

YORK YMCA AQUATIC CLUB

THE MIGHTY DISTANCE INVITATIONAL

Sunday, February 28, 2010

Held Under the Sanction of USA Swimming, Inc

Sanctioned by Middle Atlantic Swimming, Inc

Sanction # MA 1070 L

LOCATION	YMCA of York & York County – Graham Aquatic Center 542 North Newberry Street York PA 17404
EMERGENCY PHONE NUMBER	DAY OF MEET: <u>814-404-5824</u>
FACILITIES	New indoor facility with possible 16-lane, 25 yard configuration; primary configuration will consist of 8 lanes for competition (6' depth), 6 lanes for warm-up/warm-down; permanent bleacher seating for 600+ with possible 200 additional bleacher seats on pool deck; very large deck area for swimmers, coaches and officials; main timing system: Daktronic system with scoreboard; Hy-Tek software; Concession area with promenade overlooking competitive pool; parking capacity: 550.
MEET DIRECTOR	Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 404-5824, e-mail bcatmeet@comcast.net Please direct all questions to the Meet Director
SAFETY DIRECTOR	Stephanie Rozick
OFFICIALS	Brian Gunn. All USA Swimming certified officials and trainees are invited to assist in the operation of the meet. If interested in assisting during the meet, please email Brian at bcgunn60@comcast.net
ELIGIBILITY	The Mighty Meet is open to all swimmers age 9 and older registered with USA Swimming. Swimmer's age is as of 2/28/2010. Swimmer may swim a maximum of 3 individual events.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.
ORDER OF EVENTS	Order of Events is attached. All events are pre-seeded, timed finals.
WARM-UP AND START TIMES	Sunday Events: <ul style="list-style-type: none"> • MIGHTY MEET, SESSION ONE: Warm-Ups Start: 9:00 A.M.; Meet Begins: 10:00 A.M. • MIGHTY MEET, SESSION TWO: Warm-Ups Start: 4:30 P.M.; Meet Begins: 5:30 P.M.

	<p>Fourteen lanes will be available for warm-up prior to the meet. If necessary, because of the number of meet entries, specific lanes will be assigned to each team at the discretion of the Meet Director.</p>
<p style="text-align: center;">RULES</p>	<p>This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming rules.</p> <ul style="list-style-type: none"> • Swimmers must enter with their best time in each event or face possible penalties to be determined by Middle Atlantic. • 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 \$8.00 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. • USA Swimming/Middle Atlantic Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Failure to obey the instructions of a safety director, marshal & official may result in disqualification from the meet. There is absolutely NO DIVING permitted in the warm-up pool at any time. Swimmers violating safety rules will be removed from the pool. Subsequent violations will result in the swimmer's disqualification from the remainder of the meet. • All coaches/officials must be registered with USA Swimming and must display a valid USA card. Only USA Swimming registered swimmers, coaches, and officials with valid credentials and essential meet personnel will be permitted on the pool deck. • This meet will be conducted using the Whistle command and No Recall False Start procedures. • Fly-over starts will be used at this meet during all sessions with the exception of the 8 and Under sessions. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun. • Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid USA Swimming credentials.

<p style="text-align: center;">BULKHEAD SAFETY RULE</p>	<p>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 style="text-align: center;">SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the Warm-up for each session.</p>

HOW TO ENTER	<p>Hy-Tek entries are preferred. Entries should be submitted as an e-mail attachment addressed to:</p> <ul style="list-style-type: none"> • bcatmeet@comcast.net • SUBJECT: (YOUR TEAM) MIGHTY • Body must include: Team Name/Number of Swimmers/Number of Entries. • ATTACHEMENTS: ENTRY FILE/TEAM ENTRY REPORT <p>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 submitting entries for 5 or more swimmers manually. We have information on the final page of this meet information about a HY-Tek product that is FREE (TM-Lite). This product will assist you in completing your electronic entry.</p> <p>Manually prepared entries should be submitted on the form attached to this announcement and transmitted as an e-mail attachment. The meet announcement is available from our website (http://www.swimyorky.org/) and the MA Swimming website (http://www.maswim.org/).</p> <p>Electronic data will be considered the official version for meet entries. Electronic data supersedes any information contained on teams' entry printouts with respect to resolution of errors/discrepancies.</p>
ENTRY FEE	<p>MIGHTY Meet~</p> <ul style="list-style-type: none"> • Individual Events: \$4.00 per event. <p>Checks payable to "York YMCA Aquatic Club."</p>
SEND ENTRIES & PAYMENT TO:	<p>York YMCA Mighty Distance Meet c/o Stephanie Rozick, 5249 W. Buffalo Run Rd. Port Matilda, PA 16870, (814-234-8955), e-mail: bcatmeet@comcast.net Request signature waiver if needed.</p> <p>Meet Summary must accompany payment. Payment must be postmarked by Saturday, February 13, 2010 or entries will be rejected.</p>
ENTRY DEADLINE	5:00 PM, Friday, February 12, 2010. Late entries will not be accepted.
INQUIRIES	<p>Refer questions about the entries and the meet to Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 404-5824, e-mail bcatmeet@comcast.net Please direct all questions to the Meet Director</p>
AWARDS	<p>MIGHTY:</p> <ul style="list-style-type: none"> • Individual awards will be provided 1st through 6th.
ADMISSION	\$3.00 for admission and program per session.

FINAL RESULTS	Final results will be posted on the York YMCA Aquatic Club website, http://www.swimyorky.org/ , within 48 hours of the conclusion of the meet and transmitted to all clubs submitting meet entries electronically. Results will also be posted on the Middle Atlantic website, http://www.maswim.org/ .
VOLUNTEERS	Free admission will be provided to anyone who volunteers as a timer, runner or in another capacity as designated by the meet director.
DIRECTIONS	<p>TRAVELING EAST/WEST – USE ROUTE 30. Traveling Route 30 EAST: as you travel into York, you will encounter signal lights on Route 30. Travel to the 4th light – PENNSYLVANIA AVENUE. Turn RIGHT. Travel to the 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p> <p>Traveling Route 30 WEST: as you travel 30 WEST you will travel under Route 83. From the 83 overpass, travel to the 3rd. light (LEFT LANE). Turn LEFT onto PENNSYLVANIA AVENUE. Travel to the 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p> <p>TRAVELING NORTH/SOUTH – USE ROUTE 83. Traveling Route 83 SOUTH: exit Route 83 using Exit 22 (ROUTE 30 WEST). Follow signs to Route 30 WEST. After you are on Route 30, travel to the 2nd light (left lane). Turn LEFT onto PENNSYLVANIA AVENUE. Travel to 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p> <p>Traveling Route 83 NORTH: Exit Route 83 using Exit labeled ROUTE 30 WEST (EXIT 21B). Travel to the 3rd light (left lane). Turn LEFT onto PENNSYLVANIA AVENUE. Travel to 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p>
ACCOMODATIONS	Our Meet Hotel is the Yorktowne Hotel, http://www.yorktowne.com/ . Identify yourself as someone attending the Mighty Distance Invitational at the Graham Aquatic Center.

RELEASE STATEMENT:

USA Swimming, Inc, Middle Atlantic Swimming, Inc, YMCA of York & York County – Graham Aquatic Center and the York YMCA Aquatic Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

THE MIGHTY, SESSION ONE
SUNDAY AM EVENTS
WARM-UP: 9 AM; MEET BEGINS: 10 AM

GIRLS EVENT #	AGE	DIST	STROKE	BOYS EVENT #
1	15 & O	500	FR	2
3	13-14	500	FR	4
5	11-12	500	FR	6
7	9-10	500	FREE	8
9	15 & O	400	IM	10
11	13-14	400	IM	12
13	11-12	400	IM	14

THE MIGHTY, SESSION TWO
SUNDAY PM EVENTS
WARM-UP: 4:30; MEET BEGINS: 5:30 PM

15	11-12	1000	FR	16
17	11-12	1650	FR	18
19	13-14	1000	FR	20
21	13-14	1650	FR	22
23	15 & O	1000	FR	24
25	15 & O	1650	FR	26

**YORK YMCA AQUATIC CLUB
THE MIGHTY INVITATIONAL
SUNDAY, FEBRUARY 28, 2010**

MEET SUMMARY FORM

This form MUST accompany TEAM Entries.

TEAM NAME: _____
TEAM CODE: _____
HEAD COACH: _____
COACH OR CLUB
ADDRESS: _____
CITY/STATE/ZIP: _____
PHONE: _____
EMAIL: _____

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

NAME: _____
PHONE: _____
EMAIL: _____

Mail Entries to: York YMCA Mighty Distance Meet
c/o Stephanie Rozick,
5249 W. Buffalo Run Rd.
Port Matilda, PA 16870, (814-234-8955),
e-mail: bcatmeet@comcast.net Request signature waiver if needed.

Entry Deadline: 5:00 PM, Friday, February 12, 2010.

Please make checks payable to: YORK YMCA AQUATIC CLUB

ENTRY FEES:

_____ OF INDIVIDUAL EVENTS @\$4.00 EA.\$ _____

_____ OF RELAYS @ \$8.00 PER RELAY \$ _____

Manual processing fee of \$15.00 per relay
for manually prepared entries: \$ _____

TOTAL: \$ _____

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING.

_____ **HEAD COACH or TEAM REPRESENTATIVE**

YORK YMCA AQUATIC CLUB
 THE MIGHTY INVITATIONAL
 SUNDAY, FEBRUARY 28, 2010

RELAY ENTRY FORM

TEAM _____

CODE _____

EVENT # ----- EVENT NAME	RELAY A, B, C, ETC.	SEED TIME	SWIMMERS

REPRODUCE THIS FORM TO ACCOMMODATE THE TOTAL NUMBER OF RELAYS FOR YOUR TEAM.
 PAGE ____ OF ____

TEAM MANAGER Lite

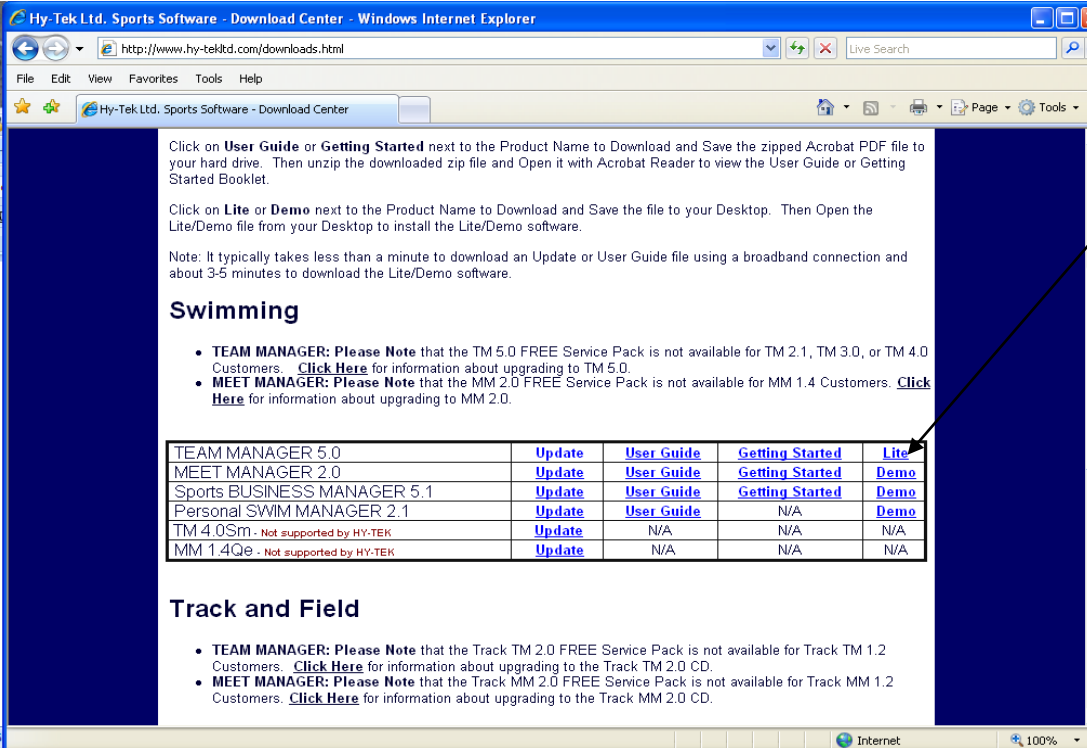
TEAM MANAGER Lite is software designed for a **meet host to distribute to teams** entering the meet so that those teams can send their meet entries to the meet host electronically by disk or over the Internet. **TM Lite** is provided **FREE** to a meet host using **MEET MANAGER** to distribute to the 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.