WSY IMX Long Course Meet
Hosted by
West Shore YMCA
Held under the Sanction of USA Swimming
Middle Atlantic Swimming
Sanction#: _____
Saturday, May 14, 2011

LOCATION	Arthur D. Kinney Natatorium, Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837. Days of Meet ONLY, Emergency phone: (570) 577-3679
FACILITIES	The Arthur D. Kinney Natatorium is an 8-lane, 50-meter pool equipped with Competitor lane lines and Paragon starting blocks. Pool depth at the starting end is 14.5 feet. A Colorado timing system with an 8-lane scoreboard display will be used for this meet. There is a spectator area with seating for 600 persons; the deck holds 300 athletes and there is adequate parking. A snack bar will be available during the meet. The competition course has been certified in accordance with 104.2.2C(4). Details of 104.2.2C(4) can be found in the USA Swimming 2010 rulebook. The water depth at the turn end of the pool is 13 feet. **Athlete Drop-Off area**: will be at the rear of the Kinney Natatorium near the loading dock. Vehicles will not be able to park in this area after dropping off athletes. **Team/Athlete/Officials Entrance**: will be at the rear of the Kinney Natatorium. **Spectator Entrance**: Front entrance of the Sojka Pavilion (adjacent to the Natatorium). NO ATHLETES OR MEET PERSONNEL PLEASE. **Parking**: Is available on campus in any legal parking spot. Illegally parked cars will be towed. There is a large parking lot located behind the football stadium. NO FOOD ON DECK: The facility is adamant that no food or drink OF ANY KIND is allowed on the pool deck or in the locker rooms. Swimmers bringing food or drink on deck or into the locker rooms will be removed from the facility. Food can be eaten in the lobby or up in the concourse. Water will be available to athletes on the pool deck.
MEET DIRECTOR	G. Michael Gobrecht – mike@wsyswim.org
SAFETY DIRECTOR	G. Michael Gobrecht: mike@wsyswim.org
MEET OFFICIALS	Meet Referee – **Judy Quigley**. All certified Officials are welcome and encouraged to help at the Meet. Officials may contact Mike Gobrecht at mike@wsyswim.org Your help in making this meet a success will be greatly appreciated.

ELIGIBILITY	This meet is open to all USA Swimming registered swimmers. Swimmer's age is as of the first day of the meet.
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 may swim up to three (3) events per session. **Events being swum are as follows**: 9-10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 11-12-year olds: 400 Free, 100 Back, 100 Breast, 100 Fly, 200 IM 13 and over: 400 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.
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 $10 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 WITHOUT A COACH	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. **It is requested that teams sending swimmers without a coach notify the Meet Director via email upon submitting entries for the meet.**
SEEDING	All Events are Deck-Seeded, Timed Final. The meet will be swum in Long Course format. 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. **Entries submitted manually will be assessed a $15 per swimmer fee in addition to regular event entry fees.** Also, any team submitting manual entries for more than five athletes must submit a surcharge of $25 per athlete 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 entry. 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. Psych sheets will be available once the meet is closed.
ENTRY FEES	$5 Per Event. Swimmers may swim up to three (3) events per session. Teams should send one check to cover the cost of all meet entries for their team. **All checks should be made payable to West Shore YMCA.**
ATHLETE REGISTRATIONS AT MEET	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 ($114 per swimmer for 2011 registration). This applies to all swimmers attached to a club.
MEET CHECK-IN **SCRATCH PROCEDURE**	The meet will be swum as timed-finals. Each session will be seeded by "Scratch Back" at the beginning of the session. Coaches will receive an entry sheet before each session, which must be returned no later than 45 minutes before the beginning of the session. All check-in sheets must be turned into the scoring table. Swimmers who are being scratched will have their names circled with a "SCR" next to the circle. Coaches will be responsible for scratching back any swimmer that will NOT be competing in that session. Heat sheets will be posted around the pool deck and available for all coaches and spectators. There will be no penalty if a swimmer is checked in for an event but does not swim. The 400 freestyle's will be swum fast-to-slow, alternating heats of women and men.
WARM-UP PROCEDURES	Attached is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up times will be assigned by the meet director once all entries have been received. Sprints will be conducted within each assigned warm-up session as the last five minutes of the session.

SEND ENTRIES TO	All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills. We will NOT take Late Entries. The host clubs must stay within the four hour per session rule. Email is the preferred manner for sending in entries. Email entries to: mike@wsyswim.org # Entry Deadline Date: <u>Monday, May 2, 2011</u> Paper Entries and Entry Fees Can Be Mailed to: **West Shore YMCA** C/O Michael Gobrecht 410 Fallowfield Road Camp Hill, PA 17011-4900 FAX (717) 728-3561
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.
RULES	This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. **YOU MUST PROVIDE EITHER CURRENT USA SWIMMING CREDENTIALS OR WRITTEN PROOF THAT YOU ARE CURRENTLY CERTIFIED BY USA SWIMMING TO BE ON THE POOL DECK. THERE WILL BE ABSOLUTELY NO DECK ACCESS FOR PERSONS NOT CREDENTIALED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.** This meet will be conducted using the Whistle command and No-Recall False Start procedures. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 20 second heat interval. **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. **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.** Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension at the discretion of the Middle Atlantic Swimming Board of Directors.

SCORING & 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 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.
	
	    "A" Awards:
	        Ribbons 1st to 8th
	
	    "BB" Awards:
	        Ribbons 1st to 8th
	
	    "C" Awards:
	        Ribbons 1st to 8th
	
	There will be no awards for 13 and over events.

PROGRAMS & ADMISSION	Admission is *$8 for the day*. Seeded Heat Sheets will be available 15 minutes before the start of each session for free. Children ages 5 and under will be admitted free of charge.
RESULTS	Results will be posted on the Middle Atlantic Swimming web site www.maswim.org as well as the West Shore YMCA web site www.wsyswim.org We will be running Real Time Results at this meet. THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Referee when a discrepancy occurs. COACHES ONLY should notify the meet referee of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director within 24 hours of the meet results being distributed via email.

DIRECTIONS	Bucknell University is approximately six (6) miles south from I-80 on Rte 15 in Lewisburg, PA. The main entrance to the University is off Rte 15 approx. 1/3 of a mile south of the intersection of Rte 45 and Rte 15. Once you have entered the University, the football stadium will be on your right. Bear to the left of the chapel. A large Athletic Complex will be on your left. Kinney Natatorium is located towards the middle of this complex, next to the new pavilion. Directions may be found on the Bucknell website (http://www.bucknell.edu) Please visit the Bucknell website for more detailed directions and local hotels: http://www.bucknell.edu/x19766.xml
ACCOMODATIONS	**Where to Stay in Lewisburg** All Suites Inn 4663 Westbranch Highway (Rt. 15) Lewisburg, Pa Anni's Inn and Outings 302 N. Third St. Lewisburg, Pa Best Western Country Cupboard Inn 570-523-3211 Rt. 15 North Lewisburg, Pa Brookpark Bed and Breakfast Inn 100 Reitz Blvd. Lewisburg, Pa. Country Inn and Suites 134 Walter Dr . Lewisburg, Pa. Days Inn 570-523-1171 Lewisburg, Pa. The Lewisburg Hotel 136 Market St. Lewisburg, Pa. The Pineapple Inn B&B 439 Market St. Lewisburg, Pa.
WARM-UPS:	Attached is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up times may be assigned by the meet director once all entries have been received. Sprints will be conducted within each assigned warm-up session as the last five minutes of the session.

HOSPITALITY:	There will be hospitality 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.
WEB SITE:	For meet info, please visit the WSY Swimming web site at: http://www.wsyswim.org

START TIMES:	Session	Warm Up	Meet Starts
	Session 1	7:30am	8:30am
	Session 2	11:45pm (or 30 minutes after Session 1)	12:30pm (we will allow for a 45 minute warm-up session
	Session 3	4:15pm (or 30 minutes after Session 2)	5pm (we will allow for a 45 minute warm-up session)

SESSION # 1

Saturday Morning – May 14, 2011
Warm-up 7:30am - Start 8:30am

Women's		Event Description		Men's
1	Alternating Men/Women	9-10 200 free	Alternating Men/Women	2
3	Alternating Men/Women	11-12 400 free	Alternating Men/Women	4
5	Alternating Men/Women	13 and over 400 free	Alternating Men/Women	6

SESSION # 2

Saturday Mid Day– May 14, 2011
Warm-up 11:45am (or 30 minutes after Session 1) - Start 12:30pm

Women's		Event Description		Men's
7		Senior 200 Butterfly		8
9		11-12 100 Butterfly		10
11		9-10 100 Butterfly		12
		-Warm-Up Break-		
13		13 and over 200 IM		14
15		11-12 200 IM		16
17		9-10 200 IM		18
		-Warm-Up Break-		
19		Senior 200 Backstroke		20
21		11-12 100 Backstroke		22
23		9-10 100 Backstroke		24

SESSION # 3

Saturday Evening– May 14, 2011
Warm-up 4:15pm (or 30 minutes after Session 2) - Start 5pm

Women's		Event Description		Men's
7		Senior 200 Breastroke		8
9		11-12 100 Breastroke		10
11		9-10 100 Breastroke		12
		-Warm-Up Break-		
13		Senior 400 IM		14

WSY IMX Long Course
Meet Entry Form*
Saturday, May 14, 2011

TEAM:_____

COACH:_____

ADDRESS:_____ PHONE: _____

EMAIL ADDRESS: _____

FULL NAME: _____ AGE: _____

BIRTHDATE: _____ USA-S REGISTRATION:_____

TOTAL # ENTRIES: _____ M/F: _____

EVENT #	EVENT DESCRIPTION	TIME

*As per Middle Atlantic rule, any entry submitted manually will be assessed a $15 per athlete fee. In additional, any team submitted manual entries for more than 5 swimmers will be charged an additional $25 per athlete.

WSY IMX Long Course
Meet Entry Form*
Saturday, May 14, 2011

Held at Bucknell University

Meet Summary Sheet to be included with entry

Team Code: _____

Team Name: _____

Head Coach:

_____

LSC Code: _____

Entry Contact:

_____

Phone#: _____

Mailing Address: _____

_____

Email Address: _____

ENTRY SUMMARY:

	Swimmers	Events
12&Under:		
13&Older:		
TOTALS:		

FEE SUMMARY:

Mail To:
Michael Gobrecht
West Shore YMCA
410 Fallowfield Road
Camp Hill, PA 17011

Total Individual Events:	X $5.00 =

MAKE CHECKS PAYABLE TO: West Shore YMCA

*As per Middle Atlantic rules, any entry submitted manually is subject to a $15 per athlete fee. In additional, any team submitting manual entries for more than 5 swimmers will be charged an additional fee of $25 per swimmer.

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

_____

Signature of Head Coach or Authorized Team Representative

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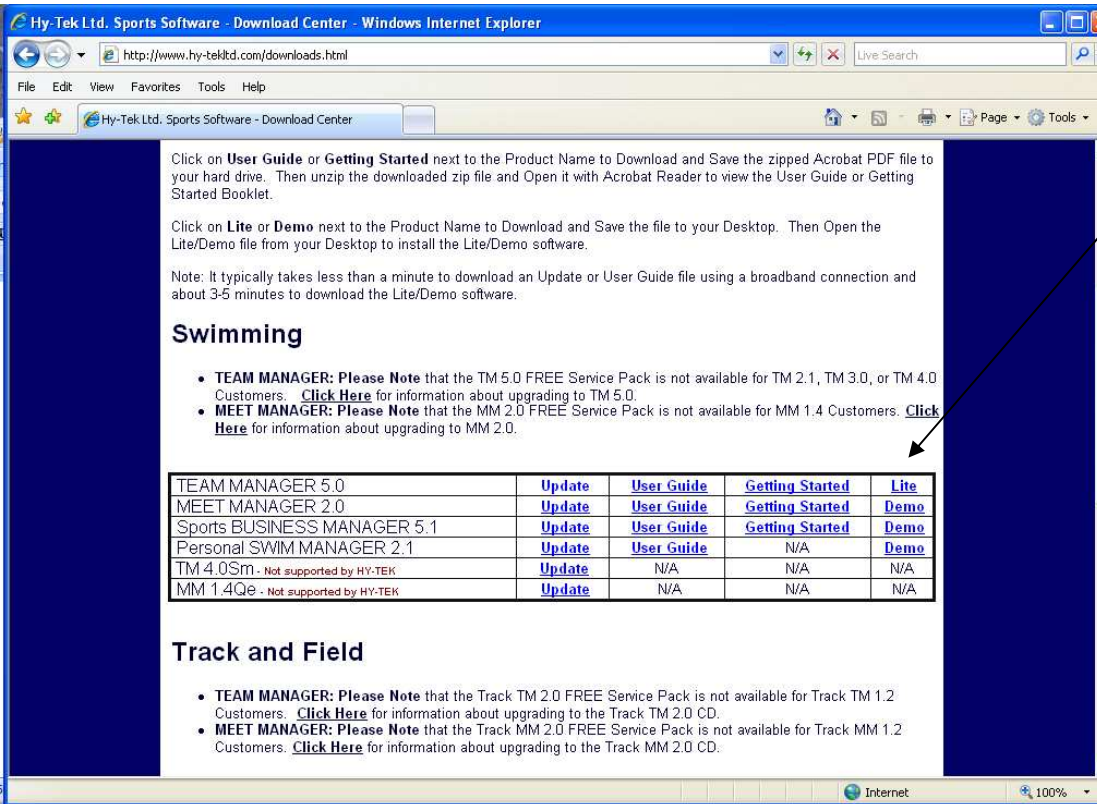
TEAM MANAGER Lite is software designed for a **meet host to distribute to teams** entering the meet so that those teams can send their meet entries to the meet host electronically by disk or over the Internet. **TM Lite** is provided **FREE** to a meet host using **MEET MANAGER** to distribute to the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