

2026 NWPA YMCA Sectional Championships

MEET ANNOUNCEMENT

Meet Details

Date: February 21,22, 2026

Location: Carnegie Mellon
University

Entry Deadline: February 15, 2026

Hosted by: Oil City YMCA

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ABOUT THE INVITATIONAL MEET

This meet is a closed, inter-association YMCA Invitational 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.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: 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 Sanctioned Invitational 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

Saturday Distance warmups: 3:00 pm; Meet start 4:00 pm

Sunday morning warm-ups: 7:00 am; Meet start 9:00am.

Sunday afternoon warm-ups: no earlier than 11:00 am, warmups will start 30 minutes following the conclusion of the morning session. There will be 8 lanes available for warmups. Warmups will be assigned sessions and lanes with sprints in all 8 lanes on the Competition side of the pool the last 15 minutes.

Continuous warm-up/warm-down will be available in the non-competition diving well throughout the meet.

INCLEMENT WEATHER/CANCELLATION: Meet will be rescheduled if possible.

LOCATION AND FACILITY

Location: Jared L. Cohon University Center

The swimming and diving pool is home to the Carnegie Mellon University varsity swimming and diving teams and serves as a recreational space for the campus community. The pool was constructed in 1996 and is surrounded by floor-to-ceiling windows allowing in natural light. A balcony was added in 2015 which seats up to 200 people.

There is an 8-lane, 25-yard long pool with a separate diving well that has two one-meter and two three-meter diving boards, along with a cool-down area for swimmers.



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CONTACT INFORMATION

Meet Director: Jennifer McClellan, Trisha Dixon

Entry Coordinator: Jennifer McClellan

Meet Referee: Susan Donahue

Administrative Officials: Tracy Lander, Trisha Dixon

Officials Coordinator: Jean MacHokas

Safety Director:

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.

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 be not older than twenty-one (21) years of age on the first day of the Meet.

YMCA Meet Participation: The meet is open to all YMCA swimmers who have competed in a minimum of three closed YMCA meets during the current season. There are qualifying times for this meet. All swimmers MUST be full-privilege members of their YMCA and must have represented only their YMCA in competition (high-school excepted) for a period of 90 days prior to the start of the meet. Swimmers' age is as of December 1, 2024. Swimmers who are 21 and under and have not represented a post-high school institution in closed or open competition are eligible to participate.

Times: NWPA YMCA Sectional Swimming Championship is a time standard qualifying meet. Only swimmers who have swum the qualifying times have the honor of swimming in this championship meet. Your cooperation in



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submitting only those swimmers who have qualified will assure the importance of the achievement and the honor earned by the swimmers qualifying to represent their YMCA at this meet. Proof of time must be presented if an entry time is challenged.

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.

COACHES

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content), Principles of YMCA Competitive Swimming and Diving, and Child Protection Training. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. 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.

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.



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ENTRY INFORMATION

ENTRY LIMITS: Swimmers are restricted to a maximum of four (4) events (max 3 individual events). For distance events: each team will be allowed 2 swimmers per age group per the 1000 and 1650.

QUALIFICATION PERIOD: The qualification period is September 1, 2025 through the entry deadline.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 2.

TIMES: Proof of time must be presented if an entry time is challenged.

ENTRY FEES: \$10.00/individual event, \$40/relay.

ENTRY DEADLINE: Entry deadline is ***Midnight on Saturday, February 14, 2026***, NO EXCEPTIONS. No additional swimmers or events can be added after the deadline.

ENTRY PROCEDURE: Electronic entries shall be submitted using Hy-Tek software. *Entry submission must include signed Meet Declaration.* Signed declaration can be submitted as a scanned document or picture of the signed document. Electronic entries shall be emailed with "TEAMNAME 2026 Championship Entries" in the subject line to: jenkissell@yahoo.com.

PAYMENT: Please send ONE CHECK ONLY for the total amount of your team entries; we will not accept a collection of individual checks from your team members. NO REFUNDS will be provided. Checks shall be payable to "Oil City YMCA" with "TEAMNAME 2026 Championships" in the memo. Checks may be mailed or presented at the morning scratch meeting. Mailed payments can be sent to:

Oil City YMCA

ATTN: Jennifer McClellan

7 Petroleum St

Oil City, Pa 16301



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VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Volunteer timers and officials are needed from all participating teams.

SIGN-UP PROCEDURE: All volunteers will be required to check-in at the meet check-in table. Wrist bands will be provided. Volunteers and officials must register prior to the meet using the link that will be provided.

ATTIRE: Shorts/appropriate pants for timers. Officials shall wear their own official shirts/uniforms which will clearly identify them as officials.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: All coaches and athletes must check in at registration table before entering the pool deck.

COACHES MEETING/SCRATCH MEETING: Coaches meeting time will be announced prior to meet.

OFFICIALS AND TIMERS MEETING: Officials and timers shall check in at registration desk and with head official prior to start of meet. Times will be announced prior to meet.

MEET PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director, Meet Referee. Any questions that may arise and are unanswered by the meet referee may be referred to the Championship Committee.

RULES: The current USA Swimming technical rules, YMCA Rules that Govern Competitive Sports, and the NWPA Swim League Rules & Regulations shall apply. Where there is any conflict, the YMCA Rules that Govern Competitive Sports shall supersede.

MEET FORMAT: The meet will be swum using a pre-seeded format with timed finals. Swimmer's age will be determined as of December 1, 2025. Swimmers who are 21 and under and have not represented a post-high school institution in closed or open competition are eligible to participate.

EVENT SEEDING: Events will be seeded slowest to fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless



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he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

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

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Official or Referee prior to the next scheduled event for the athlete.

WARM-UP AND SAFETY PROCEDURES: Saturday Distance warm-ups: 3:00 pm; Meet Starts 4:00 pm. Sunday morning warm-ups: 7:00am; Meet start 9:00am. Sunday afternoon warm-ups: no earlier than 11:00 am, warmups will start 30 minutes following the conclusion of the morning session. There will be 8 lanes available for warmups. Warmup session and lanes will be assigned.

Continuous warm-up/warm-down will be available in the non-competition diving well throughout the meet.

No diving will be permitted during warm-ups except limited diving from the starting block end in announced sprint lanes. When diving is permitted, the swimmer must enter from the starting block end and exit the opposite end of the pool. All entries must be feet-first other than the above mentioned.

The referee may remove anyone from the warm-up pool for failure to comply with the warm-up rules.

Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up sessions. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. This policy will be strictly enforced.

NO SPECTATORS WILL BE PERMITTED ON THE POOL DECK

CLERK OF COURSE: Event staging will be provided in both sessions.

SATURDAY/DISTANCE SESSION: 1000= 2 swimmers per division per team, 1650=1 swimmer per division per team. All other events do not have entry limits. Team is responsible for timers and lap counters.

RESULTS: Any results displayed on the scoreboard are unofficial until final results



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are published. Results will be posted and emailed to all teams

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 Meet 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, working officials, and registered volunteers.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, 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 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: Scoring will be as follows:

Individual events: 16-13-12-11-10-9-7-5-4-3-2-1



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Relays: 32-26-24-22-20-18-14-10-8-6-4-2

AWARDS: Medals to be awarded to the swimmers who finish in the top six (6) in each event.

Ribbons to be awarded for places 7-12 in each event.

Team awards will be given to the 1st, 2nd and 3rd place winners in each age group and gender. The traveling trophy will be awarded to the team with the most overall combined points.

SPECTATORS

ADMISSION FEE: \$5.00 for the weekend; \$3.00 for Seniors; Kids under 2 Free

MEET PROGRAMS: \$10 per program

CONCESSION STAND: FULL CONCESSIONS SUNDAY ONLY.

MEET SWAG: PRE-ORDERS DUE 1/31/25, WILL ALSO PRINT ONSITE SUNDAY

SEAT SAVING POLICY: Not permitted

HANDICAP SEATING: Available

LOST AND FOUND: Is available but Oil City YMCA, Carnegie Mellon University, and the NWPAYSL are not responsible for lost items. Unclaimed items will be donated.

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.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.



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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. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- 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.



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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.

DRONES: Prohibited

EVACUATION PROCEDURE: Shall be announced by Meet/Safety director and all spectators, participants, coaches and volunteers shall follow instructions.

Address

University Center, 5032 Forbes Ave, Pittsburgh, Pa 15213

LODGING

No on-site lodging available.

PARKING

Paid parking garage

APPENDIX 1: ORDER OF EVENTS

Saturday Distance Session

1	Prep 500 Free	2
3	Junior 1000 Free	4
5	Senior 1000 Free	6
7	Junior 400 IM	8
9	Senior 400 IM	10
11	Junior 1650 Free	12
13	Senior 1650 Free	14



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<u>Sunday Morning Session</u>		<u>Sunday Afternoon Session</u>			
Girls	Event	Boys	Girls	Event	Boys
Event #		Event #	Event #		Event #
15	Novice 100 MR	16	59	Junior 500 free	60
17	Cadet 200 MR	18	61	Senior 500 free	62
19	Novice 100 free	20	63	Prep 200 MR	64
21	Cadet 200 free	22	65	Junior 200 MR	66
23	Novice 25 free	24	67	Senior 200 MR	68
25	Cadet 50 free	26	69	Prep 200 IM	70
27	Novice 25 back	28	71	Junior 200 IM	72
29	Cadet 50 back	30	73	Senior 200 IM	74
31	Novice 25 breast	32	75	Prep 50 free	76
33	Cadet 50 breast	34	77	Junior 50 free	78
35	Cadet 100 fly	36	79	Senior 50 free	80
37	Novice 50 free	38	81	Prep 50 back	82
39	Cadet 100 free	40	83	Junior 100 back	84
41	Cadet 100 back	42	85	Senior 100 back	86
43	Cadet 100 breast	44	87	Prep 50 breast	88
45	Novice 25 fly	46	89	Junior 100 breast	90
47	Cadet 50 fly	48	91	Senior 100 breast	92
49	Novice 100 IM	50	93	Prep 100 fly	94
51	Cadet 100 IM	52	95	Junior 200 fly	96
53	Novice 100 FR	54	97	Senior 200 fly	98
55	Cadet 200 FR	56	99	Prep 100 free	100
57	Cadet 200 IM	58	101	Junior 100 free	102
			103	Senior 100 free	104
			105	Prep 100 back	106
			107	Junior 200 back	108
			109	Senior 200 back	110
			111	Prep 100 breast	112
		113	Junior 200 breast	114	
		115		Senior 200 breast	116
	117	Prep 50 fly		118	
		119		Junior 100 fly	120
		121		Senior 100 fly	122
	123	Prep 200 free		124	
		125		Junior 200 free	126
		127		Senior 200 free	128
		129		Prep 200 FR	130
	131	Junior 200 FR		132	
		133		Senior 400 FR	134



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APPENDIX 2: QUALIFYING TIMES

<u>Event</u>	<u>8 & Under</u>		<u>Event</u>	<u>9-10</u>		<u>Event</u>	<u>11-12</u>	
	<u>Girls</u>	<u>Boys</u>		<u>Girls</u>	<u>Boys</u>		<u>Girls</u>	<u>Boys</u>
100 MR	2:10.00	2:30.00	200 MR	4:00.00	3:45.00	200 MR	3:30.00	4:00.00
			200 free	3:30.00	3:45.00	200 free	4:00.00	4:00.00
25 free	1:00.00	1:20.00	50 free	1:15.00	1:20.00	50 free	1:00.00	1:10.00
25 back	1:00.00	1:10.00	50 back	1:15.00	1:30.00	50 back	1:10.00	1:45.00
25 breast	1:00.00	1:10.00	50 breast	1:20.00	1:20.00	50 breast	1:10.00	1:10.00
			100 fly	2:30.00	2:30.00	100 fly	2:10.00	2:20.00
50 free	1:25.00	1:20.00	100 free	2:30.00	3:30.00	100 free	2:20.00	2:20.00
			100 back	2:45.00	3:00.00	100 back	2:40.00	2:25.00
			100 breast	3:05.00	3:15.00	100 breast	2:40.00	2:45.00
25 fly	1:00.00	1:00.00	50 fly	1:40.00	1:30.00	50 fly	1:15.00	1:15.00
100 IM	2:40.00	2:20.00	100 IM	2:30.00	2:35.00	200 IM	3:45.00	4:00.00
100 FR	2:30.00	2:35.00	200 FR	3:50.00	3:55.00	200 FR	3:15.00	3:15.00

<u>Event</u>	<u>13-14</u>		<u>Event</u>	<u>15-21</u>	
	<u>Girls</u>	<u>Boys</u>		<u>Girls</u>	<u>Boys</u>
200 MR	3:10.00	2:45.00	200 MR	3:00.00	2:25.00
200 free	3:45.00	3:25.00	200 free	3:15.00	3:00.00
50 free	1:20.00	1:05.00	50 free	1:15.00	1:05.00
100 back	2:25.00	2:00.00	100 back	2:10.00	2:00.00
100 breast	2:20.00	2:30.00	100 breast	2:20.00	1:55.00
200 fly	3:30.00	4:20.00	200 fly	3:30.00	4:00.00
100 free	2:05.00	2:05.00	100 free	2:25.00	1:45.00
200 back	4:00.00	4:00.00	200 back	3:45.00	3:45.00
200 breast	4:25.00	4:15.00	200 breast	4:15.00	4:00.00
100 fly	2:10.00	2:20.00	100 fly	2:20.00	1:50.00
200 IM	4:00.00	3:50.00	200 IM	3:40.00	3:15.00
200 FR	2:30.00	2:30.00	400 FR	5:50.00	5:00.00
400 IM	7:30.00	6:10.00	400 IM	7:00.00	6:20.00
500 free	8:05.00	8:05.00	500 free	8:00.00	7:30.00

This is the last page of the Meet Announcement