



**THE WSY Fall Invitational  
A/BB/C Meet**  
Hosted by  
**West Shore YMCA**

**Sanctioned by Middle Atlantic Swimming**  
Sanction#: *MA-0515-A*

**October 9-10, 2004**

<b>LOCATION:</b>	<p><b>Cumberland Valley High School</b>  <b>6746 Carlisle Pike</b>  <b>Mechanicsburg, PA 17050</b></p> <p>Emergency calls the day(s) of the meet: <b>717-514-2287</b></p>
<b>FACILITY:</b>	<p><b>CV High School Natatorium</b></p> <p>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 300 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.</p>
<b>MEET DIRECTOR:</b>	<p><b>John Gasparini/Michael Gobrecht, (717) 514-2287</b>          Email: <a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a></p> <p>Please direct all questions to the Meet Director.</p>
<b>OFFICIALS:</b>	<p>If you are interested in officiating at this meet, please contact John Gasparini.          717-975-5521 (H)</p>
<b>SAFETY DIRECTOR:</b>	<p><b>Michael Gobrecht (717) 514-2287</b></p>
<b>ELIGIBILITY:</b>	<p>This meet is open to any swimmer registered in 2004 with USA Swimming who meets the entry times for their age group as determined by the swimmer's age on October 9, 2004. This meet will be run according to current USA Swimming rules and regulations.</p>
<b>ENTRY LIMITS:</b>	<p>Swimmers may compete in a maximum of FOUR (4) events per DAY. The 500 free, and 1000 free to 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>

<b>WARM-UP:</b>	<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>																										
<b>START TIMES:</b>	<table border="1"> <thead> <tr> <th data-bbox="477 938 1073 989"><b>Session</b></th> <th data-bbox="1078 938 1260 989"><b>Warm Up</b></th> <th data-bbox="1265 938 1469 989"><b>Meet Starts</b></th> </tr> </thead> <tbody> <tr> <td data-bbox="477 995 1073 1031">Saturday Morning – 13 &amp; Older</td> <td data-bbox="1078 995 1260 1031">7:00AM</td> <td data-bbox="1265 995 1469 1031">8:00AM</td> </tr> <tr> <td data-bbox="477 1037 1073 1073">Saturday Distance Session</td> <td data-bbox="1078 1037 1260 1073">12:15PM</td> <td data-bbox="1265 1037 1469 1073">1PM</td> </tr> <tr> <td data-bbox="477 1079 1073 1115">Saturday 12 and Under</td> <td data-bbox="1078 1079 1260 1115">4:00 PM</td> <td data-bbox="1265 1079 1469 1115">4:30 PM</td> </tr> <tr> <td data-bbox="477 1121 1073 1157"></td> <td data-bbox="1078 1121 1260 1157"></td> <td data-bbox="1265 1121 1469 1157"></td> </tr> <tr> <td data-bbox="477 1163 1073 1199">Sunday Morning – 13 &amp; Older</td> <td data-bbox="1078 1163 1260 1199">7:30 AM</td> <td data-bbox="1265 1163 1469 1199">8:30 AM</td> </tr> <tr> <td data-bbox="477 1205 1073 1241">Sunday Afternoon – 12 &amp; Under</td> <td data-bbox="1078 1205 1260 1241">12:30 PM</td> <td data-bbox="1265 1205 1469 1241">1:30 PM</td> </tr> <tr> <td data-bbox="477 1247 1073 1289"></td> <td data-bbox="1078 1247 1260 1289"></td> <td data-bbox="1265 1247 1469 1289"></td> </tr> </tbody> </table>			<b>Session</b>	<b>Warm Up</b>	<b>Meet Starts</b>	Saturday Morning – 13 & Older	7:00AM	8:00AM	Saturday Distance Session	12:15PM	1PM	Saturday 12 and Under	4:00 PM	4:30 PM				Sunday Morning – 13 & Older	7:30 AM	8:30 AM	Sunday Afternoon – 12 & Under	12:30 PM	1:30 PM			
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<b>DECK ENTRIES:</b>	<p>Deck Entries may be accepted during the meet at the Meet Director's discretion. Deck entries will be \$6 per swim.</p> <p>Deck Entries, if accepted, may only be submitted during the first <b>30 minutes</b> of each warm-up session.</p> <p>Deck Entries, if accepted, will be for available lanes <b>ONLY</b>. Extra heats will not be added.</p> <p>Deck Entries will not be accepted after the start of a session.</p> <p><b>Swimmers will not be eligible for awards in deck entered events.</b></p>																										
<b>HOW TO ENTER:</b>	<p><b>All Events are Pre-Seeded, Timed Final, except for the 500 and 1000 frees which will be deck seeded</b></p> <p><b>Meet will be swum in Short Course Yards.</b></p> <p><b>Entries must be submitted in the course in which they were achieved.</b></p> <p><b>Converted time should NOT be used.</b></p>																										

	<p><b>All times submitted must be the swimmer's best time.</b></p> <p>Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.</p> <p>Entries should be submitted using <b>HY-TEK</b> software format. The entry file may be found on the Middle Atlantic Swimming web site <a href="http://www.maswim.org">http://www.maswim.org</a></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> <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><b>A completed Meet Summary MUST accompany each team's entry.</b></p> <p><b>Notice:</b> 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>
<p><b>ENTRY FEES:</b></p>	<p><b>\$3.00 per Individual Event</b>  <b>\$6.00 per Deck Entry</b></p> <p>Please send <b>ONE</b> check per club, made payable to "<b>WSY Swimming</b>"</p>
<p><b>SEND TO:</b></p>	<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>      FAX (717) 728-3561</p> <p><b>NOTE</b> Entries requiring a signature can be delivered <b>Monday through Friday, there is no Saturday delivery!</b> For notification, please enclose a self-address, stamped postcard/envelope that can be returned. <b>Or just email the Meet Director.</b></p>
<p><b>ENTRY DEADLINE:</b></p>	<p><b>ALL ENTRIES must be received by Saturday, October 2, 2004 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>
<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 a "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 &amp; Under 500 Free, the 9-10 &amp; 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><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>
<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.</p> <p>At the conclusion of the meet, upon request, entry disks will be returned with a result file added.</p> <p>Results will not be mailed.</p>
<b>SAFETY:</b>	<p>Current USA Swimming Safety Rules will be in effect and will be strictly enforced.</p>
<b>DECK ACCESS:</b>	<p>By USA Swimming ruling, deck access is limited to swimmers, coaches, officials &amp; meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.</p>
<b>HOSPITALITY:</b>	<p>There will be food and drinks available at all sessions for officials and coaches</p>
<b>TIMERS:</b>	<p><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.</p>

<b>SPECTATORS:</b>	Balcony seating is available for up to 400 spectators. We also have a large concession area in the lobby with plenty of seating. T & T Swimming of Lancaster will be our Swim Shop vendor on-site during the meet.	
<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 – October 9, 2004**  
 (Warm-up 7:00 a.m. - Start 8:10 a.m.)

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

**SESSION #2**

**Saturday Mid-Morning – October 9, 2004**  
 (Warm-up 11:00 a.m. - Start 12:10pm)

<b><u>Women's</u></b>		<b><u>Event Description</u></b>		<b><u>Men's</u></b>
<b>21</b>	Deck seeded	<b>12 &amp; U 500 Free</b>	Deck seeded	<b>22</b>
<b>23</b>	Deck seeded	<b>13 &amp; Over 1000 Free</b>	Deck seeded	<b>24</b>

**SESSION #3**

**Saturday Late Afternoon – October 9, 2004**  
 (Warm-up 4 p.m. - Start 4:40 p.m.)

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

**SESSION #4**

**Sunday Morning – October 10, 2004**  
(Warm-up 7:30 a.m. - Start 8:40 a.m. )

<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 #5**

**Sunday Afternoon – October 10, 2004**  
(Warm-up 12:30 p.m. - Start 1:40 p.m. )

<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