

YOTA Intrasquad 2024

YOTA Swim Team

September 29, 2024

Held at Taylor Family YMCA, Cary, NC

*Held under the Approval of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Approval #NC24150AP*

MEET DIRECTOR	MEET ENTRY COORDINATOR
David McDevitt David.mcdevitt@ymcatriangle.org	David McDevitt David.mcdevitt@ymcatriangle.org
MEET REFEREE	MEET MARSHAL
Roberta McDevitt swimwife@hotmail.com	Macy Blake & Stanley Bass

FACILITY and HOST TEAM REQUIREMENTS YOTA has discussed specific health and safety procedures with the venue management. At this time, the facility and YOTA have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

FACILITY Taylor Family YMCA. This facility is an 8 lane, 25-yard pool. We will be using starting platforms and a Colorado Timing semi-automatic system (consisting of two buttons and stopwatches as backup). Per USA Swimming and Safe Sport Rules...ONLY USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition.

YMCA Lifeguards will be available for First Aid

MEET FORMAT This is a timed final Age Group pre-seeded meet. *The session start times may be adjusted based on entries and cleaning schedules.*

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	7:30 AM	8:15 AM	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, 9/25/24	11:00 PM	Entry deadline
Sunday, 9/29/24	TBA	Official Briefings
Sunday, 9/29/24	TBA	Coaches/General Meeting
Sunday, 9/29/24	7:45 AM	Timer Briefing

RULES This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

TECHNICAL SUIT BAN for 12&Us Per USA Swimming Rule 102.8.1F, 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.

MAAPP

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

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and be members of **YOTA**. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

YOTA 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 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 YOTA’s ability to accommodate all requests.

- ENTRIES** Entries submitted in Hy-tek format require no hard copy entry forms. Submit entries to david.mcdevitt@ymcatriangle.org no later than 11:00 PM, Wednesday, September 25, 2024. The swimmers age on September 29, 2024 will determine the swimmer age for the entire meet. Entries will be received until the 4-hour rule has been reached.
- ENTRY LIMITATIONS** Swimmers may enter a maximum of 3 individual events per day.
- ENTRY VERIFICATION** An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
- ENTRY DEADLINES** The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee.

ENTRY FEES

Individual Event	\$0.00 per event
NCS Travel Fund	\$0.00 per swimmer, including relay only swimmers
Facility Surcharge	\$0.00

- SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order
- CHECK-IN** All events will be pre-seeded and there will be no positive check-in.
- SCRATCHES** There will be no penalty for scratching pre-seeded events at the block.
- SCORING** No team or individual scoring will be kept.
- AWARDS** No awards will be given.
- RESULTS** Results will be sent to all teams within 24 hours of the meet conclusion
- COACHES** All coaches on deck must be registered and certified with YUSA Swimming &/or USAS
- OFFICIALS/TIMERS/VOLUNTEERS** There will be a need for officials. YOTA welcomes and encourages any certified official who is willing to volunteer. All officials on deck must be registered and certified with USA Swimming or YMCA of the USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. Officials should report to their assigned position 10 minutes before session start.
- HOSPITALITY/ CONCESSIONS** There will be no hospitality area
- WARM-UP** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**
- WAIVER/RELEASE** As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You

acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. YOTA Swim Team, Taylor Family YMCA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Sunday, September 29, 2024

Warm-up: 7:30 AM; Meet Start: 8:15 AM

#	Event
1	8 & Under Mixed 25 Freestyle
2	9 & Over Mixed 50 Freestyle
3	8 & Under Mixed 25 Breaststroke
4	9 & Over Mixed 50 Breaststroke
5	8 & Under Mixed 25 Backstroke
6	9 & Over Mixed 50 Backstroke
7	8 & Under Mixed 25 Butterfly
8	9 & Over Mixed 50 Butterfly