

Alyson Chick Memorial 10 & Under Meet

Sunday, February 12, 2023
at the Cumberland Valley High School Natatorium
Mechanicsburg, PA

Purpose: To provide 10 & under swimmers an opportunity to see their progress prior to the championship meets in March. A portion of the proceeds from this meet will be directed to the Alyson Chick Scholarship fund which awards a WSY graduating senior a \$1,000 higher education scholarship

Facilities: 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 500 swimmers on deck and spectator balcony seating for up to 375. Free parking next to the building. The water depth at the turn end of the pool is 5 feet. We will be using Hy-Tek meet management software. There will be no "Seeding Area" to stage swimmers. All coaches are responsible to seed their swimmers are behind the blocks. The host team will have volunteers behind the blocks to double check swimmers are in the proper lanes.

Entries: This meet is open to all swimmers that are registered members with the clubs/YMCA's invited. Each swimmer may swim a maximum of four (4) individual events. **The swimmers age will be determined as of February 12, 2023.** All entries should be submitted on disk using the **Hy-Tek Team Manager or Team Unify software**. The file containing the events for this meet may be downloaded from our web site www.wsyswim.org. **HY TEK LITE: 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.** Entries, for which

a swimmer has no time, must be entered with a NT. The number of entries for this meet will be limited to **300 athletes!!!** Entries should be e-mailed, and payment must follow within six (6) business days.

Closing Date: Entries must be received no later than **Monday, February 6, 2023. Entries will be taken on a first come-first serve basis until we reach 250 athletes.**

Entry Fees: \$8.00 per individual event. **(NOTE: If you will NOT be entering using the Hy-Tek/Team Unify software, the entry fee is \$10.00 per individual event).** Please send one (1) check for the total amount of your team entry. Make all checks payable to **West Shore YMCA**. Entry packages, and payment should be sent to:

WSY Swimming
410 Fallowfield Road
Camp Hill, PA 17011-4900
E-Mail: mike@wsyswim.org
Phone: (717) 514-2287

All teams not accepted into the meet will be notified by Tuesday, February 7, 2023

Meet Admission: Cost of admission is \$5.00 per person (under 12 free). Programs are free.

Meet Time Line:

8-8:50am Pool Open for Warm-up
9 am Meet begins
1:30pm Meet ends



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Meet Rules: The Alyson Chick Memorial 10 & Under Meet is governed by the current 2023 USA Swimming Technical Rules. All events will be timed finals. There will be no false start. It will be the coach's responsibility to get their swimmers to the starting blocks. We **will not** be using a gymnasium at this meet. All swimmers will be on the pool deck

Covid-19 - 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.

Cumberland Valley School District, Harrisburg Area YMCA and YMCA of the USA, cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming Approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in this event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS CUMBERLAND VALLEY SCHOOL DISTRICT, YMCA OF THE USA, HARRISBURG AREA YMCA, 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.

There will be in person spectator viewing. Spectators will use restrooms in the lobby area of the school. Boys and Girls locker rooms are strictly for use by athletes.

PRE-MEET SCREENINGS - 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 (including as spectators) 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, 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 flulike symptoms.

The West Shore YMCA has discussed specific health and safety procedures with the venue management. Currently, the facility and HOST TEAM have no additional requirements nor spectator limitations. Compliance with the most current guidelines from USA Swimming, Middle Atlantic Swimming, CVSD, CDC, State and

Local jurisdictions will be maintained throughout the duration of the event.

Awards: For individual events: Custom made Medals (1st-3rd) finishers. Custom made ribbons will be awarded for 4th-16th place finishers for individual events. Heat ribbons will be awarded for all heat winners, and each participant in the meet will be given a participation ribbon.

Meet Announcements- All pre-meet announcements including warm-up times/lanes, teams participating, meet psych sheets, and other pre-meet information may be found on our web site. www.wsyswim.org. All results, and coaches download files will be posted on our web site immediately following the meet. **We will NOT mail printed results.**

We will not have printed programs for spectators. A "QR Code" will be available to download heat sheets for each session

Volunteer Timers: All teams will be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed

Officials - WSY Swimming welcomes and encourages anyone willing to volunteer to officiate to email mike@wsyswim.org. All officials on deck must be registered and certified with USA Swimming, YMCA or PIAA. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area 40 minutes prior to the start of each session

Directions - FROM THE NORTH & EAST:

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 & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.

FROM THE WEST & SOUTHWEST: 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 & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.

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FROM THE SOUTH & FROM THE PA TURNPIKE: 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 & proceed approximately 2 miles to the Cumberland Valley Educational Park.

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<u>Boys</u>	<u>Name of event</u>	<u>Girls</u>
1	7 & Under 100 yard IM	2
3	8 yr. 100 yard IM	4
5	9-10 100 yard IM	6
7	5 under 25 yard freestyle	8
9	6 yr. 25 yard freestyle	10
11	7 yr. 25 yard freestyle	12
13	8 yr. 25 yard freestyle	14
15	9-10 50 yard freestyle	16
17	5 under 25 yard backstroke	18
19	6 yr. 25 yard backstroke	20
21	7 yr. 25 yard backstroke	22
23	8 yr. 25 yard backstroke	24
25	10 & U 50 yard backstroke	26
27	6 & under 25 yard breaststroke	28
29	7 yr. 25 yard breaststroke	30
31	8 yr. 25 yard breaststroke	32
33	10 & U 50 yard breaststroke	34
35	6 & under 25 yard butterfly	36
37	7 yr. 25 yard butterfly	38
39	8 yr. 25 yard butterfly	40
41	10 & U 50 yard butterfly	42
43	7 & under 50 yard Freestyle	44
45	8 yr. 50 yard freestyle	46
47	10 & under 100 yard freestyle	48

ALYSON CHICK
VALENTINE
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Entry Check List

To be submitted with your entry

Team Information:

Team Name: _____

Coach: _____

Entry Contact Person: _____

Contact Person Phone: _____

Contact Person e-mail: _____

Coach e-mail: _____

Name of one (1) timer: _____

Number of Swimmers attending: _____

Number of Individual events: _____ X \$8.00 _____

NOTE: If you are NOT entering on disk, please multiply your total number of events entered by \$10.00



Total of your check: _____

Make all checks payable to West Shore YMCA

