



THE WSY Fall Invitational A/BB/C Meet

Hosted by

West Shore YMCA

Held under the sanction of USA Swimming &
Middle Atlantic Swimming

Sanction#: MA 1114 A

October 2-3, 2010

LOCATION:	Cumberland Valley High School 6746 Carlisle Pike Mechanicsburg, PA 17050 Emergency calls the day(s) of the meet: 717-514-2287
FACILITY:	CV High School Natatorium 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 400. State of the art environmental and sanitizing systems. State of the art speaker system with under water speakers. Free parking next to the building. The competition course has not been certified in accordance with 104.2.2C(4). The water depth at the turn end of the pool is 5 feet.
MEET DIRECTOR:	Michael Gobrecht , (717) 514-2287 Email: mike@wsyswim.org Please direct all questions to the Meet Director.
MEET Referee:	Judy Quigley
SAFETY DIRECTOR:	Michael Gobrecht (717) 514-2287
ELIGIBILITY:	This meet is open to any swimmer registered in 2010 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:	<p>Swimmers may compete in a maximum of FOUR (4) events per DAY. The 500 free and 1000 free do not count toward this limitation. The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit.</p> <p>If limits become necessary, teams will be notified through their club contact.</p> <p>If limits are imposed, all eliminated swims will receive a full refund.</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>
SCRATCH RULE	<p>Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has positively checked in for that event, must swim the event unless the swimmer notifies the Referee or Clerk of Course prior to the seeding of the event that the swimmer wishes to scratch. Failure to scratch prior to seeding after positively checking-in and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered whether on the same or later meet day. Deck-seeded events normally close for seeding no earlier than thirty (30) minutes before the scheduled start of the event.</p>

START TIMES:	Session	Warm Up	Meet Starts
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	Saturday Morning – 13 & Older	7AM	8AM
	Saturday 12 and Under	11:30AM	12:30PM
	Sunday Morning – 13 & Older	7am	8am
	Sunday Distance Session	11:30am	12:15pm
	Sunday Afternoon – 12 & Under	3pm	3:45pm
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>		
HOW TO ENTER:	<p>All Events are Pre-Seeded, Timed Final, except for the 500 and 1000 frees which will be deck seeded. Meet will be swum in Short Course Yards. 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 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 diskette. If you are emailing your entry, please send a word file from your Hy-Tek Team Manager 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 file is not possible use the attached entry form.</p> <p>A completed Meet Summary MUST accompany each team's entry.</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>		
ENTRY FEES:	<p>\$4.00 per Individual Event \$8.00 per Deck Entry</p> <p>Please send ONE check per club, made payable to "WSY Swimming"</p>		

SEND TO:	<p>Mail entries to: WSY Swimming c/o Michael Gobrecht 410 Fallowfield Road Camp Hill, PA 17011-4900 mike@wsyswim.org FAX (717) 728-3561</p> <p>NOTE Entries requiring a signature can be delivered Monday through Friday, there is no Saturday delivery!</p>
ENTRY DEADLINE:	<p>ALL ENTRIES must be received by Friday, September 24, 2010 at 7pm</p> <p>No late entries will be accepted</p>
START PROCEDURE:	<p>This Meet will be conducted using the No Recall false start rule.</p> <p>This Meet will also use the whistle command starting procedure.</p> <p>'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.</p>
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. In the 12 & Under 500 Free, the 9-10 & 11-12 age groups will be swum together but will be awarded separately. In the Senior 1000 Free, all swimmers will swim together, but 13-14 age group will be awarded separately.</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><i>There will be no awards for Senior/Open.</i></p>
ADMISSION:	<p>Programs - \$10.00 per program for entire meet. Admission is \$4 per person per session, excluding the distance session. (children under 12 are free)</p>
RESULTS:	<p>Final Results will be available on the WSY and Middle Atlantic Swimming web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed.</p>

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 at all sessions 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 is available for up to 500 spectators. 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 info, please visit the WSY Swimming web site at: http://www.wsyswim.org
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 2010-11 registration). This applies to all swimmers attached to a club.



HOTELS:	Comfort Inn 6325 Carlisle Pike Mechanicsburg, PA (717) 790-0924	
	Hampton Inn 1164 Harrisburg Pike Carlisle, PA (717) 240-0200	Econo Lodge 1460 Harrisburg Pike Carlisle, PA (717) 249-7775
	Ramada Inn Limited 350 Bent Creek Blvd Mechanicsburg, PA 17050 (717) 790-1520	Holiday Inn 1450 Harrisburg Pike Carlisle, PA (717) 245-2400
DIRECTIONS:	<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>

SESSION #1

Saturday Morning – October 4, 2010
(Warm-up 7am - Start 8am)

Women's		Event Description		Men's
1		Senior 200 Back		2
3		13-14 200 Back		4
5		Senior 100 Breast		6
7		13-14 100 Breast		8
9		Senior 200 Fly		10
11		13-14 200 Fly		12
13		Senior 100 Free		14
15		13-14 100 Free		16
17		Senior 200 IM		18
19		13-14 200 IM		20

SESSION #2

Saturday Late Afternoon – October 4, 2010
(Warm-up 11:30 am - Start 12:30 pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
25		9-10 100 Fly		26
27		11-12 100 Fly		28
29		9-10 50 Back		30
31		11-12 50 Back		32
33		9-10 100 Free		34
35		11-12 100 Free		36
37		9-10 50 Breast		38
39		11-12 50 Breast		40
41		9-10 200 IM		42
43		11-12 200 IM		44

SESSION #3

Sunday Morning – October 5, 2010
(Warm-up 7am - Start 8am)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
45		Senior 200 Free		46
47		13-14 200 Free		48
49		Senior 100 Fly		50
51		13-14 100 Fly		52
53		Senior 50 Free		54
55		13-14 50 Free		56
57		Senior 100 Back		58
59		13-14 100 Back		60
61		Senior 200 Breast		62
63		13-14 200 Breast		64

SESSION #4

Sunday Mid-Morning – October 5, 2010
(Warm-up 11:30am - Start 12:15pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
21	Deck seeded	9-12 500 Free	Deck seeded	22
23	Deck seeded	13 & Over 1000 Free	Deck seeded	24

SESSION #5

Sunday Afternoon – October 5, 2010
(Warm-up 3pm - Start 3:45pm)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
65		9-10 200 Free		66
67		11-12 200 Free		68
69		9-10 50 Fly		70
71		11-12 50 Fly		72
73		9-10 100 Back		74
75		11-12 100 Back		76
77		9-10 50 Free		78
79		11-12 50 Free		80
81		9-10 100 Breast		82
83		11-12 100 Breast		84

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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:

	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 = _____

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
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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.