

Wisconsin State YMCA Swimming and Diving Suggested Outline

1. Rules
 - A. Bylaws of Wisconsin YMCA Swimming and Diving
 - B. Rules that Govern YMCA competitive Sports
 - C. Technical Assistance Paper on YMCA Competitive Swimming Programs
 - D. Guidelines Concerning National YMCA Age Group Swimming and Diving Programs
 - E. Wisconsin YMCA General Rules and Regulations
 - F. Wisconsin YMCA Eligibility Requirements
2. State Sanctioned Meets
 - A. Relay Meet
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3. Forms
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Wisconsin State YMCA Swimming and Diving By-laws

ARTICLE 1 NAME, PURPOSE

- 1.1 The name of the organization shall be Wisconsin State YMCA Swimming and Diving.
- 1.2 The purpose of the organization is to promote the YMCA mission through the development and administration of a State Swimming and Diving program. To develop guidelines and procedures for the management of State competitions. To coordinate the recruiting and training of swim officials.

ARTICLE 2 MEMBERSHIP

- 2.1 All state associations and designated out of state associations offering competitive swimming and diving teams in compliance with National YMCA guidelines shall be members of the organization.

ARTICLE 3 ADVISORY COMMITTEE

- 3.1 The advisory committee is charged with establishing and enforcing policies, procedures and programs for the organization.
- 3.2 Each association will have one vote on the advisory committee. Each association may have up to three representatives at meetings but only one vote.
- 3.3 Two-thirds of the membership is required for a quorum.
- 3.4 A majority vote is required to pass any policies.

ARTICLE 4 OFFICERS

- 4.1 The YMCA State Network facilitator will appoint a Competitive Swimming Program Network Coordinator for a three-year term.
- 4.2 The Program Network coordinator will appoint a Sectional Representative for each of the five Sectional groupings for three-year terms.
- 4.3 The Program Network Coordinator will appoint committees as needed to manage the organizations business.

Wisconsin State YMCA Swimming and Diving General Rules and Regulations

1. The USA Swimming and Diving Technical Rules (current year) shall be the rules regulating and governing all Wisconsin State Swimming and Diving competition.
2. All teams must have YMCA in their team name and logo to identify itself as a YMCA team. (National Rule)
3. Age groups; For state sanctioned events
 - A. 8 & Under
 - B. 9-10
 - C. 11-12
 - D. 13-14
 - E. Open 11-21 *as of December 1*, (Except Nationals and Senior State).
4. The State Coordinator shall hold both a fall and spring informational meeting. All teams must have a representative at this meeting. At this meeting the following will be among the items to be covered:
 - Team registration forms collected
 - Team fee due \$50.00
 - Rules changes discussed and voted on.
 - Informational packets handed out
 - State Records updated
 - Meet sanction requestsEach team will have one vote at State meetings. Any interested visitor may attend and teams may have more than one representative but only one vote. The State Coordinator or a majority vote of the membership may call additional meetings as deemed necessary.
5. A team registration fee will be charged to help defray the cost of administering the State program. The fee will be \$50.00 for all member associations. Team registration fee must be paid at the Fall State Meeting. Any team which does not comply by December 1 of the current season will be assessed a \$100.00 late fee penalty.
6. Entry fees and State Fund fees for all State sanctioned meets are as follows:

A. State Relay - \$10.00 per relay

B. State Senior - \$3.00 per individual event plus \$10.00 per relay.

C. Sectional Meets - \$3.00 per individual event plus \$10.00 per relay.

D. State Meet- \$3.50 per individual event plus \$12.00 per relay.

All entry checks should be made payable to the meet host. All meet hosts should create meet information for their particular meet and mail either to all Wisconsin YMCA State teams (see mailing list), or to Sectional teams (see sectional list). Host team shall use posted order of events. Hosts of sanctioned meets must submit information to State Sanction Chairperson at the fall meeting.

7. The entry deadline for all State sanctioned meets will be determined by the meet host, but may not be more than two weeks prior to the first day of competition. Entries and entry fees must be sent to the host team by the entry deadline. ** Exceptions if agreed upon by the host team and the Swimming Commissioner.
8. All YMCA State sanctioned short course meets are to be conducted in 25-yard pools with 6 or more lanes.
9. Bids will be accepted each year by the State Swimming Coordinator for the following meets:
 - State Relays
 - State Senior
 - State Diving
 - State Championships

The Sectional meets will be assigned on a rotating basis. Starting at the alphabetical beginning and progressing each year alphabetically from the last team to host the meet.

10. Administrative procedures:

A. Make three copies of the meet entry form:

1. Mail one hard copy, diskette and entry fees to host team.
2. Mail hard copy to State Coordinator.
3. Retain one copy for coach's records.

- B. Host team will be responsible for purchasing all awards for the State sanctioned meets: **State Relays, State Senior, Sectionals, State Diving and State**. Ribbons and trophies for all sectional meets will be uniform.
- C. The administration of the necessary paperwork, award purchase and distribution, eligibility determination, etc., for the Wisconsin YMCA Competitive Swim Program shall be the responsibility of the Competitive Swimming **Sectional Representatives and the** State Swimming Coordinator.
11. Meet results of all meets conducted under the jurisdiction of the Competitive Coordinating Committee must be prepared and available to the participating teams the day of the meet. Two copies of all the typed results must be mailed to the State Swimming Coordinator. **A typed copy of the Sectional results and a disk should be sent express mail to the State host so that it is received no later than Tuesday following the meet.**
12. All meets conducted under the jurisdiction of the Competitive Swimming Coordinating Committee must start no later 10:30am. Meets must start on time and are not to be delayed for late arriving teams. Any deviation from this formula must be cleared through the State Coordinator.
13. Teams hosting meets must conduct them in compliance with these rules. Failure to do so will result in forfeiture of their share of the net proceeds from the entry fees, as distributed above.
14. It is suggested that awards be passed out while the meet is in progress rather than giving all the awards to the coach at the end of the meet. There are invariably a few mistakes made when the awards are put in a box for the coach and correcting those mistakes is a **real** administrative problem when it has to be done long after the meet is over. Host team is responsible for procuring the awards. **The host team may purchase awards.** Please see appropriate meet information for List of Awards for each meet. Awards will not be mailed

There is no reimbursement for extra awards. Host teams are responsible for ordering and paying for all awards.

15. The meet committee for all championship meets shall be: The commissioner if present, the meet director, the meet referee and any Committee member (Sectional or National representative) present.
16. The NCAA Championship scratch rule will not be in effect for YMCA meets. If a modified deck seed is used to allow for eliminating no shows; once seeded and a swimmer fails to show, the team will be fined \$25.00, which will go to the state fund. This will not penalize the individual performance.

Wisconsin State YMCA Swimming and Diving Eligibility Rules

1. Each contestant must have been a continuous full privilege member of the association he/she represents for at least ninety days to participate in formal competition. (Corresponds with the National rules.)
2. Each contestant must be an amateur according to *Rule I contained in "Rules that Govern YMCA Competitive Sports"*, and must meet the other requirements contained in Rule *II* of the same document.
3. Age:
 - A. Each contestant's age is determined as of December 1st of the current season. The current season is September 1st through May 31st. For YMCA Nationals, the age is determined as of the 1st day of the meet.
 - B. Swimmers may not move up an age group for relays or individual events in YMCA State sanctioned meets.
 - C. The open age group is for participants who are 12 or older as of December 1st of the current season. For the YMCA State Senior Meet, the age is determined as of the 1st day of YMCA Nationals.
4. Dual Representation: A swimmer or diver who represents another team in open competition during the current season is not eligible to compete in the Wisconsin YMCA Swimming and Diving Championships. The current YMCA season pertaining to this rule is September 1st - May 31st. Dual representation shall be permitted when:
 - A. An individual is eligible to represent his/her YMCA in closed or open competition; in addition to other organizations he/she has represented or is representing, providing he/she has not competed for that other team *in open competition* during the previous four months.

- B. An individual is eligible to represent his/her YMCA in open competition, provided he/she has not represented another YMCA in open competition during the previous four months and meets the eligibility requirements of the competitive swimming rules.
 - C. Transfers by consent: An individual wishing to transfer from one YMCA to another is eligible to represent the new YMCA upon written consent of the YMCA organization he/she previously represented. A swimmer or diver may not compete unless they are financially cleared from their previous team. The transfer form must be sent to the teams involved and the State Coordinator.
5. An athlete who represents his YMCA may compete in any Wisconsin YMCA Sectional and State swimming and Diving Championships provided the athlete meets the following eligibility requirements:
- A. Has had a full privilege membership in the YMCA they represent as of December 1st of the current season.
 - B. Must have completed in two meets for the YMCA they represent during the current season. These meets must be competed on two different dates. These meets must be inter-association meets (definition: two different YMCAs), or open competition. In which the swimmer or diver represents his YMCA team.
 - C. *It is the team coach's responsibility to enforce these eligibility requirements.*
6. The Competitive Swimming Coordinator may grant exceptions to the eligibility rules when extreme circumstances exist. Any such exceptions may be requested and approved prior to the entry deadline for the meet in question.
7. Mail, inter-squad or telegraphic meets will not be allowed as qualifying meets for the Swimming /Diving State Championship events.

Wisconsin State YMCA Swimming and Diving State Relay Meet Rules

1. Individuals may compete in a maximum of four relay events for the meet.
2. Results of the meet must be prepared and available to the competing teams on the day of the meet.
3. In the backstroke relay the second, third and fourth swimmers are allowed one underwater pull, which must bring them to a legal backstroke position.
4. For the 8 & Under relays the second and fourth swimmers must start in the water and follow the safe start rule where pool is under five feet in depth.

5. Events

Morning Session:

<u>Girls</u>	<u>Relay Event</u>	<u>Boys</u>
1	8 & Under 100 Medley	2
3	14 & Under 200 Medley	4
5	Open 200 Medley	6
7	8 & Under 100 Free	8
9	14 & Under 200 Free	10
11	Open 200 Free	12
13	8 & Under 100 Breast	14
15	14 & Under 200 Breast	16
17	Open 200 Breast	18
19	8 & Under 100 Fly	20
21	14 & Under 200 Fly	22
23	Open 200 Fly	24
25	8 & Under 100 Back	26
27	14 & Under 200 Back	28
29	Open 200 Back	30
31	14 & Under 400 Free	32
33	Open 400 Free	34

Afternoon Session

35	10 & Under 200 Medley	36
37	12 & Under 200 Medley	38
39	10 & Under 200 Free	40
41	12 & Under 200 Free	42
43	10 & Under 200 Breast	44
45	12 & Under 200 Breast	46
47	10 & Under 200 Fly	48
49	12 & Under 200 Fly	50
51	10 & Under 200 Back	52
53	12 & Under 200 Back	54
55	10 & Under 400 Free	56
57	12 & Under 400 Free	58

6. Entries:

- A. The entry fee for each relay team is \$8.00. All checks should be made payable to the host team. The host team shall pay \$1.00 per relay entered to the State Committee.
- B. Entry form (hard copy and diskette) and entry fees must be received by the host team no later than ten (10) days prior to the date of the meet. Meet entries should be done on HyTek. (Send disk and hard copy.)
- C. A hard copy of the entry(s) and the summary entry form must be sent to the State Coordinator.
- D. One entry form should be retained by the entering team.
- E. Swimmer's names and ages must appear on the back of relay cards and name must be printed in final results.

7. Awards:

- A. Team awards for boys and girls will be given for each age group as follows:
 - 1) High point girls
 - 2) High Point boys

3) Overall team highpoint (combined boys/girls total)

- B. Individual awards will be medals, First through third and ribbons fourth through eighth,
- C. A plaque of recognition will be awarded to each individual swimmer from any team that establishes a new meet record.

Wisconsin State YMCA Swimming and Diving State Relay Meet - Summary Entry Form

This summary entry form must be completed and returned to the state coordinator with a hard copy of your entries.

Make three copies of the entry forms:

1. Keep one copy for yourself.
2. Send one hard copy, diskette and entry fee to the State Relay host.
3. Send one copy to the State Swimming Coordinator

Make check or money order payable to the host team.

YMCA: _____

Name, address and telephone number of person to contact regarding entries:

Name: _____

Address: _____

Telephone: (_____) _____

Number of relay entries _____ @ \$8.00 = _____

All swimmers listed on these entry forms are eligible to compete for our YMCA and meet all of the requirements as per the Wisconsin YMCA State Rules.

Program Director (Signature) _____

Coach (Signature) _____

Attention Coaches!

If we continue to have a problem with swimmers swimming having not made the cut, then we will have to go to a proof and fine system for this meet.

Wisconsin State YMCA Swimming and Diving State Senior Meet Rules

1. The Senior YMCA Championships is a two-day meet conducted separate from YMCA Sectionals and State Championships to provide an opportunity for the YMCA swimmers and divers to compete in National events and meet some of the requirements in order to compete in Nationals.
2. There will be qualifying times for this meet so it can be held in a reasonable amount of time. Qualifying times will be determined by the State Competitive Swim Committee.
3. Each swimmer may compete in six individual events, no more than four per day., plus relays. The 1650 may be the 5th event on the form. If a swimmer is accepted for the 1650 then one of the other events must be scratched to comply with the four event rule.
4. Entries:
 - A. The entry fee for each individual event is \$3.00, each relay is \$10.00. All checks should be made payable to the host team. The host team must pay \$.50 per individual event to the state committee.
 - B. One hard copy of the entry form, fees and HyTek disk must be received by the host team no later than two weeks before the starting date for the meet (or the date the host team sets.)
 - C. One form should be retained by the entering team.
 - D. One hard copy of the entry form and the summary entry form must be sent to the State Coordinator.
 - E. Swimmers names must be on relay cards and appear in the final results.
5. Events will be those conducted at the YMCA National Short Course Championships.
6. Awards:

- A. Team trophies will be awarded to the high point boys and girls teams.
 - B. Individual medals will be awarded to first through fourth places in individual and relay events, and ribbons for 5th through 8th place.
 - C. Qualifying times for this meet are the current United States Swimming 15-16 "BB" times for both men and women
7. The NCAA Championship scratch rule will not be in effect for this meet. If a modified deck seed is used to allow for eliminating no shows: once seeded and a swimmer fails to show, the team will be fined \$25.00, which will go to the state fund. This will not penalize the individual performance.
8. Events (In yards):

Saturday

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	500 Yard Freestyle	2
3	200 Yard I. M.	4
5	50 Yard Freestyle	6
7	400 Medley Relay	8
9	200 Yard Butterfly	10
11	200 Yard Freestyle	12
13	100 Yard Breaststroke	14
15	100 Yard Backstroke	16
17	200 Free Relay	18
19	1000 Yard Freestyle	20

Sunday

21	200 Medley Relay	22
23	400 Yard I. M.	24
25	100 Yard Freestyle	26

27	200 Yard Backstroke	28
29	800 Free Relay	30
31	200 Yard Breaststroke	32
33	100 Yard Butterfly	34
35	400 Free Relay	36
37	1650 Yard Freestyle	38

** The 1650 will be limited to two full heats combined boys and girls.

9. Qualifying times (In yards):

<u>Women</u>	<u>Event</u>	<u>Men</u>
2:23.49	200 Freestyle	2:10.89
6:19.09	500 Freestyle	5:52.39
12:55.49	1000 Freestyle	12:08.19
21:38.89	1650 Freestyle	20:21.89
1:13.79	100 Backstroke	1:06.99
2:38.79	200 Backstroke	2:23.69
1:23.19	100 Breaststroke	1:14.99
2:58.99	200 Breaststroke	2:42.59
1:12.89	100 Butterfly	1:05.89
2:39.59	200 Butterfly	2:25.79
2:40.89	200 IM	2:26.99
5:40.29	400 IM	5:13.99

** There are no qualifying times for the relays or the 50 and 100 yard freestyle.

Wisconsin State YMCA Swimming and Diving State Senior Meet - Summary Entry Form

This summary entry form must be completed and returned to the state coordinator with a hard copy of your entries.

Make three copies of the entry forms:

1. Keep one copy for yourself.
2. Send one hard copy, diskette and entry fee to the State Relay host.
3. Send one copy to the State Swimming Coordinator

Make check or money order payable to the host team.

YMCA: _____

Name, address and telephone number of person to contact regarding entries:

Name: _____

Address: _____

Telephone: (_____) _____

Number of individual entries: _____ @ \$3.00 = _____

Number of relay entries: _____ @ \$10.00 = _____

Total number of swimmers: _____

Total entry fee due: _____

All swimmers listed on these entry forms are eligible to compete for our YMCA and meet all of the requirements as per the Wisconsin YMCA State Rules.

Program Director (Signature) _____

Coach (Signature) _____

Wisconsin State YMCA Swimming and Diving State Senior Meet - Records

Women

50 yard Free	24.81	J. Gullickson	Janesville	1985
100 Yard Free	53.42	Jenny Arndt	Green Bay	1995
200 yard Free	1:54.98	Jenny Arndt	Green Bay	1995
500 Yard Free	5:06.36	Jenny Arndt	Green Bay	1995
1000 Yard Free	11:12.10	Katie Caucutt	Eau Claire	2003
1650 Yard Free	17:15.97	Shari Countryman	Schroeder	1985
100 Yard Back	59.23	Jenny Arndt	Green Bay	1995
200 Yard Back	2:10.99	Jenny Arndt	Green Bay	1994
100 Yard Breast	1:08.45	Gwen Owens	La Crosse	1996
200 Yard Breast	2:29.42	Lauren Levandoski	Eau Claire	2001
100 Yard Fly	59.28	Anne Melvin	Marshfield	2001
200 Yard Fly	2:08.70	B. Auschwitz	Schroeder	1985
200 Yard IM	2:11.84	R. Smith	Janesville	1983
400 Yard IM	4:37.18	J. Groiss	Schroeder	1985
200 Yard Medley Relay	1:53.52		Eau Claire	1995
400 yard Medley Relay	4:08.87		Schroeder	1979
200 Yard Freestyle Relay	1:40.92		Schroeder	1985
400 Yard Freestyle Relay	3:45.71		Marshfield	2000
800 Yard Freestyle Relay	8:04.33		Schroeder	1985

Men

50 yard Free	21.71	T. Huber	Schroeder	1980
100 Yard Free	48.40	M. Timkin	Wausau	1981
200 yard Free	1:47.73	Matt Ogelsby	Lake Geneva	1996
500 Yard Free	4:46.81	Al Hays	Appleton	1980
1000 Yard Free	11:09.32	Josh Mitchell	Waves/Michigan	2003
1650 Yard Free	16:30.36	Al Hays	Appleton	1980
100 Yard Back	54.53	M. Miller	Schroeder	1981
200 Yard Back	2:01.03	S. Bell	Racine	1990
100 Yard Breast	1:00.50	Matt Hansen	La Crosse	1996
200 Yard Breast	2:10.92	M Gwidt	Schroeder	1987
100 Yard Fly	53.45	D. Schaetz	Waukesha	1987
200 Yard Fly	1:59.44	D. DeFauw	Janesville	1987
200 Yard IM	1:59.03	M. Gwidt	Schroeder	1987
400 Yard IM	4:19.30	S. Bell	Racine	1990
200 Yard Medley Relay	1:40.93		Appleton	1990
400 yard Medley Relay	3:43.36		Racine	1990
200 Yard Freestyle Relay	1:28.60		Schroeder	1985
400 Yard Freestyle Relay	3:18.08		Schroeder	1985
800 Yard Freestyle Relay	7:16.78		Schroeder	1985

Wisconsin State YMCA Swimming and Diving Sectional Groupings

Northwest

Chippewa Valley
Eau Claire
La Crosse
Stevens Point
Woodson
Marshfield

Southwest

Beaver Dam
Green County
Janesville
Madison East
Madison West
Oconomowoc

East Central

Fox Cities
Door County
Manitowoc
Neenah-Menasha
Oshkosh
South Wood County

Northeast

Green Bay
Marinette-Menominee
Upper Peninsula
The Wave

Southeast

Fond du Lac
Racine
Sheboygan
Lake Geneva
Schroeder

Wisconsin State YMCA Swimming and Diving Sectional Championship Meet - Preface

The sectional and state meet are considered two meets for any eligibility questions that arise, this includes Nationals. The coordination committee made this determination to clarify an ongoing question, (i.e. - A swimmer going to Nationals participates in Y-Sectionals, Y State and two other Y-dual meets. Is the swimmer eligible to compete at Nationals? Yes, the swimmer has satisfied the requirement because the Sectional and State meet are considered two meets and the dual meets are two additional meets; therefore the swimmer has completed his/her qualification for Nationals. The rule states that the swimmer must have competed in three inter-association meets and one state, district, satellite or cluster meet for a total of four separate dates, thus eligible.)

Wisconsin State YMCA Swimming and Diving Sectional Championship Meet - Rules

1. Order of Events

(Friday (Session 1))

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
1	11-12	200 IM	2
3	Open	800 Free Relay	4
5	11-12	500 Free	6
7	Open	1650 Free	8

Saturday (Session 2)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
9	8&U	100 Medley Relay	10
11	9-10	200 Medley Relay	12
13	8&U	50 Breast	14
15	9-10	100 Breast	16
17	8&U	50 Free	18
19	9-10	100 Free	20
21	8&U	25 Back	22
23	9-10	50 Back	24
25	8&U	50 Fly	26
27	9-10	100 Fly	28
29	8&U	100 IM	30
31	9-10	200 IM	32

Saturday (Session 4)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
53	Open	400 Free Relay	
	Open	200 Medley Relay	54

Saturday (Session 3)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
33	Open	200 Medley Relay	
	Open	400 Free Relay	34
35	13-14	400 IM	36
37	Open	400 IM	38
39	11-12	200 Medley Relay	
40	13-14	200 Medley Relay	
41	Open	50 Free	42
43	11-12	50 Free	44
45	13-14	50 Free	46
47	Open	200 Fly	48
49	11-12	100 Fly	50
51	13-14	200 Fly	52
55	11-12	100 IM	56
57	13-14	200 IM	58
<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
59	Open	200 IM	60

103	Open	200 Free Relay	
	Open	400 Medley Relay	104
105	13-14	500 Free	106
107	Open	500 Free	108
109	11-12	200 Free Relay	
110	13-14	200 Free Relay	
111	Open	100 Free	112
113	11-12	100 Free	114
115	13-14	100 Free	116
117	Open	100 Back	118
119	11-12	50 Back	120
121	13-14	100 Back	122

Sunday (Session 7)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
	11-12	200 Medley Relay	61
	13-14	200 Medley Relay	62
63	Open	100 Breast	64
65	11-12	50 Breast	66
67	13-14	100 Breast	68
69	Open	200 Back	70
71	11-12	100 Back	72
73	13-14	200 Back	74
75	Open	1000 Free	76

Sunday (Session 5)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
77	9-10	200 Free Relay	78
79	8&U	100 Free Relay	80
81	9-10	100 IM	82
83	8&U	25 Breast	84
85	9-10	50 Breast	86
87	8&U	25 Free	88
89	9-10	50 Free	90
91	8&U	50 Back	92
93	9-10	100 Back	94
95	8&U	25 Fly	96
97	9-10	50 Fly	98
99	8&U	100 Free	100
101	9-10	200 Free	102

Sunday (Session 6)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
123	Open	400 Medley Relay	
	Open	200 Free Relay	124
125	11-12	200 Free	126
127	13-14	200 Free	128
<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
129	Open	200 Free	130

	11-12	200 Free Relay	131
	13-14	200 Free Relay	132
133	Open	200 Breast	134
135	11-12	100 Breast	136
137	13-14	200 Breast	138
139	Open	100 Fly	140
141	11-12	50 Fly	142
	<u>Place</u>	<u>Individual</u>	<u>Relays</u>
	1	20	40
	2	17	34
	3	16	32
	4	15	30
	5	14	28
	6	13	26
	7	12	24
143	13-14	100 Fly	144

2. Entries:

- A. Each Contestant may enter a total of four individual events plus relays for this meet.
 - B. Any contestant listed on the entry form may participate in relays. Relay contestants need not be the same at the sectional and state meets.
3. Swimmers must compete in the sectional meet to qualify for the state meet in individual events.
 4. Should only one individual or relay be entered in an event in a sectional meet, that individual or relay must swim in the event for judging and time to qualify for the state meet.
 5. Any swimmer, by choice who will not be participating in the state meet must be designated as a non-participant on the results from the sectional meet.
 6. Swimmer's names and ages must be on relay cards and must appear on the final results.
- ## 7. Awards:
- A. Ribbons will be awarded in all events and age groups. First through eighth
 - B. Heat winner will be awarded.

C. Team trophies for each age group (boys and girls combined) and overall team.

8. Meet results must be prepared and available to the Participating teams the day of the meet. Sectional meet hosts must e-mail or overnight-mail the results of the meet to the state meet host by the Tuesday after the Sectional competition.

9. Scoring:

8	11	22
9	9	18
10	7	14
11	6	12
12	5	10
13	4	8
14	3	6
15	2	4
16	1	2

Wisconsin State YMCA Swimming and Diving Sectional Meet - Summary Entry Form

This summary entry form must be completed and returned to the state coordinator with a hard copy of your entries.

Make three copies of the entry forms:

4. Keep one copy for yourself.
5. Send one hard copy, diskette and entry fee to the Sectional Meet host.
6. Send one copy to the State Swimming Coordinator

Make check or money order payable to the host team.

YMCA: _____

Name, address and telephone number of person to contact regarding entries:

Name: _____

Address: _____

Telephone: (_____) _____

Number of individual entries: _____ @ \$2.50 = _____

Number of relay entries: _____ @ \$8.00 = _____

Total number of swimmers: _____

Total entry fee due: _____

All swimmers listed on these entry forms are eligible to compete for our YMCA and meet all of the requirements as per the Wisconsin YMCA State Rules.

Program Director (Signature) _____

Coach (Signature) _____

Wisconsin State YMCA Swimming and Diving State Championship Meet - Rules

1. Order of Events (yards) - 3 day format

Friday (Session 1)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
1	11-12	200 IM	2
3	Open	800 Free Relay	4
5	11-12	500 Free	6
7	Open	1650 Free	8

Saturday (Session 2)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
9	8&U	100 Medley Relay	10
11	9-10	200 Medley Relay	12
13	8&U	50 Breast	14
15	9-10	100 Breast	16
17	8&U	50 Free	18
19	9-10	100 Free	20
21	8&U	25 Back	22
23	9-10	50 Back	24
25	8&U	50 Fly	26
27	9-10	100 Fly	28
29	8&U	100 IM	30
31	9-10	200 IM	32

Saturday (Session 3)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
33	Open	200 Medley Relay	
	Open	400 Free Relay	34
35	13-14	400 IM	36
37	Open	400 IM	38
39	11-12	200 Medley Relay	
40	13-14	200 Medley Relay	
41	Open	50 Free	42
43	11-12	50 Free	44
45	13-14	50 Free	46
47	Open	200 Fly	48
49	11-12	100 Fly	50
51	13-14	200 Fly	52

Saturday (Session 4)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
53	Open	400 Free Relay	
	Open	200 Medley Relay	54
55	11-12	100 IM	56
57	13-14	200 IM	58
<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>

59	Open	200 IM	60
	11-12	200 Medley Relay	61
	13-14	200 Medley Relay	62
63	Open	100 Breast	64
65	11-12	50 Breast	66
67	13-14	100 Breast	68
69	Open	200 Back	70
71	11-12	100 Back	72
73	13-14	200 Back	74
75	Open	1000 Free	76

Sunday (Session 5)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
77	9-10	200 Free Relay	78
79	8&U	100 Free Relay	80
81	9-10	100 IM	82
83	8&U	25 Breast	84
85	9-10	50 Breast	86
87	8&U	25 Free	88
89	9-10	50 Free	90
91	8&U	50 Back	92
93	9-10	100 Back	94
95	8&U	25 Fly	96
97	9-10	50 Fly	98
99	8&U	100 Free	100
101	9-10	200 Free	102

Sunday (Session 6)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
103	Open	200 Free Relay	
	Open	400 Medley Relay	104
105	13-14	500 Free	106
107	Open	500 Free	108
109	11-12	200 Free Relay	
110	13-14	200 Free Relay	
111	Open	100 Free	112
113	11-12	100 Free	114
115	13-14	100 Free	116
117	Open	100 Back	118
119	11-12	50 Back	120
121	13-14	100 Back	122

Sunday (Session 7)

<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>
123	Open	400 Medley Relay	
	Open	200 Free Relay	124
125	11-12	200 Free	126
127	13-14	200 Free	128
<u>Girls</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys</u>

129	Open	200 Free	130
	11-12	200 Free Relay	131
	13-14	200 Free Relay	132
133	Open	200 Breast	134
135	11-12	100 Breast	136
137	13-14	200 Breast	138
139	Open	100 Fly	140
141	11-12	50 Fly	142
143	13-14	100 Fly	144

2. Any Contestant listed on the entry form may participate in relays. Relay contestants need not be the same at the sectional and state meets. Swimmers' names must be on cards and must appear on the final results.
3. The NCAA Championship scratch rule will **not** be in effect for this meet. If a modified deck seed is used to allow for eliminating no shows; once seeded and a swimmer fails to show, the team will be fined \$25.00 which will go to the state fund. The individual will not be penalized. (Coaches of swimmers qualifying for the YMCA State Meet who do not intend to swim must scratch their athletes by completing the Scratch Form at the Sectional Championships.)
4. 8 & U relays - Safe Start Rule is in effect where pool depth is less than 5 feet for the second and fourth swimmer.
5. Qualifications for the State Meet:

Individual Events: The top two (2) finishers at each Sectional Championship automatically qualify for the state meet. Additional qualifiers are, any swimmer(s) who meets or surpasses the qualifying time for an event while representing their YMCA team at any meet during the current competitive season (Sept. 1-Sectional Meets). The swimmer must legally complete the event at their Sectional Championship with their state meet seed time being the time achieved at the Sectional Championship.

Coaches must fax proof of time for the above additional qualifiers who failed to meet or exceed the state qualifying time standard at their sectional meet to the Schroeder YMCA by 3:00 PM on the Monday after the Sectional meets - please include pertinent information: i.e. Team, team contact info. The Swimmers' name, birth date, event, section, actual time done at the sectional meet. Swimmers cannot improve their state meet seed times done at sectionals

Fax number (414) 354-0309 Attention Schroeder YMCA Swim Team.

Relay Events: the top two (2) finishers at each Sectional Championship and any relay teams which meet or surpass the qualifying time for the event at the Sectional meet.

6. Awards

A. Team Trophies will be awarded for:

1. High point team in each age group, both boys and girls.
2. High point girls and boys team.
3. First through third place high point teams, boys and girls combined.

B. Individual awards will be:

1. Trophies: first through third in all events.
2. Medals: fourth through eighth in all events.
3. Ribbons: ninth through 16th in all events.

7. Meet results must be prepared and available to participating teams the day of the meet. Sectional meet hosts provide copies of the results to the competitive Swimming Coordinator.

8. The State meet must be conducted in a pool with a minimum of 6 lanes.

9. Scoring:

<u>Place</u>	<u>Individual</u>	<u>Relays</u>
1	20	40
2	17	34
3	16	32
4	15	30
5	14	28
6	13	26
7	12	24
8	11	22
9	9	18
10	7	14
11	6	12
12	5	10
13	4	8
14	3	6
15	2	4
16	1	2

Wisconsin State YMCA Swimming and Diving State Championship Meet - Summary Entry Form

This summary entry form must be completed and returned to the state coordinator with a hard copy of your entries.

Make three copies of the entry forms:

7. Keep one copy for yourself.
8. Send one hard copy, diskette and entry fee to the State Meet host.
9. Send one copy to the State Swimming Coordinator

Make check or money order payable to the host team.

YMCA: _____

Name, address and telephone number of person to contact regarding entries:

Name: _____

Address: _____

Telephone: (_____) _____

Number of individual entries: ____ @ \$3.50 = ____

Number of relay entries: ____ @ \$12.00 = ____

Total number of swimmers: ____

Total entry fee due: ____

All swimmers listed on these entry forms are eligible to compete for our YMCA and meet all of the requirements as per the Wisconsin YMCA State Rules.

Program Director (Signature) _____

Coach (Signature) _____

Wisconsin State YMCA Swimming and Diving

State Diving - Rules

1. 10 and Under: 1 and 3 meter
Two required and three optional dives
Required: (choose any two)
101 Forward Dive
201 Back Dive
301 Reverse Dive
401 Inward Dive

Required dives may be done in Tuck, Pike or Straight. Any of the required dives can be used as optional dives if not used as a required dive.

For optional dives: use **NCAA** chart for degree of difficulty and must be from at least two different groups.

2. 11-12: 1 & 3 meter
Four required and three optional dives from any three different groups
Required Dives:
101 Forward Dive
201 Back Dive
301 Reverse Dive
401 Inward Dive

Required dives may be done in Tuck, Pike or Straight. The one remaining required dive can be used as an optional dive.

For optional dives, please use **NCAA** chart for degree of difficulty.

3. 13-14: 1 meter
Five voluntary dives from different groups and three optional dives from any three different groups.
Note: Voluntary dives must be done from five different groups. A voluntary dive is any dive from five different groups with a total degree of difficulty not to exceed 9.5 D.D.

4. 15-18: 1 Meter
Five voluntary (9.5 D.D. limit) and five optional dives, one from each of the five groups.
Note: 15-19 if still in High School.

5. Open: 1 and 3 meter
Five voluntary (9.5 D.D. limit) and six optional dives, one from each of the five groups. Divers must be twelve or older as of December 1 of that season.
6. Masters: 1 and 3 meter
Three required and four optional dives. There must be at least three different groups for the optional. Required: 101, 201, 301, 401 or 5111 - Tuck, Pike or Straight position may be used.
The remaining required dives may be used as optional dives.
7. Order of Events:
- A. Open 1 meter combined with Masters 1 meter
 - B. 10 and Under 1 meter combined with 11-12 1 meter
 - C. 13-14 1 meter
 - D. 15-18 1 meter (19 if in High School)
 - E. 10 and Under 3 meter combined with 11-12 3 Meter
 - F. Open 3 meter combined with Masters 3 meter
8. Awards: Medals will be awarded for 1st through 3rd and ribbons for 4th through 8th for the state diving meet.

Wisconsin State YMCA Swimming and Diving State Diving Meet - Summary Entry Form

This summary entry form must be completed and returned to the state coordinator with a hard copy of your entries.

Make three copies of the entry forms:

10. Keep one copy for yourself.
11. Send one hard copy, and entry fee to the State Diving host.
12. Send one copy to the State Swimming Coordinator

Make check or money order payable to the host team.

YMCA: _____

Name, address and telephone number of person to contact regarding entries:

Name: _____

Address: _____

Telephone: (_____) _____

Number of female divers ____ @ \$5.00 = ____

Number of male divers: ____ @ \$5.00 = ____

Total number of divers: ____

Total entry fee due: ____

All divers listed on these entry forms are eligible to compete for our YMCA and meet all of the requirements as per the Wisconsin YMCA State Rules.

Program Director (Signature) _____

Coach (Signature) _____

Wisconsin State YMCA Swimming and Diving 8 & Under Safe Start Procedure (1993)

Prior to the starting signal and at the direction of the referee, The second swimmer may enter the water feet first at the proper end of the pool from which he/she will be starting. Upon entering the swimmer must assume the proper starting position. After the exchange between the first and second swimmers, the first swimmer must fully exit the pool before the fourth swimmer may enter the pool feet first and assume the starting position.

Proper Starting Position: The proper starting position for 8 & Under relays which have a water depth of less than five feet at their starting end of the pool is as follows:

1. Second and Fourth swimmers must enter the water feet first as stated in the above paragraph.
2. Immediately upon entering the pool feet first, the swimmer must assume the proper starting position, which requires that both feet and one hand must be in contact with the end wall at all times until the incoming swimmer has touched the end wall.
3. An exchange is made when the incoming swimmer make contact with the end wall with any part of his/her body, the next swimmer must have at least one hand in contact with the end wall when the incoming swimmer finishes. If the swimmer leaves before the incoming swimmer has made contact, this will result in the disqualification of that team.

Wisconsin State YMCA Swimming and Diving

What Constitutes an Inter-Association Swim Meet?

An Inter-Association meet is defined as follows:

1. A meet with at least two YMCA teams at least 6 swimmers per team.
2. The meet must have at least six events with at least one being a four-person relay.
3. Both teams must participate in at least six events.
4. A certified coach must represent each team
5. At least two YMCA officials are present one of which must be YMCA Level II.
6. Meet results must be recorded and signed by the meet referee.
7. This shall be a closed meet, (YMCA's only).

Wisconsin State YMCA Swimming and Diving Championship Meet Bid Form

This bid form must be completed and returned to the state coordinator at least two weeks prior to the State Meeting.

Bids will be accepted each short course season for the following meets:

- State Relays
- State Diving
- State Senior
- State Championships

YMCA: _____

Meet: _____ Date(s) of Meet: _____

Person to contact regarding this bid:

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone: _____ Fax: _____

E-Mail: _____

Please note the following before submitting bids:

1. Rules require all short course championship meets to be conducted in a 25-yard pool of six or more lanes.
2. There must be a five-foot minimum depth under the starting blocks.
3. Teams must bid for all days of the meet.
4. Results for all meets must be prepared and available to the participating teams the day of the meet.
5. For the State Championships and Senior Meet a copy of the National Sanction form and the required coaches credentials must be turned in to the State Sanction Chairperson.

Please provide the information requested as completely as possible. The information provided will have a major bearing on the awarding of bids.

I. Facilities

1. How many lanes in pool?
2. What is the gutter type?
3. Describe the spectator area including total spectator capacity.
4. Is there a PA system available for general announcements in the pool and rest area? How are the pool acoustics?
5. Are there backstroke flags?
6. What is the pool depth at both ends of the pool?
7. Are the starting blocks in at least five feet of water?
8. Describe the hand grips for backstroke starts on the starting blocks.
9. Is there a false start rope?
10. Are there ladders or any permanently mounted equipment protruding into the pool?
11. How many lockers will be available for the swimmers, both boys and girls.
12. Describe the swimmer's rest area.
13. Estimation of parking available.
14. Will there be a vendor with swim products at the meet?
15. Will there be a meet T-Shirt? How will it be made available?
16. Are there starting blocks at both ends of the pool?

II. Officiating

1. For Nationally sanctioned meets there must be at least two YMCA certified officials and at least one must be Level II certified. List the YMCA certified officials and their duties.
2. Describe the primary and back up timing systems in place. Include name of manufacturer for electronic systems.
3. How many stroke and turn judges will be used?
4. Will take off judges be used during relay events?
5. What type of timing will be used for the 8 and under swimmers?

III. Miscellaneous

1. Describe the food service available, both type of food offered and accommodations for eating.
2. Will there be a clerk of course?
3. On the date of the meet are there other community activities that will limit the availability of lodging for swim meet participants?
4. Provide any other information that you feel would be of interest regarding your bid.