



2025 CYSL Winter Championship

March 7-8 2025

Held under the Approval of the YMCA of the USA Sanction Number: CAQ-2024-SC12114335
Held under the Approval of USA Swimming issued by SC Swimming: SC2583AP & SC2584TT



Host: Summerville Family YMCA

Meet Director:	Tiffany Wessler	Tiffany.Wessler@sim.org	843-486-1495
Meet Referee:	Robert Lesh	rllesh@yahoo.com	812-480-6837
Admin Official:	Victoria Culbertson	Meet.support@sportstiming.com	843-628-5486
Meet Entries To:	Billy Culbertson	Meet.support@sportstiming.com	843-628-5486
Safety Marshal:	Jessica Drost	jessicadrost@gmail.com	843-486-1495
	Michael Fuller	michaelfuller@gmail.com	843-486-1495

Meet Sanction: This meet is a sanctioned, closed, inter-association championship YMCA Meet held by the Carolina YMCA Swim League. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by SC USA Swimming. This competition will satisfy the Championship Meet requirement for YMCA Nationals.

Facility: North Charleston Aquatics Center
8610 Patriot Blvd
North Charleston, SC 29420

Indoor 20-lane 25-yard competition pool with a moveable bulkhead and 8-lane 25 yard warm down pool with non- turbulent lane lines. Bleacher seating for over 1000. Spectators may bring chairs and tents to use on the outside patios and grass areas. Chairs, food and coolers are not permitted on the pool deck.
The water depth of the competition course is seven (7) feet, measured from one (1) meter to five (5)meters, on the starting end of the course, and seven (7) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The water depth of the warm down course is six (6) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and four (4) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The competition course has been certified in accordance with 104.2.2C(4). The copy of certification is on file with USA Swimming.

Rules: Meet to be conducted in accordance with the current USA Swimming, SC Swimming Rules and Regulations and information herein. This is a closed meet, only open to any CYSL League Team and CYSL League By-Laws will also govern this meet.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Deck changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.

SWIMWEAR: No Technical Suit may be worn by any 12 & under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet (USA Swimming Rule 102.8.1F)

MAAPP 2.0: All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**Athlete
Eligibility**

All individual participants must have a full privilege membership of a CYSL team and must have only represented that YMCA for a period of 90 days prior to the first day of the meet (high school competition excepted) to be eligible. All swimmers entered in the meet must meet Carolina YMCA Swim League championship meet eligibility requirements of participation in a minimum of one (1) CYSL closed meet. Each participant must have met the minimum time standard for each event entered. Each team entered must have completed the annual online YMCA team registration and each coach must have completed the annual YMCA on-line registration prior to the entry deadline.

In compliance with the U.S. Center for SafeSport's standards, YMCA athletes aged 18 and over must complete Athlete Protection Training every 12 months. Options include: "USA Swimming Athlete Protection Training- required for all athletes aged 18 and older who are members of USA Swimming; U.S. Center for SafeSport- "SafeSport Trained" course; Praesidium- "Abuse Prevention- Swim Edition Parts I+II and "Duty to Report Mandated reporter."

Swimmers age for the meet will be the age of the swimmer as of March 7, 2025

Any USA Swimming member swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a USA Swimming member-coach, it is the responsibility of the USA Swimming member swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

CLASSIFICATION: This meet is a closed YMCA meet. Swimmers must have achieved the 2024/2025 CYSL time standard in each event entered and meet all other eligibility requirements.

Swimmers will compete their age as of March 7, 2025. The age groups for competition will be: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-18, 19-21.

Coaches, only USAS registered swimmers should have their USAS ID in the entry file.

Athletes with disabilities are welcome and encouraged to participate in the meet. Athletes requiring special accommodations must contact the Meet Director at least one week prior to the meet.

**Image
Release:**

By attending or participating in this competition, you agree to be filmed and photographed by the host club approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or SCLSC website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the start of the meet.

Entry Fees: \$30 per swimmer facility surcharge (this includes a \$5 electronic heat sheet fee)
\$5.00 per individual entry
\$8.00 per relay entry

USA swimming athletes will be assessed:

\$2.00 SCLSC Travel Fund/Program Fee

\$2.00 SCLSC Sport Development Fee

Time trials:

\$5.00 per individual time trial

\$10.00 per relay time trial

Clubs should submit a single check payable to the **Summerville Family YMCA** for the full amount due. Credit card payments are not accepted as payment either in advance or on the day of the meet. It is not necessary to mail entry fees; however, all fees must be paid prior to any swimmer entering the pool.

No refunds will be given.

Time trials will be offered based on availability and at the sole discretion of the Meet Referee.

Entry Limits: Swimmers may swim two (2) individual events and one (1) relay on Friday evening and four (4) individual events and two (2) relays including any time trials (time trials count as one of their individual events for the day) on Saturday. Per CYSL By-laws, deck entries will not be allowed at this meet.

Meet Format: Teams shall be limited to only one scoring relay team for each relay event. Teams may enter unlimited relay teams in a relay event, but only the highest placing team shall score points.

Distance events (400 yards and longer) may be seeded together (gender and age) and scored separately.
All swimmers entered in events 500 yards and longer are required to provide their own counter if they desire one.
Timers will be assigned to each lane.

A swimmer who misses their assigned heat will not be entered into another heat unless circumstances are beyond the swimmer's control as determined by the Meet Referee and the swimmer may be allowed to swim.

Time Trials Time Trials may be offered at the conclusion of any session at the discretion of the meet referee. Time Trial participants must be entered in the meet. Time Trials will count against the daily total entry limit but **NOT** count toward the total meet individual entry limits stated in the Entry Limits section above. Time Trial fees are listed above in the Entry Fee section. All USA Swimming rules will apply to Time Trials. Time trial participants must provide their own timer.

Relays: Swimmers may swim a max of four (4) relays total for all sessions.
Relay cards are due 30 minutes prior to the start of each session, changes may be made up to 30 minutes before the start of the relay event.
The 200 Mixed Relay will consist of two (2) swimmers from each gender.

Relays must adhere to CYSL championship rules.

Time of Meet: Meet management reserves the right to adjust warm up times based on number of entries

Friday Evening

Warm-Ups: 4:00 pm

Competition: 5:00 pm

Saturday Morning (10 & Under)-

Warm-Ups: 7:30 am

Competition: 9:00 am

Saturday Afternoon (11 & Older)-

Warm-Ups: not before 12:00 pm

Competition: not before 1:30 pm

*****Times and sessions may be adjusted in order to accommodate meet size.*****

*****If changes are made, teams will be notified by March 4, 2025*****

Teams will be assigned lanes for warm-up. The warm-down pool will be available during the swim meet for swimmers in the meet only. All SCS and USA Swimming safety guidelines will be enforced. Swimmers who horseplay in the warm-down pool may be asked to get out of the pool and may be disqualified from the remainder of their events for the meet.

Entries: Entries may be submitted as follows:

1. Entries are to be sent to Sports Timing, Inc. Go to www.sportstiming.com, click on upcoming meets and click on the 2024 CYSL Small Team Winter Championship. Complete the form, upload your entry file and click submit. You will receive an email confirmation. If you need to submit updated entry files, you are able to submit a new form and file. Entry questions can be emailed to meet.support@sportstiming.com
2. The following materials **MUST** accompany all entry packages and be received at the start of the meet on **Friday, March 7, 2025**
 - Computer generated entry report listed by swimmer name
 - Summary sheet (Please write legibly)
 - Copies of coaches' safety certifications
 - Check for entry fees.
3. You must delete any USA Swimming registration numbers from all non-USA Swimming registered athletes for entry purposes. This can be done under the athlete function in Hy-Tek Team Manager and it can also be done in Team Unify. **If you do not remove non-registered swimmer registration numbers, you will be charged the registered swimmer LSC fees as outlined in this meet information.**

You may mail checks and paperwork in advance to:

2025 SC SVY CYSL Winter Championship
c/o Susan Nesselrode
140 W. Cedar St, Summerville, SC 29483

Entries are due by 5 PM on Wednesday, Feb 26, 2025

Event file can be found on the CYSL web site, Sports Timing website and also located on SC Swimming web site. **Non-USA Swimming teams must delete the swimmer ID numbers in their database prior to creating the entry file.** Electronic entry using SDIF format is encouraged. Late entries and deck entries will be accepted at the discretion of the meet director and at double the event fee. **If you fail to remove non-USA Swimming IDs, you will be subject to fines incurred by the host club.**

Awards: Individual & Relay Events: Medals are awarded to places 1st-3rd and ribbons will be awarded for the 4th- 10th. All swimmers will receive a participation ribbon. All heat winners will receive a rubber duck. Teams are responsible for picking up ribbons after the meet. Ribbons will NOT be mailed. Trophies will be awarded to the top three (3) scoring teams, 1st, 2nd and 3rd place. High Points Awards will be awarded to 1st, 2nd, 3rd place to the top three (3) high point swimmers in the following age groups: 6 & Under, 8 & under, 9/10, 11/12, 13/14, 15-18 and 19-21. A 3 x 6 banner will be presented to the winning team.

Scoring: The meet will be scored overall as follows:
Individual: 11-9-8-7-6-5-4-3-2-1
Relay: 22-18-16-14-12-10-8-6-4-2

Timing: Timing and Data Processing will be provided by SportsTiming, Inc. Colorado electronic timing system, with touch pads & plungers, will be used. Stop watches will also be used.

Coaches' Eligibility: **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

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.

When checking in at the meet, Coaches must present their current electronic 2024/25 YMCA Coach's credential/deck pass in order to receive their coaching packet and be permitted on deck.

Contact Kirk Hampleman (khampleman@ymcawnc.org) if you have any questions regarding certifications and registration.

There will be a Coaches Meeting held prior to the start of the Friday night session and Saturday morning. Each team should have one representative coach present for this meeting.

Other

SPECIAL INSTRUCTIONS:

- Age as of March 7, 2025 will be used as the competition age per CYSL Swimming Rules.
- There will be no spectator allowed on the pool deck or in the stands with swimmers.
- The non-competition side of the pool may be used for warm up/warm down throughout the meet. No horseplay will not be tolerated and all lifeguard instructions must be followed. Any questions should be addressed to the Safety Marshall or Meet Director.
- Concessions will be made available outside in the lobby.
- The heat sheet will be posted on sportstiming.com and will be emailed to the person who submits entries for each team. The heat sheet will also be posted at no charge on Meet Mobile. Hard copies of the heat sheet will be provided to coaches only at the meet.
- We ask that teams be mindful of their team areas on the deck and help to police these areas for trash and mess.
- 8 & under events will start from the blockhead of the pool.
- As per CYSL championship rules, entries with NT are not permitted.
- A swimmer who misses their assigned heat will not be entered into another heat unless determined by the Meet Referee and the swimmer may be allowed to swim.
- 1650 , 500 Free & 400 IM... swimmers must provide their counter.
- 1650 & 500 Free & 400 IM... Positive Check-In 30 minutes prior to the start of the session
- 1650 Free... is limited to the top 10 fastest girls and boys. There will be 1 heat of girls and boys in the following age groups: 11/12, 13.14, 15-18 & 19-21.
- Warm-up procedures: All coaches should be familiar with the warmup procedures explained on the warmup assignment page on CYSL website. Team lane assignments will be sent out with any updated information prior to start of the meet. All CYSL safety swimming guidelines will be enforced. The use of pull buoys, paddles, kickboards, bands and tubing is prohibited.

Contact Person: Susan Nesselrode, Summerville YMCA susanN@summervilleyymca.org



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Friday Warm-up: 4:00 p.m.

Friday Meet Start: 5:00 p.m.

Friday, March 7, 2025

ORDER OF EVENTS		
Girls Event #	Age/Distance/Stroke	Boys Event #
1	13-21 400 Free Relay	2
3	11-21 400 IM	4
5	13-21 50 Breast	6
7	11-21 200 Fly	8
9	13-21 50 Back	10
11	12 & Under 500 Free	12
13	11-21 200 Back	14
15	13-21 50 Fly	16
17	11-21 200 Breast	18
19	11-21 1650 Free	20
21	11-12 200 Mixed Medley Relay	22
23	13-21 200 Mixed Medley Relay	24



Saturday, March 8, 2025
AM Session 10 & Under



Saturday Morning 10&U WU: 7:30 a.m.
Saturday Morning Session 10&U Meet Start: 9:00a.m.

ORDER OF EVENTS		
Girls Event #	Age/Distance/Stroke	Boys Event #
25	10 & U Medley Relay	26
27	8 & U Medley Relay	28
29	9-10 200 Free	30
31	9-10 100 IM	32
33	8 & U 100 IM	34
35	6 & U 25 Free	36
37	7-8 25 Free	38
39	9-10 50 Free	40
41	6 & U 25 Fly	42
43	7-8 25 Fly	44
45	9-10 50 Fly	46
47	6 & U 50 Free	48
49	7-8 50 Free	50
51	9-10 100 Free	52
53	6 & U 25 Back	54
55	7-8 25 Back	56
57	9-10 50 Back	58
59	6 & U 25 Breast	60
61	7-8 25 Breast	62
63	9-10 50 Breast	64
65	10 & U Free Relay	66
67	8 & U Free Relay	68
69	9-10 200 IM	70



Saturday, March 8, 2025
PM Session 11 & Older



Saturday Afternoon 11&O WU 12:00 p.m
Saturday Afternoon 11&O Meet Start: 1:30 p.m.

ORDER OF EVENTS		
Girls Event #	Age/Distance/Stroke	Boys Event #
71	21 & U Medley Relay	72
73	18 & U Medley Relay	74
75	14 & U Medley Relay	76
77	12 & U Medley Relay	78
79	15 & O 200 Free	80
81	13-14 200 Free	82
83	11-12 200 Free	84
85	15 & O 200 IM	86
87	13-14 200 IM	88
89	11-12 200 IM	90
91	15 & O 50 Free	92
93	13-14 50 Free	94
95	11-12 50 Free	96
97	15 & O 100 Fly	98
99	13-14 100 Fly	100
101	11-12 50 Fly	102
103	15 & O 100 Free	104
105	13-14 100 Free	106
107	11-12 100 Free	108
109	15 & O 500 Free	110
111	13-14 500 Free	112
113	11-12 100 IM	114
115	15 & O 100 Back	116
117	13-14 100 Back	118
119	11-12 50 Back	120
121	15 & O 100 Breast	122
123	13-14 100 Breast	124
125	11-12 50 Breast	126
127	21 & U Free Relay	128
129	18 & U Free Relay	130
131	14 & U Free Relay	132
133	12 & U Free Relay	134



CYSL TIME STANDARDS FOR WINTER CHAMPIONSHIP MEET



CYSL Winter Championship

Short Course Yards/Meters Qualifying Times

11-12 Girls	9-10 Girls	8U Girls	Event	8U Boys	9-10 Boys	11-12 Boys
1:50.01	2:00.01	3:00.01	50 Free	3:00.01	2:00.01	1:50.01
2:50.01	4:00.01	5:00.01	100 Free	5:00.01	4:00.01	2:50.01
5:35.01	6:00.01	7:00.01	200 Free	7:00.01	6:00.01	5:35.01
13:50.01	15:00.01	20:00.01	500 Free	20:00.01	15:00.01	13:50.01
18:00.01	X	X	1000 Free	X	X	18:00.01
32:00.01	X	X	1650 Free	X	X	32:00.01
1:50.01	2:00.01	3:00.01	50 Back	3:00.01	2:00.01	1:50.01
2:50.01	4:00.01	5:00.01	100 Back	5:00.01	4:00.01	2:50.01
5:35.01	x	X	200 Back	X	x	5:35.01
2:01.01	2:00.01	3:00.01	50 Breast	3:00.01	2:00.01	2:01.01
4:01.01	4:00.01	5:00.01	100 Breast	5:00.01	4:00.01	4:01.01
6:00.01	X	X	200 Breast	X	X	6:00.01
1:50.01	2:15.01	3:15.01	50 Fly	3:15.01	2:15.01	1:50.01
4:01.01	4:15.01	5:15.01	100 Fly	5:15.01	4:15.01	4:01.01
6:00.01	X	X	200 Fly	X	X	6:00.01
3:15.01	4:45.01	5:45.01	100 IM	5:45.01	4:45.01	3:15.01
4:40.01	6:45.01	8:45.01	200 IM	8:45.01	6:45.01	4:40.01
9:50.01	X	X	400 IM	X	X	9:50.01



CYSL TIME STANDARDS FOR WINTER CHAMPIONSHIP MEET



CYSL Winter Championship

Short Course Yards/Meters Qualifying Times

15-18 Girls	13-14 Girls	Event	13-14 Boys	15-18 Boys
1:15.01	1:30.01	50 Free	1:30.01	1:15.01
2:30.01	2:30.01	100 Free	2:30.01	2:30.01
4:30.01	4:30.01	200 free	4:30.01	4:30.01
10:50.01	10:50.01	500 Free	10:50.01	10:50.01
18:00.01	18:00.01	1000 Free	18:00.01	18:00.01
32:00.01	32:00.01	1650 Free	32:00.01	32:00.01
2:55.01	2:55.01	100 Back	2:55.01	2:55.01
5:55.01	5:55.01	200 Back	5:55.01	5:55.01
2:55.01	2:55.01	100 Breast	2:55.01	2:55.01
5:55.01	5:55.01	200 Breast	5:55.01	5:55.01
2:55.01	2:55.01	100 Fly	2:55.01	2:55.01
5:55.01	5:55.01	200 Fly	5:55.01	5:55.01
4:55.01	4:55.01	200 IM	4:55.01	4:55.01
9:51.01	9:51.01	400 IM	9:51.01	9:51.01



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Meet Entry Summary Sheet

Total Number of Swimmers_____	x \$2.00 SCLSC Travel/Program Fee	= \$_____
Total Number of Swimmers_____	x \$2.00 SCLSC Sports Development Fee	= \$_____
Total Number of Swimmers_____	x \$25 Facility Fee	= \$_____
Total Number of Swimmers_____	x \$5 Electronic Heat Sheet Fee	= \$_____
Total # Individual Events:_____	x \$5.00	= \$_____
Total # Relay Events:_____	x \$8.00	= \$_____
Total Fees:		= \$_____

Team:_____ Team Code:_____

Number of coaches at meet: _____

Head Coach:_____

Send e-mail results to:_____

Send Paper copy in lieu of e-mail to:_____

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that SC Swimming, Summerville Family YMCA Tidalwaves, Summerville Family YMCA, the YMCA of the USA, the Carolina YMCA Swim League, North Charleston Aquatics Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Mail check for the above amount, and signed copy of this form to:

Summerville Family YMCA
140 W. Doty Ave
Summerville, SC 29483



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YMCA Sanctioned Meet Declaration Form

Return signed form to the meet director (Tiffany.Wessler@sim.org) by March 7, 2025. Teams failing to do so will not be permitted to participate in this meet.

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2025 SC SVY CYSL Small Team Winter Championship

Meet Date(s): March 7 & 8, 2025

Meet Host: Summerville Family YMCA Tidalwaves

Meet Location: North Charleston Aquatics Center

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 CYSL Small Team Winter Championship 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 CYSL Small Team Winter Championship.

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, Summerville Family YMCA Tidalwaves, their agents, representatives or assigns, and the North Charleston Aquatics Center for any and all injuries which may be suffered by participants at the 2025 CYSL Small Team Championship. Furthermore we understand that the YMCA of the USA and Summerville Family YMCA Tidalwaves, 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