

Long Course Classic Trials/Finals Meet

Hosted by

West Shore YMCA & Hershey Aquatic Club

Held under the sanction of USA Swimming

Middle Atlantic Sanction#: MA _

June 12-15, 2014



LOCATION

Arthur D. Kinney Natatorium, Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837

The meet will be swum in Long Course format.

Days of Meet ONLY, Emergency phone: (570) 577-3679

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.

Senior Events – (Trials / Finals Top 24)

13-14 Events - (Trials / Finals Top 8)

9-10 & 11-12 Events – (Timed Finals)

NOTE: The Meet Director reserves the right to make meet format changes such as moving the "Distance Events" into a separate session. All teams entered will receive proper notification of this change.

FACILITIES

The Arthur D. Kinney Natatorium is an 8-lane, 50-meter pool equipped with Competitor lane lines and Paragon starting blocks. Pool depth at the starting end is 14.5 feet. A Colorado timing system with an 8-lane scoreboard display will be used for this meet. There is a spectator area with seating for 600 persons; the deck holds 300 athletes and there is adequate parking. A snack bar will be available during the meet. The competition course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming. The water depth at the turn end of the pool is 5 feet.

Athlete Drop-Off area: will be at the rear of the Kinney Natatorium near the loading dock. Vehicles will not be able to park in this area after dropping off athletes.

	Spectator Admission: \$5 per person/per session.			
	Team/Athlete/Officials Entrance: will be at the rear of the Kinney Natatorium.			
	Spectator Entrance: Front entrance of the Sojka Pavilion (adjacent to the Natatorium). NO ATHLETES OR MEET PERSONNEL PLEASE.			
	Parking : Is available on campus in any legal parking spot. Illegally parked cars will be towed. There is a large parking lot located behind the football stadium.			
	NO FOOD ON DECK: The facility does not allow food or drink on the pool deck or in the locker rooms. Swimmers bringing food or drink on deck or into the locker rooms will be removed from the facility. Food can be eaten in the lobby or up in the concourse.			
	Deck Changing - Except where 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.			
MEET DIRECTOR	G. Michael Gobrecht – mike@wsyswim.org 717 514-2287			
SAFETY DIRECTOR	G. Michael Gobrecht: mike@wsyswim.org			
MEET OFFICIALS	Meet Referee – Bert Hewitt			
	All USA certified Officials are welcome and encouraged and welcomed to assist at the meet. Officials may contact Mike Gobrecht at mike@wsyswim.org Officials' uniforms will be white collared shirts over dark blue trousers, slacks, skirt or dress shorts.			
ELIGIBILITY	This meet is open to all USA Swimming registered swimmers. Swimmer's age is as of the first day of the meet. All 12 and under swimmers may participate in a maximum of four (4) events per day, provided they are swimming in the 12 and under sessions. If the 11-12 aged swimmers are swimming in the "Open" category, they would be held to 3/events per day. Senior and 13-14 aged swimmers may swim a total of three (3) events per day.			
ENTRY LIMITATIONS	Meet Director may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format in order to complete sessions within the five (5) hour session limit for 13/overs & four (4) hour limit for 12/unders. Notice will be provided promptly to swimmers and teams concerning modifications to the meet or changes to any entries/events/heats. Entry fees will be refunded to teams/swimmers whose entries have been rejected or who are unable to compete due to limitations. All meet information will be			

	neeted at http://www.vowipemeet.com
	posted at http://www.yswimmeet.com
CHECK IN	Each Team will receive a check-in sheet with all events listed for each session. All check-in sheets must be turned into the scratch table 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.
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 at the cost of \$10 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck entries will be accepted only until 30 minutes prior to the start of each session. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not receive awards. To enter, please see the Meet Director before or during warm-ups. Deck entries must be paid for at the time of entry with cash or check.
SEEDING	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 400 free, 400 IM, 800 free, 1500 free will be swum fastest to slowest alternating women and men. The fastest 8 (checked in) swimmers from the 800 free will swim at finals at night. The 400 free and 400 IM are Trials/Final events. All 1500 swimmers will swim on Thursday evening.
	Entries submitted manually will be assessed a \$15 per swimmer fee in addition to regular event entry fees. Also, any team submitting manual entries for more than five athletes must submit a surcharge of \$25 per athlete.
	Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.
	Entries should be submitted using HY-TEK or Team Unify software format. The entry file may be found on the Middle Atlantic Swimming web site http://www.maswim.org . Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Non

forming times will be seeded last. and copy printout listing each swimmer alphabetically, with each mer's events and entry times, must accompany the entry. If are emailing your entry, please send a word or PDF file from your Tek Team Manager or Team Unify sorted by athlete and event. If the file will be used as your official entry. All emailed entries will entry confirmation of receiving your entry.
mmer's events and entry times, must accompany the entry. If are emailing your entry, please send a word or PDF file from your Tek Team Manager or Team Unify sorted by athlete and event. If file will be used as your official entry. All emailed entries will elive confirmation of receiving your entry.
ompleted Meet Summary MUST accompany each team's entry.
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Per Event plus a \$5 per swimmer surcharge. Teams should done check to cover the cost of all meet entries for their team. checks should be made payable to West Shore YMCA.
entries will be accepted on a first come basis. Meet Entries will be en until the meet reaches capacity. We will NOT take late ries. The host clubs must stay within the five hour per session (4 hours for 12 and under session). Email is the preferred mer for sending in entries. Email entries to: mike@wsyswim.org. entries received by e-mail, an acknowledgement that your entry has been received will be emailed within 24 hours of submission. uld you not receive an acknowledgement of entry within 24 rs, please contact 717-514-2287 by phone or text immediately. It you have received notification of receipt of your entries, please mit your Meet Summary Page with payment in full. Ty Pees can Be Mailed to:
West Shore YMCA C/O Michael Gobrecht 410 Fallowfield Road Camp Hill, PA 17011-4900 FAX (717) 728-3561
per Middle Atlantic rules, a \$15 per swimmer fee will be rged to all entries submitted on paper rather than etronically. An additional \$25 per swimmer fee will be charged by team submitted entries for more than 5 swimmers manually. have information on the final page of this meet entry about a Hyproduct that is FREE (TM-Lite). This product will assist you in appleting your electronic entry.
meet will be conducted according to current USA Swimming s. Middle Atlantic Swimming rules shall also apply. USA MMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP CEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.

Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. YOU MUST PROVIDE EITHER CURRENT USA SWIMMING CREDENTIALS OR WRITTEN PROOF THAT YOU ARE CURRENTLY CERTIFIED BY USA SWIMMING TO BE ON THE POOL DECK. THERE WILL BE ABSOLUTELY NO DECK ACCESS FOR PERSONS NOT CREDENTIALED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.

This meet will be conducted using the whistle command and no-Recall False Start procedures. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 20 second heat interval.

"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.

Any swimmer observed swimming under or through the bulkhead by an official or safety monitor 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.

Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension at the discretion of the Middle Atlantic Swimming Board of Directors.

SCORING & AWARDS

Awards are presented for 12 and under events based on finish time. All 12 and under awards are Rosettes 1st-3rd and Ribbons 4-8th.

Deck entered swims will not be eligible for awards. In the Open 400 Free, 400 IM, 800 Free, and Mile, the 13-14 and Senior age groups will be swum together but will be scored separately.

There will be no awards for Senior/Open. This includes the 400 free, 400 IM, 800 free and mile.

13-14 aged swimmers will receive awards based on the Top 8 finishes at finals other than the 400free, 400 IM, 800 free, and mile.

PROGRAMS & ADMISSION	Admission is \$5 per person per session . Children ages 5 and under will be admitted free of charge. Free admission for that day's session will be given to any persons assisting in the running of the meet as necessary. Heat Sheets are free and will be distributed AFTER coaches return scratch sheets. We will be running Real Time Results at http://www.yswimmeet.com . Results AND HEAT SHEETS will be available using Meet Mobile app
SWIMMERS WITHOUT A COACH/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. The racing start certification form may be found at this link: http://wsyswim.org/win1213/hosted_meets/racing_start_Cert.pdf
DECK REGISTRATION	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 (\$120 per swimmer for 2014 registration). This applies to all swimmers attached to a club.
RESULTS	Results will be posted on the Middle Atlantic Swimming web site www.maswim.org as well as the West Shore YMCA web site www.wsyswim.org . We will be running Real Time Results at this meet. THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Referee when a discrepancy occurs. COACHES ONLY should notify the meet referee of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director
	within 24 hours of the meet results being distributed via email. Bucknell University is approximately six (6) miles south from I-80 on
DIRECTIONS	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 (http://www.bucknell.edu)
	Please visit the Bucknell website for detail. http://www.bucknell.edu

ATHLETES WITH DISABILITIES	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."
RECORDING BAN	In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.
ACCOMODATIONS	Where to Stay in Lewisburg
	All Suites Inn 4663 Westbranch Highway (Rt. 15) Lewisburg, Pa. Best Western Country Cupboard Inn 570-523-3211 Rt. 15 North
	Lewisburg, Pa.
	Brookpark Bed and Breakfast Inn 100 Reitz Blvd. Lewisburg, Pa.
	Country Inn and Suites 134 Walter Dr . Lewisburg, Pa.
	Days Inn 570-523-1171 Lewisburg, Pa.
	The Lewisburg Hotel
	136 Market St. Lewisburg, Pa.
	The Pineapple Inn B&B 439 Market St.

Lewisburg, Pa.

WARM-UPS:

Attached is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up will be general warm-up. Sprints will be conducted within each assigned warm-up session as the last five minutes of the session. This schedule can change based on entries received. All clubs will be

	notified by email	notified by email of all changes				
FINALS:	Finals) in a Prelir event at Finals wanters the swin intention to scrat of the results of the possible intention announcement of at the Prelims sintention to scrat seeded into the	Any swimmer that qualifies for one of the Finals heats (A, B or C-Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in the meet unless the swimmer has scratched (or indicated their possible intention to scratch) within thirty (30) minutes of the announcement of the results of the Prelims results of that event (and confirmed their possible intention to scratch within thirty minutes of the announcement of the results of that swimmer's last individual event at the Prelims session.) A swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be penalized.				
HOSPITALITY:		There will be food and drinks available at all sessions for officials and coaches.				
TIMERS:	Volunteer Time receive a refund of	_		this meet. Volunteers will meal ticket.		
WEB SITE:	For meet info, ple		WSY Swimn	ning web site at:		
WARM UP AND START TIMES		WARM UP	<u>MEET</u>	<u>NOTES</u>		
START TIMES	Thursday Mile	4pm	5pm	1500 will be "scratch back" fast to slow alternating women/men.		
	FRI / SAT / SUN 13-14 and SR Prelims	13-14 and SR 6:30AM 8:00AM alternating women/men with				
	FRI / SAT / SUN 13-14 and SR Finals	I Free factor heat is 1st event at 11				
	FRI / SAT / SUN 9-10 & 11-12	1:30 PM	2:35 PM	All Events will be "scratch back"/deck seeded – Timed Finals		
Deck Changing	Except where 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.					



	Session 1 -	5pm Sta	rt		
Women's Event #		Event Description			Men's Event #
1	Alternating Women/Men Fast to Slow	Senior 150	0 Freestyle	Alternating Women/Men Fast to Slow	2

	Session 2 -	Friday AM	Warm-Up 6:30am	8am Sta	rt	
Women's		Fvent	Description		Men's	
Event #			. <u> </u>		Event #	
3		13-14 1	00 Breastroke		4	
5		Senior 1	100 Breastroke		6	
7		13-14	200 Freestyle		8	
9		Senior	200 Freestyle		10	
11		13-14	100 Butterfly		12	
13		Senior	100 Butterfly		14	
15		13-	14 200 IM		16	
17		Sen	ior 200 IM		18	
	There will be a 30 minute warm up break prior to the 800					
19	Alternating Women/Men Fast to Slow	This will be	or 800 Free limited to 8 heats (4 ch gender)	Alternating Women/Men Fast to Slow	20	

Session 5 - Saturday AM Warm-Up 6:30am 8am Start				
Women's Event #		Event Description		Men's Event #
21		13-14 400 IM		22
23		Senior 400 IM		24
25		13-14 50 Freestyle		26
27		Senior 50 Freestyle		28
29		13-14 100 Backstroke		30
31		Senior 100 Backstroke		32
	There will be	e a 30 minute warm up break p	rior to the 4	100
33	Alternating Women/Men Fast to Slow	Senior 400 Freestyle This event will be "Heat Limited" based on the number we receive	Alternating Women/Men Fast to Slow	33

	Session 8 – Sunday AM Warm-Up 6:30am 8am Start					
Women's Event #		<u>Event</u>	<u>Description</u>		Men's Event #	
35		13-14	200 Butterfly		36	
37		Senior	200 Butterfly		38	
39		13-14 1	100 Freestyle		40	
41		Senior	100 Freestyle		42	
43		13-14 2	00 Breastroke		44	
45		Senior 2	00 Breastroke		46	
47		13-14 2	00 Backstroke		48	
49		Senior 2	00 Backstroke		50	
	There will be a 30 minute warm up break prior to the 400					
51	Alternating Women/Men Fast to Slow	This event w	400 Freetyle ill be "Heat Limited" number we receive	Alternating Women/Men Fast to Slow	51	

Session	3 – Friday Af	fternoon Timed Finals Warm-Up 1	:30pm 2	:30pm Start
Women's		Event Description		Men's
Event #		Event Description		Event #
101		11-12 200 Breastroke		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	6 - Saturday	Afternoon Timed Finals Warm-Up	1:30pm 2:	30pm Start	
Women's Event #		Event Description		Men's Event #	
117		11-12 100 Freestyle		118	
119		9-10 200 IM		120	
121		11-12 100 Breastroke		122	
123		9-10 50 Butterfly		124	
125		11-12 200 Butterfly		126	
127		9-10 100 Breastroke		128	
129		11-12 50 Backstroke		130	
TI	There will be a 15 minute warm up break prior to the 400 IM				
131	Event will be swim slow to fast	11-12 400 IM	Event will be swim slow to fast	132	

Session 9 – Sunday Afternoon Timed Finals Warm-Up 1:30pm 2:30pm Start						
Women's Event #		Event Description		Men's Event #		
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 Breastroke		144		
145		11-12 50 Breastroke		146		
147		9-10 100 Freestyle 148		148		
There will be a 15 minute warm up break prior to the 400 free						
149	Alternating Women/Men Fast to Slow	11-12 400 Free This will be limited to 8 heats (4 each gender)	Alternating Women/Men Fast to Slow	150		

Any adjustments to this time schedule will be posted on WSY and Middle Atlantic Swimming website



WSY/HAC Long Course Trials/Finals Individual Meet Entry Form* June 12-15, 2014

I EAN	/l:			
COA	CH:			
ADDI	RESS:		_ PHONE:	
EMAI	L ADDRESS:			
FULL	NAME:		AGE:	
BIRT	HDATE:	USA-S REGISTRA	ATION:	
TOTA	AL # ENTRIES:		M/F:	
	EVENT #	EVENT DESCRIPTION	TIME	

^{*} As per Middle Atlantic rule \$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES. (Entries not sent using Hy-Tek or Team Unify software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM –Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on the Hy-Tek website



WSY/HAC Long Course Trials/Finals

Held at Bucknell University

Meet Summary Sheet to be included with entry

Team Name:		Team Code:			
Head Coach:		LSC Code:			
Entry Contact:		Phone#:			
Mailing Address:					
Email Address:					
ENTRY SUMMARY:					
Sv	wimmers Events	Mail To:			
12&Under:		Michael Gobrecht West Shore YMCA			
13&Older:		410 Fallowfield Road			
TOTALS:		Camp Hill, PA 17011			
FEE SUMMARY:					
Total Individual Events:	X \$5.00 =				
Facility Surcharge (per person)	X \$5.00 =				

MAKE CHECKS PAYABLE TO: West Shore YMCA

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I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

TEAM MANAGER Lite

TEAM MANAGER Lite is software designed for a **meet host to distribute to teams** entering the meet so that those teams can send their meet entries to the meet host electronically by disk or over the Internet. **TM Lite** is provided **FREE** to a meet host using **MEET MANAGER** to distribute to the teams entering the meet. The meet host can create TM Lite product CDs to distribute to the participating teams or purchase additional TM Lite CDs from our Sales Office. The participating teams can also download and install TM Lite right from our web site - <u>Click Here</u> to download TM Lite.

TEAM MANAGER Lite is basically **TEAM MANAGER** with the following features enabled:

- * Standard Set-Up and Options Features
- * Enter Teams, Athletes, Relays, Meets and Browsers
- * Specifying Meet Entry Custom Times by Event or by Name
- * Import of Meet Events from a MEET MANAGER Database
- * Export of Meet Entries to send to the meet host by diskette or over the Internet
- * Meet Entry Report

Please note that TM Lite is supported only by email.

Click Here to view the **TM Lite Instructions** in Acrobat format.

