



The PHOENIXVILLE YMCA presents the
TURKEY TROT "Swim Your Age" Invitational
Sunday, November 16, 2025



Description: The Turkey Trot is open to 12 & under swimmers from YMCA teams. Current USA Swimming rules govern the meet and USA Approval number is **MA 2612 AP**. 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.

Meet Location: Phoenixville Area YMCA, 400 E. Pothouse Rd., Phoenixville, PA 19460
Pool: Six lane, 25 meter pool with Kiefer lane lines and Daktronics electronic timing & scoreboard; touchpads at start end; semi-automatic three-button system at 25M end.
Depth at start end – 10'; 25M turn/finish end – 4'.

Swimmer Seating: Swimmers will be seated by team in the West Gym, adjacent to the pool. Ready benches will be located in this same area. Each team must provide adult supervision for their swimmers in the ready area.

Ample parking is available. Very limited spectator seating will be available. Spectators must rotate in and out of this seating each time after their swimmer competes. Parents may accompany swimmers in the West Gym. Snack bar will be available. Hospitality available for Coaches and Officials.

Meet Director: Dave Rue: David.Rue@philaymca.org
Entry Chair: Dave Rue: paymeetdir@gmail.com
Facility Contact: Jeremy Byrne: Jeremy.Byrne@philaymca.org

For directions and day of meet help, please call Phoenixville YMCA at 610-933-5861. Coaches, please direct all questions to the meet directors. During the meet, swimmer/parent questions should be directed to their team coach who will take them to the meet Director.

Eligibility: Open to YMCA registered swimmers. The age of the swimmer on November 16th will determine the age group the swimmer may enter.

Session 1: 10-12 Age Groups - 7:00 AM Warm-Up 8:15 AM Meet Start
Session 2: 9 & Under Age Groups - 12:30 PM Warm-Up 2:00 PM Meet Start
We will announce adjustments to the session start times, if necessary, once entries are received. FLYOVER STARTS WILL BE USED. PLEASE PREPARE YOUR SWIMMERS!

Entries: Entry fees shall be \$10/event. Max event entries is 4 events per swimmer.

- Entry files should be submitted using HY-TEK or Team Unify software.
- The meet director reserves the right to limit entries due to time and space restrictions. Only team or coach entries will be accepted.
- ***Entries will be accepted beginning at 12:01 am on October 1, 2025 and will be processed in the order in which they are received.***
- ALL ENTRIES MUST BE SUBMITTED IN METER TIMES; converted times are acceptable. Failure to convert times will result in incorrectly seeded swimmers.
- All entries should be sent via e-mail. In the body of your e-mail, please include contact information and names of all coaches attending by session.
- Deck entries will not be accepted.
- Proof of times will not be required.

Payment: Payment for meet fees should be made to “Phoenixville YMCA Swim Team” and mailed to: Jeremy Byrne, Aquatics Director, Phoenixville YMCA, 400 E. Pothouse Rd., Phoenixville, PA 19460

Seeding: Meet will be seeded slowest to fastest in all events and run in the order established in the attached Session lists.

Scoring & Awards: All Events, while swum with combined ages, will be scored by individual age groups (12 yo, 11 yo, 10 yo, etc.) Ribbons will be awarded for 1st-6th places in each age group. Hot heats will be run and prizes will be distributed to winners on deck.

Admission: Admission is free. MeetMobile will be available.

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 Suits: The following rule will take effect SEPTEMBER 1, 2020. 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.

Session 1: 10-12 Age Groups

GIRLS	EVENT	BOYS
1	11-12 200 Individual Medley	2
3	10 -12 100 Individual Medley	4
5	10-12 50 Freestyle	6
7	10-12 50 Backstroke	8
9	10-12 200 Freestyle	10
11	10-12 50 Breaststroke	12
13	10-12 50 Butterfly	14
15	10-12 100 Freestyle	16

Session 2: 9 & Under Age Groups

GIRLS	EVENT	BOYS
17	9&U - 100 Individual Medley	18
19	9&U - 50 Freestyle	20
21	9 - 50 Backstroke	22
23	8&U - 25 Backstroke	24
25	9 - 50 Breaststroke	26
27	8&U - 25 Breaststroke	28
29	9 - 50 Butterfly	30
31	8&U - 25 Butterfly	32
33	8&U - 25 Freestyle	34
35	9&U - 100 Freestyle	36

Warm Up: USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes. Warm-

up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches prior to the meet. Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules

Covid-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, MID ATLANTIC SWIMMING AND THE YMCA 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.

Miscellaneous:

- *Deck changes are prohibited.*
- 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 judgment for any issues that arise that day during the course of the meet.
- The use of alcohol or tobacco products at the YMCA is prohibited.
- *In compliance with USA Swimming Rules and Regulations: The 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.

- *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.*
- 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.