



IOWA SWIMMING
CHAMPIONSHIPS
MARCH 3 & 4



Community Y Of Marshalltown



108 Washington Street

Marshalltown, IA 50158-2844

641-752-8658

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Jason Beeghly
Aquatic Program Director
Nate Ruge
Assistant Aquatic Director/Head Swim Coach

To: YMCA Competitive Swimming Advocates

January 29, 2007

Reason: 2007 YMCA State Swim Meet

Dear YMCA swim colleague,

The Marshalltown Community Y and the Marshalltown Conventions and Visitors Bureau are very excited that swimming athletes from across the state will be coming to Marshalltown for the 2007 YMCA State Swimming Championships. Regardless if your stay is a day or the weekend, we welcome each person and desire your stay to be a memorable one. State Swimming athletes have worked extremely hard to get to this level, so let me be the very first to say congratulations on your accomplishment! You're the best of the best and we're proud to have you be a part of the 2007 YMCA State Swim Meet!

The Community Y of Marshalltown is excited to host the coming 2007 YMCA State Swim Meet on March 3rd (Girls) and 4th (Boys). Attached to this letter is information that will help guide and direct you through a successful 2007 YMCA State Swim Meet. All the information, dates, deadlines, instructions, directions and information, here with in, should please be followed. If you have a concern, please feel free to bring it to our attention. As always, we aim to accommodate you and your athletes. Should you have suggestions that will make your experience a more memorable and positive one then, please contact us personally.

It is imperative that this information land in the hands of ALL persons that will be participating in this event. Please duplicate this packet of materials and distribute it to all athletes and families who will be attending. For your convenience, this packet is located/downloadable on www.bluewaveswimteam.com under YMCA State Swim Meet (on the left hand navigation).

SEE YOU AT THE 2007 YMCA STATE SWIM MEET!

Sincerely Submitted,

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YSWIM TEAM™

We build strong kids, strong families, strong communities.

Facility Directions

The Marshalltown Community Y is located at 108 Washington Street. Directions are below. If you are unable to find the facility please call our service desk number at 641-752-8658 and they will guide you to finding our facility. Below is a map of Marshalltown.

From the North

You will most likely enter Marshalltown on Highway 14. This highway (through Marshalltown) is also called 3rd Avenue once in town. After crossing the Iowa River Bridge, continue traveling South on 14/3rd Ave until you get to Church Street (go to the 4th set of stop lights after you enter town), turn right at Church Street (the Hospital will be on your left) and continue 3 blocks to the West. Turn Left (heading South) on Center Street, you will pass a True Value and Fisher Controls. Go ahead and continue over the Viaduct that allows crossing of the railroad tracks. At the South side of the viaduct you will exit right off of the viaduct (please note that South bound traffic must exit right only). This resembles an off ramp and you must go right off of the viaduct if you're traveling South bound. You'll see the Community Y as you exit.

From the South

You will most likely enter Marshalltown on Highway 14. This highway (through Marshalltown) is also called 3rd Avenue once in town. Continue traveling North on 14/Center Street. Following are land marks you will pass...Marshalltown Community College, Applebee's, Marshalltown Mall, Long John Silvers, Kmart and eventually you will come to the intersection of 14/Center Street and Anson Street (HyVee, Hardees and Hollywood Video are all at this intersection). Continue traveling North through that intersection. You will cross a very small bridge next to HyVee. Just before you travel over the viaduct, there is a street to the right you will take (please note that all North bound traffic must exit right and not cross the lane with on coming traffic). It resembles an off ramp and will curve you under the viaduct and take you straight to the Community Y.

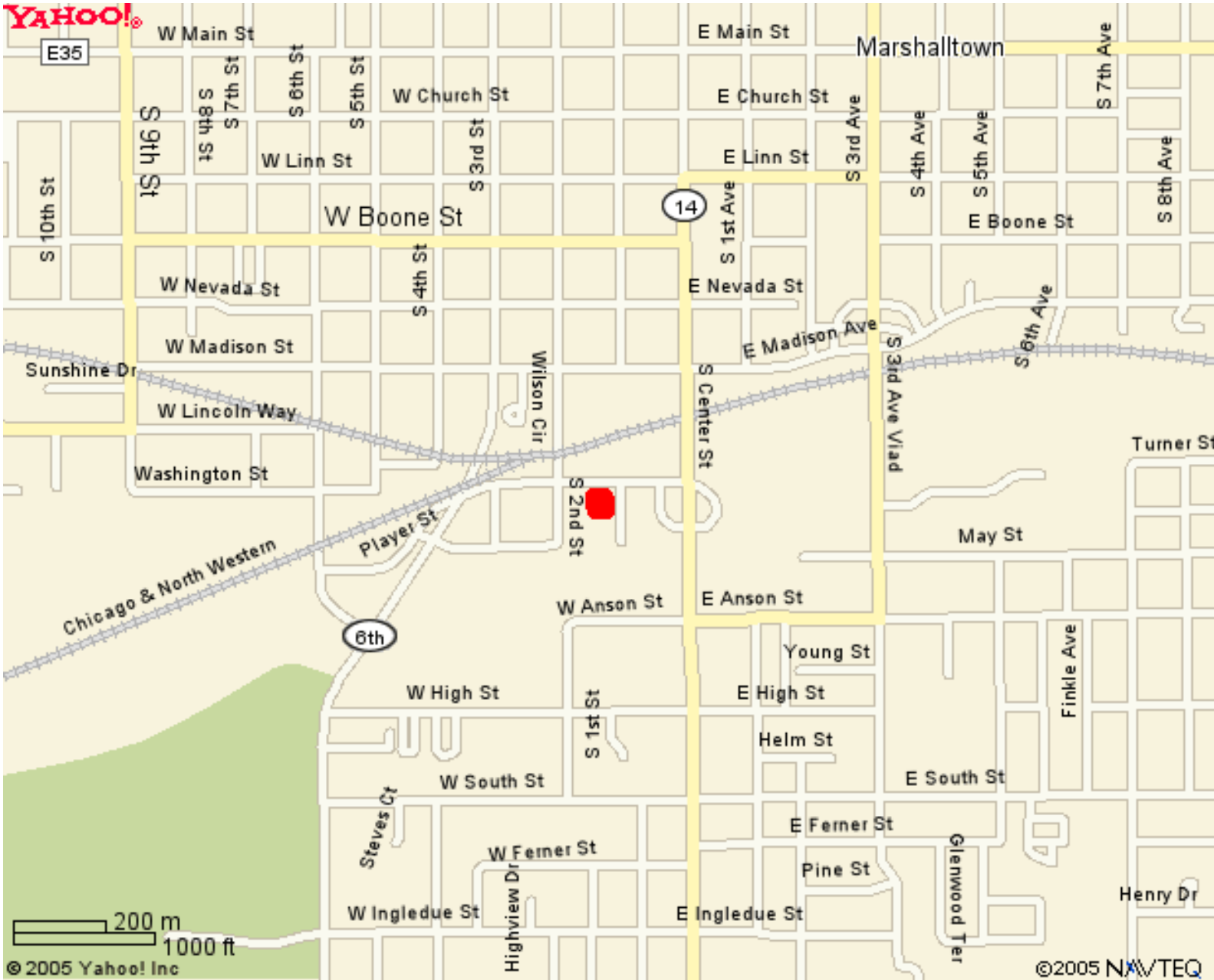
From the West

You will most likely enter Marshalltown on Highway 30. While traveling east, take the Highway 14 and Marshalltown Community College exit. Turn left from the on ramp...you are now traveling North on Center Street/Hwy 14. Following are land marks you will pass... McDonalds, Applebee's, Marshall Town Center, Long John Silvers, Kmart and eventually you will come to the intersection of Hwy 14/Center Street and Anson Street (HyVee, Hardees and Hollywood Video are all at this intersection). Continue traveling North through that intersection. You will cross a very small bridge next to HyVee. Just before you travel over the viaduct, there is a street to the right you will take (please note that all North bound traffic must exit right and not cross the lane with on coming traffic). It resembles an off ramp and will curve you under the viaduct and take you straight to the Community Y.

From the East

You will most likely enter Marshalltown on Highway 30. While traveling west, take the exit flagged for Highway 14 or North bound Center Street and Marshalltown Community College. Once off of exit ramp, you will turn right and head north. Following are land marks you will pass... McDonalds, Applebee's, Marshall Town Center, Long John Silvers, Kmart and eventually you will come to the intersection of Hwy 14/Center Street and Anson Street (Hy-Vee, Hardees and Hollywood Video are all at this intersection). Continue traveling North through that intersection. You will cross a very small bridge next to Hy-Vee. Just before you travel over the viaduct, there is a street to the right you will take (please note that all North bound traffic must exit right and not cross the lane with on coming traffic). It resembles an off ramp and will curve you under the viaduct and take you straight to the Community Y.

http://maps.yahoo.com/maps_result?addr=108+Washington+Street&csz=Marshalltown,+IA+50158&country=us&new=1&name=&qty=



RED DOT IS MARSHALLTOWN COMMUNITY Y

LOOK FOR YELLOW "SWIM MEET SIGNS" AT THE VIADUCT AND FOLLOW DIRECTIONAL ARROWS

During and After the Meet

We will be publishing live results to the Community Y website during the meet at www.bluewaveswimteam.com. Click on “meet information” on the left hand navigation and then look for “live results”. We will also post meet results in an SDIF, PDF and HTML format at this same website (under meet information). SDIF format will allow state meet results to be imported into either Hy-Tek Team Manager or Easy Team Manager.

2007 YMCA STATE MEET DETAILS

Saturday, March 3rd - Girls Competition

Sunday, March 4th - Boys Competition

- Doors open at 7:00am for athletes availability to holding areas located in gymnasium
***Note: NO chairs allowed on gym floor**
- Warm ups start at 8:00am promptly (After February 19th, lane assignment schedules can be found at www.bluewaveswimteam.com). They will be determined by logistics and number of state meet qualifiers from each team.
- Competition will start around 10:15am after the Parade of State Meet Athletes.

CONTACT

- Jason Beeghly, Aquatic Director, PH 641-752-8658, FX 641-752-3324, CELL 641-485-6971, HOME 641-366-2610, EMAIL jason.beeghly@ymca-ywca.org
- Nate Ruge, Assistant Aquatic Director, PH 641-752-8658, FX 641-752-3324, EMAIL nate.ruge@ymca-ywca.org

WHILE YOU'RE HERE

- We have scheduled open swim times available on the Friday evening prior to the State Meet. Open swim is held in our Recreation Pool and is available for your enjoyment. Simply bring your Y membership card and you will be allowed to enter our facilities for free. Friday open swim times are from 2:00 - 7:30pm.
- Come and enjoy a work out in our state of the art facility. Go to www.ymca-ywca.org for facility schedules.

LOCATION

Marshalltown Community Y
108 Washington Street
Marshalltown, IA 50158

YAHOO MAP LINK

http://maps.yahoo.com/maps_result?addr=108+Washington+Street&csz=Marshalltown,+IA+50158&country=us&new=1&name=&qty

Please enter through the Northwest doors that are the direct entrance to the Competitive Swim Natatorium. The entrance is clearly marked with “Home of the Blue Waves” above it. Entrance through the main entrance will not be allowed as portions of the facility will be open to members the days of the competition.

POOL, FACILITIES AND DETAILS

The Community Y pool is 8 lanes 25 yards with rim flow gutter design, 8 textured start blocks, Electronic starting/Recall system with sound and strobe, backstroke flags, recall rope, 6" lane ropes on both side of all race lanes, 16 Daktronics touch pads and timing system, 2 score boards, announcing system, 22 foot screen, 6500 ANSI lumen projector, pan/tilt/zoom cameras, video mixing equipment and seating for over 1700 spectators!

Although we have plenty of seating, we ask you to be mindful of the space you use. Please respect all. Please be courteous to others. You should be very comfortable and enjoy the competition! Please do not hold spots for others or designate areas for teams. Refrain from bringing bags, coats and coolers into the bleachers please.

Concessions

We will be offering concessions with a wide variety of items for all to enjoy. Some items include hot dogs, pizza, walking tacos, pretzels, nachos, donuts, bagel/muffins, coffee, fountain soda, bottled soda, bottled water, juice, tea, hot chocolate, cappuccino, potato chips, fruit, pop tarts, breakfast bars, cheese/crackers, cookies, popcorn and etc.

- **Large coolers are not allowed**; small personal coolers will be allowed. No glass containers are to be brought into the building or pool. We will have designated eating areas available. Food and drink are allowed in the Natatorium in the bleachers only. Please respect our facility and find a trash can for your waste, treat our building like you would your own. Keep food off the pool deck please.

Hospitality Room

We will offer a coach and meet volunteer hospitality room with drinks, snacks and food. This room is reserved for coaches or persons volunteering/working the day of the event. Please do not abuse this privilege and thank you in advance for all you do to make this event great. We want to honor all coaches, leaders and volunteers so again we ask your cooperation with this perk.

Photo Kiosk

Get an athlete photo from the event with the 2007 State Meet Logos superimposed. Capture those memories of a swimmer or your relay team. Photos are printed on site and available to pick up the days of the event!

Action Accents

Action Accents will be available for the weekend if you would like to purchase items.

Restrooms

Facilities are located in various places through out the building. The Swimming Natatorium has specific restrooms available directly outside of the pool. We also have 8 family locker rooms that will be available to the public the day of the competition.

**NO SWIMMERS ARE ALLOWED TO CHANGE IN THE FAMILY LOCKER ROOMS
PLEASE. THESE ARE DESIGNATED FOR PUBLIC RESTROOMS.**

Eating Areas

Designated eating areas are available. These are located directly off the concession outside the glass windows to the recreational pool as well as in the party room off of the recreation pool. Concessions can be eaten in the bleachers, but please respect our facility and use the trash cans.

Holding Area

The gymnasium will be used as a team/athlete holding area. Both sides of the gym are available. If banners are hung, they must be affixed to the walls with masking tape, **NO DUCT TAPE PLEASE**. Each team is responsible for their area, no horseplay, each team is responsible for providing and monitoring their area and picking up trash before leaving. Our gym floor will not be covered so we ask persons to respect our facility by not inflicting marks or scratches on our floor. Because of this, we will be monitoring the types of items brought into the gym that may damage the floor. **Please do not bring lawn chairs of any type into the gymnasium. YOU WILL BE ASKED TO REMOVE ANY CHAIRS FROM THE GYM.** Chairs are allowed in the hallway outside the gym. Trash cans will be available and should be used. Swimmers please wear dry clothing and shoes in the holding area. Please treat this area as you would your own facilities. Thank you in advance for caring and respecting our facility.

Clerk of Course

This will originate in the gym and be guided through the rec pool to the lap pool. REC POOL IS STRICTLY OFF LIMITS TO PARTICIPANTS. We reserve the right to DQ any swimmer that doesn't follow this rule. We will have visual and audible reminders of what events the clerk is calling, but ultimate responsibility is the swimmers. Clerk of course will be enforcing the 3 individual and 2 relay maximum by marks. All rules that govern YMCA swimming will be enforced.

Results Posting

Results will be posted in the lap pool entrance and/or gymnasium.

State T Shirts/T Shirt Distribution

State T shirt order forms can be found at www.bluewaveswimteam.com. **PLEASE FOLLOW DIRECTIONS!** We will have a limited number of items on sale for purchase on Saturday. If you wish to have a garment, please order in advance. Do not count on us having sizes and colors as we will sell first come first serve with all excess apparel. When they are gone, they're gone. Please follow all requests on apparel orders. See www.bluewaveswimteam.com and look under YMCA state swim meet. A T-shirt distribution center will be created for handing out t shirts to teams. You will be required to sign for them as an accountability measure.

Locker Rooms

Locker rooms adjacent to the lap pool in the lap pool corridor hall will be designated for GIRLS ONLY on Saturday and BOYS ONLY on Sunday. These are the only locker rooms available for swimmers to change and shower in. Swimmers may not use family locker areas as they will be designated for public use.

Off Limit Areas

Our facility will be open for members to access the fitness floor upstairs. Participants/Attendees for the YMCA State Meet are only allowed in the gym and lap pool or areas of travel between. Please honor this and do not travel to the upper level.

First Aid

Will be located in the lap pool on the deck and will be available for all.

Pool deck

Only event swimmers, deck officials and coaches are allowed on deck. Please refrain from crossing the crowd control stanchions and chains. No one is allowed at the start end of the pool and the shallow end of the pool unless they have a deck pass. Deck passes will be distributed at the discretion of Meet Management.

Programs

Meet programs will be available for \$4 each. These will be located in the open vestibule just inside the Natatorium entrance. Highlighters will be available for purchase as well.

Awards

Medals will be given for first through third places and ribbons given to those earning 4th - 12th. Coaches will be given participant medals and ribbons at the end of the meet, after holding areas are confirmed picked up.

Lunch Break

A 20 minute lunch break will be scheduled each day after event 61 to give an award for outstanding swimmer / lay person and coach. We will also run a parent/coach relay at this time. Start thinking about your team. This time will also be used to give timers a break. THIS IS FUN FOR YOUR KIDS!!!

HOTELS

Hotels for over night accommodations are listed on the following pages.



ACCOMMODATIONS LIST

Motel Accommodations	# of Rooms	One Person	Two Persons One Bed	Two Persons Two Beds
AmericInn* 115 Iowa Avenue West 641-752-4844, 1-800-634-3444 www.americinn.com	49	\$69.90 - 149.90	\$79.90 - 149.90 (King Size)	\$69.90 - 149.90
Best Western Regency Inn* 3303 S. Center Street 641-752-6321, 1-800-241-2974 www.marshalltown-lodging.com	106	\$72 - 82	\$77 - 87 (King Size)	\$77 - 87
Colonial Inn Motel 1001 Iowa Avenue West 641-752-5489	17	\$25 - 30	\$29 - 35	\$32 - 40
Comfort Inn* 2613 South Center Street 641-752-6000 www.marshalltown-lodging.com	62	\$64.95 - 74.95	\$69.95 - 79.95 (King Size)	\$69.95 - 79.95
Days Inn 18 E. Berle Road 641-753-8181	61	\$49.88	\$53.88	\$53.88
Economy Inn Motel 3108 South Center Street 641-752-5485	22	\$30 - 45	\$36 - 45 (King Size)	\$40 - 48
Executive Inn Motel 2009 South Center Street 641-752-3631, 800-254-3631	30	\$36 - 45	\$38 - 45	\$40 - 50
Flamingo Motel 705 Iowa Avenue West 641-752-1533	20	\$24 - 30	\$26 - 40 (King Size)	\$32 - 45
Franklin Motel 1108 Iowa Avenue West 641-752-1563	18	\$24 - 30	\$27.50	\$32 - 50
Super 8 Motel* 3315 South Center Street 641-753-3333 www.marshalltown-lodging.com	51	\$51.88 - 61.88	\$56.88 - 66.88 (King Size)	\$56.88 - 66.88
Tremont's Historic Inn on Main 24 West Main Street 641-752-1234 www.tremontonmain.com	6	\$109-149	\$109-149	--

- Rates quoted effective October 2005 and are subject to change without notice.
- Rates quoted do not include tax.
- Group rates and weekend packages may be available. *Rates may increase on weekends 5/1/06 - 9/1/06.

COACHES MEETING

We will have a coach's and scratch meeting each day in our Board Room, please see schedules for times. This is mandatory for all coaching staff. Please be on time and have your scratches ready.

TEAM WORKER RESPONSIBILITIES (MANDATORY)

Per state rules number 3.2.13, each team is required to supply 1 worker for every 10 swimmers qualified for the State Meet. We will expect all teams to abide by this. If you have fewer than 10 we may still expect 1 worker. We will offer a schedule of teams/lanes/times and it will be your team's responsibility to fill the slots. **If your team has more people wanting to help, then we welcome that too!** Once participant numbers are in from sectionals, we will assign lanes to teams; from there it will be the responsibility of your volunteer liaison to fill your assigned lane. **ANY TEAM THAT WOULD LIKE TO PROVIDE OTHER HELP SUCH AS STROKE AND TURN/STARTER ETC SHOULD CONTACT JASON FOR CONSIDERATION!** We welcome all help and different talents.

OFFICIALS AND TIMERS MEETING

Each day we will have an officials and timers meeting on the deck behind the starting blocks to go over pertinent data. Please be prompt for the meetings and listen for PA announcements of meeting times. Please see the attached schedule for daily times.

WORSHIP SERVICE

We will be offering a worship service on Sunday and highly encourage persons to come and be involved in worship. We have allocated up to 10 minutes for a speaker of our choice to challenge us spiritually, challenge the athletes and offer prayer. Christianity is a vital part of the YMCA movement and a rich part of our heritage. Our service will be held in the lap pool from 9:45-9:55 AM.

DELAY OR CANCELLATION

It is to the sole discretion of the Championship Meet Committee to cancel or postpone the event due to inclement weather. Should the meet be cancelled due to inclement weather we will post delay/cancellation on our web site www.bluewaveswimteam.com. Also this news would be broadcast on local stations KXIA 101.1 and KDAO 99.5.

STATE T SHIRTS

A limited amount of excess State apparel will be available on site for the event. **The best way to purchase state apparel is to order ahead of time.** Payment is required when orders are sent. Please be prompt about these orders according to our forms and requests on line at www.bluewaveswimteam.com. Mail your order and check early so that they are received by February 19 at noon. Please designate 1 person for each team to pick up orders the day of the meet. All orders MUST BE RECEIVED by February 19th, no

exceptions. Please make sure all orders come through before noon on the 19th. This is simply to allow the screen printer time to order product, receive and get 1300 plus garments printed. Thanks for cooperation.

WARM UPS, SCHEDULING AND LANE ASSIGNMENTS

Warm up schedules will be offered once we have a chance to evaluate entry numbers from teams. Lane assignments will be determined by the number of qualifiers per team. Times will be dictated by logistics and distance needed to travel to the state meet. Warm ups will be offered to all teams at schedule times in 15 minute increments (state rule 3.2.16). Sprint warm ups with starts will be administered in shot gun style for all team and all age groups at the same time. We will do our best to make these quick and often so that all have appropriate time to warm up prior to competing. No warm ups will be allowed after the meet starts. The recreational pool is off limits for swimmers to warm up in. Anyone swimming in the recreational pool will be DQ'd from further competition.

PARADE OF ATHLETES

Athletes will be grouped by team and paraded from the gym (holding area) through the rec pool (clerk of course) into the lap pool where they will have a chance to wave proudly to family and friends as they are honored for their accomplishment. This will be a big task that will take time, therefore, we are asking for coaches and or parent volunteers to shoulder the task of grouping teams together in our gym for the parade. We will be making announcements for all swimmers to line up in the gym for parade of athletes. The attached schedule will give you our detailed time line. We have 10 minutes allotted for parade group coordination and then we will start. There will be less than normal deck space with coaches tables being set up, so we ask swimmers to consider this with the use of banners and such. **PLEASE FORWARD YOUR TEAM LOGOS TO jason.beeghly@ymca-ywca.org. They should be in jpg format so we can create your team banner and video slides of your YMCA or team.**

QUESTIONS, COMMENTS, SUGGESTIONS

Questions should be directed to Jason Beeghly, Aquatic Program Director/2007 YMCA State Meet Director/Manager, Marshalltown Community Y, PH 641-752-8658 or email at jason.beeghly@ycma-ywca.org

MEET RULES TO BE ENFORCED (as written in Iowa state rules manual)

- No coaching of contestants from the time they are placed in the care of Clerk of Course until the race is finished. Violations will be handled by referees.
- Contestants not reporting to Starter immediately after event is called will be scratched at the discretion of the Referee for that event.
- Disqualification for improper relay start (dual confirmation)
- Protests may only be handled and should be originated at the coach level. Must be presented in writing to the Referee or designee at the meet. No video and or pictures may be used in filing a protest. Championship meet committee is final.
- All events will be timed finals in both sectional and state championship meets.
- Starts will only occur at the deep end of the pool.
- All 8 and under individual events shall start in deep water. 2nd and 4th swimmers in 100 yard relays will start in the water with one hand in contact with the end of the pool at the surface of the water until incoming swimmer is has touched.
- Competitor shall not wear jewelry, except religious or medical in nature, or objectionable attire. Objectionable body markings shall be properly covered or removed. Competitor may be DQ'd if asked to remove objectionable objects and refuses.
- Clerk of Course will mark relays and individual events with marks on hands.
- Each team will be required to supply workers at a ratio of 1 worker per every 10 persons qualified for state.
- YMCA rules committee will have jurisdiction over rule changes the day of the meet. YMCA officials are required to follow YMCA rules during the meet. Dual confirmations will be required on relays.
- Will use 2 timers per lane, one of which should be YMCA official certified, plus Daktronics automatic touch pads for times.
- Rules committee will serve as State Meet Championship Committee.
- Meet Marshall will have jurisdiction over meet.
- All YMCA rules will govern as outlined in previous manuals.

YMCA STATE MEET SATURDAY, MARCH 3rd and 4th, 2007 SCHEDULE

Girls Meet Schedule, SATURDAY, MARCH 3rd

7:00 AM	Facility doors open and access to holding area available
8:00 AM – 9:45 AM	Warm ups begin
	Session 1 8:00-8:15
	Session 2 8:15-8:30
	Session 3 8:30-8:45
	Session 4 8:45-9:00
	Session 5 9:00-9:15
9:15 AM	Coach and Scratch Meeting
9:15-9:45 AM	Starts and Sprints...All teams
	Lane 1 and 2 13 and over
	Lane 3 and 4 11 and 12
	Lane 5 and 6 9 and 10
	Lane 7 and 8 8 and under
9:45 AM	POOL CLOSED
9:45 -9:55 AM	Worship Service
9:55 AM	Timer Meeting
10:00 AM	Prayer and National Anthem
10:05 AM	Parade of athletes line up coordination in gym holding area
10:15 AM	Parade of athletes
10:30 AM	Meet start
BREAK	Between event 61 & 62
Meet end	Coaches meeting

Boys Meet Schedule, SUNDAY, MARCH 4th

7:00 AM	Facility doors open and access to holding area available
8:00 AM – 9:45 AM	Warm ups begin
	Session 1 8:00-8:15
	Session 2 8:15-8:30
	Session 3 8:30-8:45
	Session 4 8:45-9:00
9:00 AM	Coach and Scratch Meeting
9:00-9:30 AM	Starts and Sprints...All teams
	Lane 1 and 2 13 and over
	Lane 3 and 4 11 and 12
	Lane 5 and 6 9 and 10
	Lane 7 and 8 8 and under
9:30 AM	POOL CLOSED
9:35 AM	Timer meeting at start end of the pool
9:45 AM	Prayer and National Anthem
9:50 AM	Parade of athletes line up coordination in gym holding area
10:00 AM	Parade of athletes
10:15 AM	Meet start
BREAK	Between event 61 & 62
Meet end	Coaches meeting

- No afternoon warm ups
- Break time will be for timer break, parent/coach relay

VOLUNTEER SHEET

YCMA state rules require teams to provide 1 worker per 10 persons qualified. This year we will not be asking for specific names initially, rather assigning lanes for days and times and you will need to fill the spots. We have numerous jobs and functions for your people to perform. We will need timers, stroke and turn judges and in the past there has always been someone from other teams who had a parent that wanted to start the meet. We welcome all flavors of talents. We will coordinate a schedule of time/lane assignments for teams to reference. If you find you have more people to help than what you need to provide, then we welcome and thank you in advance for coming to the call of duty. The more the merrier!!

TEAM NAME _____ YMCA _____

NUMBER OF STATE QUALIFIERS FOR GIRLS (Saturday) _____

NUMBER OF STATE QUALIFIERS FOR BOYS (Sunday) _____

Do you have officials that want to help start or stroke and turn? Yes No

List names if available...

Please provide the name of the person who will be your meet worker liaison. (If I need to contact someone regarding help, this is who I call)

VOLUNTEER LIASON (NAME) _____ PHONE # _____

LANE ASSIGNMENTS FOR TIMING/VOLUNTEERS WILL BE POSTED ONLINE AT
www.bluewaveswimteam.com

Each team will be assigned a lane/time slot and it will be the sole responsibility of that team to ensure qualified persons to perform those duties.

THANK YOU SO VERY MUCH....YOUR WILLINGNESS TO HELP REFLECTS YOUR COMMITMENT TO YOUR YMCA, TEAMS AND YOUR CHILDREN

WARM UPS

WARM UP SCHEDULES WILL BE DISTRIBUTED AFTER SECTIONALS WHEN WE HAVE A FEEL FOR HOW MANY STATE QUALIFIERS THERE ARE FOR EACH TEAM. WARM UPS WILL BE OFTEN, TRANSITIONING EVERY 15 MINUTES.

COMMUNITY Y RULES

- No glass containers allowed in the building
- No large coolers allowed...only lunch or individual sized coolers please.
- Swimmers gear bags should be kept in holding areas.
- Only masking tape to be used in holding area for banners
- Monitor and clean you own holding areas
- Swimmers that are not swimming should have clothing on if in the pool area during off events.
- Stay out of restricted areas. Do not go to the second floor. Recreational pool is off limits period, DQ's will be distributed to offenders.
- No shaving at the meet site.
- Locker rooms are for showering and changing only...not a play area.
- Do not use the family locker rooms for swimmers. PUBLIC USE ONLY.
- Foot wear is required outside of the pool area.
- Adult supervision in the holding areas.
- All teams are responsible for the holding areas cleanliness.
- Spectators on bleachers only and not beyond crowd control stanchions.
- All swimmers are responsible to watch clerk of course and report for their qualified events.
- No coaching after swimmer enters clerk of course.
- All persons on deck must have a deck pass, others will be asked to leave.
- No swimmers in Recreation pool.

YMCA CORE VALUES WILL BE EXPECTED TO BE UPHOLD DURING THIS COMPETITION

CARING, HONESTY, RESPECT, RESPONSIBILITY

YMCA MISSION STATEMENT...

“TO PUT CHRISTIAN PRINCIPALS INTO PRACTICE THROUGH PROGRAMS THAT BUILD A HEALTHY SPIRIT, MIND AND BODY FOR ALL”

CONGRATULATIONS ON YOUR ACCOMPLISHMENT!!
And Welcome to the Marshalltown Community Y
Your 2007 YMCA State Meet Host