
2025 HEARTLAND AREA YMCA CENTRAL REGIONAL CHAMPIONSHIPS

MEET ANNOUNCEMENT

About the Championship

Date: March 7-9, 2025

Location: Twin Pike Family YMCA, Louisiana, MO

Entry Deadline: March 4, 2025, by 8:00pm

Hosted by: TPFY Torpedoes Swim Team

Meet Director: Joe MacLaughlin joe.maclaughlin@twinpikefamilyymca.org

Web Site: <https://twinpikefamilyymca.org/>

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ABOUT THE CHAMPIONSHIP

This meet is a 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.
USA-S/OZ Approval number: pending.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship 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 Championship and USA-S Approved 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, March 7, 2025

4:30 PM Session 1 Warm-ups Begin
5:00 PM Scratch Sheets/Relays Due
5:15 PM Officials Meeting
5:45 PM 1st Event Called
6:00 PM Session 1 Begins

Saturday, March 8, 2025 AM Session

7:00 AM Session 2 Warm-ups Begin
7:45 AM Scratch Sheets/Relays Due
8:00 AM Officials Meeting
8:30 AM 1st Event Called
8:45 AM Session 2 Begins

Saturday, March 8, 2025 PM Session

1:30 PM Session 3 Warm-ups Begin
1:45 PM Scratch Sheets/Relays Due
2:00 PM Officials Meeting
2:30 PM 1st Event Called
2:45 PM Session 3 Begins

Sunday, March 9, 2025 AM Session

7:00 AM Session 4 Warm-ups Begin
7:45 AM Scratch Sheets/Relays Due
8:00 AM Officials Meeting
8:30 AM 1st Event Called
8:45 AM Session 4 Begins

Sunday, March 9, 2025 PM Session

1:30 PM Session 5 Warm-ups Begin
1:45 PM Scratch Sheets/Relays Due
2:00 PM Officials Meeting
2:30 PM 1st Event Called
2:45 PM Session 5 Begins

INCLEMENT WEATHER/CANCELLATION: If a meet session is cancelled due to inclement weather, a notification will be emailed to registered teams and to the Heartland Committee. Events or sessions will be rescheduled, if possible, based upon facility availability and approval by the Heartland Area Swimming Executive Committee. Fees will not be refunded for cancelled events.



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. We have taken enhanced health and safety measures – for athletes, officials, personnel, and spectators. You must follow all posted instructions of the facility. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable.

By attending and participating in the 2025 Regional Championships, you voluntarily assume all risks related to exposure to COVID-19. USA Swimming Inc. cannot prevent you (or your children) from becoming exposed to, contacting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

LOCATION AND FACILITY

Location: Twin Pike Family YMCA, 614 Kelly Lane Louisiana, Missouri 63353

Phone Number: 573-754-4497

Emergency Phone Number: 573-470-4298

WiFi services are available. No password is needed.

The pool is configured as a 25-yard, 6 lane pool with competitive non-turbulent lane lines. Water depth at the start is 12 feet and at turn end is 3 feet. An electronic timing system with touch pads and a 6-line scoreboard will be used. Scoreboard will also be streamed to TVs in crash areas and around the YMCA. Scoreboard and live, unofficial scoreboard times will also be available on mobile devices with the Time Drops Live! app. The competition course has not been certified in accordance with 104.2.2C (4).

Spectator seating will be provided in spectator seating areas on the track above the pool. The track can be accessed by stairs or elevator. Seating will be provided; no personal chairs will be allowed on the track. No spectators will be allowed on the pool deck. Swimmers will **NOT** be allowed to crash in track spectator seating areas. Anyone requesting additional accommodations should notify the meet director. Notification can be made through the YMCA's front desk.

CRASH AREAS

The gymnasium, commons area, workout room, and pool deck may be available for team crash areas.

Each team will be assigned a designated area off the pool deck to crash, based upon the number of athletes participating in the meet. The spacing of the



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designated area will be marked with signage. Lawn chairs, coolers, and blankets may be brought into each team's designated area. No cots or tents will be allowed. Pool deck crash area will be reserved for swimmers participating in the current session only. It is recommended that swimmers stay on the pool deck for the majority of their session. Coolers and blankets are not permitted. Pool deck crash area consists of bleacher seating only.

WEB SITE

Meet Information and Meet Results will be posted online at twinpikefamilyymca.org. Information and results will also be emailed to coaches/teams. Teams may bring one (1) disk/thumb drive for computer results of the meet. Disk/thumb drives must be labeled and turned over to the Administrative Official by the start of Sunday's sessions. Disk/thumb drives can be picked up Sunday after the completion of the meet. During the meet, results for each event will be posted for public viewing.

CONTACT INFORMATION

Meet Director: Joe MacLaughlin joe.maclaughlin@twinpikefamilyymca.org
Entry Chairperson: Joe MacLaughlin joe.maclaughlin@twinpikefamilyymca.org
Meet Referee/Officials Coordinator: Patty Draves 3littlefishies@hughes.net
Administrative Official: Wendy MacLaughlin wрмаclaughlin@gmail.com

NOTICES

Concessions and Hospitality: Concessions will be available for all swimmers and spectators. A separate hospitality room will be available for all coaches and meet officials.

T-shirts and Apparel: 2025 Regional Championship commemorative T-shirts will be available through Geared Up. Swim Gear and Apparel will be provided by The Finalist.

Scoreboard and live unofficial scoreboard times are available on **Time Drops Live!** **Time Drops Live!** is an app available free from the Google Play Store and the Apple App Store. **Time Drops Live!** allows spectators and families at home to view real time unofficial results on a scoreboard or a live scrollable heat sheet on their mobile device. Spectators should download the **Time Drops Live!** app prior to the meet to avoid internet interruption and activation delays. Use the **meet code 4497** to view the meet on the app.

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.

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: An athlete's age as of the first day of competition determines the age group for competition.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of one [1] closed YMCA inter-association meets since September 1, 2024.

Times: An athlete is not required to achieve a minimum qualifying time standard for any event in which he/she enters.

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.

Adult (18 and Older) Athlete Requirement: In compliance with the U.S. Center for Safe Sport's standards, YMCA athletes age 18 and older will be required to complete Athlete Protection Training (APT). Proof of completion between the dates of March 23, 2024 and March 1, 2025 must be submitted to the Meet Referee prior to competing. Failure to do so will result in removal from the meet.

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/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. Coaches inquiring



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into their approval status can check with Alie Morgan
alie.morgan@gwymca.org

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. Teams without a coach present at the meet will need to complete the Coach Authorization form which will designate the certified and credentialed Coach who will be responsible to supervise the affected athletes (see Appendix 5.)

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.

ENTRY INFORMATION

ENTRY LIMITS: As required by the Heartland Area YMCA Swimming Bylaws & Rules, swimmers competing in a championship meet may compete in seven (7) total individual events during the meet. 8&U and 9-10 swimmers may compete in up to 4 individual and 2 relay events per day. 11 & Over swimmers may compete in up to 3 individual and 2 relay events per day.

ENTRY LIMITS CONTINUED: In individual events, a swimmer may only swim in one competitive age group. In the case of 12-year old's, they may swim in the 15-21 events that are not being held in their age group. In relay events, a swimmer may swim up one age group (or two age groups for 11-12's only.) The 8& under and 9-10 age groups cannot swim up 2 age groups.

In following USA-S rules, in a timed finals meet, a swimmer may swim no more than 6 individual events per day. Time trial events count as part of this daily total. (USA-S rule reference 102.2.2 and 102.2.7).

The 400 IM, 500 Free, 1000 Free and 1650 Free will be limited to the Top 24.

QUALIFICATION PERIOD: The qualification period is September 1, 2024 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. Please do not build an ID in Team Manager if the swimmers are not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS if possible.



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TIME STANDARDS: There are no time standards for the Regional Championship meet.

TIMES: No Times (NT) are allowed. Submit entry times in actual time (no conversion.) Entered times must be the swimmer's BEST time achieved during the qualifying period. No LCM times will be accepted.

ENTRY FEES: Entry fees are \$7.00 per individual event and \$28 per relay. There is also a \$15.00 swimmer surcharge. Entry fees MUST be paid at or prior to the start of the meet, March 7, 2025. Checks should be made out to **Twin Pike Family YMCA c/o Joe MacLaughlin and mailed to 614 Kelly Lane, Louisiana MO, 63353.**

ENTRY DEADLINE: The entries and officials list must be received by **March 4, 2025, by 8:00 pm.** All other forms and entry fees must be received by the start of the meet **March 7, 2025.**

As it pertains to the 400 IM, 500 Free, 1000 Free, 1650 Free, teams will be given a psych sheet of these events by 10:00 pm on Wednesday March 4, 2025. Teams may choose alternative events for those swimmers not making the top 24 in these events by 10:00pm on March 5, 2025.

ENTRY PROCEDURE: All entries must be submitted electronically and may be provided on computer disc or electronically via email to the Entry Chair, Joe MacLaughlin at joe.maclaughlin@twinpikefamilyymca.org. Submission format is in meet entry Hy-Tek file. Note that entry submissions will not be considered complete until all materials, including payment, are received. An entry report will be emailed in response to receipt of the entries within 24 hours. It is the responsibility of each team to check their entries for errors. There will be no additions or changes once the entry deadline has passed. No deck or late entries will be permitted. Exhibition swimming is prohibited.

PAYMENT: Team payment, summary of fees form, and an email contact should be mailed to:

Twin Pike Family YMCA
c/o Joe MacLaughlin
614 Kelly Lane
Louisiana, Missouri 63353

OVER-SUBSCRIPTION: Any swimmer who enters more than the maximum number of events will be scratched down to the limit, starting with the highest event number on the day the over-entry occurs.



VOLUNTEERS/OFFICIALS/TIMERS

Timers: Timers will be required from all teams. The number of timers required from participating teams will be based on the number of swimmers attending per team. Timer lane assignments will be sent via email to coaches/teams prior to the meet. Timers will report to the pool deck 20 minutes before the first event is scheduled to begin each day. Timers must not use cell phones, smart phones, tablets, cameras, or other electronic or computer devices while timing. Swimmers competing in the 500 freestyle events will need to provide their own lap counters. Swimmers competing in the 1000/1650 freestyle events will need to provide two (2) timers and their own lap counters.

OFFICIALS: Each team is required to supply certified officials for the Regional Championships. The Officials’ request form (Appendix 2) must be emailed to the Meet Referee at 3littlefishies@hughes.net no later than March 3, 2025, 8:00 PM.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches will check themselves in at the Administrative Officials table. At that time, qualified coaches will receive their deck passes. Any coach not possessing a deck pass will not be allowed on deck. Officials will check in 45 minutes prior to the start of each session they work. Officials must sign in on the sign-in sheet provided. Officials should report to the hospitality room 45 minutes prior to the start of each session they work.

COACHES MEETING: A mandatory coaches meeting will be held 30 minutes before the first warm up on Friday nights session. EACH TEAM is required to have a minimum of one coach in attendance. If a need arises during the meet, another coaches meeting will be scheduled.

OFFICIALS AND TIMERS MEETING:

Official meetings will take place in the hospitality room at the following times:

Friday, March 7, 2025	Saturday, March 8, 2025	Sunday, March 9, 2025
Session 1 -- 5:15 PM.	Session 2 – 8:00 AM	Session 4 –8:00 AM
	Session 3 – 2:00 PM	Session 5 – 2:00 PM

Timers’ meeting locations will be announced and will take place at the following times:

Friday, March 7, 2025	Saturday, March 8, 2025	Sunday, March 9, 2025
Session 1 –5:40 PM	Session 2 – 8:25 AM	Session 4 –8:25 AM
	Session 3 – 2:20 PM	Session 5 – 2:20 PM

*Please do not be late.



CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and Regional Representative.

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

MEET FORMAT: The meet will be swum using a timed finals format. The meet will be pre-seeded. Swimmer's age as of first day of competition will determine competition age group.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: 400 IM, 500 Free, 1000 Free, 1650 Free. The Meet Referee and Administrative Official reserve 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. Official scratch sheets will be provided at the meet and must be turned in regardless of whether or not a team has scratches for that session. Scratch sheets must be turned in to the Administrative Official one (1) hour prior to the start of the session. A no-show for an event only removes that swimmer from that event.

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

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") is only removed from that event.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship. Warm up lane assignments will be sent via email to coaches/teams prior to the meet. During designated warm up sessions, athletes may only enter the competition pool 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.

BULLPEN: There will be a bullpen for 10 and under ONLY. The bullpen will be located on the pool deck.

Swimmers 11 and over will report to the blocks for their event. Chairs/seating will be available for 11 and over swimmers to sit before their event. Volunteers will help direct 11 and over swimmers to the blocks to keep the number of swimmers behind the blocks to a minimum.



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Swimmers in the 500, 1000 and 1650 events should report directly to their lane assignments. All swimmers, 10 and under, are required to report to the bullpen when their events are called for all three days.

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

SWIMS (USA-S): This meet is seeking approval by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry. Please do not build an ID in Team Manager if a swimmer is not registered with USA Swimming as this will delay the process of getting times submitted into SWIMS.

RESULTS: Any results displayed on the scoreboard and Time Drops Live! are unofficial. Results will also be published to Meet Mobile and are unofficial until final results are published. Results will be posted for public viewing at the meet.

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

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

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

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- 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, locker rooms, and the track area behind/over the starting blocks.
- 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.



- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any areas of the facility.
- It is expected that all swimmers and spectators alike will exhibit courteous sportsmanship at all times.
- Running, ball-throwing, horseplay and vandalism will not be permitted in any area of the facility. Radios, CD/MP3 players, etc. will be permitted with **HEADPHONES ONLY**.
- Parental supervision of the swimmers in all areas is a requirement for team participation.
- There is no flash, or lighted cameras, smart phones, tablets, cameras, or other electronic or computer devices at start of heats.

AWARDS AND RECOGNITION

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

AWARDS: Points and awards will be awarded to the top 16 finishers in each individual and relay event. 1st-3rd place will receive championship medals. 4th - 16th place will receive special ribbons.

Teams will be divided into two classifications for team awards – Large team and Small team. The division of teams into large and small teams will be based on each teams 2024-roster. Coaches will be informed of their classification as large or small team. 1st – 3rd place Team Trophies, boys/girls combined, will be awarded to the top three large teams and the top three small teams.

All team trophies will be presented after the conclusion of finals on Sunday.

Coaches or a pre-designated parent only may pick up individual awards following the completion of the meet.

TIME TRIALS

FORMAT AND FEE: Time Trials are open only to athletes entered in the Championship meet. Time trial events will be held immediately following the completion of each session or during breaks before the 1000 and 1650 free. An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials. Swimmers will need to provide two (2) timers and lap counters if applicable. Time trial fees are \$10 per individual event and \$40 per relay. Cash payment is required.

TIME TRIAL LIMITS: USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7).

- A swimmer may swim no more than 6 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

Time trial events will be limited to 500 yards and down.



TIME TRIAL PROCEDURE: Forms for time trials can be picked up at the computer desk. Completed time trial forms and payments must be submitted by a coach no later than the conclusion of the 400 IM events on Friday, the 400 Relay events on Saturday and Sunday, and the 10&U sessions on Saturday and Sunday.

SPECTATORS

ADMISSION FEE: Admission into the Regional Championship is free.

HEAT SHEETS/PROGRAMS: Free heat sheets will be published on Meet Mobile and Time Drops Live!. Paper Heat Sheets will be available for purchase for \$1/session.

CONCESSION STAND: Concessions will be available during all 3 days of competition.

ATHLETE APPAREL: The Finalist will be our apparel vendor. Coaches/Teams will be notified by email when details are available.

SEAT SAVING POLICY: In anticipation of the high volume of spectators, saving seats will be prohibited. Please exit the spectator area after your swimmer has swum so that other visitors can utilize the spectator viewing area.

HANDICAP SEATING: Anyone requesting additional accommodations should speak to the Meet Director.

LOST AND FOUND: All lost and found items will be kept at the front desk in the lobby. Inquiries made after the completion of the meet should be directed to TPFY.

CONDUCT AND RESTRICTIONS:

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

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

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

LIABILITY LIMITS:

- In granting of the USA-S/OZ approval, it is understood and agreed that USA Swimming and Ozark Swimming shall be free and held harmless from any



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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.
- The Twin Pike Family YMCA, the TPFY Torpedoes, and the Heartland Area Swim Committee shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries or lost or stolen articles.

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. It is also recommended that no one utilize the showers during an electrical storm. This policy will be followed at the meet.



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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 an emergency situation, alarms will sound for Tornados or fire. In the event of a fire, everyone will be calmly directed to the nearest emergency exits by YMCA staff. In the event of a tornado, everyone will be directed to the locker rooms and sheltered there until the all clear is given.

TRAVEL DIRECTIONS FROM THE SOUTH:

- Travel on US 61 North
- Take ramp toward US-54 Mexico/Louisiana.
- Turn right onto Highway 54 (US-54).
- Turn right onto Kelly Lane.
- The YMCA is on your right.

LODGING

Louisiana

River's Edge Motel
201 Mansion St.
Louisiana, MO 63353
573.754.4522

West End Cabins
3303 Georgia St.
Louisiana, MO 63353
573.754.5888

The Eagle's Nest
217 Georgia St.
Louisiana, MO 63353
574.754.9888

Great River Road Bed & Breakfast

403 N. Main
Louisiana, MO 63353
573.725.5136

Bowling Green: Approximately 15 miles from the YMCA

Super 8 by Wyndham
1216 E. Champ Clark Drive
Bowling Green, MO 63334
573.324.6000

Pittsfield, Illinois: Approximately 25 miles from the YMCA

Green Acres Hotel Stage Coach Inn
625 W. Washington St. 204 South Bay Street, Suite 101
Pittsfield, IL 62363 Pittsfield, IL 62363
217.285.2166 217.734.2767

William Watson Hotel (3 star)
105 E. Washington St.
Pittsfield, IL 62363
217.285.6030

Condos/Campgrounds/RV: *Approximately 10 miles from YMCA

Cozy C RV Campground
16733 US Highway 54
Bowling Green, MO 63334
573.324.3055

Tievoli Hills Resort
25795 Highway N
Clarksville, MO 63336
573.242.3577



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Free parking is located at the YMCA. Additional free parking is located at Brown's Auto Body, next to the YMCA, at 620 Kelly Lane.

APPENDIX 1 – ORDER OF EVENTS

Times shown are Area Championship Qualification Time Standards. They are not required to participate in the Central Regional Championships

Friday PM Session 1

Girls	SCM	SCY	Event	SCY	SCM	Boys
101	3:38.80	3:17.12	11-12 200 Individual Medley	3:29.60	3:52.66	102
103	6:45.86	6:05.64	13-14 400 Individual Medley	6:04.69	6:44.81	104
105	6:47.25	6:06.89	15-21 400 Individual Medley	5:48.36	6:26.68	106
107	3:58.99	3:35.31	9-10 200 Freestyle	3:55.89	4:21.84	108
109	6:10.14	7:01.89	11-12 500 Freestyle	7:53.49	6:56.19	110
111	6:12.64	7:04.69	13-14 500 Freestyle	6:48.54	5:58.22	112
113	5:41.38	6:29.67	15-21 500 Freestyle	6:48.54	5:58.22	114

Saturday AM Session 2

Girls	SCM	SCY	Event	SCY	SCM	Boys
201			11-12 200 Medley Relay			202
203			13-14 200 Medley Relay			204
205			15-21 200 Medley Relay			206
207	1:26.87	1:18.26	11-12 100 Freestyle	1:22.73	1:31.83	208
209	1:15.46	1:07.98	13-14 100 Freestyle	1:08.47	1:16.00	210
211	1:13.52	1:06.23	15-21 100 Freestyle	1:02.39	1:09.25	212
213	1:54.95	1:43.56	11-12 100 Breaststroke	1:56.04	2:08.80	214
215	1:38.72	1:28.94	13-14 100 Breaststroke	1:38.56	1:49.40	216
217	1:42.44	1:32.29	15-21 100 Breaststroke	1:33.08	1:43.32	218
219	1:42.45	1:32.30	11-12 100 Backstroke	1:39.64	1:50.60	220
221	3:16.45	2:56.98	13-14 200 Backstroke	3:03.67	3:23.87	222
223	2:58.19	2:40.53	15-21 200 Backstroke	2:45.08	3:03.24	224
225	3:14.17	2:54.93	13-14 200 Individual Medley	3:08.71	3:29.47	226
227	3:10.56	2:51.68	15-21 200 Individual Medley	2:34.31	2:51.28	228
229	46.46	41.86	11-12 50 Butterfly	49.23	54.64	230
231	3:22.64	3:02.56	13-14 200 Butterfly	2:58.54	3:18.18	232
233	3:36.31	3:14.87	15-21 200 Butterfly	2:38.67	2:56.12	234
			10 Minute Break			
235			13-14 400 Freestyle Relay			236



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237			15-21 400 Freestyle Relay			238
			10 Minute Break			
239	24:01.12	23:56.39	13-14 1650 Freestyle	24:36.64	24:42.17	240
241	24:01.12	23::56.39	15-21 1650 Freestyle	22:39.04	22:42.22	242

Saturday PM Session 3

Girls	SCM	SCY	Event	SCY	SCM	Boys
301			8 & Under 100 Medley Relay			302
303			9-10 200 Medley Relay			304
			10 Minute Break			
305	57.46	51.77	9-10 50 Butterfly	59.03	1:05.52	306
307	2:41.30	2:25.32	8 & Under 100 Individual Medley	2:12.36	2:26.92	308
309	1:57.49	1:45.85	9-10 100 Individual Medley	1:48.09	1:59.98	310
311	2:13.18	1:59.98	8 & Under 100 Freestyle	2:08.62	2:22.77	312
313	1:54.33	1:43.09	9-10 100 Freestyle	1:38.77	1:49.63	314
315	37.73	33.99	8 & Under 25 Breaststroke	40.38	44.82	316
317	59.88	53.95	9-10 50 Breaststroke	1:01.68	1:08.46	318
319	25.01	22.53	8 & Under 25 Freestyle	25.89	28.74	320
321	1:56.99	1:45.40	9-10 100 Backstroke	2:02.87	2:16.39	322

Sunday AM Session 4

Girls	SCM	SCY	Event	SCY	SCM	Boys
401			11-12 200 Freestyle Relay			402
403			13-14 200 Freestyle Relay			404
405			15-21 200 Freestyle Relay			406
407	3:15.43	2:56.06	11-12 200 Freestyle	3:04.89	3:25.23	408
409	2:51.19	2:34.89	13-14 200 Freestyle	2:43.99	3:02.03	410
411	2:36.39	2:20.89	15-21 200 Freestyle	2:36.84	2:54.09	412
413	50:24.00	21:36.00	11-12 50 Breaststroke	19:12.00	38:24.00	414
415	3:47.57	3:25.04	13-14 200 Breaststroke	3:26.70	3:49.44	416
417	3:55.90	3:32.52	15-21 200 Breaststroke	2:59.54	3:19.29	418
419	46.12	41.59	11-12 50 Backstroke	43.8	48.61	420
421	1:25.01	1:16.59	13-14 100 Backstroke	1:21.99	1:31.01	422
423	1:25.35	1:16.89	15-21 100 Backstroke	2:53.05	1:21.09	424
425	2:01.26	1:49.24	11-12 100 Butterfly	1:43.28	1:54.64	426
427	1:33.27	1:24.03	13-14 100 Butterfly	1:44.28	1:55.75	428
429	1:28.66	1:19.87	15-21 100 Butterfly	1:20.84	1:29.73	430
431	37.72	33.98	11-12 50 Freestyle	35.59	39.27	432
433	34.25	30.86	13-14 50 Freestyle	30.74	34.12	434



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435	34.16	30.78	15-21 50 Freestyle	27.03	30	436
			10 Minute Break			
437			13-14 400 Medley Relay			438
439			15-21 400 Medley Relay			440
			10 Minute Break			
441	12:19.52	14:02.94	13-14 1000 Freestyle	14:46.64	12:58.53	442
443	13:48.45	15:42.58	15-21 1000 Freestyle	14:46.64	12:58.53	444

Sunday PM Session 5

Girls	SCM	SCY	Event	SCY	SCM	Boys
501			8 & Under 100 Freestyle Relay			502
503			9-10 200 Freestyle Relay			504
			10 Minute Break			
505	2:09.70	1:56.85	9-10 100 Breaststroke	2:11.54	2:26.01	506
507	29.02	26.15	8 & Under 25 Backstroke	28.19	31.29	508
509	51.65	46.53	9-10 50 Backstroke	49.17	54.58	510
511	33.94	30.58	8 & Under 25 Butterfly	38.04	42.22	512
513	57.46	51.77	9-10 100 Butterfly	59.03	1:05.52	514
515	1:02.02	55.87	8 & Under 50 Freestyle	58.03	1:04.41	516
517	45.1	40.63	9-10 50 Freestyle	41.21	45.74	518



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APPENDIX 2: OFFICIALS REQUEST FORM

Officials for 2025 Central Regional Championships

Each team is **required** to supply certified officials for the Heartland Area Swimming Championships. This completed form is part of your team’s entry process. **Without this form, your team is not considered entered into the Regional Championships.**

Team:

Official’s Names	Certification Level 1 or 2	Friday Session Availability	Saturday Session Availability	Sunday Session Availability
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Please return this form to both:

Patty Draves 3littlefishies@hughes.net

Joe MacLaughlin twinpikeyaquatics@sbcglobal.net

This form must be received by March 3, 2025, at 8:00 PM.

E-MAIL SUBMISSIONS ARE REQUIRED.



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APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Return signed form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____ We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of this 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 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 2025 Heartland Area Central Championships 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 2025 Heartland Area Central Championships.

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, TPFY Torpedoes, their agents, representatives or assigns, and the Twin Pike Family YMCA for any and all injuries which may be suffered by participants at the 2025 Heartland Area Central Championships. Furthermore we understand that the YMCA of the USA and TPFY Torpedoes 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



APPENDIX 4: ENTRY FEE SUMMARY/LIABILITY RELEASE

Complete this form and mail in along with your meet fees to:

Twin Pike Family YMCA
attn: Joe MacLaughlin
614 Kelly Lane
Louisiana, Missouri 63353

Checks are made payable to Twin Pike Family YMCA.

Summary of Fees:

# Individual Entries	_____	X \$7.00	= _____
# Relay Entries	_____	X \$28.00	= _____
# Swimmers	_____	X \$15.00	= _____
Total:			_____

Name of Team: _____

Code: _____

Head Coach: _____

Phone: _____

Email Contact: _____

Certified Coaches Attending the Meet:

1. _____
2. _____
3. _____
4. _____

In consideration of this entry and its acceptance, I am intending to be legally bound, hereby cosign, waive, and release any and all rights and claims for damages which may occur against YMCA of the USA, Ozark LSC, the Heartland Area Swim Committee, Twin Pike Family YMCA TPFY Torpedoes Swim Team, and their representatives, employees, volunteers, or successors for any and all injuries suffered by me or any contestants or spectators or representatives in said meet, as any representative of my club and/or association.

Executive Director

Date

Head Coach

Date



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APPENDIX 5: COACHES AUTHORIZATION FORM



Heartland Area Championship Coaches Authorization

This procedure has been established to provide for the safety of all participants and to ensure that certified coaches are present with all athletes at the meet. Please complete this form if your team is to be represented by another coach for part or all of the meet. The representing coach needs to bring the signed form to Check-In. Do not send this form to the Meet Director.

YMCA Association #: _____

YMCA Name: _____

YMCA Address: _____

The [YMCA NAME]: _____ swim team does not have a certified and registered coach attending part or all of the meet. We authorize _____

_____, coach of the [YMCA NAME] _____

_____ swim team, to represent and supervise our participants on the pool deck on the following dates and sessions: _____

_____.

(CEO / Executive Director)

(Date)

Representing YMCA Coach

I agree to represent [YMCA NAME]: _____ participants at the 2025 Heartland Area Championship Meet. I will be present during their events and see that they are supervised while on deck. This procedure involves safety considerations. I will file relay cards and deposit scratch cards at the designated times and supervise warm-ups. In the event of injury, I will assume responsibility for administering immediate first aid and determining if an emergency squad is needed if further treatment is warranted.

(Certified Coach)

(Date)

(YMCA Name)

(YMCA Association #)

This is the last page of the Meet Announcement