25th ANNUAL YOTA-ARENA CAPITAL CLASSIC

MEET ANNOUNCEMENT

About the Championship

Date: December 1st – 3rd, 2017

Location: Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511

Entry Deadline: Wednesday, November 22nd, 2017

Hosted by: YMCA of the Triangle Area Swim Team (YOTA)

Meet Director: Chad Onken

Chad.Onken@YMCATriangle.org

Web Site: YOTASwimTeam.org

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About The Championship

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the NC LSC of USA Swimming.

YMCA Sanction number: CAQ-2017-NC10121210
USA-S/NC LSC Approval number: NC17191AP
USA-S/NC LSC Time Trial Approval number: NC17191APTT

Meet Format Waiver

The meet will be conducted in accordance with USA Swimming rules except as noted herein. USA Swimming/YMCA dual-certified officials will supervise the conduct of the competition. For those participants on a dual member (YMCA and USA Swimming) team, this will be a USA Swimming Approved meet. Swimmers' USA Swimming ID numbers must be submitted as a part of the team's meet entries for NTV and reportable times.

1. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

2. ***Deck changes are prohibited.*** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

3. The competition will consist of a preliminary session and a finals session each day. We will offer one (1) Championship final heat for the 12 & under athletes finishing in the top 8 of the preliminary session. We will also have one (1) Championship final heat for the top 8 13-14 athletes. We will have a Bonus, Consolation and Championship heat for all 15 & over athletes based on results from preliminaries. The top 8 swimmers from preliminaries (15 & over only) qualify for the Championship heat. Swimmers (15 & over) placing 9th – 16th during preliminaries qualify for the Consolation heat. Swimmers (15 & over) placing 17th – 24th during preliminaries will qualify for the Bonus heat.

4. All events will be pre-seeded except for the 500 and 1650 Freestyles and the 400 Individual Medley.

5. The 400-yard Individual Medley will require a positive check-in by 8:45 a.m. on Friday morning. Heats will be posted by 9:30 a.m. The preliminary heats will be swum fastest to slowest. The prelim heats of the 400 IM will be swum following the morning heats of

the 800 Free Relay. The Referee reserves the right to combine heats.

6. The 500-yard Freestyle will require a positive check-in by 8:45 a.m. on Saturday morning. Heats will be posted by 9:30 a.m. The preliminary heats will be swum fastest to slowest. The prelim heats of the 500 Free will be swum following the morning heats of the 400 Medley Relay. The Referee reserves the right to combine heats. All athletes are asked to please provide their own counter for both prelims and finals.

7. The 1650-yard Freestyle will be a timed final event and will require a positive check-in by 8:45 a.m. on Sunday morning. Heats will be posted by 9:30 a.m. on Sunday morning. The fastest eight seeded women and the fastest eight seeded men will compete during the evening finals. All remaining preliminary heats of the 1650-yard Freestyle will swim fastest to slowest, at the conclusion of the preliminary session following the 400 Free Relay. The Referee reserves the right to combine heats. All athletes are asked to please provide their own counter for both prelims and finals.

8. All relays will be swum as timed finals, and only two relays from each team will be scored. ***You may enter an unlimited amount of relays.*** The fastest two seeded heats of 13 & over relays will be swum during the Finals session, while only the single fastest heat of the 12 & under relays will be swum at night. All remaining heats will be swum during the morning's prelim session. On Friday, prelim heats of the 800 Freestyle Relay will be swum prior to the prelim heats of the 400 IM. On Saturday, prelim heats of the 400 Medley Relay will be swum prior to the prelim heats of the 500 Free. **All morning heats of the 400 Freestyle Relay will be contested at the conclusion of the prelim session prior to the morning heats of the 1650.**

9. The 50's of strokes for the 12 & under athletes has no qualifying time standard and is open to any 12 & under athlete wishing to participate, provided they have qualified in an event which requires a qualifying time standard.

10. The 12 & under 400 IM and 500 Free are both TIMED FINAL events that will only be swam in the preliminary sessions.

11. We will use both the 8 lane and 10 lane pools for preliminaries. Only the 8 lane pool will be used for finals.

12. We will have an officials' meeting on Friday morning at 8:00 am in our hospitality area.

LOCATION AND FACILITY

Location: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511

Emergency Phone Number: (919) 459-4045

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café', a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The competition courses have been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-Swimming. Paragon starting blocks will be used for the start of all events longer than 25 yards. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for up to 10 warm-up/swim-down lanes. The separate warm water instructional pool is fully enclosed and remains open to the public during meet competition. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center. Parking in the TAC lot is reserved for officials and coaches only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.

WEB SITE

Meet Information can be found at: YOTASwimTeam.org

Online Meet Results: Meet results will be available on Meet Mobile

CONTACT INFORMATION

Meet Director: Chad Onken, Chad.Onken@YMCATriangle.org

Entry Chairperson: Chad Onken, Chad.Onken@YMCATriangle.org, (919) 719-9606

Meet Referee: Charlie Stephenson, cstep33@gmail.com

Administrative Official: Christopher Thomas, cetunc@gmail.com

Officials Coordinator: Charles Stephenson, cstep33@gmail.com

Safety Director: Chris Bushelman, chris.bushelman@ymcatriangle.org

MEET TIMELINE

Friday, Saturday, and Sunday

Prelim Warm-up*: 7:00 a.m.

Preliminaries: 9:00 a.m.

Finals Warm-up: 4:00 p.m.

Finals: 5:30 p.m.

From 7:00-7:30 a.m., the entire facility will be open for general warm-up.

From 7:30-8:30 a.m., warm-ups will be split into two 30-minute warm-up sessions with assigned lanes for each team.

From 8:30-8:50 a.m., we will move to specific warm-up (sprint/pace).

*Finals warm-ups are open and there will not be any assigned lanes. We will have specific sprint/pace lanes from 5:00 pm – 5:20 pm that will be announced at the meet.

Eligibility

Athlete

Each participant must be a member of a local YMCA for a minimum of 90 days prior to the meet and must have a full privilege annual membership at that YMCA to be eligible. All athletes must have represented their YMCA in at least one previous closed YMCA competition during the current season. Athletes may have only represented their YMCA in competition for a period of at least 90 days prior to the first day of the meet. All teams participating in this meet must have completed the annual YMCA Team registration, accessible through www.ymcaswimminganddiving.org.

Coach

All coaches must be currently registered through the YMCA Online Team and Coach Registration system and must demonstrate current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet:

First Aid

CPR Pro (only first year of a two year certification is recognized by Y-USA)

Safety Training for Swim Coaches OR Lifeguard OR YASA*

Principles of YMCA Competitive Swimming and Diving

***If a Lifeguard or YASA certification is used, the coach must also pass the online Red Cross Safety Training for Swim Coaches test and show proof.**

Coaches may show their current YMCA coach credential (issued by their regional representative), current USA Swimming coach credential with the Y stamp plus First Aid and CPR cards (annual CPR recertification is required for all YMCA coaches), or individual current certification cards.

The executive director of each YMCA participating must sign the attached Declaration Form, stating that all coaches representing his/her YMCA hold current certifications in the above courses (**SEE ATTACHED DECLARATION FORM**)

ENTRY INFORMATION

ENTRY LIMITS: Swimmers may swim a maximum of three (3) individual events per day and eight (8) total individual events for the meet

ENTRY FEES: $10.00 per individual event

$15.00 per relay event

$15.00 per swimmer Facility fee

$3.00 per swimmer athlete surcharge

ENTRY PROCEDURE:

1. All entries MUST be submitted in HYTEK format. **NO HANDWRITTEN, FAX, OR PHONE ENTRIES WILL BE ACCEPTED.**
2. Entries may be submitted via email or on a disk through the mail. **Please enter best short course yards times for all events where the swimmer betters the short-course qualifying standard. For those athletes meeting the long-course standard, please enter at the short-course qualifying time.** HYTEK entry files should be e-mailed as attachments to chad.onken@ymcatriangle.org. **The entry deadline is Midnight on Wednesday, November 22nd, 2017.** Late entries will be accepted only at the discretion of the Meet Manager. The following materials MUST accompany all entry packages (regardless of entry method):

   - Hard-copy of team entries
   - Financial Summary sheet
   - Check for entry fees payable to YOTA Swim Team

Mail all information directly to

YOTA Swim Team - Attn: Chad Onken

801 Corporate Center Drive, Suite 200

Raleigh, NC 27607

Email: chad.onken@ymcatriangle.org

Phone: (919) 719-9606

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS: The YMCA of the Triangle Area Swim Team welcomes the participation of parent volunteers who are currently certified as USA Swimming Stroke and Turn Judges. If any of your parents would be interested in helping with the meet, please contact Chad Onken or Charles Stephenson directly.

CHECK-IN PROCEDURE

400 yd. IM	before 8:45 a.m. Friday
500 yd. Freestyle	before 8:45 a.m. Saturday
1650 yd. Freestyle	before 8:45 a.m. Sunday

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: There will be no championship meet committee for this meet.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Prelims and Finals format. Swimmer's age will be determined as of December 1st. The competition will consist of a preliminary session and a finals session each day. We will offer one (1) Championship final heat for the 12 & Under athletes finishing in the top 8 of the preliminary session. We will also have one (1) Championship final heat for the top 8 13-14 athletes. We will have a Bonus, Consolation and Championship heat for all 15 & over athletes based on results from preliminaries. The top 8

swimmers from preliminaries (15 & over only) qualify for the Championship heat. Swimmers (15 & over) placing 9th – 16th during preliminaries qualify for the Consolation heat. Swimmers (15 & over) placing 17th – 24th during preliminaries will qualify for the Bonus heat.

EVENT SEEDING: Events will be seeded slowest to fastest, except for the following events: 1650 Freestyle, 400 IM, 500 Free. The Meet Referee/Administrative Official reserve the right to combine heats as needed.

SCRATCH RULE: Scratches for finals (Championship or Consolation heats) must be done at the Scratch table. Swimmers will have 30 minutes to declare their intentions following the announcement of the preliminary results. Failure to compete in a Championship or Consolation final shall result in disqualification from the remainder of the meet. No penalty shall apply for failure to compete in a Championship or Consolation finals if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the Referee determines that the failure to compete is caused by circumstances beyond the control of the swimmer. There will be no penalties for scratches during preliminary or Bonus final heats. The Referee reserves the right to allow alternates to swim in a Bonus final heat in the event of a no-show. Failure to compete in an event that has been positively checked-in will result in the individual swimmer being disqualified from his or her next individual event. No penalty shall apply for failure to compete in a positive check-in individual event if (1) the Referee is notified of an illness or injury and accepts the proof thereof, or (2) the failure to compete is caused by circumstances beyond the control of the swimmer.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

TIME TRIALS: There will be individual time trials following both the prelims and finals session for individual events offered during the meet. Time trial entry fee is $10 per event. Entrants in Time Trials must be entered in the meet. Time Trials count toward a swimmer's individual event total for each day and may not exceed limits mandated by USA Swimming. All USA Swimming rules apply to Time Trials.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Warm-ups during the prelim sessions each day will be run as follow:

From 7:00-7:30 a.m., the entire facility will be open for general warm-up.
From 7:30-8:30 a.m., warm-ups will be split into two 30-minute warm-up sessions with assigned lanes for each team.
From 8:30-8:50 a.m., we will move to specific warm-up (sprint/pace).

READY ROOM: There will be 8 seats for the top heat of 15 & over events behind the scoreboard. The top heat will be walked out to the blocks. The ready room will not be used for 13-14 or 12 & under events.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- ***Deck changes are prohibited.*** Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or

other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.

- Glass is not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands
- Shaving is not permit in any areas of the facility.

AWARDS AND RECOGNITION

SCORING: Individual Events 1st – 16th per event

20-17-16-15-14-13-12-11 Championship Heat

10-7-6-5-4-3-2-1 Consolation Heat

Relays

40-34-32-30-28-26-24-22

20-14-12-10-8-6-4-2

AWARDS: Mayberry Heats – RC Cola & a Moon Pie

Trophies will be awarded to 1st, 2nd and 3rd place teams

*** Teams may enter UNLIMITED relays, but only two relays will be scored**

RECOGNITIONS: There will be no special recognitions at this meet.

SPECTATORS

ADMISSION FEE: There is no admission fee for those wishing to spectate at this meet.

HEAT SHEETS/PROGRAMS: Heat sheets will be available in the lobby of the Triangle Aquatic Center for $10.00. Finals heat sheets will be FREE to those that show their prelims heat sheet to the heat sheet sales table.

CONCESSION STAND: Concessions will be available through the Fresh Healthy Café in the Lobby of the Triangle Aquatic Center.

ATHLETE APPAREL: Athlete apparel will be available at the Triangle Aquatic Center swim shop located in the lobby of the aquatic center.

SEAT SAVING POLICY: Seating will be available on a first come, first serve basis. Please do not save seats for anyone.

HANDICAP SEATING: This facility is handicap accessible and ADA compliant.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck unless volunteering for the meet.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- No outside food will be permitted in the facility
- 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.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/NCS approval, it is understood and agreed that USA Swimming and North Carolina 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.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

EVACUATION PROCEDURE: In the event of emergency which endangers all of the lives in the facility, evacuation to a safe location will commence using the Emergency Action Plan currently in place at the Triangle Aquatic Center.

DIRECTIONS

From the East: I-40 West Bound to exit 291. Merge onto Cary Towne Blvd. Turn Left onto Convention Drive. Follow Convention Drive to the left. Facility will be adjacent to the stop sign where Convention Dead Ends.

From the West, including RDU Airport: I-40 East Bound to Exit 291. Turn Right onto Cary Town Blvd. Turn Left onto Convention Drive. Follow Convention Drive to the left. Facility will be adjacent to the stop sign where Convention dead ends.

LODGING

It is up to the teams attending the meet to secure their own lodging in the Raleigh/Cary Area. We do not have a preferred hotel for this championship meet.

PARKING

Parking in the TAC lot is reserved for officials and coaches only. Meet participant parking is available the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.

APPENDIX 1: Order of Events

Friday

Preliminaries: 9:00 a.m.
Finals: 5:30 p.m.

WOMEN Event #	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		MEN Event #
1	NT	NT	12 & Under 200 Medley Relay	NT	NT	2
3	NT	NT	13 & Over 200 Medley Relay	NT	NT	4
5	2:19.99	2:37.99	12 & Under 200 Freestyle	2:16.99	2:34.99	6
7	2:01.99	2:19.99	13 & Over 200 Freestyle	1:54.99	2:11.99	8
9	1:22.99	1:33.99	12 & Under 100 Breaststroke	1:20.99	1:32.99	10
11	1:16.99	1:27.99	13 & Over 100 Breaststroke	1:10.99	1:22.99	12
13	1:13.99	1:22.99	12 & Under 100 Butterfly	1:11.99	1:21.99	14
15	1:03.99	1:12.99	13 & Over 100 Butterfly	59.99	1:08.99	16
17	5:36.99	6:23.99	12 & Under 400 IM	5:28.99	6:20.99	18
19	4:54.99	5:36.99	13 & Over 400 IM	4:48.99	5:33.99	20
19	4:45.99	5:25.99	15 & Over 400IM	4:29.99	5:05.99	20
21	NT	NT	12 & Under 50 Backstroke	NT	NT	22
23	NT	NT	13 & Over 800 Free Relay	NT	NT	24

Saturday

Preliminaries: 9:00 a.m.
Finals: 5:30 p.m.

WOMEN Event #	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		MEN Event #
25	NT	NT	12 & Under 200 Free Relay	NT	NT	26
27	NT	NT	13 & Over 200 Free Relay	NT	NT	28
29	2:38.99	2:59.99	12 & Under 200 Butterfly	2:35.99	2:58.99	30
31	2:24.99	2:43.99	13 & Over 200 Butterfly	2:16.99	2:37.99	32
33	29.99	33.99	12 & Under 50 Freestyle	28.99	32.99	34
35	26.99	30.99	13 & Over 50 Freestyle	24.99	28.99	36
37	2:56.99	3:23.99	12 & Under 200 Breaststroke	2:52.99	3:20.99	38
39	2:43.99	3:05.99	13 & Over 200 Breaststroke	2:35.99	3:00.99	40
41	1:14.99	1:23.99	12 & Under 100 Backstroke	1:12.99	1:22.99	42
43	1:04.99	1:16.99	13 & Over 100 Backstroke	1:00.99	1:11.99	44
45	6:09.99	5:32.99	12 & Under 500 Freestyle	6:04.99	5:27.99	46
47	5:25.99	4:53.99	13 & Over 500 Freestyle	5:14.99	4:44.99	48
47	5:22.99	4:45.99	15 & Over 500 Freestyle	5:00.99	4:31.99	
49	NT	NT	12 & Under 400 Medley Relay	NT	NT	50
51	NT	NT	13 & Over 400 Medley Relay	NT	NT	52

Sunday

Preliminaries: 9:00 a.m.
Finals: 5:30 p.m.

WOMEN Event #	Qualifying Standard (SC/LC)		Description	Qualifying Standard (SC/LC)		MEN Event #
53	11-14 18:59.99	11-14 19:28.99	1650 Freestyle	11-14 18:14.99	11-14 18:53.99	54
	15 & over 18:35.99	15 & over 18:55.99		15 & over 17:49.99	15 & over 18:53.99	
55	NT	NT	12 & Under 50 Breaststroke	NT	NT	56
57	1:03.99	1:13.99	12 & Under 100 Freestyle	1:02.99	1:11.99	58
59	56.99	1:05.99	13 & Over 100 Freestyle	52.99	1:01.99	60
61	2:35.99	3:00.99	12 & Under 200 Backstroke	2:32.99	2:56.99	62
63	2:19.99	2:43.99	13 & Over 200 Backstroke	2:11.99	2:34.99	64
65	2:37.99	2:59.99	12 & Under 200 IM	2:35.99	2:58.99	66
67	2:18.99	2:40.99	13 & Over 200 IM	2:10.99	2:31.99	68
69	NT	NT	12 & Under 50 Butterfly	NT	NT	70
71	NT	NT	12 & Under 400 Free Relay	NT	NT	72
73	NT	NT	13 & Over 400 Free Relay	NT	NT	74

APPENDIX 2: YMCA Sanctioned Meet Declaration Form

***(Note:** Return signed Declaration form to the meet director – **BEFORE THE START OF THE MEET!!!**)*

Participating YMCA: _____

YMCA Address: _____

Meet Name: 25th Annual YOTA-Arena Capital Classic

Meet Date(s): December 1-3, 2017

Meet Host: YMCA of the Triangle Area Swim Team

Meet Location: Triangle Aquatic Center - 275 Convention Drive, Cary NC, 27511

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 24th Annual YOTA-Arena Capital Classic for the period of the meet and return to our Association. (We suggest you investigate trip insurance). I hereby certify that YMCA has a minimum of $1,000,000/$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the 25th Annual YOTA-Arena Capital Classic.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, YMCA of the Triangle Area Swim Team, their agents, representatives or assigns, and the Triangle Aquatic Center for any and all injuries which may be suffered by participants at 25th Annual YOTA-Arena Capital Classic. Furthermore, we understand that the YMCA of the USA and YMCA of the Triangle Area Swim Team are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

_____ _____

Name and Signature of Head Coach

_____ _____

Name and Signature of YMCA Executive Director or Designee

Entry Summary Sheet

	Total # of Swimmers	Swimmer Surcharge	Total Surcharge Fee	Total # of Entries	Event Entry Fee	Total Event Fees	TOTAL ENTRY FEES
Individual Events		$18.00			$10.00		
Relay Events	N/A	N/A	N/A		$15.00		
Total							

Waiver of Liability

The YMCA of the USA (Upper Southeast Region), the Greater YMCA Sunbelt Swimming Association, the YMCA of the Triangle Area, Inc., USA Swimming, Inc., North Carolina Swimming, Inc., and the Triangle Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature of

Head Coach: _____ Phone Number: _____

Club Code: _____

Club Name: _____

Club Address: _____

_____

_____

Head Coach: _____

Make all checks payable to YOTA Swim Team. All entries are due by Midnight on Wednesday, November 22nd, 2017. Team Manager entry files may be emailed to Chad Onken at Chad.Onken@YMCATriangle.org. By the entry deadline, you must have submitted your entries in Hy-Tek Team Manager format via email or hard disk, along with this summary sheet, a check for your team's entry fees, and a hardcopy of your entries. It is highly recommended that you use either FedEx or UPS to send in your entries since those services provide tracking services. Please send all entries, forms, and fees to:

YOTA Swim Team

Attn: Chad Onken

801 Corporate Center Drive

Suite 200

Raleigh, NC 27607