be used for finals.



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13. We will have a Coaches Meeting on Friday morning at 8:00 am in our Hospitality area.

14. We will have an officials' meeting on Friday morning at 8:00 am in our hospitality area.

### **LOCATION AND FACILITY**

Location: Triangle Aquatic Center  
275 Convention Drive  
Cary, NC 27511

Emergency Phone Number: (919) 459-4045

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The competition courses have been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-Swimming. Paragon starting blocks will be used for the start of all events longer than 25 yards. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for up to 10 warm-up/swim-down lanes. The separate warm water instructional pool is fully enclosed and remains open to the public during meet competition. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center. Parking in the TAC lot is reserved for officials and coaches only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Bus Parking is in the Baptist Convention parking lot adjacent to the shopping mall. There will be NO Bus pick-up at the TAC facility. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.

### **WEB SITE**

Meet Information can be found at: [YOTASwimTeam.org](http://YOTASwimTeam.org)

Online Meet Results: Meet results will be available on Meet Mobile

### **CONTACT INFORMATION**

Meet Director: Tom Hazelett [Tom.Hazelett@ymcatriangle.org](mailto:Tom.Hazelett@ymcatriangle.org)

Entry Chairperson: John Newell [John.Newell@ymcatriangle.org](mailto:John.Newell@ymcatriangle.org)



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Meet Referee: Charlie Stephenson, [cstep33@gmail.com](mailto:cstep33@gmail.com)

Administrative Official: Lana Sanders, [sandersbunch@nc.rr.com](mailto:sandersbunch@nc.rr.com)

Admin Referee: Cynthia Shannon [cynthia.shannon@ymcagreensboro.org](mailto:cynthia.shannon@ymcagreensboro.org)

Lead CJ: Betsy Wisniewski [betsydw@gmail.com](mailto:betsydw@gmail.com)

Safety Director: Drew Oberg, [drew.oberg@ymcatriangle.org](mailto:drew.oberg@ymcatriangle.org)

## MEET TIMELINE

*Friday, Saturday, and Sunday*

Preliminaries Warm-up: 7:00 a.m.

Preliminaries: 9:00 a.m.

Finals Warm-up \*: 4:00 p.m.

Finals: 5:30 p.m.

From 7:00-7:30 a.m., the entire facility will be open for general warm-up.

From 7:30-8:30 a.m., warm-ups will be split into two 30-minute warm-up sessions with assigned lanes for each team.

From 8:30-8:50 a.m., we will move to specific warm-up (sprint/pace).

\*Finals warm-ups are open and there will not be any assigned lanes. We will have specific sprint/pace lanes from 5:00 pm to 5:20 pm.

## Eligibility

### Athlete

Each participant must be a member of a local YMCA for a minimum of 90 days prior to the meet and must have a full privilege annual membership at that YMCA to be eligible. All athletes must have represented their YMCA in at least one previous closed YMCA competition during the current season (since Sept. 1). Athletes may have only represented their YMCA in competition for a period of at least 90 days prior to the first day of the meet. All teams participating in this meet must have completed the annual YMCA Team registration, accessible through [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org).

### Athletes with a Disability

The YOTA Swim Team 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



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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 YOTA Swim Team's ability to accommodate all requests.

### Coach

All coaches must be currently registered through the YMCA Online Team and Coach Registration system and must demonstrate current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet:

- **First Aid BLS or Professional CPR (Only first year of a two year certification is recognized by Y-USA)**
- **Safety Training for Swim Coaches OR Lifeguard OR YASA\***
- **Child/Athlete Protection Training**
- **Principles of YMCA Competitive Swimming and Diving**

**\*If a Lifeguard or YASA certification is used, the coach must also-complete the Red Cross Safety Training for Swim Coaches online course and show proof.**

Coaches must show their current YMCA coach credential, found on their TeamUnify OnDeck app.

The executive director of each participating YMCA must sign the attached Declaration Form, stating that all coaches representing his/her YMCA hold current certifications in the above courses (**SEE ATTACHED DECLARATION FORM**)

### ENTRY INFORMATION

**ENTRY LIMITS:** Swimmers may swim a maximum of three (3) individual events per day and eight (8) total individual events for the meet

**ENTRY FEES:** \$10.00 per individual event

\$15.00 per relay event

\$17.00 per swimmer Facility fee

\$3.00 per swimmer athlete surcharge

**ENTRY PROCEDURE:**

1. All entries MUST be submitted in HYTEK format. **NO HANDWRITTEN, FAX, OR PHONE ENTRIES WILL BE ACCEPTED.**



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2. Entries must be submitted through the OME Portal from YUSA Swimming and Diving. This link will be provided to all interested parties and posted on the YOTA Website. **Please enter best short course yards times for all events where the swimmer betters the short-course qualifying standard. For those athletes meeting the long-course standard, please enter at the short-course qualifying time.** HYTEK entry files should be e-mailed as attachments to [John.Newell@ymcatriangle.org](mailto:John.Newell@ymcatriangle.org). **The entry deadline is 11:59 PM on Tuesday, November 26, 2019.** Late entries will be accepted only at the discretion of the Meet Manager. The following materials **MUST** accompany all entry packages (regardless of entry method):
- Hard-copy of team entries
  - Financial Summary sheet
  - Check for entry fees payable to YOTA Swim Team

**\*\*Mail all information directly to\*\***

**YOTA Swim Team  
Attn: John Newell**

**801 Corporate Center Drive, Suite 200  
Raleigh, NC 27607**

**Email: [John.Newell@ymcatriangle.org](mailto:John.Newell@ymcatriangle.org)**

**Phone: (919) 582-9341**

### **VOLUNTEERS/OFFICIALS/TIMERS**

**OFFICIALS:** The YMCA of the Triangle Area Swim Team welcomes the participation of parent volunteers who are currently certified as USA Swimming or YMCA Swimming Stroke and Turn Judges. If any of your parents would be interested in helping with the meet, please contact Charles Stephenson directly.

### **CHECK-IN PROCEDURE**

The events listed below are positive check-in events. Check-in must be completed by the times listed below or the athlete will be scratched from the event.

400 yd. IM	before 8:45 a.m.	Friday
500 yd. Freestyle	before 8:45 a.m.	Saturday
1650 yd. Freestyle	before 8:45 a.m.	Sunday



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## CHAMPIONSHIP PROCEDURES AND OPERATIONS

**CHAMPIONSHIP COMMITTEE:** There will be no championship meet committee for this meet.

**OFFICIALS:** There will be a need for officials. The YMCA of the Triangle Area Swim Team welcomes and encourages anyone willing to volunteer to contact Charlie Stephenson, Meet Referee, by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with either USA Swimming or YMCA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. 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 1 hour prior to the start of Preliminaries and Finals at the date and time listed in the Deadline and Meeting Summary.

**RULES:** The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

**TECHNICAL SUIT BAN for 12&Us:** Per NCS Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type

**MEET FORMAT:** The competition will consist of a preliminary session and a finals session each day. We will offer one (1) Championship final heat for the 12 & under athletes finishing in the top 8 of the preliminary session. We will also have one (1) Championship final heat for the top 8 13-14 athletes. We will have two (2) Championship final heats for the 15 and over athletes. The top 8 swimmers from preliminaries (15 & over only) qualify for the Championship heat. Swimmers (15 & over) placing 9<sup>th</sup> – 16<sup>th</sup> during preliminaries qualify for the Consolation heat. Additionally, there will be a Bonus heat for Swimmers 13 & over placing 17<sup>th</sup> – 24<sup>th</sup> during preliminaries.

**EVENT SEEDING:** Events will be seeded slowest to fastest, except for the following events: 1650 Freestyle, 400 IM, 500 Free. The Meet Referee/Administrative Official reserve the right to combine heats as needed.

**SCRATCH RULE:** Scratches for finals (Championship or Consolation heats) must be done at the Scratch table. Swimmers will have 30 minutes to declare their intentions following the announcement of the preliminary results. Failure to compete in a Championship or Consolation final shall result in disqualification from the remainder of the meet. No penalty shall apply for failure to compete in a Championship or Consolation finals if (1)





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the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the Referee determines that the failure to compete is caused by circumstances beyond the control of the swimmer. There will be no penalties for scratches during preliminary or Bonus final heats. The Referee reserves the right to allow alternates to swim in a Bonus final heat in the event of a no-show. Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

**DECLARED FALSE START:** An athlete may also withdraw from a preliminary 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. For this meet, a declared false start will count as an event swum for the athlete and but will NOT 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.

**TIME TRIALS:** There will be individual time trials following the preliminary sessions on Friday, Saturday and Sunday as well as after the finals sessions on Friday and Saturday. Time trials will be contested for individual events offered during the meet. Time trial entry fee is \$10 per event. Athletes entered in time trials must be entered in the meet. Time Trials count toward a swimmer’s individual event total for each day and may not exceed limits mandated by USA Swimming. All USA Swimming rules apply to time trials. Time trials of 400 yards or more are at the discretion of the Meet Referee and Meet Director.

**WARM-UP SAFETY PROCEDURES:** Teams will be assigned lanes for preliminary session 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.

Warm-ups during the preliminary sessions each day will be run as follow:

7:00-7:30 a.m. - open for general warm-up.

7:30-8:30 a.m. - warm-ups will be split into two 30-minute warm-up sessions with assigned lanes for each team.

8:30-8:50 a.m. - specific warm-up (sprint/pace).



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**READY ROOM:** There will be 8 seats for the top heat of 15 & over events behind the scoreboard. The top heat will be walked out to the blocks. The ready room will not be used for 13-14 or 12 & under events.

**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)

**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).

**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.
- **Deck changes are prohibited.** 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 is 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 permitted in any areas of the facility.



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## AWARDS AND RECOGNITION

**SCORING:** Individual Events 1<sup>st</sup> – 16<sup>th</sup> per event

20-17-16-15-14-13-12-11      Championship Heat

10-7-6-5-4-3-2-1      Consolation Heat

Relays

40-34-32-30-28-26-24-22

20-14-12-10-8-6-4-2

**AWARDS:** Arena "Hot-Heats"

Mayberry Heats – RC Cola & a Moon Pie

Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams

**RECOGNITIONS:** There will be no special recognitions at this meet.

## SPECTATORS

**ADMISSION FEE:** There is no admission fee for those wishing to spectate at this meet.

**HEAT SHEETS/PROGRAMS:** Heat sheets will be available in the lobby of the Triangle Aquatic Center for \$20.00. Finals heat sheets will be FREE to those that show their preliminary heat sheet to the heat sheet sales table. Finals heat sheets will be \$5.00 per session for anyone that does not have their preliminary heat sheet.

**CONCESSION STAND:** Concessions will be available through the Fresh Healthy Café in the Lobby of the Triangle Aquatic Center.

**ATHLETE APPAREL:** Athlete apparel will be available at the Triangle Aquatic Center swim shop located in the lobby of the aquatic center. NEW THIS YEAR!!! We will have the first ever Capital Classic T-shirt available for sale!!!

**SEAT SAVING POLICY:** Seating will be available on a first come, first serve basis. Please do not save seats for anyone.

**HANDICAP SEATING:** This facility is handicap accessible and ADA compliant.

### 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.



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- 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 unless volunteering for the meet.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- No outside food will be permitted in the facility
- 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.

### **LIABILITY, SAFETY AND EMERGENCY PROCEDURES**

**MAAPP:** The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

**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 in Appendix 3 must be signed by each association participating in the meet.

#### **LIABILITY LIMITS:**

- In granting of the USA-S/NCS approval, it is understood and agreed that USA Swimming and North Carolina 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 of the YMCA Sanction, 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. 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



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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.

**EVACUATION PROCEDURE:** In the event of emergency which endangers all of the lives in the facility, evacuation to a safe location will commence using the Emergency Action Plan currently in place at the Triangle Aquatic Center.

### DIRECTIONS

From the East: I-40 West Bound to exit 291. Merge onto Cary Towne Blvd. Turn Left onto Convention Drive. Follow Convention Drive to the left. Facility will be adjacent to the stop sign where Convention Dead Ends.

From the West, including RDU Airport: I-40 East Bound to Exit 291. Turn Right onto Cary Town Blvd. Turn Left onto Convention Drive. Follow Convention Drive to the left. Facility will be adjacent to the stop sign where Convention dead ends.

### LODGING

It is up to the teams attending the meet to secure their own lodging in the Raleigh/Cary Area. We do not have a preferred hotel for this championship meet.

### PARKING

Parking in the TAC lot is reserved for officials and coaches only. Meet participant parking is available the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.



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## APPENDIX 1: Order of Events

### **Friday**

*Preliminaries: 9:00 a.m.*

*Finals: 5:30 p.m.*

<b>WOMEN Event #</b>	<b>Qualifying Standard (SC/LC)</b>		<b>Description</b>	<b>Qualifying Standard (SC/LC)</b>		<b>MEN Event #</b>
<b>1</b>	<b>NT</b>	<b>NT</b>	<b>12 &amp; Under 200 Medley Relay</b>	<b>NT</b>	<b>NT</b>	<b>2</b>
<b>3</b>	<b>NT</b>	<b>NT</b>	<b>13 &amp; Over 200 Medley Relay</b>	<b>NT</b>	<b>NT</b>	<b>4</b>
<b>5</b>	<b>2:19.99</b>	<b>2:37.99</b>	<b>12 &amp; Under 200 Freestyle</b>	<b>2:16.99</b>	<b>2:34.99</b>	<b>6</b>
<b>7</b>	<b>2:01.99</b>	<b>2:19.99</b>	<b>13 &amp; Over 200 Freestyle</b>	<b>1:54.99</b>	<b>2:11.99</b>	<b>8</b>
<b>9</b>	<b>1:22.99</b>	<b>1:33.99</b>	<b>12 &amp; Under 100 Breaststroke</b>	<b>1:20.99</b>	<b>1:32.99</b>	<b>10</b>
<b>11</b>	<b>1:16.99</b>	<b>1:27.99</b>	<b>13 &amp; Over 100 Breaststroke</b>	<b>1:10.99</b>	<b>1:22.99</b>	<b>12</b>
<b>13</b>	<b>1:13.99</b>	<b>1:22.99</b>	<b>12 &amp; Under 100 Butterfly</b>	<b>1:11.99</b>	<b>1:21.99</b>	<b>14</b>
<b>15</b>	<b>1:03.99</b>	<b>1:12.99</b>	<b>13 &amp; Over 100 Butterfly</b>	<b>59.99</b>	<b>1:08.99</b>	<b>16</b>
<b>17</b>	<b>5:36.99</b>	<b>6:23.99</b>	<b>12 &amp; Under 400 IM</b>	<b>5:28.99</b>	<b>6:20.99</b>	<b>18</b>
<b>19</b>	<b>4:54.99</b>	<b>5:36.99</b>	<b>13 &amp; Over 400 IM</b>	<b>4:48.99</b>	<b>5:33.99</b>	<b>20</b>
<b>19</b>	<b>4:45.99</b>	<b>5:25.99</b>	<b>15 &amp; Over 400IM</b>	<b>4:29.99</b>	<b>5:05.99</b>	<b>20</b>
<b>21</b>	<b>NT</b>	<b>NT</b>	<b>12 &amp; Under 50 Backstroke</b>	<b>NT</b>	<b>NT</b>	<b>22</b>
<b>23</b>	<b>NT</b>	<b>NT</b>	<b>13 &amp; Over 800 Free Relay</b>	<b>NT</b>	<b>NT</b>	<b>24</b>



## 27<sup>th</sup> Annual YOTA-Arena Capital Classic December 6<sup>th</sup> – 8<sup>th</sup>, 2019

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Saturday

*Preliminaries: 9:00 a.m.*

*Finals: 5:30 p.m.*

<b>WOMEN Event #</b>	<b>Qualifying Standard (SC/LC)</b>		<b>Description</b>	<b>Qualifying Standard (SC/LC)</b>		<b>MEN Event #</b>
<b>25</b>	<b>NT</b>	<b>NT</b>	<b>12 &amp; Under 200 Free Relay</b>	<b>NT</b>	<b>NT</b>	<b>26</b>
<b>27</b>	<b>NT</b>	<b>NT</b>	<b>13 &amp; Over 200 Free Relay</b>	<b>NT</b>	<b>NT</b>	<b>28</b>
<b>29</b>	<b>2:38.99</b>	<b>2:59.99</b>	<b>12 &amp; Under 200 Butterfly</b>	<b>2:35.99</b>	<b>2:58.99</b>	<b>30</b>
<b>31</b>	<b>2:24.99</b>	<b>2:43.99</b>	<b>13 &amp; Over 200 Butterfly</b>	<b>2:16.99</b>	<b>2:37.99</b>	<b>32</b>
<b>33</b>	<b>29.99</b>	<b>33.99</b>	<b>12 &amp; Under 50 Freestyle</b>	<b>28.99</b>	<b>32.99</b>	<b>34</b>
<b>35</b>	<b>26.99</b>	<b>30.99</b>	<b>13 &amp; Over 50 Freestyle</b>	<b>24.99</b>	<b>28.99</b>	<b>36</b>
<b>37</b>	<b>2:56.99</b>	<b>3:23.99</b>	<b>12 &amp; Under 200 Breaststroke</b>	<b>2:52.99</b>	<b>3:20.99</b>	<b>38</b>
<b>39</b>	<b>2:43.99</b>	<b>3:05.99</b>	<b>13 &amp; Over 200 Breaststroke</b>	<b>2:35.99</b>	<b>3:00.99</b>	<b>40</b>
<b>41</b>	<b>1:14.99</b>	<b>1:23.99</b>	<b>12 &amp; Under 100 Backstroke</b>	<b>1:12.99</b>	<b>1:22.99</b>	<b>42</b>
<b>43</b>	<b>1:04.99</b>	<b>1:16.99</b>	<b>13 &amp; Over 100 Backstroke</b>	<b>1:00.99</b>	<b>1:11.99</b>	<b>44</b>
<b>45</b>	<b>6:09.99</b>	<b>5:32.99</b>	<b>12 &amp; Under 500 Freestyle</b>	<b>6:04.99</b>	<b>5:27.99</b>	<b>46</b>
<b>47</b>	<b>5:25.99</b>	<b>4:53.99</b>	<b>13 &amp; Over 500 Freestyle</b>	<b>5:14.99</b>	<b>4:44.99</b>	<b>48</b>
<b>47</b>	<b>5:22.99</b>	<b>4:45.99</b>	<b>15 &amp; Over 500 Freestyle</b>	<b>5:00.99</b>	<b>4:31.99</b>	
<b>49</b>	<b>NT</b>	<b>NT</b>	<b>12 &amp; Under 400 Medley Relay</b>	<b>NT</b>	<b>NT</b>	<b>50</b>
<b>51</b>	<b>NT</b>	<b>NT</b>	<b>13 &amp; Over 400 Medley Relay</b>	<b>NT</b>	<b>NT</b>	<b>52</b>



## 27<sup>th</sup> Annual YOTA-Arena Capital Classic December 6<sup>th</sup> – 8<sup>th</sup>, 2019

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Sunday

*Preliminaries: 9:00 a.m.*

*Finals: 5:30 p.m.*

<b>WOMEN Event #</b>	<b>Qualifying Standard (SC/LC)</b>		<b>Description</b>	<b>Qualifying Standard (SC/LC)</b>		<b>MEN Event #</b>
<b>53</b>	<b>11-14 18:59.99</b>	<b>11-14 19:28.99</b>	<b>1650 Freestyle</b>	<b>11-14 18:14.99</b>	<b>11-14 18:53.99</b>	<b>54</b>
	<b>15 &amp; over 18:35.99</b>	<b>15 &amp; over 18:55.99</b>		<b>15 &amp; over 17:49.99</b>	<b>15 &amp; over 18:53.99</b>	
<b>55</b>	<b>NT</b>	<b>NT</b>	<b>12 &amp; Under 50 Breaststroke</b>	<b>NT</b>	<b>NT</b>	<b>56</b>
<b>57</b>	<b>1:03.99</b>	<b>1:13.99</b>	<b>12 &amp; Under 100 Freestyle</b>	<b>1:02.99</b>	<b>1:11.99</b>	<b>58</b>
<b>59</b>	<b>56.99</b>	<b>1:05.99</b>	<b>13 &amp; Over 100 Freestyle</b>	<b>52.99</b>	<b>1:01.99</b>	<b>60</b>
<b>61</b>	<b>2:35.99</b>	<b>3:00.99</b>	<b>12 &amp; Under 200 Backstroke</b>	<b>2:32.99</b>	<b>2:56.99</b>	<b>62</b>
<b>63</b>	<b>2:19.99</b>	<b>2:43.99</b>	<b>13 &amp; Over 200 Backstroke</b>	<b>2:11.99</b>	<b>2:34.99</b>	<b>64</b>
<b>65</b>	<b>2:37.99</b>	<b>2:59.99</b>	<b>12 &amp; Under 200 IM</b>	<b>2:35.99</b>	<b>2:58.99</b>	<b>66</b>
<b>67</b>	<b>2:18.99</b>	<b>2:40.99</b>	<b>13 &amp; Over 200 IM</b>	<b>2:10.99</b>	<b>2:31.99</b>	<b>68</b>
<b>69</b>	<b>NT</b>	<b>NT</b>	<b>12 &amp; Under 50 Butterfly</b>	<b>NT</b>	<b>NT</b>	<b>70</b>
<b>71</b>	<b>NT</b>	<b>NT</b>	<b>12 &amp; Under 400 Free Relay</b>	<b>NT</b>	<b>NT</b>	<b>72</b>
<b>73</b>	<b>NT</b>	<b>NT</b>	<b>13 &amp; Over 400 Free Relay</b>	<b>NT</b>	<b>NT</b>	<b>74</b>





## 27<sup>th</sup> Annual YOTA-Arena Capital Classic December 6<sup>th</sup> – 8<sup>th</sup>, 2019

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### **APPENDIX 2: YMCA Sanctioned Meet Declaration Form**

**(Note: Return signed Declaration form to the meet director – BEFORE THE START OF THE MEET!!!)**

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** 27<sup>th</sup> Annual YOTA-Arena Capital Classic

**Meet Date(s):** December 6<sup>th</sup> – 8<sup>th</sup>, 2019

**Meet Host:** YMCA of the Triangle Area Swim Team

**Meet Location:** Triangle Aquatic Center - 275 Convention Drive, Cary NC, 27511

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 24th Annual YOTA-Arena Capital Classic for the 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 participation in the 25<sup>th</sup> Annual YOTA-Arena Capital Classic.

**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, YMCA of the Triangle Area Swim Team, their agents, representatives or assigns, and the Triangle Aquatic Center for any and all injuries which may be suffered by participants at 25<sup>th</sup> Annual YOTA-Arena Capital Classic. Furthermore, we understand that the YMCA of the USA and YMCA of the Triangle Area Swim Team 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*



## 27<sup>th</sup> Annual YOTA-Arena Capital Classic December 6<sup>th</sup> – 8<sup>th</sup>, 2019

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### Entry Summary Sheet

	Total # of Swimmers	Swimmer Surcharge	Total Surcharge Fee	Total # of Entries	Event Entry Fee	Total Event Fees	TOTAL ENTRY FEES
Individual Events		\$18.00			\$10.00		
Relay Events	N/A	N/A	N/A		\$15.00		
Total							

### Waiver of Liability

The YMCA of the USA (Upper Southeast Region), the Greater YMCA Sunbelt Swimming Association, the YMCA of the Triangle Area, Inc., USA Swimming, Inc., North Carolina Swimming, Inc., and the Triangle Aquatic Center 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.

Signature of \_\_\_\_\_

Head Coach: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Club Code: \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Head Coach: \_\_\_\_\_

**Make all checks payable to YOTA Swim Team. All entries are due by 11:59 PM on Tuesday, November 26, 2019. Team Manager Entry files may be emailed to John Newell at [John.Newell@YMCATriangle.org](mailto:John.Newell@YMCATriangle.org). By the entry deadline, you must have submitted your entries in Hy-Tek Team Manager format via email or hard disk, along with this summary sheet, a check for your team's entry fees, and a hardcopy of your entries. It is highly recommended that you use either FedEx or UPS to send in your entries since those services provide tracking services. Please send all entries, forms, and fees to:**

**YOTA Swim Team**

**Attn: John Newell**

**801 Corporate Center Drive**

**Suite 200**

**Raleigh, NC 27607**