



Long Course Classic Trials/Finals Meet

Hosted by

**West Shore YMCA &
Hershey Aquatic Club**

Held under the sanction of USA Swimming
Middle Atlantic Sanction#: MA 12102A

June 15-17, 2012



LOCATION	<p>Arthur D. Kinney Natatorium, Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837</p> <p>The meet will be swum in Long Course format.</p> <p>Days of Meet ONLY, Emergency phone: (570) 577-3679</p> <p>Senior Events - (Trials / Finals Top 24)</p> <p>13-14 Events - (Trials / Finals Top 8)</p> <p>9-10 & 11-12 Events - (Timed Finals)</p> <p>NOTE: The Meet Director reserves the right to make meet format changes such as moving the "Distance Events" into a separate session. All teams entered will receive proper notification of this change</p>
FACILITIES	<p>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). The copy of this certification is on file with USA Swimming. The water depth at the turn end of the pool is 5 feet.</p> <p>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.</p> <p>Team/Athlete/Officials Entrance: will be at the rear of the Kinney Natatorium.</p> <p>Spectator Entrance: Front entrance of the Sojka Pavilion (adjacent to the Natatorium). NO ATHLETES OR MEET PERSONNEL PLEASE.</p>

	<p>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.</p> <p>NO FOOD ON DECK: The facility does not allow food or drink 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.</p>
MEET DIRECTOR	G. Michael Gobrecht – mike@wsyswim.org 717 514-2287
SAFETY DIRECTOR	G. Michael Gobrecht: mike@wsyswim.org
MEET OFFICIALS	<p>Meet Referee – Larry Shoemaker</p> <p>All certified Officials are welcome and encouraged to help at the Meet. Officials may contact Mike Gobrecht at mike@wsyswim.org</p>
ELIGIBILITY	<p>This meet is open to all USA Swimming registered swimmers. Swimmer’s age is as of the first day of the meet. All 12 and under swimmers may participate in a maximum of four (4) events per day, provided they are swimming in the 12 and under sessions. If the 11-12 aged swimmers are swimming in the “Open” category, they would be held to 3/events per day. Senior and 13-14 aged swimmers may swim a total of three (3) events per day.</p>
ENTRY LIMITATIONS	<p>Meet Director may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format in order to complete sessions within the five (5) hour session limit for 13/overs & four (4) hour limit for 12/unders. Notice will be provided promptly to swimmers and teams concerning modifications to the meet or changes to any entries/events/heats. Entry fees will be refunded to teams/swimmers whose entries have been rejected or who are unable to compete due to limitations.</p>
CHECK IN	<p>Each Team will receive a check-in sheet with all events listed for each session. All check-in sheets must be turned into the computer operator 45 minutes after the start of warm up. Swimmers that are being scratched should have their names circled with “SCR” next to the circle. Swimmers scratching a single event will have a line through the event number with “SCR” next to the line. Please use a simple line, not a scribble, so that the name can still be read. There is no penalty for swimmers that are not scratched and then do not swim their event</p>
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</p>

	<p>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.</p>
<p>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. It is requested that teams sending swimmers without a coach notify the Meet Director via email upon submitting entries for the meet.</p>
<p>SEEDING</p>	<p>This meet will be entirely "Deck seeded". All teams and Unattached swimmers will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned in to the scratch table 45 minutes before the start of the session. The meet will then be seeded and heat sheets will be provided to each team. The 800 frees, as well as 1500 free will be swum Fastest to Slowest alternating Women and Men. The fastest 8 (checked in) swimmers from each of these events will swim at night.</p> <p>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</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 or Team Unify software format. The entry file may be found on the Middle Atlantic Swimming web site http://www.maswim.org . 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>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 or PDF file from your Hy-Tek Team Manager or Team Unify 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>

	A completed Meet Summary MUST accompany each team's entry.
ENTRY FEES	\$5 Per Event plus a \$5 per swimmer surcharge. 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.
SEND ENTRIES TO	<p>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 five hour per session rule. Email is the preferred manner for sending in entries. Email entries to: mike@wsyswim.org</p> <p>Entry Deadline Date: Friday, June 1, 2012</p> <p>Paper Entries and Entry Fees can Be Mailed to:</p> <p style="text-align: center;">West Shore YMCA C/O Michael Gobrecht 410 Fallowfield Road Camp Hill, PA 17011-4900 FAX (717) 728-3561</p>
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	<p>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.</p> <p>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 CREDENTIALLED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. Once a session starts the meet referee</p>

	<p>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.</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> <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>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.</p>
<p>SCORING & AWARDS</p>	<p>Awards are presented for 12 and under events based on finish time. All 12 and under awards are Rosettes 1st-3rd and Ribbons 4-8th</p> <p>Deck entered swims will not be eligible for awards. In the Open 400 Free and 400 IM, the 9-10, 11-12, and 13-14 age groups will be swum together but will be awarded separately. In the 13 and Over 800 Free, there will be no awards for any age group.</p> <p>There will be no awards for Senior/Open. 13-14 aged swimmers will be given awards based on the Top 8 finishes at finals</p>
<p>PROGRAMS & ADMISSION</p>	<p>Admission is \$5 per person per session. Children ages 5 and under will be admitted free of charge. Free admission for that day's session will be given to any persons assisting in the running of the meet as necessary. <u>Heat Sheets are free</u> and will be distributed AFTER coaches return scratch sheets</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>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</p>
<p>DECK</p>	<p>Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director.</p>

REGISTRATION	The cost of registering on deck is double the normal fee (\$120 per swimmer for 2011-12 registration). This applies to all swimmers attached to a club.
RESULTS	<p>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.</p> <p>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.</p>
DIRECTIONS	<p>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)</p> <p>Please visit the Bucknell website for detail. http://www.bucknell.edu</p>
ATHLETES WITH DISABILITIES	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted."
RECORDING BAN	The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
ACCOMODATIONS	<p>Where to Stay in Lewisburg</p> <p>All Suites Inn 4663 Westbranch Highway (Rt. 15) Lewisburg, Pa.</p> <p>Best Western Country Cupboard Inn 570-523-3211 Rt. 15 North Lewisburg, Pa.</p> <p>Brookpark Bed and Breakfast Inn 100 Reitz Blvd.</p>

	<p>Lewisburg, Pa.</p> <p>Country Inn and Suites 134 Walter Dr . Lewisburg, Pa.</p> <p>Days Inn 570-523-1171 Lewisburg, Pa.</p> <p>The Lewisburg Hotel</p> <p>136 Market St. Lewisburg, Pa.</p> <p>The Pineapple Inn B&B 439 Market St. Lewisburg, Pa.</p>
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 will be general warm-up. Sprints will be conducted within each assigned warm-up session as the last five minutes of the session.
FINALS:	Any swimmer that qualifies for one of the Finals heats (A, B or C-Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in the meet unless the swimmer has scratched (or indicated their possible intention to scratch) within thirty (30) minutes of the announcement of the results of the Prelims results of that event (and confirmed their possible intention to scratch within thirty minutes of the announcement of the results of that swimmer's last individual event at the Prelims session.) A swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be penalized.
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.
WEB SITE:	For meet info, please visit the WSY Swimming web site at: http://www.wsyswim.org

WARM UP AND START TIMES

WARM UP

MEET

NOTES

FRI / SAT / SUN
13-14 and SR
Prelims

6:30AM

8:00AM

All Events will be "scratch back"
400/800/1500 fast to slow
alternating women/men with
fastest heat at finals

FRI / SAT / SUN
13-14 and SR
Finals

6:00 PM

6:45 PM

A/B/C finals for Senior events and A
finals for 13-14 events
800 & 1500 fastest heat is 1st event
at Finals

FRI / SAT / SUN
9-10 & 11-12

1:30 PM

2:35 PM

All Events will be "scratch
back"/deck seeded – Timed Finals



SESSION #1**Friday Morning – June 15, 2012 Warm-up 6:30am - Start 8am**

Women's		Event Description		Men's
1		13-14 100 Breastroke		2
3		Senior 100 Breastroke		4
5		13-14 200 Freestyle		6
7		Senior 200 Freestyle		8
9		13-14 100 Butterfly		10
11		Senior 100 Butterfly		12
13		13-14 200 IM		14
15		Senior 200 IM		16
17	Alternating Women/Men	Senior 800 Freestyle <i>This will be limited to 8 heats (4 each gender)</i>	Alternating Women/Men	18

SESSION #4**Saturday Morning – June 16, 2012 Warm-up 6:30am - Start 8am**

Women's		Event Description		Men's
19		13-14 400 IM		20
21		Senior 400 IM		22
23		13-14 50 Freestyle		24
25		Senior 50 Freestyle		26
27		13-14 100 Backstroke		28
29		Senior 100 Backstroke		30
31	Alternating Women/Men	13-14 400 Freestyle	Alternating Women/Men	32
33	Alternating Women/Men	Senior 400 Freestyle	Alternating Women/Men	34

SESSION #7**Sunday Morning – June 17, 2012 Warm-up 6:30am - Start 8am**

Women's		Event Description		Men's
35		13-14 200 Breastroke		36
37		Senior 200 Breastroke		38
39		13-14 200 Backstroke		40
41		Senior 200 Backstroke		42
43		13-14 100 Freestyle		44
45		Senior 100 Freestyle		46
47		13-14 200 Butterfly		48
49		Senior 200 Butterfly		50
51	Alternating Women/Men	Senior 1500 Free <i>This will be limited to 4 heats (2 each gender)</i>	Alternating Women/Men	52

SESSION #2**Friday Afternoon Timed Finals – June 15, 2012 Warm-up 1:30pm - Start 2:30pm**

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
101		11-12 200 Breastroke		102
103		9-10 50 Freestyle		104
105		11-12 50 Butterfly		106
107		11-12 200 Backstroke		108
109		9-10 50 Backstroke		110
111		11-12 200 Freestyle		112
113		9-10 200 Freestyle		114
115		11-12 50 Freestyle		116

SESSION #5**Saturday Afternoon Timed Finals – June 16, 2012 Warm-up 1:30pm - Start 2:30pm**

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
117		11-12 100 Freestyle		118
119		9-10 200 IM		120
121		11-12 100 Breastroke		122
123		9-10 50 Butterfly		124
125		11-12 200 Butterfly		126
127		9-10 100 Breastroke		128
129		11-12 50 Backstroke		130
131		11-12 400 IM		132

SESSION #8**Sunday Afternoon Timed Finals – June 17, 2012 Warm-up 1:30pm - Start 2:30pm**

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
133		11-12 100 Backstroke		134
135		9-10 100 Backstroke		136
137		11-12 100 Butterfly		138
139		9-10 100 Butterfly		140
141		11-12 200 IM		142
143		9-10 50 Breastroke		144
145		11-12 50 Breastroke		146
147		9-10 100 Freestyle		148
149		11-12 400 Freestyle <i>This will be limited to 8 heats (4 each gender)</i>		150



**MIDDLE
ATLANTIC
SWIMMING**

WSY/HAC Long Course Trials/Finals Individual Meet Entry Form* June 15-17, 2012

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 \$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES. (Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM -Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on the Hy-Tek website



WSY/HAC Long Course Trials/Finals

Held at Bucknell University

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	Mail To:
12&Under:			Michael Gobrecht
13&Older:			West Shore YMCA
TOTALS:			410 Fallowfield Road
			Camp Hill, PA 17011

FEE SUMMARY:

Total Individual Events: X \$5.00 =

Facility Surcharge (per person) X \$5.00 =

MAKE CHECKS PAYABLE TO: West Shore YMCA

* As per Middle Atlantic rule \$15.00 PER SWIMMER FOR ALL MANUALLY PREPARED ENTRIES. (Entries not sent using Hy-Tek software). Failure to remit payment will result in rejection of entries. We encourage individuals to use the free TM -Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download via a link on the Hy-Tek website

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.

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.