

## USA Swimming

Our team participates in Maine Swimming, which is the state's **Local Swim Committee (LSC)** of United States of America Swimming. Participation in USA meets is optional.

USA and YMCA swim practices are one in the same. There is no additional practice time. There are additional meets. On average there are 3-5 USA winter season meets from which to choose and 2-4 USA summer meets. USA meets are typically offered on Sundays. Two winter season USA meets are more than one day long.

USA Swimmers compete in age classes: 8 & under, 9-10, 11-12, 13-14, and 15 & over. For USA swimming, a swimmer's age is determined by their age on the day of the meet (or if it is a multiple day meet, on the first day of the meet).

For Gold & Gold Plus Swimmers: **The Bowdoin Open**, usually held at Bowdoin College, is a three-day event. And **USA Winter Championships**, which is the culmination of the winter season, runs four days and is held at either Bowdoin College or UMO, in March. Both events draw the top swimmers in Maine and provide a wonderful opportunity for swimmers to achieve their best times of the year. Bangor/Orono hotels and motels fill up completely each March, it is recommended you make reservations as early as possible.

There is an additional fee to join USA swimming. This is a worthwhile investment if your youth wants to dedicate additional time to the sport. USA swimming offers many unique opportunities. Swimmers go to more venues, have a wider variety of events to choose from, they select their own events, and USA meets typically allow an individual to swim more events (3-6) than does a Y meet (3).

Listing of USA meets will be on the bulletin board. Sign-ups will be on the board. *You and your swimmer need to be proactive in looking at the board and signing up.* You do not need to participate in all USA meets if you join USA swimming. They are optional.

USA meets typically have an entry fee for each event a swimmer elects to swim at a meet, usually \$2/event. Parent or guardian will make a check out to MMD and then one check for all applicants and their events will be submitted by the Treasurer to the hosting team.

For swimmers who excel, USA swimming offers opportunities beyond the Maine borders. Those who finish in the top 1-2 positions of events at Winter Championships are eligible to swim in the **Eastern Regional Zones** as long as they have participated in at least two USA meets during the season (additional fee required). Zones is a regional USA competition held in late March.