



# THE WSY Winter Invitational A/BB/C Meet

Hosted by

**West Shore YMCA**

Sanctioned by Middle Atlantic Swimming

Sanction#: **MA 0939 A**

**January 17-18, 2009**

<b>LOCATION:</b>	<b>Cumberland Valley High School</b> <b>6746 Carlisle Pike</b> <b>Mechanicsburg, PA 17050</b>  Emergency calls the day(s) of the meet: <b>717-514-2287</b>
<b>FACILITY:</b>	<b>CV High School Natatorium</b>  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.
<b>MEET DIRECTOR:</b>	<b>Michael Gobrecht</b> , (717) 514-2287 Email: <a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a>  Please direct all questions to the Meet Director.
<b>OFFICIALS:</b>	If you are interested in officiating at this meet, please contact John Gasparini. 717-975-5521 (H) or email <a href="mailto:jmgaspar@us.ibm.com">jmgaspar@us.ibm.com</a>
<b>SAFETY DIRECTOR:</b>	<b>Michael Gobrecht</b> (717) 514-2287
<b>ELIGIBILITY:</b>	This meet is open to any swimmer registered in 2009 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><b>ENTRY LIMITS:</b></p>	<p>Swimmers may compete in a maximum of FOUR (4) events per DAY. Swimmers are permitted to swim one (1) event in Session #2, which will not count toward the 4/events per day rule. 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>
<p><b>WARM-UP:</b></p>	<p><b>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</b></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><b>Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.</b> Swimmers without a coach who are 12&amp;Under will swim with and be supervised by the host club during warm-up.</p> <p><b>Note:</b> 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>
<p><b>SCRATCH RULE</b></p>	<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>

<b>START TIMES:</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Starts</b>
	<b>Saturday Morning</b> – 9/10 and Senior	7:30AM	8:30AM
	<b>Saturday Distance Session</b>	12:40PM	1:30PM
	<b>Saturday Afternoon</b> - 11/12 and 13/14	4:45 PM	5:30PM
	<b>Sunday Morning</b> – 9/10 and Senior	8:00 AM	9:10 AM
	<b>Sunday Afternoon</b> – 11/12 and 13/14	1:00 PM	2:00PM

**DECK ENTRIES:**

Deck Entries may be accepted during the meet at the Meet Director's discretion. Deck entries will be \$8 per swim. Swimmers not previously entered in the meet must submit proof of current USA Swimming registration.

Deck Entries, if accepted, may only be submitted during the first **30 minutes** of each warm-up session.

Deck Entries, if accepted, will be for available lanes ONLY. Extra heats will not be added.

Deck Entries will not be accepted after the start of a session.

**Swimmers will not be eligible for awards in deck-entered events.**

**HOW TO ENTER:**

**All Events are Pre-Seeded, Timed Final, except for the 500 free, 1000 free and 400 IM which will be deck seeded, fastest to slowest. 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.**

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** 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 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.

If a HY-TEK file is not possible use the attached entry form.

**A completed Meet Summary MUST accompany each team's entry.**

**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.

<b>ENTRY FEES:</b>	<p><b>\$4.00 per Individual Event</b>  <b>\$8.00 per Deck Entry</b></p> <p>Please send <b>ONE</b> check per club, made payable to "<b>WSY Swimming</b>"</p>
<b>SEND TO:</b>	<p>Mail entries to:     <b>WSY Swimming</b>                                <b>c/o Michael Gobrecht</b>                                <b>410 Fallowfield Road</b>                                <b>Camp Hill, PA 17011-4900</b>                                <a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a>     <b>FAX (717) 728-3561</b></p> <p><b>NOTE</b> Entries requiring a signature can be delivered <b>Monday through Friday, there is no Saturday delivery!</b></p>
<b>ENTRY DEADLINE:</b>	<p><b>ALL ENTRIES must be received by Wednesday, January 7, 2009 at 7pm</b></p> <p><b>No late entries will be accepted</b></p>
<b>START PROCEDURE:</b>	<p>This Meet will be conducted using the <b>No Recall</b> 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>
<b>AWARDS:</b>	<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.</p> <p><b>"A" Awards:</b>                    Medals    1<sup>st</sup> to 3<sup>rd</sup>                    Ribbons  4<sup>th</sup> to 8<sup>th</sup></p> <p><b>"BB" Awards:</b>                    Rosettes  1<sup>st</sup> to 3<sup>rd</sup>                    Ribbons  4<sup>th</sup> to 8<sup>th</sup></p> <p><b>"C" Awards:</b>                    Double Ribbons  1<sup>st</sup> to 3<sup>rd</sup>                    Ribbons     4<sup>th</sup> to 8<sup>th</sup></p> <p>The 13 &amp; Over 1000 freestyle will be scored as 13/14 and 15 and over but swum together</p>
<b>ADMISSION:</b>	<p><b>Programs</b> - \$8.00 per program for entire meet. Single session heat sheets will be available for \$3 per session.</p>
<b>RESULTS:</b>	<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>

<b>SAFETY:</b>	Current USA Swimming Safety Rules will be in effect and will be strictly enforced.
<b>DECK ACCESS:</b>	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.
<b>HOSPITALITY:</b>	There will be food and drinks available at all sessions for officials and coaches
<b>TIMERS:</b>	<b>Volunteer Timers</b> may be needed for this meet. Volunteers will receive a refund on their admission and a meal ticket for the concession area.
<b>SPECTATORS:</b>	Balcony seating is available for up to 500 spectators. We also have a large concession area in the lobby with plenty of seating
<b>PARKING:</b>	Free parking is available next to the building
<b>WEB SITE:</b>	For meet info, please visit the WSY Swimming web site at: <a href="http://www.wsyswim.org">http://www.wsyswim.org</a>



<b>HOTELS:</b>	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
<b>DIRECTIONS:</b>	<p><b>FROM THE NORTH &amp; EAST:</b> 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 &amp; proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p><b>FROM THE WEST &amp; SOUTHWEST:</b> 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 &amp; proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p>	<p><b>FROM THE WEST &amp; SOUTHWEST:</b> 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 &amp; proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p><b>FROM THE SOUTH &amp; FROM THE PA TURNPIKE:</b> 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 &amp; proceed approximately 2 miles to the Cumberland Valley Educational Park.</p>

**SESSION #1**

**Saturday Morning – January 17, 2009**  
 (Warm-up 7:30 am - Start 8:30 am)

<b>Women's</b>		<b>Event Description</b>		<b>Men's</b>
<b>1</b>		<b>9-10 50 free</b>		<b>2</b>
<b>3</b>		<b>15 and over 100 back</b>		<b>4</b>
<b>5</b>		<b>9-10 100 back</b>		<b>6</b>
<b>7</b>		<b>Senior 200 brst</b>		<b>8</b>
<b>9</b>		<b>9-10 50 brst</b>		<b>10</b>
<b>11</b>		<b>15 and over 100 fly</b>		<b>12</b>
<b>13</b>		<b>9-10 100 fly</b>		<b>14</b>
<b>15</b>		<b>15 and over 200 IM</b>		<b>16</b>
<b>17</b>		<b>9-10 200 IM</b>		<b>18</b>
<b>19</b>		<b>15 and over 50 free</b>		<b>20</b>

**SESSION #2**

**Saturday Mid-Morning – January 17, 2009**  
 (Warm-up 12:40pm - Start 1:30pm)

<b><u>Women's</u></b>		<b><u>Event Description</u></b>		<b><u>Men's</u></b>
<b>21</b>	Deck seeded	<b>9-10 500 free</b>	Deck seeded	<b>22</b>
<b>23</b>	Deck seeded	<b>13 and over 1000 free</b> <i>Scored separately</i>	Deck seeded	<b>24</b>
<b>25</b>	Deck seeded	<b>11-12 400 IM</b>	Deck seeded	<b>26</b>

**SESSION #3**

**Saturday Late Afternoon – January 17, 2009**  
 (Warm-up 4:45 pm - Start 5:30 pm)

<b><u>Women's</u></b>		<b><u>Event Description</u></b>		<b><u>Men's</u></b>
<b>27</b>		<b>11-12 100 free</b>		<b>28</b>
<b>29</b>		<b>13-14 200 free</b>		<b>30</b>
<b>31</b>		<b>11-12 50 back</b>		<b>32</b>
<b>33</b>		<b>13-14 100 back</b>		<b>34</b>
<b>35</b>		<b>11-12 100 brst</b>		<b>36</b>
<b>37</b>		<b>13-14 200 brst</b>		<b>38</b>
<b>39</b>		<b>11-12 50 fly</b>		<b>40</b>
<b>41</b>		<b>13-14 100 fly</b>		<b>42</b>
<b>43</b>		<b>11-12 100 IM</b>		<b>44</b>
<b>45</b>		<b>13-14 200 IM</b>		<b>46</b>

**SESSION #4**

**Sunday Morning – January 18, 2009**  
(Warm-up 8am - Start 9:10am )

<b><u>Women's</u></b>		<b><u>Event Description</u></b>		<b><u>Men's</u></b>
<b>47</b>		<b>15 and over 200 free</b>		<b>48</b>
<b>49</b>		<b>9-10 100 free</b>		<b>50</b>
<b>51</b>		<b>Senior 200 back</b>		<b>52</b>
<b>53</b>		<b>9-10 50 back</b>		<b>54</b>
<b>55</b>		<b>15 and over 100 brst</b>		<b>56</b>
<b>57</b>		<b>9-10 100 brst</b>		<b>58</b>
<b>59</b>		<b>Senior 200 fly</b>		<b>60</b>
<b>61</b>		<b>9-10 50 fly</b>		<b>62</b>
<b>63</b>		<b>15 and over 100 free</b>		<b>64</b>
<b>65</b>		<b>9-10 100 IM</b>		<b>66</b>

**SESSION #5**

**Sunday Afternoon – January 18, 2009**  
(Warm-up 1:00pm - Start 2:00pm)

<b><u>Women's</u></b>		<b><u>Event Description</u></b>		<b><u>Men's</u></b>
<b>67</b>		<b>11-12 50 free</b>		<b>68</b>
<b>69</b>		<b>13-14 100 free</b>		<b>70</b>
<b>71</b>		<b>11-12 100 back</b>		<b>72</b>
<b>73</b>		<b>13-14 200 back</b>		<b>74</b>
<b>75</b>		<b>11-12 50 brst</b>		<b>76</b>
<b>77</b>		<b>13-14 100 brst</b>		<b>78</b>
<b>79</b>		<b>11-12 100 fly</b>		<b>80</b>
<b>81</b>		<b>13-14 200 fly</b>		<b>82</b>
<b>83</b>		<b>11-12 200 IM</b>		<b>84</b>
<b>85</b>		<b>13-14 50 free</b>		<b>86</b>

# 2009 WSY Winter Invitational

## A/BB/C Meet

hosted by West Shore YMCA

Meet Summary Sheet to be included with entry

Team Name:

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Team Code:

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Head Coach:

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LSC Code:

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Entry Contact:

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Phone#:

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Mailing Address:

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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.

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Signature of head coach or authorized team representative

