



**West Shore YMCA**  
January Jam 14 and U  
YMCA MEET  
Sunday, January 22, 2023



<b>LOCATION</b>	<b>Messiah University</b> , Grantham, PA [Directions: <a href="http://bit.ly/2CpbMit">http://bit.ly/2CpbMit</a> ]
<b>FACILITIES</b>	<p>Messiah University facility is an 8 Lane, 25yard, Entry Depth 6 Feet, Competitor Lane Lines, Colorado 6 Timing System, 8-line scoreboard, touch pads, and Paragon Starting Platforms, Hy-Tek Software, raised gallery style spectator seating is for 300, Parking capacity well over 1,000. There is no concession stand at this event. Seating for swimmers will be on the pool deck as well as part of the spectator gallery.</p> <p>Pool Certification – The competition course <b>has not been certified</b> in accordance with 104.2.2C (4) of the USA Swimming Rules &amp; Regulations, Section 202.3.5 A or B (page 57 in the 2013 Rules &amp; Regs). The water depth at the turn end of the pool is 3 feet 6 inches.</p>
<b>MEET DIRECTOR</b>	<p>Janet Butterfield– (717) 514 2287 or <a href="mailto:info@wsyswim.org">info@wsyswim.org</a></p> <p><b>Email all entries to Mike Gobrecht</b> <a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a></p>
<b>USA APPROVAL</b>	USA Approval # <b>MA ____ AP</b> In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
<b>ENTRIES OPEN</b>	December 1, 2022
<b>ENTRY DEADLINE</b>	Monday, January 16, 2023 at 11:59pm
<b>ENTRY FEES</b>	<p>Individual Events: \$10.00, Relay Events: Free</p> <p>Please send ONE check per YMCA, made payable to <b>West Shore YMCA</b></p>
<b>SEND ENTRIES</b>	<p>Mail Entries to: <b>West Shore YMCA Competitive Swimming</b> 410 Fallowfield Road Mechanicsburg, PA 17050</p> <p><b>Email all entries to Mike Gobrecht</b> <a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a></p>
<b>ELIGIBILITY</b>	This meet is open to any YMCA swimmer. This meet will be run according to current USA Swimming rules and regulations. Swimmer's age on the first day of the meet <b>(1/16/23)</b> determines age group for the entire competition.
<b>DECK ENTRIES</b>	Deck Entries <b><u>will not be accepted</u></b> will be accepted at this meet
<b>MISCELLANEOUS</b>	This meet will be entirely Deck seeded. All teams will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned in to the administrative table 45 minutes before the start of the session. The meet will then be seeded, and heat sheets will be provided to each team.

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<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 in each session. Warm-up schedules will be made available to coaches prior to the first day of 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules.</p>
<b>MEET/DECK REFEREE</b>	<p>The meet/deck referee shall oversee 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 any issues that arise that day during the meet.</p>
<b>ENTRY PROCEDURES</b>	<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) .</li><li>• Entries must be submitted electronically in a format compatible with Hy-Tek or Team Unify meet management software by Monday, January 16, 2023</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 by Monday, January 16, 2023.</li><li>• FINAL entry payments and any necessary reports must be received by the first day of the meet.</li></ul>
<b>DISABLED SWIMMERS</b>	<p>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.</p>
<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>

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<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>SWIMWEAR:</b>	102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
<b>EVENT LIMITATION</b>	Swimmers are permitted to enter four (4) individual events per plus one (1) relay
<b>SCORING &amp; AWARDS</b>	There are no awards at this meet
<b>PROGRAMS &amp; ADMISSION</b>	Admission charge is \$5 per adult entering the gallery
<b>TEAMS INVITES</b>	This meet is open to swimmers from LEBANON YMCA, FRIENDSHIP YMCA, WAYNESBORO YMCA, WEST SHORE YMCA, CARLISLE YMCA, AND CHAMBERSBURG YMCA, LANCASTER YMCA, HANOVER YMCA, NORTHERN DAUPHIN COUNTY YMCA and any other YMCA in Pennsylvania.
<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. 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 a USA Swimming approved 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, MIDDLE ATLANTIC SWIMMING, YMCA OF THE USA, HARRISBURG AREA YMCA, and MESSIAH 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 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>ATHLETE PROTECTION (MAAPP)</b>	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.

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<b>MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER</b>	The Harrisburg Area YMCA and Messiah University have taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. 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. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks		
<b>MISCELLANEOUS</b>	<p>This meet is Open to INVITED TEAMS ONLY and will have a maximum of 200 athletes at any session with a 3.5 hour timeline. Scratches will be taken on the day of the meet, and we will re print heat sheets for coaches. Meet Program will be on Meet Mobile. There is no penalty for swimmers that are not scratched and then do not swim their event.</p> <p>There will be in person spectator viewing. We will not have printed programs for spectators. A QR Code will be available to download heat sheets for each session</p> <p>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</p> <p>WSY Swimming welcomes and encourages anyone willing to volunteer to officiate to reach out to <a href="mailto:mike@wsyswim.org">mike@wsyswim.org</a>. All officials on deck must be registered and certified with USA Swimming or YMCA of the USA and will be required to show proof of such to the Meet Referee by displaying their registration card or showing their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. 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</p> <p><b>PRE-MEET SCREENINGS</b> - 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.</p> <p>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, CDC, State and Local jurisdictions will be maintained throughout the duration of the event.</p>		
<b>START TIMES:</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Start</b>
	Session 1	10:00am	11:00am

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<b>Order of Events</b>		
Sunday– January 22, 2023 @ Messiah University - (Warm Up 10am – 11am Start)		
<b>Boys</b>	<b>EVENT</b>	<b>Girls</b>
1	8 and Under 100 IM	2
3	9-12 100 IM	4
5	13-14 100 IM	6
7	8 and U 25 Freestyle	8
9	9-10 50 Freestyle	10
11	11-12 50 Freestyle	12
13	13-14 50 Freestyle	14
15	8 and U 25 Backstroke	16
17	9-10 50 Backstroke	18
19	11-12 50 Backstroke	20
21	11 and Over 100 Backstroke	22
23	8 and U 25 Breaststroke	24
25	9-10 50 Breaststroke	26
27	11-12 50 Breaststroke	28
29	11 and Over 100 Breaststroke	30
31	8 and U 25 Butterfly	32
33	9-10 50 Butterfly	34
35	11-12 50 Butterfly	36
37	11 and Over 100 Butterfly	38
39	11 and Over 200 IM	40
41	8 and U 50 Freestyle	42
43	9-12 year 100 Freestyle	44
45	13-14 100 Freestyle	46
47	11 and Over 200 Freestyle	48
49	8 and Under 100 Medley Relay	50
51	9-10 200 Medley Relay	52
53	11 and Over 200 Medley Relay	54



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**TEAM INFORMATION AND MEET ENTRY SUMMARY**

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone # \_\_\_\_\_

Coaches Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address: \_\_\_\_\_ Team Web Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Total number of **Individual** entries: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

Total Amount Included: \$ \_\_\_\_\_