



THE WSY WINTER INVITATIONAL JANUARY 8-10, 2016 (2.5 DAYS)

MEET HOST	WEST SHORE YMCA		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 1667 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	G. MICHAEL GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: (717) 514-2287
LOCATION	Pool name CUMBERLAND VALLEY HIGH SCHOOL Street address 6746 CARLISLE PIKE City, state and zip MECHANICSBURG, PA 17050 Day of meet ONLY emergency phone (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 8 line scoreboard and Adolph Keiffer Wave Eater lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 500 and spectator seating for Seating at Messiah College is "on the pool deck seating". We have chairs and bleachers for 200 spectators. Messiah College has a separate warm-up and warm-down facility Seating at Cumberland Valley High School is for up to 500 swimmers on deck and spectator balcony seating for up to 375. The balcony seating is LIMITED to 375 and this is a "controlled seating". By order of fire marshal and CV school district, we can NOT allow more than 375 spectators in the spectator gallery at any time. Free parking next to the building. ParkingFree Hospitality Yes Snack bar Yes		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" 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 13 feet and at the turn end is 6 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	SEPTEMBER 1, 2015		
ENTRY DEADLINE	MONDAY, DECEMBER 28, 2015 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	
ENTRY LIMITs	Swimmers are permitted to enter four (4) events per day (Saturday/Sunday) and one (1) event Friday night	Relays per day	MEET ENTRY LIMIT: 9
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to all USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet. Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$130 per swimmer for 2015-2016 registration). This applies to all swimmers attached to a club.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> 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. Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded according to procedures outlined in the USA Swimming Rulebook section 207.11.7B(2) . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Hy-Tek or Team Unify meet management software. 		

	<ul style="list-style-type: none">• 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• Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite 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 here.• FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by Friday, January 8, 2015 (first day of the meet Include Meet Entry Summary with payment.		
MEET ENTRY CHAIR	G. MICHAEL GOBRECHT	PHONE #: (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	MICHAEL GOBRECHT WEST SHORE YMCA 410 FALLOWFIELD ROAD CAMP HILL, PA 17011		
CHECKS PAYABLE TO	WEST SHORE YMCA		
SAFETY DIRECTOR	G. MICHAEL GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: (717) 514-2287
OFFICIALS CONTACT	JUDY QUIGLEY	E-MAIL: mike@wsyswim.org	PHONE: (717) 514-2287

Session 1

Friday Evening - January 8, 2016 at Messiah College

Warm-Up (4:30pm - Meet Start 5:30pm)

GIRLS	EVENT	BOYS
1	11 and Over 400 IM Will be swum fast to slow alternating women/men	2
3	9-10 200 IM Will be swum slow to fast with the womens heats first followed by the mens heats	4
5	9 and over 500 Freestyle Will be swum fast to slow alternating women/men	6

Session 2

Saturday Morning - January 9, 2016 at Cumberland Valley High School

Warm-Up (8am - Meet Start 9am)

GIRLS	EVENT	BOYS
7	Senior 200 Backstroke	8
9	11-12 100 Backstroke	10
11	Senior 100 Breaststroke	12
13	11-12 100 Breaststroke	14
15	Senior 200 Butterfly	16
17	11-12 50 Butterfly	18
19	Senior 100 Freestyle	20
21	11-12 100 Freestyle	22
23	Senior 200 IM	24
25	11-12 200 IM	26

Session 3

Saturday Afternoon - January 9, 2016 at Cumberland Valley High School

Warm-Up (1:30pm - Meet Start 2:30pm)

GIRLS	EVENT	BOYS
27	9-10 100 Butterfly	28
29	13-14 200 Butterfly	30
31	9-10 50 Backstroke	32
33	13-14 100 Backstroke	34
35	9-10 100 Freestyle	36
37	13-14 100 Freestyle	38
39	9-10 50 Breaststroke	40
41	13-14 200 Breaststroke	42
43	9-10 100 IM	44
45	13-14 200 IM	46

Session 4

Sunday Morning - January 10, 2016 at Cumberland Valley High School

Warm-Up (8am - Meet Start 9am)

GIRLS	EVENT	BOYS
47	Senior 200 Freestyle	48
49	11-12 200 Freestyle	50
51	Senior 100 Butterfly	52
53	11-12 100 Butterfly	54
55	Senior 50 Freestyle	56
57	11-12 50 Freestyle	58
59	Senior 100 Backstroke	60
61	11-12 50 Backstroke	62
63	Senior 200 Breaststroke	64
65	11-12 50 Breaststroke	66

Session 5



Sunday Afternoon - January 10, 2016 at Cumberland Valley High School

Warm-Up (1:30pm - Meet Start 2:30pm)

GIRLS	EVENT	BOYS
67	9-10 200 Freestyle	68
69	13-14 200 Freestyle	70
71	9-10 50 Butterfly	72
73	13-14 100 Butterfly	74
75	9-10 100 Backstroke	76
77	13-14 200 Backstroke	78
79	9-10 50 Freestyle	80
81	13-14 50 Freestyle	82
83	9-10 100 Breaststroke	84
85	13-14 100 Breaststroke	86

DECK ENTRIES	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 \$10 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 Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.		
PROOF OF TIMES	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		
SEEDING	This meet will be Deck-seeded with the exception of the event(s) noted below.		
AWARDS	<p>Awards are presented for each event based on the entry time, not on the time swum during the meet. For example, a swimmer entered into an event with an "A" time or above is eligible to receive a "A" award. A swimmer entered into the meet with a "BB" time is eligible to receive a "BB" award. Swimmers entered into the meet with a time below a "BB" or as "no time" will be eligible to receive a "C" award.</p> <p>Deck entered swims are not be eligible for awards. We will not be presenting awards for the Friday evening events.</p> <p>"A" Awards: Medals 1st to 3rd Ribbons 4th to 8th</p> <p>"BB" Awards: Rosettes 1st to 3rd Ribbons 4th to 8th</p> <p>"C" Awards: Double Ribbons 1st to 3rd Ribbons 4th to 8th</p> <p>There will be no awards for Senior/Open</p>		
SCORING			
PROGRAMS AND ADMISSION	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. Admission is\$5. Children under 5 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.		
MISCELLANEOUS	<p>This meet will be entirely Deck seeded. All teams and Unattached swimmers will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned in to the scratch table 45 minutes before the start of the session. The meet will then be seeded and heat sheets will be provided to each team. The 500 frees, as well as 400 IM's will be swum Fastest to Slowest alternating Women and Men. The Friday evening 200 IM will be swum slow to fast, girls then boys</p> <p>Each Team will receive a check-in sheet with all events listed for each session. All check-in sheets must be turned into the computer operator 45 minutes after the start of warm up. Swimmers that are being scratched should have their names circled with “SCR” next to the circle. Swimmers scratching a single event will have a line through the event number with “SCR” next to the line. Please use a simple line, not a scribble, so that the name can still be read. There is no penalty for swimmers that are not scratched and then do not swim their event.</p>		
SESSION		WARM-UP TIMES	MEET STARTS
Friday night at Messiah College		4:30pm	5:20pm
Saturday AM at CV High School		8am	9am
Saturday Afternoon at CV High School		12:30pm	1:30pm
Sunday AM at CV High School		8am	9am
Sunday afternoon at CV High School		12:30pm	1:30pm
		Any adjustments to this time schedule will be posted on WSY and Middle Atlantic Swimming Website	
WARM-UP INFORMATION	<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>		

DECK PRIVILEGES	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. 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.
RACING START CERTIFICATION	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. 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.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	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 any issues that arise that day during the course of the meet.
MEET MARSHALS	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.
RULES:	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. 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. Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/ No unauthorized personnel will be allowed on the pool deck. 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
DISABLED SWIMMERS	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.
PROTESTS	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
PHOTOGRAPHY	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT 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. 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 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.
DECK CHANGING	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.
DIRECTIONS	Messiah College: From PA Turnpike Exit 236 (Gettysburg Pike) Follow US 15 south to the Lisburn Rd. exit. At the light at the bottom of the ramp, turn left onto Lisburn Rd. Follow Lisburn Rd. through the next traffic light and up to the stop sign at the top of the hill. Continue straight on Lisburn Rd. and turn right onto Grantham Rd. at the bottom of the hill. Follow Grantham Rd. straight ahead to the stop sign at the main entrance to the College. At the stop sign, turn right and the Sollenberger Sports Complex will be on your left

	<p>From North I-81 South at Scranton, PA. Follow I-81 South to Harrisburg to I-83. I-83 South will turn into Rt. 581 West. Follow Rt. 581 West to US 15/Gettysburg. Follow US 15 South to Lisburn Rd. exit. Please refer to directions from PA Turnpike.</p> <p>From Interstate 80 East (Poconos) Follow I-80 West to I-81. Follow I-81 South to Harrisburg to I-83. I-83 will turn into Rt. 581 West. Follow Rt. 581 West to US 15/Gettysburg exit. Follow US 15 South to Lisburn Rd. exit. Please refer to directions from PA Turnpike.</p> <p>From Lancaster Follow Rt. 283 West to I-76 (PA Turnpike). Follow I-76 West to Exit 236 (Gettysburg). Follow US 15 South to Lisburn Rd. exit. Please refer to directions from PA Turnpike.</p> <p>From Delaware Memorial Bridge Follow I-295 to I-95 North to Rt. 48. Follow Rt. 48 West to Rt. 41 West to Gap, Pa. Follow US 30 West to Rt. 283. Follow Rt. 283 West to I-76 (PA Turnpike). Follow I-76 to Exit 236 (Gettysburg). Please refer to directions from PA Turnpike.</p> <p>From Philadelphia Follow I-76 West (PA Turnpike) to Exit 236 (Gettysburg). Please refer to directions from PA Turnpike.</p> <p>From Baltimore, MD/York, PA Follow I-83 North to I-76 (PA Turnpike). Follow I-76 West to Exit 236 (Gettysburg). Please refer to directions from PA Turnpike.</p> <p>From Pittsburgh Follow I-76 East (PA Turnpike) to Exit 236 (Gettysburg). Please refer to directions from PA Turnpike.</p> <p>CV High School:</p> <p>FROM THE NORTH & EAST: Route 81 going south – proceed to the Mechanicsburg /route 114 exit (57) - turn left off ramp – continue to route 11 south Carlisle Pike) – turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p>FROM THE WEST & SOUTHWEST: Route 81 going north – proceed to the Mechanicsburg /route 114 exit(57) –turn R.H. at end of ramp– continue to route 11 south (Carlisle Pike) turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p>FROM THE WEST & SOUTHWEST: Route 81 going north – proceed to the Mechanicsburg /route 114 exit(57) –turn R.H. at end of ramp– continue to route 11 south (Carlisle Pike) turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p>FROM THE SOUTH & FROM THE PA TURNPIKE: Route 83 north to the Camp Hill exit – that puts you on route 581 west – continue on 581 until it joins with 81 south – proceed to the Mechanicsburg /route 114 exit(57). Turn left at the end of ramp onto route 114 –continue to route 11 south (Carlisle Pike) turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park.</p>
<p>ACCOMODATIONS</p>	<div data-bbox="381 1409 638 1509">  </div> <p>Homewood Suites by Hilton – Harrisburg West 5001 Ritter Road Mechanicsburg, PA 17055 717.697.4900</p> <div data-bbox="407 1667 745 1816">  </div> <p>Courtyard by Marriott 4291 Gettysburg Road Mechanicsburg, PA 17055 717.766.9006</p>



Hampton Inn Harrisburg West
4950 Ritter Road
Mechanicsburg, PA 17055
717.691.1300