
2024 MICHIGAN YMCA STATE MEET

MEET ANNOUNCEMENT

About the Championship

Date: March 2 & 3, 2024

Location: Saginaw Valley State University

Entry Deadline: **Thursday February 22, 2024 at 8pm**

Hosted by: Birmingham Blue Dolphins

Meet Director: Elizabeth Solomon

Contents

About The Championship	2
Location and Facility	3
Web Site	3
Contact Information	3
Eligibility	4
Entry Information	5
Volunteers/Officials/Timers	7
Check-in Procedure	7
Championship Procedures and Operations	8
Awards and Recognition	10
Time Trials	10
Spectators	10
Liability, Safety and Emergency Procedures	11
Directions	13
Lodging	13
Parking	13
APPENDIX 1: Order of Events	14
APPENDIX 2: Qualifying Times.	16
APPENDIX 3: YMCA Sanctioned Meet Declaration Form	Error!

Bookmark not defined.



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed 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.

YMCA Sanction number: CAQ-2024-MI01032279

USA-S/Michigan Swimming Approval Number: MIAP2324103

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 can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet. If needed, a revised schedule of events will be distributed to participating teams no later than 8:00 PM the Thursday before the meet (February 29, 2024).

Saturday, March 2 and Sunday, March 3

AM Session: Warm-ups: 7:30 AM

Events: 8:30 AM

PM Session: Warm-ups: Immediately following the AM session
(or the completion of Time Trials, if applicable),
not before 12:00 PM

Events: One hour after the start of warmups, not
before 1:00 PM

INCLEMENT WEATHER/CANCELTATION: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

If there would be a Weather Delay issued (electrical / winter weather etc.) the meet plan of delay/ cancelation will be decided by the meet director. Refunds associated with the weather will not be given.



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

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.

LOCATION AND FACILITY

Location: Ryder Center at Saginaw Valley State University, 7400 Bay Rd., University Center, MI.

Saginaw Valley State is configured as an 8 lane, 25-yard course. Water depth at start is 12 feet and at turn end is 4 feet. Daktronics electronic timing system will be used with an 8-lane display. Permanent starting blocks and non-turbulent lane makers will be used. The competition course has not been certified in accordance with 104.2.2C (4). There is ample seating for spectators. Lockers are available (bring your own lock).

WEB SITE

Meet Information and updates will be sent to participating teams as needed prior to the meet. There is no formal website for the meet.

Online Meet Results: Results will be available on Meet Mobile if available.

CONTACT INFORMATION

Meet Director: Liz Solomon / elizabeth.horbach@gmail.com

Meet Referee: Bill Clifford / wcliffordjr@gmail.com

Officials Coordinator: Bill Clifford / wcliffordjr@gmail.com



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

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.

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 must not be older than twenty-one (21) years of age on the first day Meet. All swimmers age eighteen (18) and older must have completed Child/Athlete Protection Training within the past 12 months. A swimmer's age group will be decided by their age as of December 1, 2023.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of three (3) closed YMCA inter-association meets since September 1 of the current season.

Times: An athlete and all relays must achieve the minimum qualifying time standard, attached as Appendix 2, for each event in which he/she enters during the period of September 1 of the current season and the entry deadline.

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

COACH

Required Certifications: 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



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

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

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

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

TEAM

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

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: A swimmer may compete in no more than 6 individual events and 2 relays for the meet and in no more than 3 individual events and 1 relay per day.

BONUS SWIMS: Swimmers who have achieved at least 1 but fewer than 3 individual event time standards may supplement their entry with up to 2 bonus events (i.e., **1 qualified individual event with 2 bonus events, or 2 qualified individual events with 1 bonus event**). Relay only swimmers are allowed one individual bonus event on the day they swim the relay.

Note: 400 IM, 500 freestyle, and 1000 freestyle may not be used as bonus events. Swimmers must have these qualifying times to register for these events.



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

QUALIFICATION PERIOD: The qualification period is January 1, 2023, through the entry deadline.

OVER-SUBSCRIPTION: Teams who submit entries that violate the above entry limits will have the swimmer automatically disqualified from the extra events. Coaches do not get to enter extra events and scratch swimmers from their least desirable events. Teams who submit entries that violate the above entry limits will be notified that they must make changes. If the matter is not addressed by 5:00 PM, Monday, February 26, 2024, the swimmer will automatically be dropped from the offending event.

BREAKS: *It is highly suggested that coaches review the order of events prior to approving swimmer entries.* A minimum of a five-minute break will be added after relay events. Additional breaks are provided naturally by the order of events, and award ceremonies, but **will not** be added to accommodate swimmers signing up for back-to-back events.

USA-S IDs: Entries for USA registered athletes must include correct swimmer name (as registered with US/MS Swimming) and date of birth.

TIME STANDARDS:

Individual events: Except for as otherwise set forth herein, swimmers must have equaled or bettered the minimum time standards in Appendix 2.

Relay events: Every team may enter an "A" relay regardless of whether they have equaled or bettered the minimum standards in Appendix 2. Any additional relays that are entered (e.g., "B", "C", etc.) must have equaled or bettered the minimum standards.

TIMES: No Times (NT) are **not** allowed, including for bonus events. Submit entry times in Actual Time (no conversion), SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ELECTRONIC ENTRY FEES:

\$2.00 per swimmer surcharge for facility rental.

\$1.00 per athlete Michigan Swimming surcharge.

\$5.00 per individual event (maximum of 3 per day, per swimmer)

\$20.00 per relay team



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

ENTRY DEADLINE: All entries are due by **8:00 pm, Thursday, February 22, 2024**. No deck entries will be accepted unless exceptional circumstances are shown.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: All YMCA certified swim officials are welcome and encouraged to officiate. If you are interested in officiating, please contact Bill Clifford at wcliffordjr@gmail.com.

Each participating team will be asked to provide one timer per session. Each team is asked to send the names of the timers to the meet director at elizabeth.horbach@gmail.com. Their names will be added to the volunteer sign up. Please send by 2/21/2023.

SIGN-UP PROCEDURE: Host team volunteers will sign up via the team website.

ATTIRE: YMCA approved uniform for officials.

CHECK-IN PROCEDURE

EVENT CHECK-IN: There will be positive check-in for the 400 IM, 500 freestyle, and 1000 freestyle only. Check-in sheets will be available on deck prior to the start of warm-ups; check-in for the 400 IM will close at 8:00 am; check-in for the 500 freestyle and 1000 freestyle will close at the conclusion of warmups for the applicable session. Failure to check in will cause the swimmer to be scratched from their event.

COACHES MEETING/SCRATCH MEETING: Saturday at 7:15 a.m. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach's meetings. Coaches, or other team and swimmer representatives, are responsible for all information presented at these meetings being passed on to those from their team not in attendance.

OFFICIALS AND TIMERS MEETING: An Officials meeting will be held 45 minutes prior to the start of each session. A Timers meeting will be held approximately 30 minutes prior to the start of each session. All meeting times will be indicated by the Meet Director or Meet Referee and shared in final meet communications.

Declaration of Relay Swimmers: The names and order of four relay swimmers must be declared **15 minutes after the start of warmups**. The order of relay swimmers may be changed (by coaches only) up to the start of the heat. If a coach wishes to change the order of the four swimmers that will swim, the coach must



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

indicate the change to the Deck Referee or his/her designee sufficiently in advance to the start of the heat so as not to delay the heat. The Deck Referee or his/her designee in the coach's presence will alter the order of swimmers on the relay card. If the relay fails to swim in the final order as declared on the relay card - the relay will be disqualified.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Directors, Meet Referee, Entry Chair/Administrative Official, and Safety Director.

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

MEET FORMAT: The meet will be run as a Timed Finals meet. A Swimmer's age will be determined as of December 1, 2023.

EVENT SEEDING: Except for distance events (400 IM, 500 freestyle, and 1000 freestyle), all events will be pre-seeded. All events are timed finals and will be seeded slowest to fastest except for the 400 IM, 500 freestyle and the 1000 freestyle, which will be swam fastest to slowest. The Meet Referee / Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES / NO SHOW: There is no penalty for scratching an event or failure to compete during the meet. If an athlete does not swim an event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may withdraw from a heat by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat 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. As needed, teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship. Teams will be notified of warm-up times and lanes prior in final meet communications.

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.



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

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.

MARSHALLING: There will be no marshalling at this meet.

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.

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

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as the correct swimmer name (as registered with US/MS Swimming) and date of birth have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted in the hallway outside the spectator viewing area. Final results will be emailed to each team following the completion of 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.



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

- Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.

AWARDS AND RECOGNITION

SCORING: Team points will be awarded based on the top twelve finishes as follows:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Individual	16	13	12	11	10	9	7	5	4	3	2	1
Relay	32	26	24	22	20	18	14	10	8	6	4	2

AWARDS:

Individual Events: Awards will be given for places 1-12; medals for places 1-6, ribbons for places 7 -12.

Relay Events: Medals will be awarded for 1-6th place.

The top 3 relays and the top 6 individual places will be awarded in a short award ceremony. Breaks will be built into the meet schedule. Please note that the head coach of the 1st place winner will distribute awards.

Team trophies will be awarded to the top two teams at the end of the Sunday afternoon session. A team trophy will also be awarded to the top "small" team.

TIME TRIALS

Time Trials will be offered as time allows after each session at the discretion of the Meet Committee. Additional information regarding Time Trials will be provided following receipt of all entries.

SPECTATORS

ADMISSION FEE:

Swimmers and children under 10: Free



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

Adults and children over 10: \$5.00 per day

HEAT SHEETS/PROGRAMS: Heat sheets will be available for purchase at the start of each session. \$5.00 per session.

CONCESSION STAND: Concessions will be available and will be run and coordinated by Saginaw Valley State University.

ATHLETE APPAREL: Apparel options will be available for purchase at the Ryder Center.

LOST AND FOUND: Lost and found items will be maintained on-site for the duration of the meet. Any unclaimed items will be available for pickup at the Birmingham YMCA until Friday, March 15, 2024 after which time they will be discarded.

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 smoking, drugs, or alcohol are permitted in the swimming complex.
- Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
- No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway, to awards, or concessions.
- 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.

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/Michigan Swimming approval, it is understood and agreed that USA Swimming and Michigan Swimming shall be free and held



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

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.

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.



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

DIRECTIONS

Follow directions to the Ryder Center for Health and Physical Education at Saginaw Valley State University.

LODGING

Please see the BBD website for the team hotel link.

PARKING

No fees for parking. Keep fire lanes open. Respect handicap parking notifications.



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

APPENDIX 1: ORDER OF EVENTS

Saturday, March 2, 2024

Morning Session		Afternoon Session	
Event #	Event Name	Event #	Event Name
101	Boys 13-14 200 Free Relay	201	Boys 11-12 200 Free Relay
102	Girls 13-14 200 Free Relay	202	Girls 11-12 200 Free Relay
103	Boys 15 & Over 400 Free Relay	203	Boys 10 & Under 200 Free Relay
104	Girls 15 & Over 400 Free Relay	204	Girls 10 & Under 200 Free Relay
	Approx. 5-min. Break		Approx. 5-min. Break
105	Boys 13-14 50 Free	205	Boys 11-12 200 IM
106	Girls 13-14 50 Free	206	Girls 11-12 200 IM
107	Boys 15 & Over 50 Free	207	Boys 10 & Under 100 IM
108	Girls 15 & Over 50 Free	208	Girls 10 & Under 100 IM
	(Awards For 101 – 106)		(Awards For 201 – 206)
109	Boys 13-14 200 Free	209	Boys 11-12 50 Back
110	Girls 13-14 200 Free	210	Girls 11-12 50 Back
111	Boys 15 & Over 200 Free	211	Boys 10 & Under 50 Back
112	Girls 15 & Over 200 Free	212	Girls 10 & Under 50 Back
113	Boys 13-14 100 Back	213	Boys 11-12 100 Back
114	Girls 13-14 100 Back	214	Girls 11-12 100 Back
115	Boys 15 & Over 100 Back	215	Boys 10 & Under 200 Free
116	Girls 15 & Over 100 Back	216	Girls 10 & Under 200 Free
	(Awards For 107 – 114)	217	Boys 11-12 200 Free
117	Boys 13-14 200 Breast	218	Girls 11-12 200 Free
118	Girls 13-14 200 Breast		(Awards For 207 – 216)
119	Boys 15 & Over 200 Breast	219	Boys 10 & Under 100 Breast
120	Girls 15 & Over 200 Breast	220	Girls 10 & Under 100 Breast
121	Boys 13-14 100 IM	221	Boys 11-12 100 Breast
122	Girls 13-14 100 IM	222	Girls 11-12 100 Breast
123	Boys 15 & Over 100 IM	223	Boys 10 & Under 50 Fly
124	Girls 15 & Over 100 IM	224	Girls 10 & Under 50 Fly
	(Awards For 115 – 122)	225	Boys 11-12 50 Fly
125	Boys 13-14 200 Fly	226	Girls 11-12 50 Fly
126	Girls 13-14 200 Fly		(Awards For 217 – 224)
127	Boys 15 & Over 200 Fly	227	Boys 11-12 200 Fly
128	Girls 15 & Over 200 Fly	228	Girls 11-12 200 Fly
	(Awards For 123 – 128)	229	Boys 11-12 400 IM
129	Boys 13 & Over 1000 Free	230	Girls 11-12 400 IM
130	Girls 13 & Over 1000 Free		(Awards For 225 – 230)
	(Awards For 129 & 130)		



2024 MICHIGAN YMCA STATE MEET

MARCH 2 – 3, 2024

Sunday, March 3, 2024

Morning Session		Afternoon Session	
Event #	Event Name	Event #	Event Name
301	Boys 15 & Over 200 Medley Relay	401	Boys 10 & Under 200 Medley Relay
302	Girls 15 & Over 200 Medley Relay	402	Girls 10 & Under 200 Medley Relay
303	Boys 13-14 200 Medley Relay	403	Boys 11-12 200 Medley Relay
304	Girls 13-14 200 Medley Relay	404	Girls 11-12 200 Medley Relay
	(Approx. 5-Min. Break)		(Approx. 5-Min. Break)
305	Boys 13 & Over 400 IM	405	Boys 10 & Under 200 IM
306	Girls 13 & Over 400 IM	406	Girls 10 & Under 200 IM
	(Awards For 301 – 304)	407	Boys 11-12 100 IM
307	Boys 15 & Over 100 Free	408	Girls 11-12 100 IM
308	Girls 15 & Over 100 Free		(Awards For 401 – 406)
309	Boys 13-14 100 Free	409	Boys 10 & Under 100 Free
310	Girls 13-14 100 Free	410	Girls 10 & Under 100 Free
311	Boys 15 & Over 100 Breast	411	Boys 11-12 100 Free
312	Girls 15 & Over 100 Breast	412	Girls 11-12 100 Free
313	Boys 13-14 100 Breast	413	Boys 10 & Under 100 Fly
314	Girls 13-14 100 Breast	414	Girls 10 & Under 100 Fly
	(Awards For 305 – 312)	415	Boys 11-12 100 Fly
315	Boys 15 & Over 200 IM	416	Girls 11-12 100 Fly
316	Girls 15 & Over 200 IM		(Awards For 407 – 414)
317	Boys 13-14 200 IM	417	Boys 11-12 50 Breast
318	Girls 13-14 200 IM	418	Girls 11-12 50 Breast
319	Boys 15 & Over 100 Fly	419	Boys 10 & Under 50 Breast
320	Girls 15 & Over 100 Fly	420	Girls 10 & Under 50 Breast
321	Boys 13-14 100 Fly	421	Boys 11-12 200 Breast
322	Girls 13-14 100 Fly	422	Girls 11-12 200 Breast
	(Awards For 313 – 320)	423	Boys 10 & Under 100 Back
323	Boys 15 & Over 200 Back	424	Girls 10 & Under 100 Back
324	Girls 15 & Over 200 Back	425	Boys 11-12 200 Back
325	Boys 13-14 200 Back	426	Girls 11-12 200 Back
326	Girls 13-14 200 Back		(Awards For 415 – 424)
	(Awards For 321 – 326)	427	Boys 10 & Under 50 Free
327	Boys 15 & Over 500 Free	428	Girls 10 & Under 50 Free
328	Girls 15 & Over 500 Free	429	Boys 11-12 50 Free
329	Boys 13-14 500 Free	430	Girls 11-12 50 Free
330	Girls 13-14 500 Free		(Awards For 425 – 430)
	(Awards For 327 – 330)	431	Boys 12 & Under 500 Free
		432	Girls 12 & Under 500 Free
			(Awards For 431 & 432)



2024 MICHIGAN YMCA STATE MEET MARCH 2 – 3, 2024

APPENDIX 2: QUALIFYING TIMES. Qualifying period is September 1, 2023, through the Entry Deadline. To qualify, swimmers must be EQUAL TO OR FASTER THAN these standards.

10 & Under		
Girls		Boys
33.29	50 Freestyle	34.09
1:14.99	100 Freestyle	1:18.09
2:48.09	200 Freestyle	2:53.69
7:40.89	500 Freestyle	7:50.99
40.49	50 Backstroke	41.19
1:28.99	100 Backstroke	1:31.29
45.09	50 Breaststroke	47.59
1:41.79	100 Breaststroke	1:43.29
39.49	50 Butterfly	42.19
1:39.99	100 Butterfly	1:39.59
1:25.59	100 IM	1:29.99
3:14.09	200 IM	3:22.69
2:21.99	200 Freestyle Relay	2:24.99
2:38.99	200 Medley Relay	2:41.99

13 & 14		
Girls		Boys
28.09	50 Freestyle	27.09
1:01.69	100 Freestyle	59.99
2:17.09	200 Freestyle	2:10.99
6:30.99	500 Freestyle	6:10.99
12:39.99	1000 Freestyle*	12:09.99
19:59.99	1650 Freestyle*	19:29.99
1:13.49	100 Backstroke	1:12.49
2:38.99	200 Backstroke	2:36.69
1:21.99	100 Breaststroke	1:18.49
2:55.99	200 Breaststroke	2:50.79
1:11.99	100 Butterfly	1:08.99
2:47.99	200 Butterfly	2:42.99
**	100 IM	**
2:36.99	200 IM	2:30.99
5:28.89	400 IM	5:27.09
1:57.99	200 Freestyle Relay	1:51.99
2:11.99	200 Medley Relay	2:05.99

* Swimmers may qualify for the 1000 freestyle by achieving the Qualifying Time for their age group in either the 1000 freestyle or 1650 freestyle.

** Swimmers may qualify for the 100 IM by achieving the Qualifying Time for their age group in the 200 IM.

11 - 12		
Girls		Boys
29.49	50 Freestyle	30.09
1:05.89	100 Freestyle	1:08.19
2:22.39	200 Freestyle	2:30.19
6:40.99	500 Freestyle	6:50.99
35.59	50 Backstroke	36.59
1:15.49	100 Backstroke	1:19.19
2:46.09	200 Backstroke	3:07.59
39.49	50 Breaststroke	41.49
1:26.69	100 Breaststroke	1:31.09
3:09.09	200 Breaststroke	3:23.79
33.99	50 Butterfly	35.79
1:21.99	100 Butterfly	1:25.69
3:10.59	200 Butterfly	3:21.99
1:15.29	100 IM	1:19.29
2:45.59	200 IM	2:53.69
6:15.89	400 IM	6:26.89
2:02.99	200 Freestyle Relay	2:04.99
2:17.99	200 Medley Relay	2:21.99

15 & Over		
Girls		Boys
27.59	50 Freestyle	26.09
1:00.69	100 Freestyle	57.09
2:14.09	200 Freestyle	2:04.99
6:20.99	500 Freestyle	5:40.99
12:39.99	1000 Freestyle*	12:09.99
19:59.99	1650 Freestyle*	19:29.99
1:12.49	100 Backstroke	1:10.49
2:35.89	200 Backstroke	2:30.69
1:20.99	100 Breaststroke	1:16.49
2:52.99	200 Breaststroke	2:44.79
1:10.99	100 Butterfly	1:06.99
2:44.99	200 Butterfly	2:36.99
**	100 IM	**
2:33.99	200 IM	2:24.99
5:22.89	400 IM	5:14.09
2:10.99	200 Medley Relay	1:57.99
4:16.99	400 Freestyle Relay	3:50.99



2024 MICHIGAN YMCA STATE MEET

MARCH 2 – 3, 2024
