



**LONG COURSE CLASSIC  
TRIALS/FINALS MEET  
HOSTED BY  
WEST SHORE YMCA &  
HERSHEY AQUATIC CLUB  
JUNE 9-12, 2016**



MEET HOST	WEST SHORE YMCA AND HERSHEY AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 16153 A <i>In granting this sanction, 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 this event.</i>		
MEET DIRECTOR	DEREK BOYCE	<b>E-MAIL:</b> mike@wsyswim.org	<b>PHONE:</b> (717) 514-2287
LOCATION	<b>Pool name</b> ARTHUR D. KINNEY NATATORIUM, KENNETH LANGONE ATHLETIC CENTER, BUCKNELL UNIVERSITY, LEWISBURG, PA 17837 <b>Street address</b> MOORE AVENUE, BUCKNELL UNIVERSITY, <b>City, state and zip</b> LEWISBURG, PA 17837 <b>Day of meet ONLY emergency phone</b> (717) 514-2287		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado 6000 timing system with a HD Dactronics line scoreboard and Competitor lane lines and Paragon starting blocks lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 300 and spectator seating for 600. ParkingUnlimited FREE Hospitality YES Snack bar YES		
POOL CERTIFICATION	The competition course <input checked="" type="checkbox"/> has <input type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 14.5 feet and at the turn end is 5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	MARCH 1, 2016		
ENTRY DEADLINE	FRIDAY, MAY 20, 2016 OR WHEN MEET FILLS <b>at 11:59 PM</b>		
ENTRY FEES	Individual Events: <b>\$6.00</b>	Relay Events: <b>\$12.00</b>	Swimmer Surcharge: 5.00
ENTRY LIMITs	3 for 13 and over sessions and 4 events per day for 12 and under swimmers Individual Events per day (excluding relays).	Relays per day	<b>MEET ENTRY LIMIT:</b> 10/13
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <b>as of the first day of the meet</b> determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
ENTRY PROCEDURES	<ul style="list-style-type: none"><li>• The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</li><li>• Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded Last . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted.</li><li>• Entries must be submitted electronically in a format compatible with Hy-Tek meet management software.</li><li>• All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information</li><li>• Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's <a href="#">TM Lite</a> for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found <a href="#">here</a>.</li><li>• <b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by Friday, June 3, 2016 Include <a href="#">Meet Entry Summary</a> with payment.</li></ul>		
MEET ENTRY CHAIR	G. MICHAEL GOBRECHT	<b>PHONE #:</b> 717 514 2287 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MIKE@WSYSWIM.ORG		
MAIL CHECKS/ REPORTS	WEST SHORE YMCA, C/O MICHAEL GOBRECHT, 410 FALLOWFIELD ROAD, CAMP HILL, PA 17011-4900		
CHECKS PAYABLE TO	WEST SHORE YMCA		
SAFETY DIRECTOR	G. MICHAEL GOBRECHT	<b>E-MAIL:</b> mike@wsyswim.org	<b>PHONE:</b> 717 514 2287

<b>OFFICIALS CONTACT</b>	BERT HEWITT	<b>E-MAIL:</b> Mike@wsyswim.org	<b>PHONE:</b> 717 514 2287
<b>MEET REFEREE</b>	BERT HEWITT	<b>E-MAIL:</b> mike@wsyswim.org	<b>PHONE:</b> 717 514 2287
<b>ADMIN REFEREE</b>	MARK GAELSKI	<b>E-MAIL:</b> mike@wsyswim.org	<b>PHONE:</b> 717 514 2287
<b>ADMIN OFFICIALS</b>	TRACY LEE VIRGINIA ROBERTSON	<b>E-MAIL:</b> mike@wsyswim.org	<b>PHONE:</b> 717 514 2287
<b>WEATHER/ EMERGENCY INFORMATION</b>	WILL BE POSTED ON WEB SITE AS WELL AS EMAILED TO ALL TEAMS. WE WILL BE USING A TEXTING UTILITY TO TEST ALL TEAMS AS WELL		

### Session 1

Session 1 – Thursday PM Warm-Up 4pm 5pm Start

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	Senior 1500 Freestyle Alternating Women/Men Fast to Slow This session will be limited to four hours, and swimmers will be cut from the event based on entry time to keep the session within 4 hours	2

### Session 2

Session 2 – Friday AM Warm-Up 6:30am 7:30am Start  
Breaks of 8 minutes will be taken after events 5,6,9,10

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
3	13 and Over 100 Breaststroke	4
5 Qualifying Time 2:35.00 (L)	13 and Over 200 Freestyle	6 Qualifying Time 2:30.00 (L)
7	13 and Over 100 Butterfly	8
9 Qualifying Time 2:55.00 (L)	13 and Over 200 IM	10 Qualifying Time 2:50.00 (L)
	There will be a warm up break prior to the 800	
11	Senior 800 Free This will be limited to 8 heats (4 each gender) Alternating Women/Men Fast to Slow	12

### Session 3

Session 3 – Friday Afternoon Timed Finals Warm-Up 1:30pm 2:30pm Start

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
101	11-12 200 Breaststroke	102
103	9-10 50 Freestyle	104
105	11-12 50 Butterfly	106
107	11-12 200 Backstroke	108
109	9-10 50 Backstroke	110
111	11-12 200 Freestyle	112
113	9-10 200 Freestyle	114
115	11-12 50 Freestyle	116

### Session 5

Session 5 – Saturday AM Warm-Up 6:30am 7:30am Start  
Breaks of 8 minutes will be taken after each boys event

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
13	13 and Over 200 Butterfly	14
15	13 and Over 50 Freestyle	16
17	13 and Over 100 Backstroke	18
	There will be a warm up break prior to the 400 IM	
19 Qualifying Time 6:00.00 (L)	13 and Over 400 IM This event will be "Heat Limited" based on the number we receive under the qualifying time. This event is Timed Finals. There will be an A, B and C, pre-seeded final in the evening session. The swimmers with the top 16 meet entry times will automatically move to the A and B Finals. The next fastest 8 times for swimmers that are 13-14	20 Qualifying Time 5:45.00 (L)

	years old, will swim in the C Final. All other swimmers entered into these events will swim in the morning session Alternating Women/Men Fast to Slow	
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### Session 6

Saturday Afternoon Timed Finals Warm-Up 1:30pm 2:30pm Start

GIRLS	EVENT	BOYS
117	11-12 100 Freestyle	118
119	9-10 200 IM	120
121	11-12 100 Breaststroke	122
123	9-10 50 Butterfly	124
125	11-12 200 Butterfly	126
127	9-10 100 Breaststroke	128
129	11-12 50 Backstroke	130
	There will be a warm up break prior to the 400 IM	
131	11-12 400 IM Event will be swim slow to fast	132

### Session 8

Sunday AM Warm-Up 6:30am 7:30am Start  
Breaks of 8 minutes will be taken after each boys event

GIRLS	EVENT	BOYS
21	13 and Over 100 Freestyle	22
23	13 and Over 200 Breaststroke	24
25	13 and Over 200 Backstroke	26
	There will be a warm up break prior to the 400	
27 Qualifying Time 5:30.00 (L)	13 and Over 400 Freestyle This event will be "Heat Limited" based on the number we receive under the qualifying time. This event is Timed Finals. There will be an A, B and C, pre-seeded final in the evening session. The swimmers with the top 16 meet entry times will automatically move to the A and B Finals. The next fastest 8 times for swimmers that are 13-14 years old, will swim in the C Final. All other swimmers entered into these events will swim in the morning session Alternating Women/Men Fast to Slow	28 Qualifying Time 5:30.00 (L)

### Session 9

Sunday Afternoon Timed Finals Warm-Up 1:30pm 2:30pm Start

GIRLS	EVENT	BOYS
133	11-12 100 Backstroke	134
135	9-10 100 Backstroke	136
137	11-12 100 Butterfly	138
139	9-10 100 Butterfly	140
141	11-12 200 IM	142
143	9-10 50 Breaststroke	144
145	11-12 50 Breaststroke	146
147	9-10 100 Freestyle	148
	There will be a warm up break prior to the 400 free	
149	11-12 400 Free This will be limited to 8 heats (4 each gender) Alternating Women/Men Fast to Slow	150

<b>DECK ENTRIES</b>	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$12.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the
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	Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
<b>SEEDING</b>	This meet will be Deck-seeded with the exception of the event(s) noted below.
<b>AWARDS</b>	<p>Hot Heats - We will be awarding "Hot Heat" awards to selected heat winners in the 12 and under sessions</p> <p>IRONMAN</p> <p>This award will be given to one male and one female from the 13-14 age group and one male and one female from the 15 &amp; over age group. In order to win this award, the swimmers must have the highest combined score (FINA system) from their swims in the following events:</p> <p>1500 Freestyle, 800 Freestyle, 400 Freestyle, 400 IM</p> <p>IMX</p> <p>This award will be given to the top male and female in the 9, 10, 11, 12, 13, 14, and 15 &amp; Over over age groups, who have achieved the top IMX scores by competing in all of the following events:</p> <p>9, 10 YO                      200 free, 100 back, 100 breast, 100 fly, 200 IM</p> <p>11, 12 YO                      400 free, 100 back, 100 breast, 100 fly, 200 IM</p> <p>13, 14 YO                      400 free, 200 back, 200 breast, 200 fly, 200 IM, 400 IM</p> <p>15 &amp; over                      400 free, 200 back, 200 breast, 200 fly, 200 IM, 400 IM</p>
<b>SCORING</b>	<p>Morning Sessions – The events will be seeded 13 &amp; over.</p> <p>Finals</p> <p>For events that are 200 meters and shorter, there will be an A, B and C Final for the 13 &amp; over top 24 times from the morning session.</p> <p>There will be a D Final for the next 8 fastest 13-14 year old swimmers.</p> <p>The 13 &amp; over 400 Freestyle and 400 IM events will be Timed Finals. There will be an A, B and C, pre-seeded final in the evening session. The swimmers with the top 16 meet entry times will automatically move to the A and B Finals. The next fastest 8 times for swimmers that are 13-14 years old, will swim in the C Final. All other swimmers entered into these events will swim in the morning session.</p>
<b>PROGRAMS AND ADMISSION</b>	<p>Programs/heat sheets will be sold by <input checked="" type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available.</p> <p>Admission is \$5 per session for Prelim sessions as well as \$5 per session for Finals. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.</p>
<b>MISCELLANEOUS</b>	<p>For meet info, please visit the WSY Swimming web site at: <a href="http://www.wsyswim.org">http://www.wsyswim.org</a></p> <p>Volunteer Timers may be needed for this meet. Volunteers will receive a refund on their admission and a meal ticket.</p> <p>There will be food and drinks available at all sessions for officials and coaches.</p>

SESSION	WARM-UP TIMES	MEET STARTS
Thursday Mile (1)	5pm	5pm
Friday, Saturday, Sunday AM Prelim Sessions	6:30am	7:30am
Friday, Saturday, Sunday PM Timed Finals Sessions	1:30pm	2:30pm

Friday, Saturday, Sunday Finals Sessions	6:30pm	7:15pm
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<b>WARM-UP INFORMATION</b>	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>
<b>DECK PRIVILEGES</b>	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Coaches must present their current USA Swimming registration card and keep it visible on deck at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
<b>RACING START CERTIFICATION</b>	<p>Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. <b>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</b></p>
<b>QUALIFYING TIMES</b>	Qualifying Times (if applicable) are shown on the attached Meet Structure
<b>MEET/DECK REFEREE</b>	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for <b>any</b> issues that arise that day during the course of the meet.
<b>MEET MARSHALS</b>	Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
<b>RULES:</b>	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be STRICTLY enforced.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p><b>No unauthorized personnel will be allowed on the pool deck.</b> Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p>
<b>DISABLED SWIMMERS</b>	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.
<b>PROTESTS</b>	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
<b>PHOTOGRAPHY</b>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b></p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes</p>

	regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
<b>DECK CHANGING</b>	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.
<b>DIRECTIONS</b>	Bucknell University is approximately six (6) miles south from I-80 on Rte 15 in Lewisburg, PA. The main entrance to the University is off Rte 15 approx. 1/3 of a mile south of the intersection of Rte 45 and Rte 15. Once you have entered the University, the football stadium will be on your right. Bear to the left of the chapel. A large Athletic Complex will be on your left. Kinney Natatorium is located towards the middle of this complex, next to pavilion. Directions may be found on the Bucknell website ( <a href="http://www.bucknell.edu">http://www.bucknell.edu</a> ) Please visit the Bucknell website for detail. <a href="http://www.bucknell.edu">http://www.bucknell.edu</a>
<b>ACCOMODATIONS</b>	<p>All Suites Inn 4663 Westbranch Highway (Rt. 15) Lewisburg, Pa.</p> <p>Best Western Country Cupboard Inn 570-523-3211 Rt. 15 North Lewisburg, Pa</p> <p>Country Inn and Suites 134 Walter Dr . Lewisburg, Pa.</p> <p>Days Inn 570-523-1171 Lewisburg, Pa.</p> <p>The Lewisburg Hotel 136 Market St. Lewisburg, Pa.</p>