



The WSY Winter Invite

Hosted by

West Shore YMCA

Held under the sanction of USA Swimming & Middle Atlantic Swimming

Sanction#: MA 1419 A

January 10-12, 2014

This meet is Timed Finals

<p>LOCATION:</p>	<p>Cumberland Valley High School <i>(Saturday/Sunday events)</i> 6746 Carlisle Pike Mechanicsburg, PA 17050</p> <p>Messiah College <i>(Friday events)</i> Sollenberger Sports Complex 1 College Avenue Grantham, PA 17027</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. <u>Pool Certification</u> – 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>Fredricksen Natatorium <i>(Friday events)</i></p> <p>Housed within the Sollenberger Center includes an 8-lane, (6' depth at the start end and 5' depth at the turn end), 25-yard indoor swimming pool, along with a separate diving well for warm-up/warm-down. Temporary bleacher seating for 300; large deck area for swimmers, coaches and officials. Colorado 6000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 5.0 software. There will be no concession area at this facility. <u>Pool Certification</u> – 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>

MEET DIRECTOR:	<p>Michael Gobrecht, (717) 514-2287 Email: mike@wsyswim.org</p> <p>Please direct all questions to the Meet Director.</p>
MEET REFEREE:	<p>Judy Quigley</p>
SAFETY DIRECTOR:	<p>Michael Gobrecht (717) 514-2287</p>
ELIGIBILITY:	<p>This meet is open to any swimmer registered in 2013 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.</p>
ENTRY LIMITS:	<p>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. Swimmers are permitted to enter four (4) events per day (Saturday/Sunday) and one (1) event Friday night</p>
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:	<p>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.</p>

START TIMES:	Session	Warm Up	Meet Starts
	Friday night at <i>Messiah College</i>	4:30pm	5:20pm
	Saturday Morning <i>at CV High School</i>	8:00AM	9:00 AM
	Saturday Afternoon <i>at CV High School</i>	1:20pm	2:20pm
	Sunday Morning <i>at CV High School</i>	8:00am	9:00am
	Sunday Afternoon <i>at CV High School</i>	1:20pm	2:20pm

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

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 \$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.**

HOW TO ENTER AND 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 500 frees, as well as 1000 free will be swum Fastest to Slowest alternating Women and Men.

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.

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>

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.

If a HY-TEK, Team Unify or any other software vendor file is not possible use the attached entry form.

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.

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 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.
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, January 30, 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 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. On Friday evening, 9-10 200 IM will be awarded. The 11 and over 400 IM and 500 free will be swum together but will be awarded separately. The 15 and over swimmers in these two events will not receive 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 Senior events.</i>
ADMISSION:	Admission is \$5 per person per session on Saturday and Sunday. There is NO ADMISSION charge on Friday evening. (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 on Saturday and Sunday for officials and coaches. Bottled water will be available on the pool deck for the Friday night session at Messiah College
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 double the normal 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.

DIRECTIONS TO 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

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.

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.

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.

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.

From Philadelphia

Follow I-76 West (PA Turnpike) to Exit 236 (Gettysburg). Please refer to directions from PA Turnpike.

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.

From Pittsburgh

Follow I-76 East (PA Turnpike) to Exit 236 (Gettysburg). Please refer to directions from PA Turnpike.

SESSION #1
Friday Evening – January 10, 2014 at Messiah College
(Warm-up 4:30pm - Start 5:20pm)

GIRLS	EVENT	BOYS
1	11 and Over 400 IM <i>Will be swum fast to slow alternating women/men</i>	2
3	9-10 200 IM <i>Will be swum slow to fast girls heats first and then boys heats</i>	4
5	11 and Over 500 Free <i>Will be swum fast to slow alternating women/men</i>	6

SATURDAY MORNING Session #2
Saturday Morning – January 11, 2014
at CV High School
(Warm-up 8:00am - Start 9:00am)

Girls Events		Boys Events
7	Senior 200 Backstroke	8
9	11-12 100 Backstroke	10
11	Senior 100 Breastroke	12
13	11-12 100 Breastroke	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

SUNDAY MORNING Session #4
Sunday Morning – January 12, 2014
at CV High School
(Warm-up 8:00am - Start 9:00am)

Girls Events		Boys Events
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 Breastroke	64
65	11-12 50 Breastroke	66

SATURDAY AFTERNOON Session #3
Saturday Afternoon – January 11, 2014
at CV High School
(Warm-up 1:30pm - Start 2:20pm)

Girls Events		Boys Events
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 Breastroke	40
41	13-14 200 Breastroke	42
43	9-10 100 IM	44
45	13-14 200 IM	46

SUNDAY AFTERNOON Session #5
Sunday Afternoon – January 12, 2014
at CV High School
(Warm-up 1:30pm - Start 2:20pm)

Girls Events		Boys Events
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 Breastroke	84
85	13-14 100 Breastroke	86

2014 WSY Winter 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: _____

TEAM: _____

TEAM INITIALS: _____

DATES: _____

AGE GROUP: _____

EVENT NR:
NAME:
QT:

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
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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.