

# The C&P Sub-District Championship Invitational Swim Meet

Saturday & Sunday, February 25 & 26, 2012

National YMCA Sanction # - Pending

USAS Approval # - Pending

- Hosted By:** Howard County Y Manta Rays (Dancel Family Center Y) and Y of Central Maryland
- Meet Mission:** The C & P Sub-District Championship Meet is designed to encourage a positive and competitive team experience. In the spirit of the Y core values, the participants are responsible for caring about their teammates, respecting the competition, and competing honestly. This Invitational is intended to meet the needs of all C & P swimmers by providing team competition during Sessions 1, 2, and 3 and individual achievement during Session 4.
- Meet Director:** Adam Rutz  
**Meet Administrator:** Kate Yienger  
**Meet Referee:** Dale Doxtater and Sonya Baier  
**District Coordinator:** Meredith Griffin
- Facility:** Fairland Aquatic Center, 13820 Old Gunpowder Road, Laurel, MD 20707  
301 206 2359  
Fairland Aquatic Center is a 10 lane, 25 yard competition pool with additional lanes for warm-up and warm-down. Spectator seating is available. Deck seating is restricted to swimmers and coaches only. An electronic timing system with touch pads and plungers will be used for 50 yd or longer races. One (1) plunger button will be used for 25 yd races. Back-up stopwatches will be used for all races.
- Directions:** Traveling on I-95 take exit 33B (Burtonsville, MD Route 198 West). Follow MD 198 for about 1 mile to Old Gunpowder Road. Turn left at the signal onto Old Gunpowder Road and proceed to the facility on the right.
- Safety:** All YMCA and USAS safety guidelines will be in effect for the entire meet.  
**Spectators:** Spectator seating is separate from the pool deck. Saving of seats will not be permitted. No strollers, folding chairs, or over-sized stadium seats will be permitted
- Meet Format:** All age group and open individual and relay events will be contested as Timed Finals events.

**Warm-up Times**

Session 1 warm-ups will begin at 7:00 am. Session 2 warm-ups will begin at 11:00 am. Session 3 warm-ups will begin at 3:00 pm. Session 4 warm-ups will begin at 7:00 am. These times are subject to change based upon the number of entries for each session. Up-dated times will be posted by Monday, February 20, 2012.

**Eligibility:**

The C&P Championships is open to all swimmers who are in good standing with the C&P League YMCA. Swimmers must be slower than the District Championship Qualifying time for a particular event to participate in that event. We encourage swimmers with District Championship times to participate in events outside of those for which they have qualified. Only times since March 1, 2011 will be accepted. Sessions 1, 2, and 3 will not accept NT entries. All swimmers shall be eligible to compete as members of relay teams or open events regardless of their USA "A" time qualifications. In order to participate in a relay event in Sessions 1, 2, or 3, the swimmer must be entered in at least one individual event during that session.

**Entry Rules:**

Swimmers may enter up to three (3) individual events and one (1) relay or two (2) individual events and two (2) relay events, for a total of four entries for Session 1, 2, and 3. Swimmers may enter up to three (3) individual events for Session 4.

Each team can enter no more than eight (8) swimmers per individual event in Sessions 1, 2, and 3. For Events 16, 17, 18, 46, 47, 48, 65, 66, 71, and 72 (50 Free), teams may enter no more than ten (10) swimmers per event.

Each team can enter up to three (3) teams per relay event.

The host team reserves the right to limit the number of heats per event.

A swimmer may participate in only one (1) age group. A swimmer may move up an age group for the entire meet. A nineteen (19) year old swimmer who is still in high school may compete in the 15-18 age group.

**Meet Rules:**

The technical rules (blue pages) of the current USA Swimming Rule Book (except where superseded by the 2010 edition of the East Field Supplement) will govern this C&P Championship. Where there is any conflict, this policy shall supersede. Any question that may arise and is unanswered by the meet referee may be

**Deck Entries:**

There will be no deck entries for Sessions 1, 2, or 3. Deck entries are only allowed for Session 4. **Deck entries for Session 4 will be accepted until one half hour after the last heat of the last event of Session 3 on Saturday night.** Swimmers must be entered in the meet to be deck seeded. All deck entries are to be submitted by a coach on the proper form and submitted to the scorer's table with payment. Session 4 will be re-seeded after all deck entries have been made. Pysch sheets will be e-mailed to coaches following the re-seed on Saturday night.

- Entry Fees:** \$4 for individual events
- Scoring:** Sessions 1, 2, and 3 will be scored following USA Swimming 102.7.3. The value for points for first through tenth places in individual events is 11, 9, 8, 7, 6, 5, 4, 3, 2, and 1. The value for points for first through tenth places in relay events is 22, 18, 16, 14, 12, 10, 8, 6, 4, and 2. Session 4 will not be scored.
- Team Awards:** A first place trophy and plaque will be awarded to the team with the highest overall combined score for Sessions 1, 2, and 3. The winning team's name will be inscribed on the trophy with the date. The winning team will maintain possession of the trophy until it is awarded the following year. The plaque will be retained by the winning team to commemorate their victory. Plaques will also be awarded to the overall second and third place teams.
- Individual Awards:** Medals will be awarded to the top 3 finishers of each event, including relays. Rosette ribbons will be awarded to the 4<sup>th</sup> through 6<sup>th</sup> place finishers in individual and relays. Custom ribbons will be awarded for 7<sup>th</sup> through 10<sup>th</sup> place in individual events and relays. Heat winners will receive an award. Awards will not be given out for open session events.
- Volunteer Coordinator:** Each team is asked to designate a volunteer coordinator for their team. Please send the name and contact information for this person to Kate Yienger at [kandkyienger@verizon.net](mailto:kandkyienger@verizon.net).
- Timers:** Each team must provide timers. Volunteer timers will be based on the number of swimmers entered. Any relief timer is the responsibility of that team. Please complete the enclosed "Timer Sign Up Form" and return it to the chairperson designated on the form. There will be check-in for all timers prior to the timers meeting for each team.  
**Swimmers competing in the 500 Freestyle and 400 IM are required to provide their own timers and lap counters.** Stop watches and counter boards
- Officials:** Each team is asked to provide at least one certified YMCA official FOR EACH SESSION. Please complete the enclosed "Volunteer Sign Up Form".
- Clerk of Course:** **Clerk of Course will only be in place for Session 3.** Swimmers are solely responsible for being at the blocks for their events in all Sessions. A Marshall will be available during all Sessions to assist swimmers with their lane assignments. Two (2) Parent Volunteers per team will be allowed on the pool deck with their team to organize the team's swimmers and to supervise swimmer behavior. The Parent Volunteers' names for each session must be submitted on the "Volunteer Sign Up Form". The Parent Volunteers must wear provided identification to remain on the pool deck.

- Program:** The C&P Championship Program will be available for purchase for each Session for a nominal fee.
- Conduct:** Coaches and their assistants will be held responsible for the conduct of their swimmers as prescribed in the most recently published YMCA Supplement.
- Results:** Results will be posted on the HCY website ([www.hcyswimming.org](http://www.hcyswimming.org)) on the day after the competition and emailed results should be received within two (2) days after the completion of the meet.
- Concessions:** Food and drink will be available for sale at a nominal fee.
- Hospitality:** A hospitality area will be available for coaches and officials who are displaying the designated badge.
- T Shirts** Custom T-shirts will be available for a nominal cost each day of the meet.

# SATURDAY

## February 25, 2012

### Session 1 – 11 & Over – Boys

### Session 2 – 11 & Over – Girls

Warm-ups start at 11:00 am (subject to change)				
Slower than	Boys	Event	Girls	Slower than
NT	1	15 & over 400 Medley Relay	31	NT
NT	2	13-14 200 Medley Relay	32	NT
NT	3	11-12 200 Medley Relay	33	NT
2:00.09	4	15 & over 200 Free	34	2:11.99
2:15.29	5	13-14 200 Free	35	2:17.99
2:29.99	6	11-12 200 Free	36	2:29.99
1:03.29	7	15 & over 100 Back	37	1:07.99
1:10.69	8	13-14 100 Back	38	1:12.99
36.79	9	11-12 50 Back	39	36.09
1:12.29	10	15 & over 100 Breast	40	1:18.09
1:19.99	11	13-14 100 Breast	41	1:22.99
41.09	12	11-12 50 Breast	42	41.09
1:01.29	13	15 & over 100 Fly	43	1:09.29
1:10.69	14	13-14 100 Fly	44	1:13.49
35.49	15	11-12 50 Fly	45	35.09
25.29	16	15 & over 50 Free	46	27.99
28.49	17	13-14 50 Free	47	28.69
30.99	18	11-12 50 Free	48	30.09
2:16.29	19	15 & over 200 IM	49	2:28.99
2:31.29	20	13-14 200 IM	50	2:35.99
2:50.99	21	11-12 200 IM	51	2:50.69
55.19	22	15 & over 100 Free	52	1:00.79
1:02.19	23	13-14 100 Free	53	1:03.99
1:08.09	24	11-12 100 Free	54	1:07.69
NT	25	15 & over 400 Free Relay	55	NT
NT	26	13-14 200 Free Relay	56	NT
NT	27	11-12 200 Free Relay	57	NT
5:49.99	28	15 & over 500 Free	48	6:16.29
6:12.69	29	13-14 500 Free	49	6:22.39
6:36.99	30	11-12 500 Free	60	6:35.09

## SATURDAY February 25, 2012

<b>Session 3 – 10 &amp; Under</b>				
<b>Warm-ups start at 3:00 pm</b> (subject to change)				
<b>Slower than</b>	<b>Boys</b>	<b>Event</b>	<b>Girls</b>	<b>Slower than</b>
NT	61	8 & Under 100 Medley Relay	62	NT
NT	63	9-10 200 Medley Relay	64	NT
NT	65	8 & Under 50 Free	66	NT
1:19.99	67	9-10 100 Free	68	1:20.99
NT	69	8 & Under 25 Breast	70	NT
48.19	71	9-10 50 Breast	72	47.09
NT	73	8 & Under 25 Free	74	NT
34.99	75	9-10 50 Free	76	35.19
1:30.99	77	10 & Under 100 IM	78	1:30.99
NT	79	8 & Under 25 Fly	80	NT
41.99	81	9-10 50 Fly	82	42.09
NT	83	8 & Under 25 Back	84	NT
43.09	85	9-10 50 Back	86	42.99
NT	87	8 & Under 100 Free Relay	88	NT
NT	89	9-10 200 Free Relay	90	NT

## SUNDAY

<b>Session 4 – OPEN</b>		
<b>Warm-ups start at 7:00 am</b> (subject to change)		
91	200 Medley Relay	OPEN
92	50 Free	OPEN
93	100 Back	OPEN
94	200 Breast	OPEN
95	50 Fly	OPEN
96	200 IM	OPEN
97	200 Free	OPEN
98	50 Back	OPEN
99	100 Breast	OPEN
100	100 IM	OPEN
101	200 Fly	OPEN
102	100 Free	OPEN
103	200 Back	OPEN
104	50 Breast	OPEN
105	100 Fly	OPEN
106	200 Free Relay	OPEN
107	400 IM	OPEN
108	500 Free	OPEN

# C&P CHAMPIONSHIPS VOLUNTEER SIGN UP FORM

**TIMERS:** Each team needs to provide timers based on the number of swimmers. Please provide names below for each session. Additional names may be included on the back of this form.

**SATURDAY, February 25, 2012**

## SESSION 1

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

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

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

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

## SESSION 2

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

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

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

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

## SESSION 3

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

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

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

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

**SUNDAY, February 26, 2012**

## SESSION 4

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

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

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

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

**OFFICIALS:** Each team needs to provide ONE YMCA certified official per session. Please provide names below for each session.

SESSION 1: \_\_\_\_\_

SESSION 2: \_\_\_\_\_

SESSION 3: \_\_\_\_\_

SESSION 4: \_\_\_\_\_

**PARENT VOLUNTEERS:** Each team may provide TWO PARENT VOLUNTEERS per session to help organize swimmers and maintain proper conduct.

SESSION 1: \_\_\_\_\_

SESSION 2: \_\_\_\_\_

SESSION 3: \_\_\_\_\_

SESSION 4: \_\_\_\_\_

**\*Please return this form with entries. NO LATER THAN MONDAY, FEBRUARY 13, 2011.**

# The C&P Sub-District Championship Invitational Swim Meet

Saturday & Sunday, February 25 & 26, 2012

## CATY Entry Form

Swimmers may enter 3 Individual Events & 1 Relay or 2 Individual Events & 2 Relays – 4 Total for Sessions 1,2, & 3. Swimmers may enter up to 3 Events for Session 4.

Individual Events = \$4/entry

Relays = \$4/person /entry DO NOT pay for relays with individual event entries. Invoice will follow after relays are set up

**CATY Swimmer:** \_\_\_\_\_

Available for Relays: Free Relay \_\_\_\_\_ Medley Relay \_\_\_\_\_ Both \_\_\_\_\_

Session #	Event #	Event Name	Cost

**CATY Swimmer:** \_\_\_\_\_

Available for Relays: Free Relay \_\_\_\_\_ Medley Relay \_\_\_\_\_ Both \_\_\_\_\_

Session #	Event #	Event Name	Cost

Total Individual Entry Fees: \_\_\_\_\_

\$4 Surcharge Per Swimmer: \_\_\_\_\_

Total Meet Fees: \_\_\_\_\_

**Checks should be made payable to Catonsville Y Swim Team and placed with entry form in the Simpson Mailbox by 6:00pm, Friday, February 3rd.**