

Invitation to the Annual WSY Last Chance Qualifying Meet

Saturday, February 24, 2007
at the Northern York High School Natatorium
Dillsburg, PA

Purpose: To provide swimmers one last opportunity to qualify for the YMCA Eastern District meet March 10-11, 2007

Facilities: The new Northern York High School Natatorium has a six (6) lane 25 yard pool with a fully automatic Colorado 5 timing system with display board. Pool depth at the starting end is 13 feet. We will be using Hy-Tek meet management software. Adequate deck space is available for all swimmers. Spectator seating is available for 250 spectators. Photos of the pool may be found on our web site.

Entries: This meet is open to all swimmers that are members with the clubs/YMCA's invited. Each swimmer may swim a maximum of five (5) individual events. The swimmers age will be determined as of December 1, 2006. All entries should be submitted on disk using the Hy-Tek Team Manager software. The file containing the events for this meet may be downloaded from our web site www.wsyswim.org. Entries may be faxed or e-mailed, however hard copy and payment must follow within three (3) days.

Closing Date: Entries must be received no later than Wednesday, February 21, 2007. Entries will be taken on a first come-first serve basis until we reach our time line.

Entry Fees: \$3.00 per individual event. (*NOTE: If you will NOT be entering using the Hy-Tek software, the entry fee is \$4.00 per individual event*). Please send one (1) check for the total amount of your team entry. Make all checks payable to **West Shore YMCA**.

Entry packages, and payment should be sent to:

WSY Swimming
C/o Michael Gobrecht
410 Fallowfield Road
Camp Hill, PA 17011-4900
FAX (717) 728-3561
E-Mail: Mike@wsyswim.org
Phone: (717) 514-2287

All entries are due: Wednesday, February 21, 2007 at 7pm.

Meet Admission: Admission is \$3.00, which includes meet heat sheets.

Meet Rules: The WSY Annual Last Chance Qualifying Meet is governed by the current 2007 USA Swimming Technical Rules. All events will be timed finals. There will be no false start. There will be a coaches meeting prior to the start of the session. It will be the coaches responsibility to get their swimmers to the blocks prior to the start of each event.

Meet Time Line:

12:30-1:30pm Pool Open for Warm-up
(NOTE: *We will split the warm-up into two (2) sessions. Warm-Up times will be e-mailed to everyone*)

1:40pm Meet Begins

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Safety Notice – There will be **NO DIVING** from the shallow end (non-block end) at any time during warm-ups or during the meet. There will be **NO DIVING** from the starting blocks and no backstroke starts during the warm-up session, with this exception: Limited diving and backstroke starts from the starting blocks in sprint lanes will be permitted, BUT only when announced. These rules follow National YMCA Warm-Up Safety procedures.

Timers – Each team is requested to supply the name of one (1) timer. Thank you in advance for your help.

Meet Announcements - All pre-meet announcements including warm-up times/lanes, teams participating, meet psych sheets, and other pre-meet information may be found on our web site. www.wsyswim.org. All results, and coaches download files will be posted on our web site immediately following the meet. **We will NOT mail printed results.**

Concession Area – We will have a concession area with an assortment of items available during the entire meet.

Notes to coaches about District Entry Deadline - The entry deadline for the Eastern District meet at La Salle is Wednesday, February 28, 2007. You will have only three days after the WSY Last Chance meet to submit your entries.



Directions From the Pennsylvania Turnpike, take Exit #236

Get off exit #236 Take Route 15 south towards Gettysburg and go approximately 6 miles. At the fourth traffic light (land marks PNC Bank and Wendy's Restaurant) make a left on to Route 74. Stay on Route 74 through the town of Dillsburg . The high school is located on your left approximately 1 mile from the center of Dillsburg.

From Harrisburg/Hershey Area:

Travel 322w which will turn into 83S Travel Exit Route 11/15 South Exit. Stay on 15S for 10 miles. At the fourth traffic light, turn left onto 74S (Landmarks: PNC Bank and Wendy's). The high school is located on your left approximately 1 mile from the center of Dillsburg.

From North on Interstate 81:

Get off 81 at the exit for 581s. This is a left hand exit. Once on 581, get off the exit for Route 15s going towards Gettysburg. Stay on Route 15 for at 10 miles. At the fourth traffic light on Route 15, turn left onto Route 74s. (Landmarks: PNC Bank and Wendy's). The high school is located on the left approximately 1 mile from the center of Dillsburg

From the York Area:

Take Route 30 east or west to Route 74N Take Route 74N for approximately 16 miles. The high school will be on your right. The first traffic light is for the middle school and the second traffic light is for the high school.



Over 30 Years of Competitive Swimming
in Central Pennsylvania

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List of events

<u>Boys</u>	<u>Name of event</u>	<u>Girls</u>
1	Senior 100 Free	2
3	13-14 100 Free	4
5	11-12 100 Free	6
7	10 & under 50 Free	8
9	Senior 400 IM	10
11	13 & Over 200 IM	12
13	11-12 200 IM	14
15	10 & under 100 IM	16
17	Senior 100 FLY	18
19	13-14 100 FLY	20
21	11-12 50 FLY	22
23	10 & Under 50 Fly	24
25	11-12 50 Freestyle	26
27	13-14 50 Freestyle	28
29	Senior 50 Freestyle	30
31	10 & Under 100 Freestyle	32
33	11-12 200 Freestyle	34
35	13 & Over 200 Freestyle	36
37	Senior 500 Freestyle	38
39	10 & Under 50 Backstroke	40
41	11-12 50 Backstroke	42
43	13-14 100 Backstroke	44
45	Senior 100 Backstroke	46
47	10 & Under 50 Breastroke	48
49	11-12 50 Breastroke	50
51	13-14 100 Breastroke	52
53	Senior 100 Breastroke	54

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Entry Check List

To be submitted with your entry

Team Information:

Team Name: _____

Coach: _____

Entry Contact Person: _____

Contact Person Phone: _____

Contact Person e-mail: _____

Coach e-mail: _____

Name of one (1) timer: _____

The name that appears in this area will receive FREE admission on the day of the meet

Number of Swimmers attending: _____

Number of Individual events: _____ X \$3.00 _____

NOTE: If you are NOT entering on disk, please multiply your total number of events entered by \$4.00

Total of your check: _____

Make all checks payable to West Shore YMCA