



## LONG COURSE CLASSIC 2022 JUNE 9-12, 2022 (4 DAYS)

MEET HOST	WEST SHORE YMCA/HERSHEY AQUATIC CLUB - THIS MEET WILL BE LIMITED TO 800 SWIMMERS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 22135 A <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
MEET DIRECTOR	JANET BUTTERFIELD	E-MAIL: <a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a>	PHONE: (717)514-2287
LOCATION	<b>Pool name</b> ARTHUR D. KINNEY NATATORIUM, KENNETH LANGONE ATHLETIC CENTER, BUCKNELL UNIVERSITY, LEWISBURG, PA 17837 <b>Street address</b> MOORE AVENUE, BUCKNELL UNIVERSITY, <b>City, state and zip</b> LEWISBURG, PA 17837 <b>Day of meet ONLY emergency phone</b> (717)514-2287		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Daktronics timing system with a HD Displayboard line scoreboard and Competitor lane lines and Paragon starting blocks lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 400 athletes per session and spectator seating for 500. Parking FREE Hospitality We will have a boxed lunch type food for coaches/officials Snack bar NO		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 14 feet and at the turn end is 5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	MAY 1, 2022		
ENTRY DEADLINE	FRIDAY, MAY 20, 2021 at 11:59 PM - or when we reach 800 swimmers		
ENTRY FEES	Individual Events: <b>\$10.00</b>	Relay Events: <b>NA</b>	
ENTRY LIMITs	Swimmers are permitted to enter four (4) events per day ( Individual Events per day (excluding relays).	NA Relays per day	MEET ENTRY LIMIT: 12
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <b>as of the first day of the meet</b> determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. Unregistered swimmers may NOT register on deck at this meet		
ENTRY PROCEDURES	<ul style="list-style-type: none"> <li>The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</li> <li>Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded according to procedures outlined in the USA Swimming Rulebook section 207.11.7B(2) . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted.</li> <li>Entries must be submitted electronically in a format compatible with Hy-Tek or Team Unify meet management software.</li> <li>All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information</li> <li>Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's <a href="#">TM Lite</a> for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found <a href="#">here</a>.</li> <li><b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by Friday, June 10, 2022 (First Day of the Meet) Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
MEET ENTRY CHAIR	G. MICHAEL GOBRECHT	PHONE #: (717)514-2287 (no calls before 9:00 AM or after 9:00 PM)	

<b>E-MAIL ENTRY FILES TO</b>	MIKE@WSYSWIM.ORG		
<b>MAIL CHECKS/ REPORTS</b>	MICHAEL GOBRECHT		
	WEST SHORE YMCA		
	410 FALLOWFIELD ROAD		
	CAMP HILL, PA 17011		
<b>CHECKS PAYABLE TO</b>	WEST SHORE YMCA		
<b>OPERATIONAL RISK DIRECTOR</b>	G. MICHAEL GOBRECHT	<b>E-MAIL:</b> mike@wsyswim.org	<b>PHONE:</b> (717)514-2287
<b>OFFICIALS CONTACT</b>	TIFFANY EPOCA	<b>E-MAIL:</b> mike@wsyswim.org	<b>PHONE:</b> (717)514-2287

**Session 1 Thursday**  
Warm Up 4:30pm Meet Start 5:30pm

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	13&Over 50 Free	2
3	11-12 50 Free	4
5	Open 400 IM Swum fastest to slowest alternating girls then boys. We will limit thjios event to the 10 fastest heats (5 girls and 5 boys)	6
7	Open 400 Free Swum fastest to slowest alternating girls then boys. We will limit thjios event to the 16 fastest heats (8 girls and 8 boys)	8

**Session 2 Friday**  
9-12 yo Warm Up 7:00am Meet Start 8:15am

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
9	11-12 200 Fly	10
11	9-10 50 Free	12
13	11-12 50 Breast	14
15	9-10 50 Breast	16
17	11-12 100 Back	18
19	9-10 100 Back	20
21	11-12 50 Fly	22
23	9-10 50 Fly	24
25	11-12 200 Breast	26
27	9-10 200 Free	28
29	11-12 200 Free	30

**Session 3 Friday**  
13&Over Women 12:00 Warm Up 1:15 Start

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
31	13&Over 200 Fly	
32	13&Over 100 Free	
33	13&Over 200 Breast	
34	13&Over 100 Back	
35	13&Over 200 IM	

**Session 4 Friday**  
13&Over Men 4:30pm Warm Up 5:45pm Start

GIRLS	EVENT	BOYS
	13&Over 200 Fly	36
	13&Over 100 Free	37
	13&Over 200 Breast	38
	13&Over 100 Back	39
	13&Over 200 IM	40

**Session 5 Saturday**  
9-12 yo Warm Up 7:00am Meet Start 8:15am

GIRLS	EVENT	BOYS
41	11-12 200 Back	42
43	9-10 100 Free	44
45	11-12 100 Free	46
47	9-10 100 Breast	48
49	11-12 100 Breast	50
51	9-10 50 Back	52
53	11-12 50 Back	54
55	9-10 100 Fly	56
57	11-12 100 Fly	58
59	9-10 200 IM	60
61	11-12 200 IM	62

**Session 6 Saturday**  
13&Over Women 12:00 Warm Up 1:15 Start

GIRLS	EVENT	BOYS
63	13&Over 200 Back	
64	13&over 100 Breast	
65	13&Over 200 Free	
66	13&Over 100 Fly	

**Session 7 Saturday**  
13&Over Men 4:30pm Warm Up 5:45pm Start

GIRLS	EVENT	BOYS
	13&Over 200 Back	67
	13&Over 100 Breast	68
	13&Over 200 Free	69
	13&Over 100 Fly	70

**Session 8 Sunday**  
13&Over Women & Men 8:00am Warm Up 9:15am Start

GIRLS	EVENT	BOYS
71	13&Over 50 Fly	72
73	13&Over 50 Back	74
75	13&Over 50 Breast	76

77	Open 1500 Free	78
----	----------------	----

<b>DECK ENTRIES</b>	Deck Entries <input checked="" type="checkbox"/> will not be accepted <input type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, prior to the start of each session, at the cost of \$10 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
<b>SEEDING</b>	This meet will be Deck-seeded with the exception of the event(s) noted below. We will scratch back with scratch sheets being due 20 minutes after the start of warm-ups. Heat Sheets will be made available for coaches, athletes and officials. We will not print heat sheets for spectators
<b>AWARDS</b>	Awards are presented for each 12 and under 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.  Deck entered swims are not be eligible for awards. Awards are only presented for 9-10 and 11-12 age groups  "A" Awards:  Medals 1st to 3rd  Ribbons 4th to 8th  "BB" Awards:  Rosettes 1st to 3rd  Ribbons 4th to 8th  "C" Awards:  Double Ribbons 1st to 3rd  Ribbons 4th to 8th  There will be no awards for 13-14 and Senior/Open events
<b>SCORING</b>	This meet will NOT be scored
<b>PROGRAMS AND ADMISSION</b>	Programs/heat sheets will be sold by <input type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5 per session. Children under 5 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	For meet info, please visit the WSY Swimming web site at: <a href="http://www.wsyswim.org">http://www.wsyswim.org</a>  Volunteer Timers will be needed for this meet. Timing assignments will be made based on the number of participants from each team in each session.  There will be food and drinks available at all sessions for officials and coaches.  This meet is Open to all teams and will close when we reach 800 athletes.  This meet will be entirely Pre seeded. We will NOT re print Heat Sheets after Thursday, June 10th. Meet Program will be on Meet Mobile.  WARM UPS: Warm up assignments are transmitted electronically in advance. We will build in "breaks" during each session where we will have a "controlled" warm up.

SESSION	WARM-UP TIMES	MEET STARTS
1 Thursday	4:30pm	5:30pm
2 Friday Ages 9-12	7am	8:15am
3 Friday 13&Over Women	12:noon	1:15pm
4 Friday 13&Over Men	4:30pm	5:45pm
5 Saturday Ages 9-12	7:00am	8:15am
6 Saturday 13&Over Women	12 noon	1pm
7 Saturday 13&Over Men	4:30pm	5:45pm
8 Sunday 13&Over Women & Men	8:00am	9:15am
<b>WARM-UP INFORMATION</b>	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up 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 and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. 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 warm-up rules</p>	
<b>COVID-19</b>	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>	
<b>MEET HOST'S ASSUMPTION OF RISK DISCLAIMER</b>	<p>By attending or participating in this competition, you voluntarily assume all risks associated with exposures to COVID19 and forever release and hold harmless USA Swimming, Middle Atlantic Swimming, West Shore YMCA, Hershey Aquatic Club, Harrisburg Area YMCA, Bucknell University, and each of their Officers, Directors, Agents, Employees, or other representatives from any liability or claims including for personal injuries, death, disease, or property losses, or any other loss, including but not limited to claims of negligence, and give up any claims you make have to seek damages, whether known or unknown, foreseen, or unforeseen, in connection therewith.</p>	
<b>LOCAL PROTOCOLS</b>	<p>The athletes from each team will be assigned a specific bleacher area for seating before and during the meet. Areas will be clearly marked. Athletes should remain in the team area until they move to the starting block area. No chairs may be brought into the facility. When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event. They may remove masks for swimming but must apply them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.</p>	

	<p>The facility will be closed between sessions to allow facility staff to sanitize the team areas, the blocks, the deck, and all equipment used during the session. There will be one heat positions at which swimmers will wait. Lining up and movement of swimmers will be facilitated by a volunteer to ensure distancing and mask requirements are observed. Heats at event check in will be lined up with at least 6 feet between each swimmer. After each race, the swimmers will exit the water and retrieve their belongings from their assigned basket and put on their masks proceeding to the their team area. The Kinney Natatorium has set a capacity limit of 258 people per session (including coaches and meet volunteers/officials) for this meet.</p> <p>Face Coverings- As a condition of sanction, all meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 6 feet away from others or exit the facility until their face coverings are back in proper position</p>
Pre-Meet Screenings	<p>It is the responsibility of each team to screen athletes for potential exposure to COVID-19 during the week prior to the meet. By entering this meet, swimmers, as well as their coaches and families, agree that they will not attend the meet or come to the facility if any of the following are true: the athlete or person who resides in the home of the athlete tests positive for COVID-19, is awaiting results from a COVID-19 test, exhibits symptoms of COVID-19, believes he/she has COVID-19, has travelled to a COVID-19 “hotspot” in the prior two weeks, has travelled internationally in the prior two weeks, or has come into close contact with someone with COVID-19. Symptoms of COVID-19 include: fever within the past three (3) days; runny nose, cough, shortness of breath or difficulty breathing; chills; diarrhea; vomiting; nausea; headache; loss of taste and/or smell; other flu-like symptoms. All swimmers/coaches/officials must complete a daily health screening along with temperature checks. QR Codes will be posted at the check-in. Health screenings will only need to be completed once a day. To facilitate screening, all teams must send a list of coaches attending the meet in advance. All officials and volunteers must sign up in advance</p>
<b>ATHLETE PROTECTION (MAAPP)</b>	<p>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.</p>
<b>DECK PRIVILEGES</b>	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual’s membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
<b>TECH SUIT POLICY</b>	<p>102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 &amp; Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p>
<b>RACING START CERTIFICATION</b>	<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. <b>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</b></p>
<b>QUALIFYING TIMES</b>	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
<b>MEET/DECK REFEREE</b>	<p>The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for <b>any</b> issues that arise that day during the course of the meet.</p>

<b>MEET MARSHALS</b>	Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
<b>RULES:</b>	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. 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>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal 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>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p><b>No unauthorized personnel will be allowed on the pool deck.</b> Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p>
<b>DISABLED SWIMMERS</b>	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.
<b>PROTESTS</b>	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
<b>PHOTOGRAPHY</b>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b></p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e., cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</p>
<b>DRONE</b>	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
<b>DECK CHANGING</b>	Deck changes are prohibited.
<b>DIRECTIONS</b>	<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 pavilion. Directions may be found on the Bucknell website (<a href="http://www.bucknell.edu">http://www.bucknell.edu</a>)</p> <p>Please visit the Bucknell website for detail. <a href="http://www.bucknell.edu">http://www.bucknell.edu</a></p>
<b>ACCOMODATIONS</b>	<p>Google Hotels near: Bucknell University</p> <p>Best Western Country Cupboard Inn 570-523-3211 Rt. 15 North Lewisburg, Pa</p> <p>Country Inn and Suites 134 Walter Dr . Lewisburg, Pa.</p> <p>Days Inn 570-523-1171</p>

	Lewisburg, Pa.  The Lewisburg Hotel 136 Market St. Lewisburg, Pa.
--	---