

CAROLINA YMCA SWIM LEAGUE BYLAWS

Published 05-03-02

Amended 2-25-05

Amended 3-5-06

Amended 3-4-07

ARTICLE I - NAME, PURPOSE

Section 1: The name of the organization shall be The Carolina YMCA Swim League. Referred to as the CYSL.

Section 2: The purpose of CYSL competitive swimming is to provide young boys and girls an opportunity to participate in competitive swimming, under conditions that will foster skillful aquatic ability, good fellowship, team association loyalty, a finer appreciation of swimming for its own sake and not just for winning; and sportsmanship of a high type on the part of spectators, as well as swimmers and officials.

ARTICLE II – MEMBERSHIP

Section 1: YMCA's may petition for membership in the CYSL by writing to an officer of the CYSL. Membership for teams applying to join the CYSL may only be voted upon at the semi-annual meetings held at the end of season championship meets. Teams, who receive a majority vote, may swim the next season following the meeting.

Section 2: YMCA's which have been accepted as members of the CYSL but have elected not to participate in three consecutive seasons must re-apply for membership.

Section 3: Other YMCA's and/or swim teams may swim in league meets but are not eligible or permitted to swim in the end-of-season Championship Meets.

ARTICLE III – VOTING RIGHTS

Section 1: The head coach or a designee (in the case of his/her absence from the meeting) of every participating YMCA will have one vote. The designee must be a coach with all of their current credentials including YMCA Principals of Swimming and Diving (see coaches section). The CEO of the organization may designate in writing within 7 days of the meeting an individual to vote for the association in the absence of a coach with current credentials. (*Effective 3-4-07*)

ARTICLE IV – MEETINGS

Section 1: The winter bi-annual meeting shall be held at least one week after the winter championship meet, the summer meeting shall be held after the Friday session of the summer championship. Additional meetings may be called by the President of the League whenever necessary or upon application of two-thirds of the members. (*Effective 3-4-07*)

ARTICLE V – MANAGEMENT

Section 1: The management and direction of the affairs of the League will be vested in an Executive committee composed of the League officers. This committee will have the power to enforce the Rules and by-laws during the season and act on cases not covered in the Rules and by-laws.

Section 2: A President, Vice-President, Secretary, Treasurer, Web Master (*Effective 7-26-02*), an At-Large Officer (*Effective 2-25-05*) will be elected at the fall meeting of the Carolina YMCA Swim League for a term of one year. Officers may serve additional terms of the same office if elected. The At-Large Officer shall carry no responsibilities other than voting on matters brought to the executive committee. (*Effective 2-25-05*)

The President will call League meetings and preside at the same. The President shall review League rules each year and notify associations of forfeiture or other issues.

The Vice-President will conduct meetings in the absence of the President and share duties with the President as the President may request.

The Secretary shall keep minutes of all League meetings and records of official actions. The Secretary shall prepare correspondence to the membership and maintain a list of all swimmers in the league.

The Treasurer will receive registration monies and maintain the league account. The treasurer is considered a non-voting member of the executive committee.

The Webmaster will set up and maintain a web site called carolinaymcaswim.org. The webmaster is considered a non-voting member of the executive committee.

In the event of a vacancy of an officer, the president shall have the power to appoint an individual to fill the position for the remainder of the term. *(Effective 2-29-04)*

ARTICLE VI – AMENDMENTS

Section 1: These Rules and by-laws may only be amended by a majority vote of CYSL members present at the bi-annual meeting of the CYSL. Notice will be mailed in advance to all YMCA's in the Carolina YMCA Swim League of said meeting.

Section 2: Prior to any amendment or rule changes coming before the membership of the CYSL for a vote, the proposed change needs to be sent to the League Sectary in writing. The proposal needs to be specific in nature and must include the reason for change or adding an amendment. The proposed changes need to be sent enough in advance to allow them to be included in the notification of the bi-annual meeting.

CAROLINA YMCA SWIM LEAGUE RULES

Published 05-03-02

Updated 02-28-03, 07-18-03, 02-29-04, 07-22-04, 2-25-05, 3-5-06, 3-4-07, 3-1-08.

1. Current YMCA short course rules apply. (Effective 2-29-04) USAS technical rules will apply. *(Effective 3-4-07)*
2. Competitive Swimming Black Book and Rules that Govern shall be used for all issues not covered within the CYSL By-Laws and Rules. *(Effective 3-4-07)*
3. Swimmers
 - A. Swimmers must be in good standing of the YMCA they represent.
 - B. An individual wishing to transfer from one YMCA to another may do so through Transfer by Consent. An athlete may transfer from one YMCA team to another YMCA team and be eligible to compete for his/her new YMCA team immediately upon the written consent of the YMCA that he/she previously represented. This includes transfer from one metropolitan branch to another. The membership transfer shall be completed BEFORE the individual competes for the new association or branch. This written consent must be in the form of a letter from the executive director of the YMCA association or branch that he/she previously represented. However, the athlete must still be a full privilege member of a YMCA – any YMCA for 30 days prior to competing in any YMCA meet and be a full privilege member of a YMCA – any YMCA – for at least 90 days prior to competing in a YMCA district, regional, state or national championship meet. Once an individual transfers by consent to another YMCA, that person cannot transfer back and compete for the YMCA unit he/she previously represented for one year from the date of the original transfer (Rules That Govern Rule 2 Sec 2). *(Effective 3-4-07)*
 - C. Swimmers who wish to transfer from a non-YMCA team (USA Swimming team) to a YMCA team during the current season must observe the YMCA membership rules as stated above and in the Rules that Govern. To be eligible to compete in the YMCA National Championship meet a swimmer must not have represented any organization other than this/her YMCA team (high school excepted) for a least 90 days prior to the YMCA National Championship entry deadline. A swimmer must also have met the additional eligibility requirements for YMCA Nationals as stated in the YMCA Completeive Swimming Black Book. *(Effective 3-4-07)*
 - D. In addition, all such transfers shall be reported in writing to the CYSL officers, including a copy of the consent, prior to the individual competing for the new association.
 - E. Swimmer's age as of the first day of the meet will determine their age for the meet. *(Effective 3-1-08)* Swimmers must not be older than 21 years of age at the start date of the current seasons YMCA National Championship Meet and maintain amateur status (never represented an educational institution beyond grade 12 in competitive swimming or diving).
 - F. Records will be kept by the age group swimmers compete in that season. Example on May 1, team A has a 14 year old Jane Doe swimmer who will turn 15 during the summer. By following current YMCA rules, Jane Doe will swim in the 13 – 14 year old age group the entire summer season. Jane Doe would be credited with any new 13 – 14 year old record she breaks. *(Effective 2-29-04)*
 - G. A swimmer may enter 4 individual events and 2 relays per meet. Exhibition swims for host added events do not count toward the 4 individual events *(Section added 3-6-06)*.
 - H. Master swimmers (adults) may participate in scheduled CYSL meets including championships as exhibition swimmers. Any team entering master swimmers will enter as two teams, one as an age group team, the other as an exhibition team of master swimmers. Hy-Tek software has made provisions for this. Teams not using Hy-Tek software must clearly indicate the difference in the two teams.

3. Coaches (*Section created 3-4-07*)
 - A. Coaches are responsible for the conduct and Character Development of their teams before, during, and after a swim meet.
 - B. Coaches must hold current certifications in the following areas in order to be permitted on deck:
 - § CPR
 - § First Aid
 - § Lifeguarding or Safety Training for Swim Coaches
 - § Principals of YMCA Competitive Swimming and Diving
 - C. The YMCA of the USA recognizes certifications from the following organizations:
 - § America Red Cross
 - § American Heart Association
 - § American Safety and Health Institute
 - § National Safety Council
 - § YMCA of the USA
 - § The YMCA of the USA does not currently recognize Ellis certifications.
 - D. Coaches must show credentials at all meets. Coaches who fail to provide current credentials will not be allowed on deck and or coaches area. (*Effective 3-1-08*)
4. Officials (*Section added 2-28-2003*)
 - A. The CYSL will have a head official who is responsible for maintaining records of all league officials. The head official will provide the list to the web master for publication on the league web site.
 - B. New officials must apprentice two meets with an certified official before they may officiate a meet on their own. (This will help reinforce the new official's decisions and will give them the experience they need.)
 - C. Officials must officiate at four meets after their apprenticeship prior to officiating at a championship meet. the league secretary will keep a list of officials, and how many meets they have officiated at.
 - D. USA Swimming technical rules will be used. (*Effective 3-4-07*)
 - E. The reigning CYSL executive committee is required to make available one YMCA swimming official certification training course be offered twice a year.
 - F. An official whose certification has expired prior to March 4, 2007 must do their apprenticeship as a new official in addition to taking the officials class. (*Effective 3-1-07*)
5. League Management
 - A. Each team will fill out a team registration prior to each season. Standard team name, abbreviations must be used when submitting meet entries. This form must be received prior to the team's first competition of the year. (For clarification purposes a swim year starts in the summer and concludes at the end of the following winter season.) (*Effective 2-29-04*)
 - B. Swimmer information and import files may be submitted by E-mail (preferable). (*Effective 2-29-04*)

- C. Teams will pay a yearly registration fee to the league based on their team size. The league will use the higher number of the summer or winter season. No discounts will be given for “one” season teams. The league secretary will send a athlete count of each team to the league treasurer at the end of the winter season with the previous summer and winter season’s team size. Team fees must be received by the league treasurer prior to the first meet of the summer season, or first meet of competition for the team to be considered registered.. Registration fees are as follows:
- § 1 – 20 swimmers \$35.00
 - § 21 – 40 swimmers \$55.00
 - § 41 – 60 swimmers \$75.00
 - § 61 – 100 swimmers \$120.00
 - § 101 swimmers and over \$150.00
 - § New teams will pay a \$35.00 fee for their first year. (*Effective 2-28-03*) (*Updated 3-4-07*) (*Updated 3-1-08*)
- D. Team contacts and addresses will be maintained by the League Secretary and will be provided to each team at the beginning of the season. Please contact the League Secretary for the latest copy.
- E. The only qualifying meets for the end of season championship are those meets posted on the LEAGUE MEET SCHEDULE. This schedule may not be altered without approval of league officers. The Executive Committee on 8/6/99 reinforced this rule and clarified it to mean that any changes to the schedule including dates of competition, host, or visitors require approval of the League officers.
- F. A host team does not have to be a YMCA but there has to be two YMCA’s attending the meet to be a qualifier.
 Example:
 Camden - Host
 Hartsville - Attending
 Summerville – Attending
- G. If a regular scheduled meet is re-scheduled all swimmers who are registered with the league secretary at the time of the re-scheduled meet are eligible to swim, and count the meet as a qualifying meet.
- H. Swimmers may attend one league meet per day.
- I. All teams in the CYSL must make every effort possible to start and conduct meets with accuracy to time, and must conduct themselves in a manner fitting to uphold the purpose of the Carolina YMCA Swim League.
- J. Protests must be made at the meet to the meet referee. Appeals must be in writing, postmarked within 48 hours and sent to the league president. State the rule violation according to the League Rules and/or USS Rules. Note: protest on any judgment or decision on place, turn, or strokes will not be considered. Failure to meet minimum standards in conducting a meet as described in the by-laws may be protested.
- K. The Executive committee, as outlined in the by-laws, will act as the body to deal with protests. Recognizing that: (A) The Executive Committee will report its decision to the teams involved and at the next CYSL meeting. (B) Decisions of the Executive Committee will be considered final.
- L. The end of season championship meet is to be held on the date assigned by the executive committee. (*effective 3-5-06*)
- M. Bid requests for the end of championship meets must be sent to the League Secretary prior to the bi-annual league meeting. The league will vote on the host of the championship meet. (*Effective 3-5-06*)
- N. League rules may only be changed at the winter meeting of the league. (*Effective July 22, 2004*)
- O. The CYSL will host at least once distance meet each winter season. This meet should include all distance events not held during the regular season, all event included in the region meet should be included in the distance event.
- P. The CYSL shall give an annual award called the “Dena Goeckner Volunteer of the Year Award.” This award shall be given at each Winter Championship Meet. All teams should submit recommendations to the league officers by January 15th. The league coaches will then vote on the recipient.
- Q. The league shall host at least two YMCA Principals trainings each year. One before/during the summer season and one before/during the winter season.

- R. Minimum water depth for racing starts in any setting from any height starting block or the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.
 - S. Meet records including DQ's shall be kept for a period of 1 year in case of discrepancies.
 - T. No meets will be held the weekend before the championship. (*Effective winter 08 – 09*)
 - U. The Rock Hill YMCA will purchase ribbons and medals in bulk. Ribbons and medals will be disbursed to teams based on the number of meets they host each year. Teams will only be billed for ribbons/medals used. (*Effective 3-1-08*)
6. Non Championship Meets
- A. All teams should have a Lifeguard on duty during warm-ups and during the entire swim meet.
 - B. The suggested minimum number of officials are: 1 Starter, 1 Referee, 2 Start & Turn judges, 2 Stroke judges, 2 timers per lane, score keeper, runner, and two finishes judges on both sides of the pool unless electronic timing is used. Host teams are responsible for all necessary personnel to conduct meets. (*Effective 3-5-06*) Coaches will only be permitted to officiate at a meet if they are not acting as a coach. (*Effective 3-4-07*) If a meet is hosted without a minimum of two YMCA and or USA officials the meet will count toward the visiting team two meets for championship, the host team will not be allowed to count this meet. Prior to sending results, specifically the meet manager backup to the league secretary, and sending results back to the attending teams, the host team must delete their team from the database, and the visiting teams results will all be marked DQ. The host team will be fined \$100.00 for the first meet, each subsequent meet the fines will be doubled accumulative. (*Effective 3-1-09*)
 - C. Meets will consist of 112/114 events (*Effective 3-1-08*) for scoring purposes. The order of events shall be: long free, backstroke, breaststroke, 100 free 6 & unders, 200 free (swam as open, scored by age group,), the 200 free is not open to 6 & unders (*Effective 3-4-07*) medley relay, butterfly, individual medley, and free relay. See attached chart. Upon receiving entries, if the number of swimmers would cause the meet to be longer than 4 hours, the host team has the option of doing split sessions. For example, 10 and unders in the morning and 11 & up in the afternoon. See attached split session chart.
 - D. Relay team scoring - Only one relay team per event may score points for a team. If multiple relay teams from the same team score in the top 7 places, points will be awarded for the highest scoring team only. All teams will receive ribbons. Points for remaining relay teams will be awarded based on their actual place in the race. Example: Spartanburg enters 4 relay teams that finish first, second, third, and fourth. Newberry finishes fifth. Spartanburg will be awarded 22 points (1st place). Newberry will be awarded 12 points (5th place). The swimmers for the Spartanburg relay teams placing second, third, and fourth will receive the second, third, and fourth place ribbons.
 - E. The host Association must send a record of each meet immediately following the meet to the league secretary. These records are used to determine swimmer's eligibility for end of season championship meets and to establish league records. Said records need to be sent as a Meet Manager back up and a copy of the results and team scores in a .PDF file, .PDF software can be downloaded free at www.pdfactory.com.
 - F. Awards. Ribbons will be awarded to the top seven places in each event. For relays there will be four ribbons awarded to each of the top seven places. Each swimmer will receive a participant ribbon. It is the responsibility of the team coach to distribute the ribbons among its team members.
 - G. Scoring. Individual events will be scored seven places 9, 7, 6, 5, 4, 3, 2. Relays will be doubled 18, 14, 12, 10, 8, 6,4.
 - H. CYSL warm-up procedures will be followed. (Warm-up procedures attached.)
 - I. The host team will provide meet details, including but not limited to, starting time, location, directions, other invitees, etc. at least two weeks before the scheduled date of the meet.
 - J. Where there are specific "home pool" rules that the host team needs to have followed it is their responsibility to make them known in writing to visiting teams.
 - K. Diving into water less than 5 feet deep is prohibited.

- L. Entry Cards: If requested must be pre-sorted by event number (1 through 92) and submitted by teams to the person specified by the Monday prior to Saturday's competition. **Meet entries are due per meet information.** If a team fails to meet deadline, the host team has the authority to prevent the entire team from participating. Meet fees must be submitted with team entries by the given deadline. No refunds will be granted for swimmers who scratch after the entries are made. **Meet entry fees will be doubled if they are paid after the deadline.** (Effective 3-5-06)
- M. The host team has the discretion to determine if entry cards will be used or not. The host team may chose to use lane timer sheets or heat sheets. As long as there is an accurate way to record times the host team has the discretion to make that choice. The only exception to this rule is Relays, 6 & Under and 7 & 8 year old age groups. These events and age groups will require cards. (Effective 7-22-04)
- N. The name of the swimmers in the relay team will be written on the back of the entry card before the team goes to the starting area. Relay cards that are turned in without names are to be scored as exhibition. Meet results must show names for any relay team that is not entered as exhibition.
- O. Teams are required to submit a word document or PDF file of their entries by individual and relays to the meet host for all meets. Failure to provide a word document or PDF file will exclude the team from the meet.
- P. Meter times or yard times need to be converted if the swimmer's times are in the "other measurement".
- Q. Seeding: The fastest swimmer shall be seeded in the last heats and in each heat will be the middle lane(s). The fastest heat should be full and the slowest heat less than full if there are insufficient swimmers.
- R. Disqualification: This may occur for various reasons including starting and swimming technique. The latter is the responsibility of the stroke judges, and will be based on current YMCA swim rules unless superseded by the CYSL rules. . Six (6) and under will be DQ'ed. (Effective 3-5-06)
- S. The official will mark DQ on the swimmers card, indicating the infraction. If entry cards are not used the official will fill out a DQ slip. (effective 3-5-06)
- T. Poolside Coaching: Coaches and others shall not encroach within a reasonable distance of the water's edge. A reasonable distance shall be at least one yard, which is the minimum distance needed by meet officials in the performance of their duties. Excessive coaching or other instructions which could result in one swimmer gaining an advantage over another will be cause for warning against that individual or team.
- U. Exhibition Events: The host team of a meet may add two exhibition events that are open to any swimmer. The purpose of this is to add distance events for swimmers who may qualify for national competition. Exhibition events do not count as team points or individual high points.
- V. Entry fees. For any meet awarding only ribbons a \$2.00 meet fee will be charged. Any deviation from the \$2.00 must be included with swim meet bids at the league meeting, including admission fees or selected seating fees (Effective 2-25-05). If the new meet fee is not included, the guest teams will not be required to pay more than the \$2.00 per swimmer fee. Meet entry fees must be paid with the meet entries by the meet entry deadline. No refunds will be made for scratches occurring after the meet entry deadline. Entry fees may be accepted after the deadline at the discretion of the host team but will be double the original amount. (Effective Winter Season 2004-2005)
- W. Roster. A roster of swimmers participating in the meet is to be sent with the meet entry. The roster will be used to determine the number of participant ribbons needed for each team.
- X. League meets must be run using Hy-Tek Meet Manager for Windows software unless the league officers grant an exception prior to the meet. Results are to be reported as a database backup of the Meet Manager for Windows database and are to be E-mailed or sent of diskette to the league secretary by 5:00 PM on the Monday after the meet. (Effective 7-26-02)
- Y. The following charts show events and distances for each season. Note: the difference is the distance of events for the 13 -14 and 15 and up age groups. (Revised 8/21/00, 2-25-05)

WINTER SEASON CHART OF EVENTS

Age	L. Free	Back	Breast	100/ 200 Free	Medley Relay	Fly	S. Free	IM	Free Relay
6 & Under	50	25	25	100	*	25	25	100	*
7 - 8	50	25	25	Open	*	25	25	100	*
9 - 10	100	50	50	Open	*	50	50	100	*
11 - 12	100	50	50	Open	*	50	50	100	*
13 - 14	100	100	100	Open	*	100	50	200	*
15 -18	100	100	100	Open	*	100	50	200	*
19 – 21	100	100	100	Open	*	100	50	200	*

SUMMER SEASON CHART OF EVENTS

Age	L. Free	Back	Breast	100/ 200 Free	Medley Relay	Fly	S. Free	IM	Free Relay
6 & Under	50	25	25	100	*	25	25	100	*
7 - 8	50	25	25	Open	*	25	25	100	*
9 - 10	100	50	50	Open	*	50	50	100	*
11 - 12	100	50	50	Open	*	50	50	100	*
13 - 14	100	50	50	Open	*	50	50	100	*
15 -18	100	50	50	Open	*	50	50	100	*
19 – 21	100	50	50	Open	*	50	50	100	*

*The following age groups will be used for relays.

- 8 & Under
- 10 & Under
- 12 & Under
- 14 & Under
- 18 & Under
- 21 & Under

7. END OF SEASON CHAMPIONSHIP MEET

- A. The host team of the winter championship must make arrangements to have the meet sanctioned. The sanction number must be provided to all teams attending.
- B. Eligibility. A swimmer must have swum in two ‘Y’ meets during the summer season to qualify for the Summer Championship and two meets during the winter season to qualify for the Winter Championship. Swimmers must swim in at least one individual event for the meet to count. *(Effective 3-4-07)*
- C. Entry fees are \$2.00 per individual event and \$4.00 for each relay team. (see above section for entry fee deadlines and penalties). In addition to fees for individual and relay events there will be a \$3.00 per swimmer surcharge (Effective 3-5-06). These fees have been increased to help offset the cost of using electronic timing. If the meet is USAS observed/approved the SC LSC travel fee will be charged for USAS registered swimmers. *(Effective 3-1-08)* No admission fees or selected seating fees shall be applied. *(Effective 2-25-05)*.
- D. Timing. Electronic timing will be used. The software will be designed to show running point totals for each team and on-going high point standings of individual swimmers in the top six positions. The electronically recorded results will have precedence over human judgment unless there is an equipment malfunction.
- E. Scoring. The championship meet will be scored to 10 places.

Individual 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relays 22, 18, 16, 14, 12, 10, 8, 6, 4, 2

- F. Relay team scoring - Only one relay team per event may score points for a team. If multiple relay teams from the same team score in the top 10 places, points will be awarded for the highest scoring team only. All teams will receive ribbons. Points for remaining relay teams will be awarded based on their actual place in the race. Example: Spartanburg enters 4 relay teams that finish first, second, third, and fourth. Newberry finishes fifth. Spartanburg will be awarded 22 points (1st place). Newberry will be awarded 12 points (5th place). The swimmers for the Spartanburg relay teams placing second, third, and fourth will receive the second, third, and fourth place ribbons.
- G. Awards. There will be team trophies awarded for the 1st, 2nd, and 3rd place finishers. In the CYSL end of season championships, each event will be scored to ten (10) places, with medals awarded to places one (1) to three (3) for individual events and relays and ribbons to places four (4) to ten (10) for individual events and relays. Participation ribbons will be given to each swimmer entered in the meet. If the host team chooses to give a commemorative gift to each swimmer no participation ribbon will be required. *(Effective 2-29-04)*
- H. High Point Awards. There will be a trophy for each 1st, 2nd, and 3rd place high point winner (36 trophies). The host team should make provisions for the inevitable tie. Example: Mail trophies to those swimmers who tied for high point winner in a timely manner.
- I. The league will provide the first, second and third place team trophies, high point girls and boys team plaques' along with a 3 x 6 foot (banner size effective February 29, 2004) banner to the winning team. *(Effective 3-1-09)*
- J. There will be a traveling plaque awarded each year that will have the names of the previous winning teams at prior CYSL end of season championships.
- K. The championship meet will be held on a Saturday and Sunday. The following order of events will be used *(Effective 3-1-08)*:

DAY 1 AM - 10 & UNDER	DAY 1 PM - 11 & OVER	DAY 2 AM - 10 & UNDER	DAY 2 PM - 11 & OVER
Long Free	Medley Relay	200 Free	Free Relay
Fly	Long Free	Breast	200 Free
Back	Fly	Short Free	Breast
IM	Back	Free Relay	Short Free
Med Relay	IM		

- L. For all twenty five-yard events, stopwatches will be used as the preferred method of timing. The timers will move to the shallow end of the pool, so the swimmers may take advantage of starting from the block. The 25 yard backstroke could optionally be started from either end since it's an in the water start.
- M. No exhibition swims will be permitted at end of season championship meets. *(Effective 7-26-02)*
- N. No changes will be permitted for the championship meets after the entry deadline. *(Effective 7-26-02)*
- O. Senior swimmers will be recognized at both championship meets, swimmers will only receive one senior award. *(Effective winter 08 – 09)*
- P. The 200 yard freestyle will be run as “age group” for the championship, example 7 – 8, 9 – 10, 11 – 12, 13 – 14, and 15 and up. (effective 3-5-06)
- Q. Relays must have at least one person in each relay whose age is that of age group event. *(Established 3-1-09)*

RELAY AGE GROUP	ONE SWIMMER WHO IS
8 & Under	8 or under
10 & Under	9 or 10
12 & Under	11 or 12
14 & Under	13 or 14
18 & Under	15, 16, 17, or 18
21 & Under	19, 20, or 21

- R. Swimmers must compete in their respective age group at the championship. No swim ups. (*Established 3-1-09*)
- S. Each teams CYO or Branch Manager must sign the entry sheet form for swimmers participating in a sanctioned meet. (effective 3-5-06)
- T. The CYSL shall form a meet jury to handle all complaints/changes during a championship meet. The committee shall be comprised of 2 coaches, a host team representative, an official and a swimmer (15 and older). This group shall be comprised by individuals of different teams. This jury shall be elected by the executive committee before the league championship.
- U. If the host teams feels security is needed at the meet an additional \$1.00 per swimmer may be charged.

8. MID SUMMER CHAMPIONSHIP MEET

- A. The host team of the mid summer championship must make arrangements to have the meet sanctioned. The sanction number must be provided to all teams attending.
- B. This meet does not take the place of the end of season meet.
- C. This meet is held for swimmers who need to attend a sanctioned Y championship meet to qualify for YMCA Nationals.
- D. Each teams CYO or Branch Manager must sign the entry sheet form for swimmers participating in a sanctioned meet. (effective 3-5-06)

9. MEET CLOSE OUTS (*Section added 3-4-07*)

- A. Meet information shall be sent to clubs 15 days prior to the start of the meet. **Failure to send meet information out 15 days to prior to the meet will result in a \$25.00 fine.**
- B. Coaches credentials will be checked. Failure to do so will result in a \$25.00 fine.
- C. Post “CYSL Warm-up Procedures” will be included in coaches packets. Failure to do so will result in a \$25.00 fine.
- D. Accurate final results will be sent to the all league officers, including the web master and team attending the meet. Results shall be postmarked within 7 days of the last day of the meet (E-mail in pdf form is acceptable). If the CYSL secretary advises a club of a clerical error contained within meet closeout information, the said club will have 5 business days from date of notification to correct the error prior to the fine being levied. (The fine will accrue based upon the initial time limit specified.) **A fine of \$25.00 per week or part thereof over the 7 day limit for postmarking results to teams and officers. The following constitutes results. Failure to send any or all will result in a fine.**
- E. A meet manager backup shall be sent to the league secretary and the web master. File shall be postmarked within 7 days of the last day of the meet.
- F. A team manager import file shall be sent to each team with results within 7 days of the last day of the meet.
- G. An alphabetical list by team of swimmers from shall be sent to the league secretary and postmarked within 7days of the last day of the meet.
- H. List of officials by session with assignments shall be sent to the league secretary postmarked within 7 days of the last day of the meet.
- I. The meet director and meet referee will sign off on each meet. This form is to be mailed to the league secretary with results.
- J. A hard copy of results and team scores must be sent to each team and league officers within 7 days. A PDF file can be E-mailed in lieu of hard copy. E-mail time stamp will be used.

NOTE: Failure to complete any or all of these tasks are subject a fine. All forms may be E-mailed in PDF format.

9. SCHEDULE OF EVENTS

- A. One day session

The distances for the 13&14 and 15 and up swimmers will change with each season. (Revised 8/21/00)

Girls Event #	Stroke / Distance	Age	Boy's Event #
1	Long Freestyle 50 yd	6 & Under	2
3	Long Freestyle 50 yd	7 - 8	4
5	Long Freestyle 100 yd	9 - 10	6
7	Long Freestyle 100 yd	11 -12	8
9	Long Freestyle 100 yd	13 - 14	10
11	Long Freestyle 100 yd	15 - 18	12
13	Long Freestyle 100 yd	19 – 21	14
15	Back 25 yd	6 & Under	16
17	Back 25 yd	7 - 8	18
19	Back 50 yd	9 - 10	20
21	Back 50 yd	11 -12	22
23	Back 50 yd summer/100 yd winter	13 - 14	24
25	Back 50 yd summer/100 yd winter	15 - 18	26
27	Back 50 yd summer/100 yd winter	15 – 19	28
29	Breaststroke 25 yd	6 & Under	30
31	Breaststroke 25 yd	7 - 8	32
33	Breaststroke 50 yd	9 - 10	34
35	Breaststroke 50 yd	11 -12	36
37	Breaststroke 50 yd summer/100 yd winter	13 - 14	38
39	Breaststroke 50 yd summer/100 yd winter	15 – 18	40
41	Breaststroke 50 yd summer/100 yd winter	19 – 21	42
43	Freestyle 100 yd	6 & Under**	44
45	Freestyle 200 yd	Open*	46
47	Medley Relay 100 yd	8 & Under	48
49	Medley Relay 200 yd	9 & Under	50
51	Medley Relay 200 yd	12 & Under	52
53	Medley Relay 200 yd	14 & Under	54
55	Medley Relay 200 yd	18 & Under	56
57	Medley Relay 200 yd	21 & Under	58
59	Butterfly 25 yd	6 & Under	60
61	Butterfly 25 yd	7 - 8	62
63	Butterfly 50 yd	9 - 10	64
65	Butterfly 50 yd	11 -12	66
67	Butterfly 50 yd summer/100 yd winter	13 - 14	68
69	Butterfly 50 yd summer/100 yd winter	15 – 18	70
71	Butterfly 50 yd summer/100 yd winter	19 – 21	72
73	Short Freestyle 25 yd	6 & Under	74
75	Short Freestyle 25 yd	7 - 8	76
77	Short Freestyle 50 yd	9 - 10	78
79	Short Freestyle 50 yd	11 -12	80
81	Short Freestyle 50 yd	13 - 14	82
83	Short Freestyle 50 yd	15 – 18	84
85	Short Freestyle 50 yd	19 – 21	86
87	Individual Medley 100 yd	6 & Under	88
89	Individual Medley 100 yd	7 & 8 Under	90
91	Individual Medley 100 yd	9 - 10	92
93	Individual Medley 100 yd	11 -12	94
95	Individual Medley 100 yd summer/200 yd winter	13 – 14	96
97	Individual Medley 100 yd summer/200 yd winter	15 – 18	98
99	Individual Medley 100 yd summer/200 yd winter	19 – 21	100
101	Freestyle Relay 100 yd	8 & Under	102
103	Freestyle Relay 200 yd	9 & Under	104
105	Freestyle Relay 200 yd	12 & Under	106
107	Freestyle Relay 200 yd	14 & Under	108
109	Freestyle Relay 200 yd	18 & Under	110
111	Freestyle Relay 200 yd	21 & Under	112

* This will be swam as an open event, but scored by age group during the regular season. At the championship it will be an age group event. (Effective 3-5-06). Six and unders are not eligible to swim this event. (Effective 3-7-07)

** Event added 3-1-08.

B. Split Session

Girls Event #	Stroke / Distance	Age	Boy's Event #
MORNING SESSION			
1	Long Freestyle 50 yd	6 & Under	2
3	Long Freestyle 50 yd	7 - 8	4
5	Long Freestyle 100 yd	9 - 10	6
7	Back 25 yd	6 & Under	8
9	Back 25 yd	7 - 8	10
11	Back 50 yd	9 - 10	12
13	Breaststroke 25 yd	6 & Under	14
15	Breaststroke 25 yd	7 - 8	16
17	Breaststroke 50 yd	9 - 10	18
19	Freestyle 100 yd	6 & Under**	20
21	Freestyle 200 yd	Open*	22
23	Medley Relay 100 yd	8 & Under	24
25	Medley Relay 200 yd	10 & Under	26
27	Butterfly 25 yd	6 & Under	28
29	Butterfly 25 yd	7 - 8	30
31	Butterfly 50 yd	9 - 10	32
33	Short Freestyle 25 yd	6 & Under	34
35	Short Freestyle 25 yd	7 - 8	36
37	Short Freestyle 50 yd	9 - 10	38
39	Individual Medley 100 yd	6 & Under	40
41	Individual Medley 100 yd	7 & 8 Under	42
43	Individual Medley 100 yd	9 - 10	44
45	Freestyle Relay 100 yd	8 & Under **	46
47	Freestyle Relay 200 yd	9 & Under	48
49	Freestyle Relay 200 yd	12 & Under	50
AFTERNOON SESSION			
51	Medley Relay 200 yd	12 & Under	52
53	Medley Relay 200 yd	14 & Under	54
55	Medley Relay 200 yd	18 & Under	56
57	Medley Relay 200 yd	21 & Under	58
59	Long Freestyle 100 yd	11 -12	60
61	Long Freestyle 100 yd	13 - 14	62
63	Long Freestyle 100 yd	15 - 18	64
65	Long Freestyle 100 yd	19 - 21	66
67	Back 50 yd	11 -12	68
69	Back 50 yd summer/100 yd winter	13 - 14	70
71	Back 50 yd summer/100 yd winter	15 - 18	72
73	Back 50 yd summer/100 yd winter	19 - 21	74
75	Breaststroke 50 yd	11 -12	76
77	Breaststroke 50 yd summer/100 yd winter	13 - 14	78
79	Breaststroke 50 yd summer/100 yd winter	15 - 18	80
81	Breaststroke 50 yd summer/100 yd winter	19 - 21	82
83	Freestyle 200 yd	Open*	84
85	Butterfly 50 yd	11 -12	86
87	Butterfly 50 yd summer/100 yd winter	13 - 14	88
89	Butterfly 50 yd summer/100 yd winter	15 - 18	90
91	Butterfly 50 yd summer/100 yd winter	19 - 21	92
93	Short Freestyle 50 yd	11 -12	94
95	Short Freestyle 50 yd	13 - 14	96
97	Short Freestyle 50 yd	15 - 18	98
99	Short Freestyle 50 yd	19 - 21	100
101	Individual Medley 100 yd	11 -12	102
103	Individual Medley 100 yd summer/200 yd winter	13 - 14	104
105	Individual Medley 100 yd summer/200 yd winter	15 - 18	106
107	Individual Medley 100 yd summer/200 yd winter	19 - 21	108
109	Freestyle Relay 200 yd	14 & Under	110
111	Freestyle Relay 200 yd	18 & Under	112
113	Freestyle Relay 200 yd	21 & Under	114

* This will be swam as an open event, but scored by age group during the regular season. At the championship it will be an age group event. (Effective 3-5-06). Six and unders are not eligible to swim this event. (Effective 3-7-07)

** Event added 3-1-08.

CYSL WARM UP PROCEDURES

Warm Up Procedures Adopted January 27, 1999 is defined in the next two sections.

GENERAL WARM-UP PERIOD

First 20 minutes will be allocated to CIRCLE swimming in all lanes. Swimmers must enter feet first during this time period.

Lanes will be assigned to teams with a limit of twenty (20) swimmers per lane.

Team size should be considered when assigning lanes. No swimmer or team will be allowed in water without a coach present.

Two or more smaller teams may be grouped together in one lane.

If overcrowding is a problem - then coaches should warm-up only half of their team at a time.

No diving off starting blocks or off the edge of the pool will be permitted at this time.

Blocks shall be marked to show NO RACING STARTS - NO DIVING during the GENERAL WARM-UP PERIOD.

No sprinting or stopping at the turn end.

Coaches should stress cooperation among swimmers. Passing of another swimmer is allowed only at the turn ends of the pool. No cutting corners to get ahead of other swimmers.

SPECIFIC WARM-UP PERIOD

Meet referees shall clear all lanes of CIRCLE swimmers.

The last 10 minutes of warm-up will be used for sprint drills from the STARTING BLOCK END of the pool.

Swimmers will WALK back to the starting block end after each sprint drill.

COACHES will supervise all sprint drills making sure adequate space is allowed between swimmers.

COACHES will take extra care when backstroke swimmers are in the water for starts. No one shall be allowed on the starting blocks until the backstroker has executed his start.

COACHES should maintain as much verbal and visual contact possible with their swimmers throughout the warm-up period.

Any changes in warm-up procedures should be announced to all teams.

When sharing a warm-up lane with another team, stress the importance of cooperation and safety for ALL swimmers.

Never leave your team unattended.

Share problems and suggestions concerning warm-up.