PennDel – Distance Invitational

MEET ANNOUNCEMENT

About the Championship

Date: January 23-24, 2027

Location: Lansdale, Pa

Entry Deadline: 1:00 PM on January 9, 2027

Hosted by: North Penn YMCA

Meet Director: Heather Wauls

Contents

About The Invitational 2
Location and Facility 2
Web Site 3
Contact Information 3
Eligibility 3
Entry Information 5
Volunteers/Officials/Timers 6
Check-in Procedure 6
Championship Procedures and Operations 6
Awards and Recognition 9
Time Trials 10
Spectators 10
Liability, Safety and Emergency Procedures 10
Directions 12
Lodging 12
Parking 12
APPENDIX 1: Order of Events 13

About The Invitational

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. The meet is approved by the USA-S Middle Atlantic Swimming.

USA-S/MA Approval number MA-XXXX-AP Pending.

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

Information on the requirements for an approved meet can be found in Article 202.4 of the USA Swimming Rulebook.

ADJUSTMENTS TO THE MEET ANNOUNCEMENT: The 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 Meet 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

	Session 1	Session 2	Session 3
Age Groups	12-21	11 and over	12 & Under
Warm-up Start	12:00pm	8:30am	1:00pm
Coaches Meeting	TBA	TBA	TBA
Officials Meeting	TBA	TBA	TBA
Timers Meeting	TBA	TBA	TBA
Start of Session	1:00pm	9:30am	2:00pm

INCLEMENT WEATHER/CANCELATION: In the event of inclement weather that results in the cancellation of the invitational meet, the invitational may be rescheduled for a date to be determined.

Location and Facility

Location: North Penn YMCA 608 East Main Street, Lansdale 19446

Emergency Phone Number: 267-642-2252

This meet will be run in a 6-lane, 25-yard indoor pool with a depth of 12 feet at the start end of the pool and 3½ feet at the turn end of the pool. Automatic timing with manual backup will be used.

Spectator Seating: The YMCA has a shared lobby with viewing windows to the competition pool. Spectators are encouraged to bring chairs and use the provided bleachers only while watching their swimmer swim.

All Sessions: Swimmers will be seated on deck.

Web Site

Meet Information can be found at:
http://www.penndelswimmeets.org/

Online Meet Results: Meet Mobile and Live Results may be available.

Contact Information

Meet Director: Heather Wauls email: npswimteam@northpennymca.org

Entry Chairperson: Carl Sandoe email: carl.sandoe@gmail.com

Referee: TBD

Administrative Official: TBD

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 30 days prior to the first day of the meet.

Swimmers who wish to change their membership from one YMCA to another may do so through Transfer by Consent. An athlete may transfer from one YMCA team to another YMCA team and be eligible to compete for his/her

new YMCA team immediately upon the written consent of the YMCA that he/she previously represented.

For further detail, reference: SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

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 of the meet.

PennDel Meet Participation: In order to be eligible to compete, each athlete must be currently listed on a roster of a Penn-Del League member and absent an express waiver by the Penn-Del League Board, must have competed as an official or exhibition swimmer in at least two (2) Penn-Del League dual meets in the current season.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must enter a comment on the entry to alert the Entry Chairperson. The coach must also alert the meet director and the meet referee prior to the competition as to the need for any special accommodations.

COACH

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

Teams: All teams participating must be members in good standing of the Penn-Del Swim League. Teams/Associations with outstanding debts will not be allowed to compete until all debts to the League are paid.

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: Swimmer may compete in up to four (4) events, of which no more than three (3) may be individual events. Deck entries **may** be accepted based on space availability on a first come, first serve basis for available lanes. **No additional heats will be added**. Acceptance of deck entries are at the discretion of the Meet Director and Meet Referee.

Teams will be allowed to enter an unlimited number of relays in the relay events. Relay teams must each have a different letter designator assigned by the entering Team.

Swimmers will compete in age groups based on their age as of December 1, 2026 as rostered for the dual meet season. Swimmers must compete in their own age group.

QUALIFICATION PERIOD: The qualification period is September 1, 2026 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File. For TeamUnify users, the Meet Director will need to delete the IDs. Please provide the Meet Director a list of swimmers not USA-S registered.

TIME STANDARDS: There are no Time Standards for this meet.

TIMES: No Times (NT) are allowed if the swimmer does not have an official time for the event. Submit entry times in actual time. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: Swimmer surcharge: $7. Swimmer individual event: $8.00; Relay Event: $24. *Swimmer Individual Deck Entries $15*. There are no fees for coaches attending with their team.

ENTRY DEADLINE: 1:00 PM January 11, 2027

ENTRY PROCEDURE: All entries must be submitted through the Swim Cloud Online Meet Entry system. **Entries are due Sunday at 1PM two weeks prior to the start date of the meet. Events entered Sunday at 1pm are considered unofficial entries until accepted by the meet administration team. Once events are confirmed these are the events entered. Time**

updates only in the events entered will be permitted up to the Wednesday 1PM prior to the start of the meet.

Confirmation of entries will be provided via an Online Entry report generated when entries are submitted to the Online Meet Entry System and Psych Sheet posted to Meet information website.

The web site address of the Online Meet Entry system will be available on the Swimcloud web site at a link will be posted to the PennDel website. All questions regarding entries should be directed to the entries chairperson.

Carl Sandoe email: carl.sandoe@gmail.com 610-842-0965

PAYMENT: Entry fees are due at or prior to the date of the Championship. Check should be made payable to: North Penn YMCA and mailed to:

PennDel Distance Invitational
Attn: Pat Pellegrino, Gators Swim Team
608 East Main Street,
Lansdale, PA 19446

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Each team that has a swimmer entered in a session must provide at least one (1) certified official for the session and two (2) timers. Additional volunteers are welcome and encouraged. Each individual entered in the 1650 or the 1000 is required to provide their own timer and lap counter. **Meet Volunteers are encouraged to sign up prior to the entry deadline.**

SIGN-UP PROCEDURE: Online sign-up link will be available on the PennDel website

ATTIRE: Officials should wear white Oxford or polo shirt and navy long pants, shorts, skorts, skirts, or capris.

Check-in Procedure

COACHES MEETING/SCRATCH MEETING: There will be a coaches meeting at the beginning of each session. Specific meeting times will posted on the PennDel web site at http://www.penndelswimmeets.org/. At least one coach from each team must attend this meeting.

OFFICIALS AND TIMERS MEETING: There will be an officials Meeting followed by a volunteer timers meeting prior to each session. Specific meeting times will be posted on the PennDel web site at http://www.penndelswimmeets.org/

Meet Procedures and Operations

MEET COMMITTEE: The Committee will consist of the Meet Director, PennDel Meet Referee, PennDel Administrative Referee. The Meet Committee will have the final authority on all procedural matters at the Meet.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, PennDel League Rules (SECTION 3 - CHAMPIONSHIPS AND CHAMPIONSHIP ADMINISTRATION). and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of December 1, 2026.

EVENT SEEDING: Events 500 yards and shorter will be seeded slowest to fastest prior to the day of the meet. Events greater than 500 will be seeded fastest to slowest the day of the meet. The Meet Referee/Administrative Referee reserves the right to combine heats and events.

SCRATCH PROCEDURES: An athlete can only be scratched from the meet at the coach/scratch meeting. After the coach/scratch meeting, an athlete is considered entered into the event.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") will be allowed to swim in further individual or relay events with no penalty. A no-show 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. The warm-up assignments and schedule will be available on the PennDel Web site at http://www.penndelswimmeets.org/

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

READY BENCH: There will be a ready bench for all sessions. However, swimmers are still responsible to be at the blocks for the start of their race.

RELAY DECLARATION: Changes in the swimmers must be made 30 minutes prior to the start of the relay event. Last minute changes to the order of swimmers should be given to the head lane timer prior to the start of the heat.

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.

SWIM-OFFS: There will be no Swim-offs in the event of a tie for any places

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on the wall nearest the pool entry door.

PROTEST PROCEDURE: Protests may only be initiated by 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 Meet Referee and the Meet 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. The following Conduct Rules shall apply:

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Deck changes are prohibited.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block anytime that swimmers are present.
- 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.
- Swimmers are requested to wear sandals and towel off before traveling the corridors.
- No Flash Photography at the start of competition races.
- 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming

AWARDS AND RECOGNITION

SCORING: This meet will not be scored

AWARDS: Awards will not be issued for this meet

TIME TRIALS

Time Trials will **not** be held at this event.

SPECTATORS

ADMISSION FEE: Admission is free

HEAT SHEETS/PROGRAMS: Heat Sheets will be posted on Meet Mobile.

CONCESSION STAND: Food and Drinks will be on sale throughout the meet. The Snack Bar will be located in the lobby.

SEAT SAVING POLICY: Due to the limited venue spectator seating, seat saving will not be allowed

HANDICAP SEATING: Accessible seating is available for those spectators with disabilities, special needs, or mobility issues. Please contact the meet director.

LOST AND FOUND: Any items not picked up from the meet will be located in the pool office. Please contact the Meet Director.

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.

LIABILITY LIMITS:

- In granting of the USA-S/MA approval, it is understood and agreed that USA Swimming and Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- By awarding this Championship to the host team, it is understood and agreed that PennDel Swim League 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.

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. This policy will be followed at the meet.

DECK ACCESS: Deck Access will be limited to swimmers, coaches, officials and meet workers. Deck Passes will be issued to gain access to the deck.

DIRECTIONS

Please use 608 East Main Street, Lansdale 19446 in your GPS device to get point-to-point directions to this facility.

PARKING

Swim meet parking will be located in the YMCA lot and the Hillcrest Shopping Center.

ADDITIONAL INFORMATION

All meet spectators and swimmers should enter the facility through the YMCA Main entrance. Swimmers and volunteers will be required to sign a guest waiver.

PPENDIX 1: Order of Events

Session 1 (Limited To 4 hours)

101	Girls 12 & Over 1650 Freestyle
102	Boys 12 & Over 1650 Freestyle
103	Girls 12 & Over 1000 Freestyle
104	Boys 12 & Over 1000 Freestyle

Entries will be taken on a first come first serve until the session timeline is full

Session 2

201 Girls 11 & Over 200 Butterfly
202 Boys 11 & Over 200 Butterfly
203 Girls 11 & Over 200 Backstroke
204 Boys 11 & Over 200 Backstroke
205 Girls 11 & Over 200 Breaststroke
206 Boys 11 & Over 200 Breaststroke
207 Girls 13-Over 400 IM
208 Boys 13-Over 400 IM
209 Girls Open 200 Freestyle Relay
210 Boys Open 200 Freestyle Relay
211 Girls 11-21 400 Freestyle Relay
212 Boys 11-21 400 Freestyle Relay

Entries will be taken on a first come first serve until the session timeline is full

`Session 3

301 Girls 12 & Under 200 Freestyle
302 Boys 12 & Under 200 Freestyle
305 Girls 12-Under 100 Butterfly
306 Boys 12-Under 100 Butterfly
309 Girls 12 & Under 100 Backstroke
310 Boys 12 & Under 100 Backstroke
313 Girls 12-Under 100 Breaststroke
314 Boys 12-Under 100 Breaststroke
315 Girls 10-Under 200 IM
316 Boys 10-Under 200 IM
317 Girls 11-12 100 IM
318 Boys 11-12 100 IM
321 Girls 10 & Under 100 Freestyle
322 Boys 10 & Under 100 Freestyle

Entries will be taken on a first come first serve until the session timeline is full

This is the last page of the Meet Announcement