

March 24-26 2023

Northeast Regional YMCA OPEN

MEET ANNOUNCEMENT

About the Championship Meet

Date: **March 24-26, 2023**

Location: **2 Huckleberry Hill Road, Brookfield CT**

Entry Deadline: **March 14, 2023**

Hosted by: **Regional YMCA of Western CT**

Meet Director: **Lucy Suter**

Isuter@regionalyymca.org

Web Site: **www.makoswim.org**

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ABOUT THE CHAMPIONSHIP MEET

This meet is a sanctioned, closed, inter-association YMCA Championship meet, and USA Approved A22-5. 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. For the 2022-23 season only – if part or all of the meet is held virtually, the YMCA Virtual Meet Guidance will be followed. USA Swimming technical rules will be followed. The meet is YMCA sanctioned.

YMCA Sanction number: CAQ-2023-CT01209187

USA Approved Number:A22-5

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Invitational meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

Friday: 11 & Over 2:00pm Warm-Up/2:45pm Start

Saturday: 12 & Under 11:00am Warm-Up/12:00pm Start

13 & Over 4:00pm Warm-Up/5:00pm Start

Sunday: 12 & Under 8:00am Warm-Up/9:00am Start

13 & Over 1:00pm Warm-Up/2:00pm Start

LOCATION: The Greenknoll Aquatics Center offers two 6 lane, 25 yard pools for warm up and competition. Water depth at start end of competition pool is: 6ft. Water depth at turn end is: 6ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start end. Team and spectator seating is available. The Greenknoll Aquatics Center is covered by an air structure during the fall and winter months. WiFi will be available to spectators and swimmers under the bubble and connectivity strength is fair.

COVID-19 RELATED PROTOCOLS: For the health and safety of everyone involved in this event, all protocols and procedures as required by local and state health authorities, the host YMCA, the host facility and the USA Swimming LSC will be followed. These are included in this document.

LOCATION AND FACILITY

Location: Youth Development Aquatic Center, 2 Huckleberry Hill Road, Brookfield, CT 06804

Emergency Phone Number: 203-775-1077

WEB SITE

Meet Information can be found at: www.makoswim.org

Online Meet Results: [Meet Mobile](#) will be available

CONTACT INFORMATION

Meet Director: [Lucy Suter \(E\) lsuter@regionalmca.org](mailto:lsuter@regionalmca.org)

Entry Chairperson: [Lucy Suter \(E\) lsuter@regionalmca.org](mailto:lsuter@regionalmca.org)

Meet Referee: [Leon Istambouli \(E\) istambouli@gmail.com](mailto:istambouli@gmail.com)

Administrative Official: [Sarah Basile \(E\) sbasile@regionalmca.org](mailto:sbasile@regionalmca.org)

Officials Coordinator: [Leon Istambouli \(E\) istambouli@gmail.com](mailto:istambouli@gmail.com)

Safety Director: [Sarah Basile \(E\) sbasile@regionalmca.org](mailto:sbasile@regionalmca.org)

NOTICES

All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Participating clubs will be notified of work assignments by the Monday before the meet. ALL VOLUNTEERS WILL BE REQUIRED TO ATTEST TO READING AND UNDERSTANDING THE MINOR ATHLETE ABUSE PREVENTION POLICY. YMCA Meets must be run under USA Swimming Technical Rules. It is recommended that they also follow the USA-S Administrative Regulations of Competition in Part Two of the Rulebook, modified to adapt to local conditions. YMCA Meets must be officiated by YMCA certified officials. USA-S certified officials may assist in the officiating and should be encouraged to do so. However, the Meet Referee must be YMCA certified and two additional YMCA certified officials must be on deck at all times, one of whom must be the deck referee. A copy of the Meet Referee's YMCA Certified Official's card must be submitted with the sanction request.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no "unattached" status in YMCA Swimming.

Age: Age determined as of **January 1, 2022**.

YMCA Meet Participation: All athletes must meet the standards regarding Swimmer Eligibility as stated in the YMCA of the USA Competitive Swimming Black Book. All teams must be currently registered through the YMCA Online Team Registration system in order to participate in the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed.

Times: There are minimum time standards for specific events in each age group. See order of events section.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet. Please name the Regional YMCA of Western CT at 2 Huckleberry Hill Road, Brookfield CT 06804 as additionally insured for the duration of this meet March 24-26 2023

ENTRY INFORMATION

ENTRY LIMITS: 11 & Over Swimmers may swim 1 event on Friday. Saturday and Sunday Swimmers may participate in a maximum of 4 events per session, (1 relay and 3 individual), and no more than 7 total individual events. Swimmers may not be over entered.

QUALIFICATION PERIOD: January 1, 2021

USA-S IDs: Teams must show proof of USA-S registered athletes, any unregistered USA swimming athletes times will not be submitted to the swims database.

TIME STANDARDS: There are qualifying times in specific events.

TIMES: No Times (NT) are not allowed. Submit entry times SCY.

ENTRY FEES: Electronic entries: \$15.00 for individual events, \$24.00 for relays. Manual entries: \$20.00 for individual events, \$30.00 for relays. No refunds will be given for entries that are accepted, for entries that are rejected due to improper entry, or for events that may be canceled due to conditions outside of the control of Cornerstone Aquatic Center.

ENTRY DEADLINE: March 14, 2023

ENTRY PROCEDURE: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at lsuter@regionalyymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Please submit a copy of an official check request within two business days of the entry submission. Entries will be accepted on a first come, first served basis, in the order in which they are received, space permitting. Formal entry is determined by the date of the email receipt, teams are financially responsible for their entry at this time.

PAYMENT: Please make checks payable to the Regional YMCA of Western CT and mail to: Lucy Suter, 2 Huckleberry Hill Rd, Brookfield, CT 06804. Payment must be received by 03/24/23.

OVER-SUBSCRIPTION: If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. 400IM and 500 Free will be limited to only the fastest 24 swimmers per gender.
2. 1000 Freestyle will be limited to only the fastest 24 swimmers per gender.
3. Number of relays entries will be reduced or eliminated.

4. Number of individual entries will be reduced by one (1).

5. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to reinstate any previously cut events in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities. Notification of any cuts or changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet.

NOTE: Your team's initial entry should be as close to your final entry as possible. Initial entries should not be reduced unless asked to do so by the meet host.

VOLUNTEERS/COACHES/OFFICIALS

All teams will be required to supply timers in proportion to the size of their entry. Watches to be provided by meet host. Participating clubs must be notified of work assignments by the Monday before the meet.

CHECK-IN PROCEDURE

COACHES MEETING/SCRATCH MEETING: Coaches will receive a scratch sheet for each preliminary and timed final session of the meet in their meet packets listing all of their swimmers and events for each session. Scratch sheets will be due to the computer table 30 minutes after the start of warm ups; these must be returned even if a team has no scratches.

OFFICIALS AND TIMERS MEETING: The meeting will be held 15 minutes prior to the start of the meet.

MEET PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director, the Meet Referee, 2 selected athletes, and 2 selected coaches from the meet.

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

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as 01/01/2023.

. Results will be reported for 9/10, 11/12, 13/14 and 15-18 age groups.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: The 13&Over 1000yd freestyle, and the 11/12 and 9/10 500 Freestyle will be swum fastest to slowest and alternate girls and boys. The Meet Referee/Administrative Official reserves the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not

swim the event, that event still counts toward the athlete's total number of events for the meet.

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: No penalty

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.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: 'Fly-over' starts may be used at this meet.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as they are USA swimming registered.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted. Meet mobile results are unofficial.

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 Meet 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.
- 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.
- Photographs are not allowed to be taken behind the block during competition.
- 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.
- Shaving is not permitted in any areas of the facility.

AWARDS AND RECOGNITION

Medals will be awarded for 1-3 place and ribbons for 4-8 place individual events and medals for 1-3 place for relays. Events will be scored to 8 places. Individual Events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2 Only each team’s A and B relays will be eligible for scoring and awards. Overall Team Champion award will be given.

SPECTATORS

Spectators will be permitted using a bracelet system, the number of spectators allowed will be based on the number of swimmers and volunteers on the pool deck. The RYWC must adhere to bubble capacity.

HEAT SHEETS/PROGRAMS: Will be available for purchase.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Personal chairs will not be allowed in the spectator area
- 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 only permitted in the spectator seating area.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

LIVE STREAMING: Will be available via Livebarn

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. The Declaration Form must be signed by each YMCA participating in the meet.

LIABILITY LIMITS:

- 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.

DRONES: 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.

EVACUATION PROCEDURE: In the event of an evacuation, swimmers will use the closest emergency door.

DIRECTIONS 2 Huckleberry Hill Road, Brookfield, CT 06807

PARKING All athlete and spectator parking will be in the lower and side lot of the YMCA Main Building. Coaches and officials may park in the VIP Parking area adjacent to the YDAC building and camp lodge. Additional parking can be found at the medical building next to the YMCA @ 60 Old New Milford Road, Brookfield CT. Parents will be allowed to pull into the YDAC parking lot for swimmer drop-off, but there will be NO parent parking in this lot.

YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA: [YMCA_NAME]

YMCA Address: [YMCA_ADDRESS]

Meet Name: Northeast Regional YMCA Open

Meet Date(s): March 24-26, 2023

Meet Host: Regional YMCA of Western CT

Meet Location: Cornerstone Aquatic Center

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the Regional YMCA Open for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our participants, coaches, volunteers and leadership during their participation in the Regional YMCA Open

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, Regional YMCA of Western CT, their agents, representatives or assigns, and the Cornerstone Aquatic Center for any and all injuries which may be suffered by participants at the Regional YMCA Open. Furthermore we understand that the YMCA of the USA and Regional YMCA of Western CT 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

2023 Regional YMCA Open - 3/24/2023 to 3/26/2023
Session Report

Session: 1 Friday 11&Over

Day of Meet: 1 Starts at 02:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	1 Girls 13 & Over 400 IM	0	0		02:45 PM	_____
Finals	2 Boys 13 & Over 400 IM	0	0		02:45 PM	_____
Finals	3 Girls 11-12 200 Backstroke	0	0	3:08.00	02:45 PM	_____
Finals	4 Boys 11-12 200 Backstroke	0	0	3:20.00	02:45 PM	_____
Finals	5 Girls 11-12 200 Breaststroke	0	0	3:30.00	02:45 PM	_____
Finals	6 Boys 11-12 200 Breaststroke	0	0	3:40.00	02:45 PM	_____
Finals	7 Girls 11-12 200 Butterfly	0	0	3:23.00	02:45 PM	_____
Finals	8 Boys 11-12 200 Butterfly	0	0	3:30.00	02:45 PM	_____
Finals	9 Girls 13 & Over 1000 Freestyle	0	0		02:45 PM	_____
Finals	10 Boys 13 & Over 1000 Freestyle	0	0		02:45 PM	_____
	Finish Time				02:45 PM	_____

2023 Regional YMCA Open - 3/24/2023 to 3/26/2023
Session Report

Session: 2 Saturday 9/10 & 11/12

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	11 Girls 9-10 50 Freestyle	0	0		08:45 AM	_____
Finals	12 Boys 9-10 50 Freestyle	0	0		08:45 AM	_____
Finals	13 Girls 11-12 50 Freestyle	0	0		08:45 AM	_____
Finals	14 Boys 11-12 50 Freestyle	0	0		08:45 AM	_____
Finals	15 Girls 9-10 100 Backstroke	0	0	1:39.50	08:45 AM	_____
Finals	16 Boys 9-10 100 Backstroke	0	0	1:44.00	08:45 AM	_____
Finals	17 Girls 11-12 50 Backstroke	0	0		08:45 AM	_____
Finals	18 Boys 11-12 50 Backstroke	0	0		08:45 AM	_____
Finals	19 Girls 9-10 50 Butterfly	0	0		08:45 AM	_____
Finals	20 Boys 9-10 50 Butterfly	0	0		08:45 AM	_____
Finals	21 Girls 11-12 100 Butterfly	0	0	1:28.50	08:45 AM	_____
Finals	22 Boys 11-12 100 Butterfly	0	0	1:40.00	08:45 AM	_____
Finals	23 Girls 9-10 200 Freestyle	0	0	3:07.00	08:45 AM	_____
Finals	24 Boys 9-10 200 Freestyle	0	0	3:13.00	08:45 AM	_____
Finals	25 Girls 11-12 200 Freestyle	0	0	2:36.48	08:45 AM	_____
Finals	26 Boys 11-12 200 Freestyle	0	0	2:43.00	08:45 AM	_____
Finals	27 Girls 9-10 200 IM	0	0	3:34.99	08:45 AM	_____
Finals	28 Boys 9-10 200 IM	0	0	3:37.99	08:45 AM	_____
Finals	29 Girls 11-12 100 IM	0	0	1:23.00	08:45 AM	_____
Finals	30 Boys 11-12 100 IM	0	0	1:31.00	08:45 AM	_____
Finals	31 Girls 9-10 50 Breaststroke	0	0		08:45 AM	_____
Finals	32 Boys 9-10 50 Breaststroke	0	0		08:45 AM	_____
Finals	33 Girls 11-12 100 Breaststroke	0	0	1:37.50	08:45 AM	_____
Finals	34 Boys 11-12 100 Breaststroke	0	0	1:42.50	08:45 AM	_____
Finals	35 Girls 9-10 200 Freestyle Relay	0	0		08:45 AM	_____
Finals	36 Boys 9-10 200 Freestyle Relay	0	0		08:45 AM	_____
Finals	37 Girls 11-12 200 Freestyle Relay	0	0		08:45 AM	_____
Finals	38 Boys 11-12 200 Freestyle Relay	0	0		08:45 AM	_____
Finals	39 Girls 9-10 500 Freestyle	0	0	7:27.50	08:45 AM	_____
Finals	40 Boys 9-10 500 Freestyle	0	0	7:40.00	08:45 AM	_____
	Finish Time				08:45 AM	_____

2023 Regional YMCA Open - 3/24/2023 to 3/26/2023 Session Report

Session: 3 Saturday 13/14 & 15-18

Day of Meet: 2 Starts at 02:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	41 Girls 15-18 50 Freestyle	0	0		02:15 PM	_____
Finals	42 Boys 15-18 50 Freestyle	0	0		02:15 PM	_____
Finals	43 Girls 13-14 50 Freestyle	0	0		02:15 PM	_____
Finals	44 Boys 13-14 50 Freestyle	0	0		02:15 PM	_____
Finals	45 Girls 15-18 200 Backstroke	0	0	2:41.50	02:15 PM	_____
Finals	46 Boys 15-18 200 Backstroke	0	0	2:39.00	02:15 PM	_____
Finals	47 Girls 13-14 200 Backstroke	0	0	2:43.50	02:15 PM	_____
Finals	48 Boys 13-14 200 Backstroke	0	0	2:53.25	02:15 PM	_____
Finals	49 Girls 15-18 100 Butterfly	0	0		02:15 PM	_____
Finals	50 Boys 15-18 100 Butterfly	0	0		02:15 PM	_____
Finals	51 Girls 13-14 100 Butterfly	0	0		02:15 PM	_____
Finals	52 Boys 13-14 100 Butterfly	0	0		02:15 PM	_____
Finals	53 Girls 15-18 200 Freestyle	0	0	2:22.00	02:15 PM	_____
Finals	54 Boys 15-18 200 Freestyle	0	0	2:18.00	02:15 PM	_____
Finals	55 Girls 13-14 200 Freestyle	0	0	2:29.00	02:15 PM	_____
Finals	56 Boys 13-14 200 Freestyle	0	0	2:28.00	02:15 PM	_____
Finals	57 Girls 15-18 100 Breaststroke	0	0		02:15 PM	_____
Finals	58 Boys 15-18 100 Breaststroke	0	0		02:15 PM	_____
Finals	59 Girls 13-14 100 Breaststroke	0	0		02:15 PM	_____
Finals	60 Boys 13-14 100 Breaststroke	0	0		02:15 PM	_____
Finals	61 Girls 15-18 200 Freestyle Relay	0	0		02:15 PM	_____
Finals	62 Boys 15-18 200 Freestyle Relay	0	0		02:15 PM	_____
Finals	63 Girls 13-14 200 Freestyle Relay	0	0		02:15 PM	_____
Finals	64 Boys 13-14 200 Freestyle Relay	0	0		02:15 PM	_____
Finals	65 Girls 15-18 500 Freestyle	0	0	5:57.50	02:15 PM	_____
Finals	66 Boys 15-18 500 Freestyle	0	0	5:40.00	02:15 PM	_____
	Finish Time				02:15 PM	_____

2023 Regional YMCA Open - 3/24/2023 to 3/26/2023
Session Report

Session: 4 Sunday 9/10 & 11/12

Day of Meet: 3 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	67 Girls 11-12 100 Freestyle	0	0		08:45 AM	_____
Finals	68 Boys 11-12 100 Freestyle	0	0		08:45 AM	_____
Finals	69 Girls 9-10 100 Freestyle	0	0		08:45 AM	_____
Finals	70 Boys 9-10 100 Freestyle	0	0		08:45 AM	_____
Finals	71 Girls 11-12 100 Backstroke	0	0	1:24.00	08:45 AM	_____
Finals	72 Boys 11-12 100 Backstroke	0	0	1:30.00	08:45 AM	_____
Finals	73 Girls 9-10 50 Backstroke	0	0		08:45 AM	_____
Finals	74 Boys 9-10 50 Backstroke	0	0		08:45 AM	_____
Finals	75 Girls 11-12 50 Butterfly	0	0		08:45 AM	_____
Finals	76 Boys 11-12 50 Butterfly	0	0		08:45 AM	_____
Finals	77 Girls 9-10 100 Butterfly	0	0	1:58.00	08:45 AM	_____
Finals	78 Boys 9-10 100 Butterfly	0	0	2:03.00	08:45 AM	_____
Finals	79 Girls 11-12 50 Breaststroke	0	0		08:45 AM	_____
Finals	80 Boys 11-12 50 Breaststroke	0	0		08:45 AM	_____
Finals	81 Girls 9-10 100 Breaststroke	0	0	1:53.00	08:45 AM	_____
Finals	82 Boys 9-10 100 Breaststroke	0	0	2:02.50	08:45 AM	_____
Finals	83 Girls 11-12 200 IM	0	0	3:00.00	08:45 AM	_____
Finals	84 Boys 11-12 200 IM	0	0	3:07.00	08:45 AM	_____
Finals	85 Girls 9-10 100 IM	0	0	1:37.00	08:45 AM	_____
Finals	86 Boys 9-10 100 IM	0	0	1:38.00	08:45 AM	_____
Finals	87 Girls 11-12 200 Medley Relay	0	0		08:45 AM	_____
Finals	88 Boys 11-12 200 Medley Relay	0	0		08:45 AM	_____
Finals	89 Girls 9-10 200 Medley Relay	0	0		08:45 AM	_____
Finals	90 Boys 9-10 200 Medley Relay	0	0		08:45 AM	_____
Finals	91 Girls 11-12 500 Freestyle	0	0	6:40.00	08:45 AM	_____
Finals	92 Boys 11-12 500 Freestyle	0	0	6:45.00	08:45 AM	_____
	Finish Time				08:45 AM	_____

2023 Regional YMCA Open - 3/24/2023 to 3/26/2023
Session Report

Session: 5 Sunday 13/14 & 15-18

Day of Meet: 3 Starts at 02:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	
Finals	93 Girls 13-14 100 Freestyle	0	0		02:15 PM	_____
Finals	94 Boys 13-14 100 Freestyle	0	0		02:15 PM	_____
Finals	95 Girls 15-18 100 Freestyle	0	0		02:15 PM	_____
Finals	96 Boys 15-18 100 Freestyle	0	0		02:15 PM	_____
Finals	97 Girls 13-14 100 Backstroke	0	0		02:15 PM	_____
Finals	98 Boys 13-14 100 Backstroke	0	0		02:15 PM	_____
Finals	99 Girls 15-18 100 Backstroke	0	0		02:15 PM	_____
Finals	100 Boys 15-18 100 Backstroke	0	0		02:15 PM	_____
Finals	101 Girls 13-14 200 Butterfly	0	0	3:00.00	02:15 PM	_____
Finals	102 Boys 13-14 200 Butterfly	0	0	3:01.00	02:15 PM	_____
Finals	103 Girls 15-18 200 Butterfly	0	0	2:50.00	02:15 PM	_____
Finals	104 Boys 15-18 200 Butterfly	0	0	2:45.00	02:15 PM	_____
Finals	105 Girls 13-14 200 Breaststroke	0	0	3:05.00	02:15 PM	_____
Finals	106 Boys 13-14 200 Breaststroke	0	0	3:13.00	02:15 PM	_____
Finals	107 Girls 15-18 200 Breaststroke	0	0	3:05.00	02:15 PM	_____
Finals	108 Boys 15-18 200 Breaststroke	0	0	2:56.00	02:15 PM	_____
Finals	109 Girls 13-14 200 IM	0	0	2:40.00	02:15 PM	_____
Finals	110 Boys 13-14 200 IM	0	0	2:42.00	02:15 PM	_____
Finals	111 Girls 15-18 200 IM	0	0	2:40.00	02:15 PM	_____
Finals	112 Boys 15-18 200 IM	0	0	2:35.00	02:15 PM	_____
Finals	113 Girls 13-14 200 Medley Relay	0	0		02:15 PM	_____
Finals	114 Boys 13-14 200 Medley Relay	0	0		02:15 PM	_____
Finals	115 Girls 15-18 200 Medley Relay	0	0		02:15 PM	_____
Finals	116 Boys 15-18 200 Medley Relay	0	0		02:15 PM	_____
Finals	117 Girls 13-14 500 Freestyle	0	0	6:04.50	02:15 PM	_____
Finals	118 Boys 13-14 500 Freestyle	0	0	6:08.50	02:15 PM	_____
	Finish Time				02:15 PM	_____