

NEO Y SWIM LEAGUE

LEAGUE CHAMPIONSHIP MEET

MEET INFORMATION

About the Championship

Date: March 6th – March 7th, 2026

Location: Cleveland State University

Entry Deadline: For Friday night session: Monday, March 2, 2026

Saturday sessions will be determined from division meet qualifiers

Hosted by: Northeast Ohio YMCA Swim League

Meet Directors: Jason Taylor jtaylor@ymcastark.org

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 Lake Erie Swimming, Inc. of USA Swimming. In granting this approval it is understood and agreed that USA 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 event.

YMCA Sanction number: CAQ-2024-OH01168256

USA-S/Ohio Swimming Approval number:

MEET FORMAT WAIVER

RESERVE THE RIGHT TO MAKE CHANGES: The host organization 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. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

LOCATION AND FACILITY

Location: Cleveland State University Busbey Natatorium- 2451 Euclid Ave, Cleveland, OH 44115
25 yards by 10 lanes, Colorado Timing system with digital scoreboard. Spectator seating for over 2000 people. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at the start end is 9 feet. The depth at the turn end is 13 ft.

CONTACT INFORMATION

Meet Directors: Jason Taylor jtaylor@ymcastark.org and

Entry Chairperson: John Christensen johnrchristensen@gmail.com

Meet Referee: Chris Lane christopher.lane@roadrunner.com

Administrative Official: John Christensen johnrchristensen@gmail.com

Officials Coordinator: Chris Lane christopher.lane@roadrunner.com

Safety Director: Lindsay Rossi West mansfieldywaves@gmail.com



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WEB SITE

Meet Information can be found at: www.neoswim.org
Online Meet Results: Meet Mobile will be available for this meet

MEET TIMELINE: **TENTATIVE—WILL BE FINALIZED BY 3/2/2026**

Friday PM Session (events 101-130)
Warm up times: 5:00-5:40pm
Friday evening session will begin at 5:45pm

Saturday AM Doors Open at 7:00am

Saturday AM Session – 9 -10, 8 & Under age groups (Events 1-32)
Warm up Times: 9 – 10, 7:30am – 8:00am; 8 & Under – 8:00am – 8:30am
Morning Session will begin at 8:45am

Saturday PM Session -15 and ups, 13 – 14 and 11 & 12 age groups (Events 33-90)
Warm up Times: 13 and ups – 1:00pm – 1:30pm; 11 and 12 – 1:30pm – 2:00pm
Afternoon Session begins at 2:15pm if warm ups start at 1:00pm

Saturday PM warm ups will not start before 1:00pm. If the morning session runs longer than scheduled, a 20 minute break will be taken between the sessions before warm ups will begin. New warm up times will be announced if this occurs.

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. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Age: Per NEO Y Swimming bylaws—age as of December 1, 2025.

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.

18 & Over Athletes: All athletes age 18 & O must have completed athlete protection training in the past 12 months. Coaches will provide proof to the meet director. The USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) will be followed.

Technical Suit Ban:

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

- For this meet, tech suits are only allowed in the 13-14 or older age groups. An 11-12 age group swimmer competing in a Senior event cannot wear a tech suit if they are 12 years old or younger as of March 13, 2024.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.



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Friday Session eligibility: Friday night session is open to High School swimmers and league qualifiers swimmers who have competed in at least three (3) closed YMCA swim meets during the 2025-2026 season and meet the qualifying times.

Saturday Session eligibility: Swimmers must have participated in their Divisional Championship Meet. If for some reason they were absent and did not swim in the Divisional Championship Meet, they are then not eligible to be used, even as an alternate, in the League Championships.

Relays: Individuals who swim on a relay team in their Divisional Championship Meet need not be the same four (4) who swim at the League Championship Meet- The identity of the relay qualifies. Eight (8) swimmers can be specified for the League Championship Meet. All eight (8) swimmers must have participated in their Divisional Championship Meet.

Qualifying from the Division Meets: In the 8 & under, 10 & under and 11 & 12 age groups, each division will qualify the top three (3) swimmers per event and then the top remaining swimmers in order to qualify three (3) heats regardless of their division. This will qualify a total of 30 in a 10-lane pool.

In the 13 & 14 and 15 & Up age groups, each division will qualify it's top two (2) swimmers per event and then the next at large swimmers, regardless of the division, in order to qualify two (2) full heats. This will qualify 20 swimmers in a 10 lane pool.

Qualifiers: The cut off times and names of qualifying League swimmers will be emailed to the coaches and Aquatic Directors by 10:00pm Wednesday, February 8th pending any protests or issues. It is then the responsibility of each Divisional Meet Director to notify the League Meet Directors of any concerns they may have regarding this information within twenty-four (24) hours of its posting. **Please, only Divisional Meet Directors should contact John**). The League Championship psych sheet will then be posted on the League website: neoswim.org by Friday, February 11th, at the earliest. This could change depending on any protests and changes that need fixed.

COACH

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 Safety Training (Safe Sport)
- Sudden Cardiac Arrest
- Concussion Awareness 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. 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



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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.

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. A copy of certificate of Liability Insurance must be submitted to the meet director by March 26th 2026.

ENTRY INFORMATION

ENTRY LIMITS: For Friday night session: 3 individual events + 2 relays

For Saturday sessions: Entries will carryover from Division meet (same rules apply)

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

ENTRY FEES: League Championship: Saturday Session shall be a flat fee per swimmer based on that teams number of swimmers entered into Divisional Championships. The flat fee amount shall be \$6 per swimmer. Friday Session shall be \$5.00 per individual event and \$16.00 per relay event.

ENTRY DEADLINE: The due date for entries for the Friday evening session is Monday, March 2nd. Saturday entries will be qualified from the Division meets.

ENTRY PROCEDURE: Email entries for the Friday session to: John Christensen
johnchristensen@gmail.com

The Friday night event file will be available on the league website: www.neoswim.org

PAYMENT: Make checks payable to **NEO Y SWIM LEAGUE**. There is an additional fee of \$2.00 per swimmer for entries not received electronically. Please bring your payment to the meet.

DECK ENTRIES: No deck entries will be accepted.

CHECK-IN PROCEDURE

COACHES CHECK-IN PROCEDURE: Coaches will check at the table in the lobby to pick up their deck credentials for qualified coaches.

VOLUNTEER CHECK-IN PROCEDURE: Volunteers will check at the table in the lobby to pick up deck credentials. ONLY THOSE LISTED ON THE VOLUNTEER LIST WILL BE ABLE TO CHECK IN AND RECEIVE A WRISTBAND. VOLUNTEERS MUST BE FINALIZED BY MONDAY, MARCH 2nd if a team has any changes/updates.

COACHES MEETING/SCRATCH MEETING: Will be announced if one is needed.

OFFICIALS AND TIMERS MEETING: Officials meeting will be held 45 minutes prior to the start of each session. Timer's meeting will be held 30 minutes prior to the start of each session. Both will meet behind the diving tower, under the scoreboard.



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VOLUNTEERS INFORMATION

REQUIRED OF EACH TEAM:

Each team is required to provide Timers and Officials for each session as listed below. Officials should be level 2 or level 1 officials with at least one full year experience. For Saturday AM session ONLY, each team may also list one (1) non-coach volunteer for every ten (10) qualifying 10 & under swimmers to help supervise swimmers on deck and escort 10 & Under swimmers to their events. It will be each team's responsibility to get all of their swimmers to the blocks for all events.

Additionally, each team will be responsible for providing the following volunteers to help the meet run smoothly. Job Descriptions and Times for each position are listed on the online sign-up form.

League Meet Job Assignments (number needed):

Admissions:	2	Youngstown	2	Youngstown
	2	LCWE	2	LCWE
	2	Wooster	2	Wooster
Volunteer Check In:	2	North Canton	2	North Canton
	2	Tusc	2	Tusc
Welcoming Committee:	2	Green	2	Green
	2	David	2	David
	2	CFYN	2	CFYN
	2	Wadsworth	2	Wadsworth
Hospitality:	1	Mansfield	1	Orrville
	1	Louisville	1	French Creek
Awards:	2	LCE	2	LCE
	1	Massillon	1	LAKE
	1	Ashland / Geauga	1	Ashtabula / Ridgewood
Age Group Coordinators:	1	1 per team		
Timers:	2	2 per large team	2	2 per large team
	1	1 per small team	1	1 per small team
Officials:	2	2 per each team	2	2 per each team



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- Level 2 Officials or Level 1 Officials with 1 year of experience preferred

ONLINE VOLUNTEER SIGN UP FOR ALL POSITIONS WITH SIGNUP GENIUS:

OFFICIALS, TIMERS, VOLUNTEERS & PARENT DECK HELPER INFORMATION: Please submit all volunteer information for all positions via SignUpGenius by **March 2, 2026**.

POOL DECK ACCESS: All coaches and volunteers must wear a wristband in order to be admitted onto the pool deck. **PARENTS and OTHERS WHO ARE NOT VOLUNTEERING TO WORK THE MEET WILL NOT BE PERMITTED ON THE POOL DECK.**

CHAMPIONSHIP PROCEDURES AND OPERATIONS

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, NEO Y Swim League Bylaws, USA-S Technical Rules.

EVENT SEEDING: The Meet Director/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.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups based on number of swimmers. This will be posted by February 29th. 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.

Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up. There is no diving during warm-up, except in designated sprint lanes.

Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers may be removed from warm-up for violating safety rules.

CLERK OF COURSE: There will not be a clerk of course. Each team will take their 10 & Under swimmers directly to the blocks and 11 and older swimmers should report directly to the blocks.

SWIMMERS AREA: Each team will be supplied an area on the pool deck to gather and wait for their next race. These areas will be identified. Each team will be responsible for their marked off area.



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STARTS: 'Fly-over' starts may be used at this meet at the discretion of the meet referee in the 11 & over events only. Should fly-over starts be used, all swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

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 (NEO Y League officers with advisement of the meet referee) 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 changing is not permitted.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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.
- **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.

AWARDS AND RECOGNITION

SCORING: Relays = 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
Individual = 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

AWARDS: Medals – 1st thru 8th place
Ribbons – 9th thru 16th place
Team banners for 1st, 2nd, 3rd place in both large and small team categories
All awards will be given to the coaches after the completion of the meet.

SPECTATORS

ADMISSION FEE: (New 2026 Admission will be cashless) General Admission: \$5; Under 5 is Free. We will send out a link for pre-sale and we will take electronic payment on site.

HEAT SHEETS/PROGRAMS: You are encouraged to print your own heat sheet at home, as there will be a limited supply available for purchase (\$5/session) on the day of the meet. Heat sheets will be posted on www.neoyswim.org by Thursday, February 29th and emailed to coaches for distribution. This meet will also be available on meet mobile.

APPAREL/TSHIRTS: A vendor will be onsite making custom meet apparel
CONCESSION STAND: CSU runs a concession stand in the spectator lobby.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.



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- 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
- No smoking, drugs, or alcohol are permitted in the swimming complex.

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 travel from their Association to the meet, during the entire period of the meet and return to their Association. Appendix 2 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/LESI approval, it is understood and agreed that USA Swimming and LESI 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.

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/ RETURN TO PLAY LAW:

Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <https://nfhslearn.com/courses?searchText=Concussion> . All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

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.

PARKING

CSU has several parking lots available in the vicinity of the pool area. Plan extra time to walk from the parking lots to the pool. Expect to pay up to \$10-15 for parking.



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HOSPITALITY: A hospitality room will be available during the meet for coaches and officials. The deck pass (wristband) issued by the meet host must be worn to have access to the hospitality room.

REQUIRED FORMS: An Executive Declaration form for every team & Certificate of Liability Insurance for every team must be on file for start of the meet. Both are attached. Please use Google link <https://forms.gle/jTuri2Dws6CsVy8m8> by Monday, March 2nd. **Teams failing to submit this required paperwork will not be permitted to compete.**

ORDER OF EVENTS:

Friday Night Order of Events and Qualifying times

Girls			Boys	
Event #	Qualifying Time	Event	Event #	Qualifying Time
101		Open 200 Medley Relay	102	
103	5:45.00	Open 400 IM	104	5:30.00
105		Open 100 Backstroke	106	
107		Open 50 Breaststroke	108	
109	2:45.00	Open 200 Butterfly	110	2:45.00
111		Open 100 Breaststroke	112	
113		Open 50 Backstroke	114	
115	6:45.00	12 & Under 500 Freestyle	116	6:45.00
117		Open 100 Butterfly	118	
119		Open 50 Freestyle	120	
121	2:40.00	Open 200 Backstroke	122	2:40.00
123		Open 100 Freestyle	124	
125		Open 50 Butterfly	126	
127	3:00.00	Open 200 Breaststroke	128	2:55.00
129	4:25.00	Open 400 Freestyle Relay	130	4:15.00

Friday evening notes:

1. Entries for the Friday evening session should be sent directly to John Christensen johnchristensen@gmail.com by Monday March 2, 2026.
2. The 400 IM and 200 stroke events will be limited to the top two (2) heats per gender. The 500 and 400 Free relay will be limited to the top three (3) heats per gender.
3. Swimmers may enter three (3) individual events and two (2) relays in the Friday session.
4. There is no limit of entries per team, but all "A" relays will be given priority in the 400 Free relay before "B", "C", etc. relays will be considered.
5. The Open 50 & 100 events are open to swimmers aged 10 & up. The objective of these events is to provide swimmers an opportunity to achieve Zone qualifying times. Swimmers must be within 4 seconds of their respective age group's Zone qualifying time to enter.



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Saturday Order of Events—all swimmers in Saturday events will qualify at the Division meets

Events # 1 – 32 are Saturday AM Session
Events # 33 – 90 are Saturday PM Session

1. Girls 10 and under 200 Medley Relay
2. Boys 10 and under 200 Medley Relay
3. Girls 8 & under 100 Medley Relay
4. Boys 8 & under 100 Medley Relay
5. Girls 10 & under 200 Freestyle
6. Boys 10 & under 200 Freestyle
7. Girls 10 & under 100 IM
8. Boys 10 & under 100 IM
9. Girls 10 & under 50 Freestyle
10. Boys 10 & under 50 Freestyle
11. Girls 8 & under 25 Freestyle
12. Boys 8 & under 25 Freestyle
13. Girls 10 & under 50 Butterfly
14. Boys 10 & under 50 Butterfly
15. Girls 8 & under 25 Butterfly
16. Boys 8 & under 25 Butterfly
17. Girls 10 & under 100 Freestyle
18. Boys 10 & under 100 Freestyle
19. Girls 8 & Under 50 Freestyle
20. Boys 8 & Under 50 Freestyle
21. Girls 10 & under 50 Backstroke
22. Boys 10 & under 50 Backstroke
23. Girls 8 & under 25 Backstroke
24. Boys 8 & under 25 Backstroke
25. Girls 10 & under 50 Breaststroke
26. Boys 10 & under 50 Breaststroke
27. Girls 8 & under 25 Breaststroke
28. Boys 8 & under 25 Breaststroke
29. Girls 10 & under 200 Free Relay
30. Boys 10 & under 200 Free Relay
31. Girls 8 & Under 100 Free Relay
32. Boys 8 & Under 100 Free Relay
33. Girls 15 & over 200 Medley Relay
34. Boys 15 & over 200 Medley Relay
35. Girls 13-14 200 Medley Relay
36. Boys 13-14 200 Medley Relay
37. Girls 11-12 200 Medley Relay
38. Boys 11-12 200 Medley Relay
39. Girls 15 & over 200 Freestyle
40. Boys 15 & over 200 Freestyle
41. Girls 13-14 200 Freestyle
42. Boys 13-14 200 Freestyle
43. Girls 11-12 200 Freestyle
44. Boys 11-12 200 Freestyle
45. Girls 15 & over 200 IM
46. Boys 15 & over 200 IM
47. Girls 13-14 200 IM
48. Boys 13-14 200 IM
49. Girls 11-12 100 IM
50. Boys 11-12 100 IM
51. Girls 15 & over 50 Freestyle
52. Boys 15 & over 50 Freestyle
53. Girls 13-14 50 Freestyle
54. Boys 13-14 50 Freestyle
55. Girls 11-12 50 Freestyle
56. Boys 11-12 50 Freestyle
57. Girls 15 & over 100 Butterfly
58. Boys 15 & over 100 Butterfly
59. Girls 13-14 100 Butterfly
60. Boys 13-14 100 Butterfly
61. Girls 11-12 50 Butterfly
62. Boys 11-12 50 Butterfly
63. Girls 15 & over 100 Freestyle
64. Boys 15 & over 100 Freestyle
65. Girls 13-14 100 Freestyle
66. Boys 13-14 100 Freestyle
67. Girls 11-12 100 Freestyle
68. Boys 11-12 100 Freestyle
69. Girls 15 & over 500 Freestyle
70. Boys 15 & over 500 Freestyle
71. Girls 13-14 500 Freestyle
72. Boys 13-14 500 Freestyle
73. Girls 15 & over 100 Backstroke
74. Boys 15 & over 100 Backstroke
75. Girls 13-14 100 Backstroke
76. Boys 13-14 100 Backstroke
77. Girls 11-12 50 Backstroke
78. Boys 11-12 50 Backstroke
79. Girls 15 & over 100 Breaststroke
80. Boys 15 & over 100 Breaststroke
81. Girls 13-14 100 Breaststroke
82. Boys 13-14 100 Breaststroke
83. Girls 11-12 50 Breaststroke
84. Boys 11-12 50 Breaststroke
85. Girls 15 & over 200 Freestyle Relay
86. Boys 15 & over 200 Freestyle Relay
87. Girls 13-14 200 Freestyle Relay
88. Boys 13-14 200 Freestyle Relay
89. Girls 11-12 200 Freestyle Relay
90. Boys 11-12 200 Freestyle Relay



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SAFE SPORT TRAINING FOR 18 & OVER ATHLETES

Safe Sport training, for athletes, 18 or older, must be completed. Please be sure your swimmers complete this training.

Below are the specific steps for 18 years of age or older athletes to access the Athlete Protection Training. You will need to create a USA Swimming Account first, as noted below:

Go to <https://www.usaswimming.org/learn>.

Sign in by using your first name, last name, and date of birth. Signing in with this information automatically connects you to your USA Swimming account and will allow all of you're training to be tracked.

Your name and YMCA should pop up. If it does not, try typing in another name you go by.

1. Click "Continue"
2. Once you hit continue, you will be taken to your main page.
3. Scroll down until you see the "Athlete Protection Training" section.
4. If you are under 18 you will need to check the box that says you have parental consent to take the course.
5. Hit "Start"
6. If you have not made a USA Swimming Account, you will need to do so by entering your email, your LSC (Ohio Swimming) and your club (YMCA).
7. After creating an account, go back to the "Athlete Protection Training" section and hit "Start."
8. After hitting start, it will say you do not have any courses. Hit the "Courses" button.
9. Scroll down to "Safe Sport for Athletes" and hit "Add to Cart." This is a free course so it will not cost your parents anything.
10. Enter in all of your information. Again, this is a FREE course. You will not need to pay for anything.
11. After you enter in all your information, you are able to begin the course. You are able to take the course over multiple days and the website should save your progress.
12. After you complete the training take a picture or screenshot of your certificate and email it to your Coach.

Please direct any Safe Sport questions/concerns to the Meet Director or Meet Referee.

THANK YOU for helping us create a SAFE SWIM MEET.



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YMCA Sanctioned Championship Meet Declaration Form

Return signed form to the meet director <https://forms.gle/jTuri2Dws6CsVy8m8> with meet entries prior to March 2, 2025.
Teams failing to do so will not be permitted to participate in this meet.

Participating YMCA: _____

YMCA Address: _____

Meet Name: NEO Y SWIM LEAGUE CHAMPIONSHIP MEET
Meet Date(s): March 6th – March 7th, 2026
Meet Host: Northeast Ohio YMCA Swim League
Meet Location: Cleveland State University

We the undersigned attest to the following:

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

- All swimmers age 18 & older have completed Child/Athlete Protection Training within the past 12 months.

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

INSURANCE - Our Association has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the NEO Y SWIM LEAGUE CHAMPIONSHIP MEET 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 NEO Y SWIM LEAGUE CHAMPIONSHIP MEET.

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, Northeast Ohio YMCA Swim League, their agents, representatives or assigns, and the Cleveland State University for any and all injuries which may be suffered by participants at the NEO Y SWIM LEAGUE CHAMPIONSHIP MEET. Furthermore, we understand that the YMCA of the USA and Northeast Ohio YMCA Swim League 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

Printed Name and Signature of Head Coach

Printed Name and Signature of YMCA CEO or Executive Director



NEO Y SWIM LEAGUE CHAMPIONSHIP MEET
MARCH 6TH – MARCH 7TH, 2026
