



2014 WSY Valentine Invitational

Hosted by

West Shore YMCA

Held under the sanction of USA Swimming & Middle Atlantic Swimming

Sanction#: MA 1421 A

February 15-16, 2014

This meet is Timed Finals

<p>LOCATION:</p>	<p>Cumberland Valley High School 6746 Carlisle Pike Mechanicsburg, PA 17050</p> <p>Emergency calls the day(s) of the meet: 717-514-2287 <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></p>
<p>FACILITY:</p>	<p>CV High School Natatorium (<i>Saturday/Sunday events</i>)</p> <p>The Saturday and Sunday sessions of this meet will be run in an eight lane competitive pool with adjustable bulkhead, and fully automatic timing. Adjustable bulkhead allows for 25 yard course with a five lane 25 yard warm down area. The starting end has a depth of 13 feet. The facility is equipped with Adolph Keiffer Wave Eater lane lines, Colorado Timing System, Aqua Grip electronic pads, and a ten-line readout scoreboard. Seating for up to 500 swimmers on deck and spectator balcony seating for up to 375. <i>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.</i> Free parking next to the building. Pool Certification – The competition course has not been certified in accordance with 104.2.2C(4) of the USA Swimming Rules & Regulations, Section 202.3.5 A or B (page 57 in the 2013 Rules & Regs). The water depth at the turn end of the pool is 6 feet.</p> <p>Pool Certification – The competition course has not been certified in accordance with 104.2.2C(4) of the USA Swimming Rules & Regulations, Section 202.3.5 A or B (page 57 in the 2013 Rules & Regs).</p>
<p>MEET DIRECTOR:</p> <p>SAFETY DIRECTOR</p>	<p>Michael Gobrecht, (717) 514-2287 Email: mike@wsyswim.org</p> <p>Please direct all questions to the Meet Director</p>
<p>MEET REFEREE</p>	<p>Judy Quigley</p>

ELIGIBILITY:	This meet is open to any swimmer registered in 2014 with USA Swimming. This meet will be run according to current USA Swimming rules and regulations. Swimmer's age on the first day of the meet determines age group for the entire competition.
ENTRY LIMITS:	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 four (4) hour session limit. 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. <i>Swimmers are permitted to enter four (4) events per day.</i>
WARM-UP:	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <p>The warm-ups 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 on the web site prior to the meet and will be made available to coaches at the meet.</p> <p>Sprint/Start lanes will be available at the end of each warm-up session.</p> <p>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 the warm-up rules.</p> <p>Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. Swimmers without a coach who are 12&Under will swim with and be supervised by the host club during warm-up.</p> <p>Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. 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.</p>
SWIMWEAR:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

START TIMES:	Session	Warm Up	Meet Starts
	Saturday Morning <i>at CV High School</i>	7:00AM	8:00 AM
	<i>There will be a 20 minute warm-up session PRIOR to the 13 and over 500 Free</i>		
	Saturday Afternoon <i>at CV High School</i>	2:00pm	3pm
	Sunday Morning <i>at CV High School</i>	8:00am	9:00am
	<i>There will be a 20 minute warm-up session PRIOR to the 13 and over 400 IM</i>		
	Sunday Afternoon <i>at CV High School</i>	2:00pm	3:00pm

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

DECK ENTRIES:	<p>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 \$8 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. Swimmers will not be eligible for awards in deck-entered events.</p>
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HOW TO ENTER AND SEEDING:	<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 1000 free will be swum Fastest to Slowest alternating Women and Men.</p> <p>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 Conforming times will be seeded last.</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <p>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</p> <p>A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the entry. If you are emailing your entry, please send a word file from your software sorted by athlete and event. This file will be used as your official entry. All emailed entries will receive confirmation of receiving your entry.</p> <p>If a HY-TEK, Team Unify or any other software vendor file is not possible use the attached entry form.</p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.</p>
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CHECK IN	<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,</p>
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	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.
ENTRY FEES:	\$4.00 per Individual Event \$8.00 per Deck Entry Please send ONE check per club, made payable to " West Shore YMCA "
SEND TO:	Mail entries to: WSY Swimming c/o Michael Gobrecht 410 Fallowfield Road Camp Hill, PA 17011-4900 mike@wsyswim.org FAX (717) 728-3561
ENTRY DEADLINE:	ALL ENTRIES must be received by Monday, February 3, 2014 at 7pm. No late entries will be accepted
START PROCEDURE:	This Meet will be conducted using the No Recall false start rule. This Meet will also use the whistle command starting procedure. '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.
AWARDS:	Awards are presented for 12 and under swimmers 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 an "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. Deck entered swims are not be eligible for awards. "A" Awards: Medals 1 st to 3 rd Ribbons 4 th to 8 th "BB" Awards: Rosettes 1 st to 3 rd Ribbons 4 th to 8 th "C" Awards: Double Ribbons 1 st to 3 rd Ribbons 4 th to 8 th <i>There will be no awards for 13 and over events.</i>
ADMISSION:	Admission is \$5 per person per session. (children under 12 are free). <u>Heat Sheets are free</u> and will be distributed AFTER coaches return scratch sheets
SAFETY:	Current USA Swimming Safety Rules will be in effect and will be strictly enforced.
DECK ACCESS:	By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.
HOSPITALITY:	There will be food and drinks available in the Eagle Lobby for officials and coaches. Bottled water will be available on the pool deck for Officials and Coaches

TIMERS:	Volunteer Timers may be needed for this meet. Volunteers will receive a refund on their admission and a meal ticket for the concession area.
SPECTATORS:	Balcony seating at Cumberland Valley is available for up to 375 spectators. <i>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.</i> We also have a large concession area in the lobby with plenty of seating
PARKING:	Free parking is available next to the building
WEB SITE:	For meet information and meet results, please visit the WSY Swimming web site at: http://www.wsyswim.org We will be using MeetMobile from ACTIVE NETWORK app as well as the Live Results meet app during this meet. You will be able to access psych sheets, heat sheets and results quickly. Since Active Network requires that this service be charged, we are charging a price. The price is \$2.99 for the entire meet. You pay one time, not each day
MANUALLY SUBMITTED ENTRIES	As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitted entries for more than 5 swimmers manually. We have information on the final page of this meet entry about a HY-Tek product that is FREE (TM-Lite). This product will assist you in completing your electronic entry.
SWIMMERS WITHOUT A COACH	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.
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 <i>double the normal</i> fee (\$120 per swimmer for 2013-2014 registration). This applies to all swimmers attached to a club.
SWIMMERS 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
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.
RECORDING BAN	The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

HOTELS:



**4291 Gettysburg Road
Harrisburg, PA 17055
717.766.9006**



**1 Hampton Court
Carlisle, PA 17013
717.610.9050**



**Hampton Inn
1164 Harrisburg Pike
Carlisle, PA
(717) 240-0200**

**DIRECTIONS
TO
CUMBERLAND
VALLEY HIGH
SCHOOL**

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.

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.

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.

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.

SATURDAY MORNING Session #1
Saturday Morning – February 15, 2014
at CV High School
(Warm-up 7:00am - Start 8:00am)

<u>Girls Events</u>		<u>Boys Events</u>	
1	13 and Over 200 Fly	2	
3	13 and Over 100 Free	4	
5	13 and over 200 Breaststroke	6	
7	13 and over 100 Backstroke	8	
9	13 and over 200 IM	10	

SATURDAY MORNING Session #4
Sunday Morning – February 16, 2014
at CV High School
(Warm-up 8:00am - Start 9:00am)

<u>Girls Events</u>		<u>Boys Events</u>	
37	13 and over 200 Freestyle	38	
39	13 and over 100 Breaststroke	40	
41	13 and Over 200 Backstroke	42	
43	13 and Over 100 Butterfly	44	
45	13 and Over 50 freestyle	46	

20 Minute Warm-Up Break

11	13 and over 500 Free	12	
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Event will be swum Fast to Slow alternating women/men

20 Minute Warm-Up Break

47	13 and over 400 IM	48	
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Event will be swum Fast to Slow alternating women/men

SATURDAY AFTERNOON Session #3
Saturday Afternoon – February 15, 2014
at CV High School
(Warm-up 2pm - Start 3pm)

<u>Girls Events</u>		<u>Boys Events</u>	
13	9-10 100 Free	14	
15	11-12 50 Free	16	
17	9-10 50 Backstroke	18	
19	11-12 100 Backstroke	20	
21	9-10 100 Breaststroke	22	
23	11-12 200 Breaststroke	24	
25	11-12 50 Breaststroke	26	
27	9-10 100 Butterfly	28	
29	11-12 200 Butterfly	30	
31	11-12 50 Butterfly	32	
33	9-10 100 IM	34	
35	11-12 200 IM	36	

SUNDAY AFTERNOON Session #5
Sunday Afternoon – February 16, 2014
at CV High School
(Warm-up 2:00pm - Start 3pm)

<u>Girls Events</u>		<u>Boys Events</u>	
49	9-10 50 Freestyle	50	
51	11-12 100 Freestyle	52	
53	9-10 100 Backstroke	54	
55	11-12 50 Backstroke	56	
57	11-12 200 Backstroke	58	
59	9-10 50 Breaststroke	60	
61	11-12 100 Breaststroke	62	
63	9-10 50 Butterfly	64	
65	11-12 100 Butterfly	66	
67	9-10 200 IM	68	
69	11-12 100 IM	70	

Swimmers are permitted to enter four (4) events per day

2014 WSY Valentine Invite

hosted by West Shore YMCA

Meet Summary Sheet to be included with entry

Team Name: _____ Team Code: _____

Head Coach: _____ LSC Code: _____

Entry Contact: _____ Phone#: _____

Mailing Address: _____

Email Address: _____

CHECK THIS BOX IF ENTRY WAS E-MAILED

ENTRY SUMMARY:

	Swimmers	Events
12&Under:		
13&Older:		
TOTALS:		

Mail To:
Michael Gobrecht
 West Shore YMCA
 410 Fallowfield Road
 Camp Hill, PA 17011

FEE SUMMARY:

Total Individual Events:		X \$4.00 =	
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TOTAL DUE:



I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

 Signature of head coach or authorized team representative

WSY Swimming

STANDARD ENTRY FORM FOR INDIVIDUAL EVENTS AND RELAYS \$4.00 PER INDIVIDUAL EVENT

USE A SEPARATE SHEET FOR EACH AGE-GROUP & SEX.

USE A SEPARATE SHEET FOR RELAYS.

MEET:

EVENT

NR:

NAME:

QT:

TEAM:

TEAM INITIALS:

DATES:

AGE GROUP:

LAST,	NAME		Age	USS #	Event Number	Seed Time																
	First,	MI																				

PLEASE TALLY IN EACH DIRECTION:

ATTEST THAT THE ATHLETES LISTED ABOVE ARE PROPERLY REGISTERED WITH UNITED STATES SWIMMING ANT THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED. IF YOU HAVE ANY QUESTIONS REGARDING THESE ENTRIES, PLEASE CONTACT THE MEET DIRECTOR DIRECTLY.

TOTAL ENTRIES THIS PAGE _____ X _____ =\$ _____

ENTRIES WILL NOT BE PROCESSED WITHOUT THIS INFORMATION

TEAM REPRESENTITIVE'S NAME	SIGNATURE	TEAM REPRESENTITIVE'S ADDRESS	PHONE

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 - [Click Here](#) 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.

Click on **User Guide** or **Getting Started** next to the Product Name to Download and Save the zipped Acrobat PDF file to your hard drive. Then unzip the downloaded zip file and Open it with Acrobat Reader to view the User Guide or Getting Started Booklet.

Click on **Lite** or **Demo** next to the Product Name to Download and Save the file to your Desktop. Then Open the Lite/Demo file from your Desktop to install the Lite/Demo software.

Note: It typically takes less than a minute to download an Update or User Guide file using a broadband connection and about 3-5 minutes to download the Lite/Demo software.

Swimming

- **TEAM MANAGER:** Please Note that the TM 5.0 FREE Service Pack is not available for TM 2.1, TM 3.0, or TM 4.0 Customers. [Click Here](#) for information about upgrading to TM 5.0.
- **MEET MANAGER:** Please Note that the MM 2.0 FREE Service Pack is not available for MM 1.4 Customers. [Click Here](#) for information about upgrading to MM 2.0.

TEAM MANAGER 5.0	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
Sports BUSINESS MANAGER 5.1	Update	User Guide	Getting Started	Demo
Personal SWIM MANAGER 2.1	Update	User Guide	N/A	Demo
TM 4.0Sm - Not supported by HY-TEK	Update	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	Update	N/A	N/A	N/A

Track and Field

- **TEAM MANAGER:** Please Note that the Track TM 2.0 FREE Service Pack is not available for Track TM 1.2 Customers. [Click Here](#) for information about upgrading to the Track TM 2.0 CD.
- **MEET MANAGER:** Please Note that the Track MM 2.0 FREE Service Pack is not available for Track MM 1.2 Customers. [Click Here](#) for information about upgrading to the Track MM 2.0 CD.

