

*Great Lakes YMCA  
Zone Championship  
Swim Meet*

*March 19 - 21, 2010  
Bowling Green State  
University*

**2010 Great Lakes Zone YMCA Swimming Championship Meet**  
**March 19-21, 2010 ~ Bowling Green State University**  
**Sanction # \_\_\_\_\_**

**Site:**

BOWLING GREEN STATE UNIVERSITY / STUDENT RECREATION CENTER / COOPER POOL

**Hosts:**

DEFIANCE AREA YMCA / YMCA OF GREATER TOLEDO

**Meet Web site:**

<http://www.glzyswim.org> and click on 2010 Zones

**Tentative Schedule of Events:**

<b>Friday, March 19</b> <b>Timed Finals Session</b> <b>13-14, 15 &amp; Over, Senior</b> Coaches' Check-In Opens                    2:30 PM Swimmers' Check-In Opens                3:00 PM Pool deck opens                                3:30 PM Warm-up    4:00 PM Opening Ceremonies                        4:50 PM Competition Begins                         5:00 PM Competition Complete                    8:30 PM		<p align="center"><b>Check the web <a href="http://www.glzyswim.org">www.glzyswim.org</a></b>          On Tuesday, March 16 for PM session times</p>
<b>Saturday, March 20</b>		
<b>Morning Session ~ 13-14, 15 &amp; Over, Senior</b> Building Open                                6:45 AM Pool deck opens                               7:00 AM Warm-up                                         7:30 AM Opening Ceremonies                        8:30 AM Competition                                    8:40 AM Time Trials                                    20:00 after am session ends	<b>Afternoon Session ~ 10 &amp; Under, 11-12</b> Warm-up                                        TBA Opening Ceremonies                        TBA Competition                                    TBA Competition Complete                    5:45 PM	
<b>Sunday, March 21</b>		
<b>Morning Session ~ 13-14, 15 &amp; Over, Senior</b> Building Open                                6:45 AM Pool deck opens                               7:00 AM Warm-up                                         7:30 AM Opening Ceremonies                        8:30 AM Competition                                    8:40 AM Time Trials                                    20:00 after am session ends	<b>Afternoon Session ~ 10 &amp; Under, 11-12</b> Warm-up                                        TBA Opening Ceremonies                        TBA Competition                                    TBA Competition Complete                    5:30 PM	

**National Anthem / Devotions:**

Anyone interested in offering a Devotion or performing the National Anthem during opening ceremonies, please contact Dave Stannert at [dstannert@ymcatoledo.org](mailto:dstannert@ymcatoledo.org).

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**Rules of Conduct**

Considering the level of competition and the YMCA Philosophy, it is expected that swimmers, parents and coaches comply with and help enforce the following rules:

1. There is no shaving permitted on pool premise: this includes locker rooms and restroom of the Natatorium **PENALTY --- EJECTION FROM THE MEET**
2. There is to be no use of oils for swimmer rubdowns. This is a safety hazard on deck as well as being a problem with proper pool maintenance.
3. Glass containers of any kind are not permitted in the pool area or locker rooms.
4. Coolers, noise makers and balloons are not permitted.
5. Disorderly conduct will not be tolerated.
6. Vandalism of any nature will be just cause for team disqualification.
7. Teams are expected to police the areas they occupy between events.
8. All swimmers are required to wear some type of footwear when they leave the pool deck.
9. A designated person shall be responsible for the supervision and conduct of their team members.
10. Swimmers are not permitted on deck until a certified coach is on deck
11. **Deck changing is not permitted, and is cause for ejection from the meet.**

Depending on the severity of the infraction, and violation or disregard for these rules may result in disqualification of the swimmer or entire team from meet participation.

**Once your entry has been accepted you are responsible for payment of entry fees - even if you do not attend the meet.**

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**Entry Limits:**

A swimmer may enter a total of three (3) individual events (age group & senior) and one (1) age group relay event each day. Senior Relays are unlimited. There is no limit on the number of entries a team may have in each event provided the time standard has been met.

**Relay Only Athletes:**

- **RELAY ONLY SWIMMERS ADDED AT THE MEET WILL BE CHARGED A \$10 fee to be registered as a relay only swimmer.**

**Entry Fees:**

Individual Event-	\$4.00 per individual entry
Relay Event-	\$16.00 per relay entry
Swimmer Surcharge-	\$2.00 per swimmer

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**Admissions:**

Spectator admission fee is \$3 per day.  
Athletes, coaches and pre-registered volunteers will not have to pay an admission.

**Heat Sheets:**

\$5.00 per Morning (13 & Over/Senior) Session (Friday night included with Saturday am)  
\$5.00 per Afternoon (12 & Under) Session

**Final Results:**

Posted results will be provided in the Natatorium area. All results will be considered final thirty (30) minutes after posting. Real-time results will be available at [www.glzyswim.org/zones\\_0](http://www.glzyswim.org/zones_0)

**Meet Apparel:**

Official Meet Shirts (T-shirts and Sweatshirts) will be pre-sold to teams.  
A separate order form will be available XXXX, 2010 for pre-ordering specific items.  
Preorders are due XXXX, 2010.

There will be a limited number of shirts available at the meet. Pre-order to be sure you get your shirts and the right sizes.

**Food:**

A complete concession stand will be available throughout the meet.

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**Meet Workers:**

All teams will be assigned worker positions according to last year's entries. Each team must supply their assigned worker positions in order to participate in the meet. As a general standard, Teams will provide 1 worker for every 5 swimmers entered in a session. Check the website <http://www.glzyswim.org> for workers assignment.

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**National Time Trials:**

Time Trials will be offered between sessions on Saturday and Sunday as time permits. Swimmers must be 12 the first day of nationals to compete. We will offer the national meet order of events (excluding the 1650). Time Trials will be swum in the following order - 50 yard, 100 yard, 200 yard, relays. In the event that more than one heat is needed we will swim free, back, fly, breast in that order. The fee will be \$5.00 per individual event and \$10.00 per relay. Swimmers must be entered in the meet to participate in time trials.

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**Volunteers:**

Volunteers need to pre-register and secure a deck pass to be on deck. Individuals on deck without a deck pass will be escorted from the building.

**Emergency Care:**

In the event of an accident at the meet, the parents of the athlete are "first responsible," then the team coach is responsible for managing the care of the athlete. The Bowling Green State University staff will respond in any emergency. The participating YMCA Association will be responsible for any cost incurred if it is necessary to call 911 or receive care in a hospital emergency room. It is suggested that coaches carry medical release forms for any swimmer traveling without their parents. If your team has no certified coach to be on deck with the swimmer(s) please have a waiver indicating a certified coach that will be responsible for your swimmer(s).

**Eligibility:**

Only certified Associations are eligible to compete in events involving other Associations. An Association is a YMCA unit, which is certified by the National Board, hold an Association branch or unit number, and is eligible for separate listing in the YMCA Directory. A Branch, Department or Center of a Metropolitan Association shall be considered an Association for the purpose of competition.

1. All swimmers must be a member of a local YMCA and must have a full privilege/facility Annual membership for a minimum of ninety days prior to the first day of the Zone Championships.
2. All swimmers or relay teams who have met or surpassed the 2010 qualifying time(s) may enter the Championship events if they have met the above eligibility requirements. **NO TIMES will not be accepted.** Composite times may be used for relay events.
3. Age Groups are 10 & under; 11 & 12; 13 & 14; and 15 & over. Swimmers 18 - 21 may swim in this meet if they have not represented a scholastic institution beyond grade 12. The age of a Swimmer is his/her age on December 1, 2009.
4. **Senior Events:** Swimmers between ages 12 and 21 as of April 7, 2010 may compete in the senior events.
5. **Relay Events:** An age group relay must consist of at least one swimmer from that specific age group. Younger swimmers may move up to fill that relay. This will count as one age group relay for the day.
6. We adhere to the eligibility standards as set forth in the YMCA black book.
7. A swimmer must have competed in three (3) YMCA inter-association meets during the current season (Since September 1, 2009).

**Scoring:**

Points will be awarded for the first sixteen (16) finishers for each event (age group and senior events) according to the following table.

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

**Awards:**

Medals will be awarded to the first through eighth places; ribbons will be awarded to the ninth through twentieth places. Ribbons will be awarded for all senior events. There will be age group team awards (10 & under; 11 & 12; 13 & 14; 15 & Over) for first place boys and first place girls. There also will be an overall team trophy. Awards **will not be mailed**. Please pick them up at the conclusion of the meet.

**Parking:**

A campus map has been posted on the website. There will not be a charge for parking. Please park in designated parking lots to avoid a ticket or being towed.

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Order of events  
All events are Timed Finals

<u>Friday, March 19, 2010 Evening</u>			
101-102	Senior	400	Individual Medley
103-104	Senior	800	Freestyle Relay
105-106	Senior	200	Backstroke
107-108	Senior	200	Breaststroke
109-110	13 - 14	500	Freestyle
111-112	15 & Over	500	Freestyle
<u>Saturday, March 20, 2010 Morning</u>		<u>Saturday, March 20, 2010 Afternoon</u>	
201-202	Senior	400	Medley Relay
5 Minute Break			
203-204	13 - 14	200	Individual Medley
205-206	15 & Over	200	Individual Medley
207-208	Senior	50	Breaststroke
209-210	13 - 14	100	Butterfly
211-212	15 & Over	100	Butterfly
213-214	13 - 14	100	Freestyle
215-216	15 & Over	100	Freestyle
217-218	Senior	50	Backstroke
219-220	13 - 14	200	Freestyle Relay
221-222	Senior	400	Freestyle Relay
223-224	Senior	1000	Free
225-226	11-12	200	Freestyle Relay
227-228	10 & U	200	Freestyle Relay
229-230	11-12	200	Freestyle
231-232	10 & U	200	Freestyle
233-234	11-12	100	Breaststroke
235-236	10 & U	50	Backstroke
237-238	11-12	50	Backstroke
239-240	10 & U	100	Individual Medley
241-242	11-12	100	Individual Medley
243-244	10 & U	50	Freestyle
245-246	11-12	50	Freestyle
10 minute break			
247-248	11-12	100	Butterfly
<u>Sunday, March 21, 2010 Morning</u>		<u>Sunday, March 21, 2010 Afternoon</u>	
301-302	Senior	200	Freestyle Relay
5 Minute Break			
303-304	13 - 14	200	Freestyle
305-306	15 & Over	200	Free
307-308	Senior	50	Butterfly
309-310	13 - 14	100	Breaststroke
311-312	15 & Over	100	Breaststroke
313-314	13 - 14	100	Backstroke
315-316	15 & Over	100	Backstroke
317-318	Senior	200	Butterfly
319-320	13 - 14	50	Freestyle
321-322	15 & Over	50	Freestyle
323-324	13 - 14	200	Medley Relay
325-326	Senior	200	Medley Relay
327-328	Senior	1650	Freestyle
329-330	11-12	200	Medley Relay
331-332	10 & U	200	Medley Relay
333-334	11-12	200	Individual Medley
335-336	10 & U	100	Freestyle
337-338	11-12	100	Freestyle
339-340	10 & U	50	Butterfly
341-342	11-12	50	Butterfly
343-344	10 & U	50	Breaststroke
345-346	11-12	50	Breaststroke
10 Minute Break			
347-348	11-12	100	Backstroke

## 2010 Zone Qualifying Times

Accepted May 2009

\* Indicates change

Girls				Boys			
50 Meter Course	25 Meter Course	25 Yard Course	10 & Under	25 Yard Course	25 Meter Course	50 Meter Course	
:35.00	:34.02	:30.49	<b>50 Free</b>	*	:31.09	:34.69	:36.15
1:17.56	1:15.65	1:07.79	<b>100 Free</b>	*	1:08.99	1:16.99	1:19.94
2:52.64	2:48.40	2:30.89	<b>200 Free</b>		2:33.29	2:51.08	2:57.21
:42.07	:40.05	:35.89	<b>50 Back</b>	*	:36.89	:41.17	:44.17
:46.19	:44.85	:40.19	* <b>50 Breast</b>		:41.99	:46.86	:49.05
:39.55	:38.71	:34.69	<b>50 Fly</b>		:35.79	:39.94	:41.23
1:30.29	1:27.37	1:18.29	<b>100 IM</b>		1:19.99	1:29.27	1:33.33
2:51.79	2:46.61	2:29.29	<b>200 M. R.</b>	*	2:35.99	2:54.09	3:01.80
2:30.21	2:26.52	2:11.29	<b>200 F. R</b>	*	2:14.99	2:30.65	2:36.96

Girls				Boys			
50 Meter Course	25 Meter Course	25 Yard Course	11 - 12	25 Yard Course	25 Meter Course	50 Meter Course	
:31.67	:30.79	:27.59	* <b>50 Free</b>	*	:27.29	:30.45	:31.73
1:08.98	1:07.28	1:00.29	<b>100 Free</b>	*	1:00.29	1:07.28	1:09.86
2:33.42	2:29.65	2:14.09	* <b>200 Free</b>	*	2:13.99	2:29.54	2:34.90
:37.73	:35.92	:32.19	* <b>50 Back</b>		:32.59	:36.37	:39.02
1:21.93	1:18.00	1:09.89	<b>100 Back</b>		1:10.89	1:19.11	1:24.89
:41.36	:40.16	:35.99	* <b>50 Breast</b>		:36.39	:40.61	:42.51
1:31.13	1:28.49	1:19.29	<b>100 Breast</b>		1:21.59	1:31.06	1:35.31
:34.99	:34.25	:30.69	<b>50 Fly</b>		:30.79	:34.36	:35.47
1:21.85	1:20.12	1:11.79	<b>100 Fly</b>	*	1:13.89	1:22.46	1:25.12
1:20.84	1:18.22	1:10.09	<b>100 IM</b>	*	1:10.39	1:18.56	1:22.13
2:56.57	2:50.85	2:33.09	<b>200 IM</b>	*	2:35.79	2:53.87	3:01.78
2:29.81	2:25.30	2:10.19	<b>200 M. R.</b>		2:16.29	2:32.10	2:38.84
2:12.59	2:08.89	1:55.49	<b>200 F. R</b>		1:58.59	2:12.35	2:17.89

Girls				Boys			
50 Meter Course	25 Meter Course	25 Yard Course	13 - 14	25 Yard Course	25 Meter Course	50 Meter Course	
:30.29	:29.45	:26.39	* <b>50 Free</b>	*	:24.79	:27.66	:28.82
1:05.89	1:04.27	:57.59	* <b>100 Free</b>		:53.99	1:00.25	1:02.56
2:23.46	2:19.94	2:05.39	* <b>200 Free</b>	*	1:58.99	2:12.80	2:17.56
5:05.74	4:57.45	5:39.99	* <b>500 Free</b>	*	5:25.39	4:44.68	4:54.47
1:17.24	1:13.53	1:05.89	* <b>100 Back</b>	*	1:03.09	1:10.41	1:15.55
1:27.34	1:24.81	1:15.99	* <b>100 Breast</b>	*	1:11.79	1:20.12	1:23.86
1:14.67	1:13.09	1:05.49	<b>100 Fly</b>		1:02.79	1:10.07	1:12.33
2:45.15	2:39.81	2:23.19	<b>200 IM</b>		2:16.09	2:31.88	2:38.79
2:23.94	2:19.60	2:05.09	<b>200 M. R.</b>		2:01.29	2:15.36	2:21.36
2:07.77	2:04.20	1:51.29	<b>200 F. R</b>		1:47.19	1:59.63	2:04.63

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Accepted May 2009

\* Indicates change

Girls			Boys				
50 Meter Course	25 Meter Course	25 Yard Course	15 & Over	25 Yard Course	25 Meter Course	50 Meter Course	
:29.49	:28.67	:25.69	<b>50 Free</b>	*	:22.99	:25.65	:26.73
1:03.94	1:02.37	:55.89	<b>100 Free</b>	*	:50.09	:55.90	:58.04
2:19.11	2:15.70	2:01.59	* <b>200 Free</b>	*	1:50.69	2:03.53	2:07.96
4:56.66	4:48.61	5:29.89	<b>500 Free</b>		5:06.09	4:27.79	4:37.00
1:15.36	1:11.75	1:04.29	<b>100 Back</b>		:58.19	1:04.94	1:09.68
1:23.43	1:21.01	1:12.59	<b>100 Breast</b>		1:06.09	1:13.76	1:17.20
1:12.50	1:10.97	1:03.59	* <b>100 Fly</b>	*	:56.89	1:03.49	1:05.54
2:39.50	2:34.34	2:18.29	<b>200 IM</b>	*	2:07.69	2:22.51	2:28.99

Girls			Boys				
50 Meter Course	25 Meter Course	25 Yard Course	Senior	25 Yard Course	25 Meter Course	50 Meter Course	
10:18.51	10:01.74	11:27.79	<b>1000 Free</b>	10:54.29	9:32.43	9:52.11	
19:28.81	18:56.18	18:59.59	<b>1650 Free</b>	18:11.09	18:07.82	18:50.66	
:35.27	:33.58	:30.09	<b>50 Back</b>	*	:27.79	:31.01	:33.28
2:41.94	2:34.89	2:18.79	<b>200 Back</b>	*	2:10.49	2:25.63	2:33.69
:38.95	:37.82	:33.89	<b>50 Breast</b>		:31.09	:34.69	:36.32
2:57.77	2:54.20	2:36.09	<b>200 Breast</b>		2:29.09	2:46.39	2:53.76
:33.05	:32.35	:28.99	* <b>50 Fly</b>		:26.29	:29.34	:30.28
2:42.64	2:39.92	2:23.29	<b>200 Fly</b>		2:17.79	2:33.78	2:39.11
5:46.10	5:38.38	5:03.19	<b>400 IM</b>	*	4:46.99	5:20.30	5:31.78
2:01.80	1:58.40	1:46.09	<b>200 F. R.</b>	*	1:36.99	1:48.24	1:52.77
4:28.98	4:22.37	3:55.09	* <b>400 F. R.</b>	*	3:33.09	3:57.82	4:06.91
9:55.41	9:40.79	8:40.39	<b>800 F. R.</b>		7:59.99	8:55.70	9:13.62
2:18.19	2:14.02	2:00.09	<b>200 M. R.</b>	*	1:51.99	2:04.98	2:10.52
5:01.94	4:52.51	4:22.09	<b>400 M. R.</b>	*	4:00.49	4:28.40	4:40.94

**Conversions from 2008 NCAA rulebook**

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