

Central Pennsylvania 10 & Under Swimming Championships

Sunday, March 5, 2023

**at the Cumberland Valley High School Natatorium
Mechanicsburg, PA**

Meet Hosts: West Shore YMCA

Purpose: To provide 10 & under swimmers an opportunity to swim in a Championship type meet at the end of their season

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 see their swimmers are behind the blocks. The host team will have volunteers behind the blocks to double check swimmers are in the proper lanes. Photos of the pool may be found on our web site.

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, and (2) two relays. The swimmers age will be determined as of December 1, 2022.** 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. If you do not have access to the Hy-Tek software, please use the attached entry forms. Be sure to indicate if your entry times are in yards (Y) or meters (M). Entries, for which a

swimmer has no time, must be entered with a NT in the space provided for the entry time. The number of entries for this meet will be limited. Entries may be e-mailed and payment must follow within six (6) business days. **An additional \$2 per event fee will be charged to all entries submitted on paper rather than electronically.** 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.

Closing Date: Entries must be received no later than **Monday, February 27, 2023.** Entries will be taken on a first-come, first-served basis to keep within our pre-determined time line. Entries are limited to 300 swimmers

Entry Fees: \$8.00 per individual event, and \$15.00 per relay. **(NOTE: If you will NOT be entering using the Hy-Tek 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
C/O Michael Gobrecht
410 Fallowfield Road
Camp Hill, PA 17011-4900
E-Mail: Mike@wsyswim.org
Phone: (717) 514-2287

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

WSY Competitive Swimming | 410 Fallowfield Road | Camp Hill, PA 17011-4900
<http://yswim.org> mike@wsyswim.org



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Meet Rules: The 10 & Under Championship Swim Meet is governed by the current 2023 USA Swimming Technical Rules. All events will be timed finals. **There will be no false start.** There will be a coach's meeting prior to the start of the session. It will be the coach's responsibility to get their swimmers to the seeding area prior to the start of each event.

Meet Time Line:

7:15am Doors to school open.
8-8:50am Pools Open for General Warmup
9am-1pm Meet timeline

We will email all teams should this timeline need adjusted in any way

Inclement Weather – There is no snow date for this meet. All communication will be done using our web site www.wsyswim.org regarding inclement weather

Safety Notice – There will be **NO DIVING** from the shallow end (non-block end) at any time during warm-ups or during the meet. There will be **NO DIVING** from the starting blocks and no backstroke starts during the warm-up session, with this exception: Limited diving and backstroke starts from the starting blocks in sprint lanes will be permitted, BUT only when announced. These rules follow National YMCA Warm-Up Safety procedures.

Timers – Each team will be assigned one (1) timer. Thank you in advance for your help.

Concession Area – We will have a large concession area with an assortment of breakfast and lunch items available during the entire meet.

Mini Champs T-Shirts: All swimmers racing in the meet will receive a commemorative **2023 Central Pennsylvania 10 and Under Championships T-shirt.** We will have Youth Small, Youth Medium, Youth Large, and Adult Small for swimmers to choose from when they arrive at the meet

Awards: For individual events: Custom made medals will be awarded to 1st-3rd place finishers. Custom made rosette ribbons will be awarded for 4th-8th place finishers. Ribbons will be awarded to 9-16th place finishers for individual events. Relay rosette ribbons will be awarded for 1st-3rd place finishers. Heat ribbons will be awarded for all heat winners, and each participant in the meet will be given a participation ribbon. **High Point trophies** will be given for the top scoring male and female in the following age groups: 5 and Under, 6 year old, 7 year old, 8 year old and 9-10 age. **NOTE:** All of the 50's of strokes will be scored as 9-10, 8 YR, 7 YR, and 6 and Under, therefore a 6 year old swimming the 50 backstroke will be scored with other 6 year olds in those events. Swimmers that are 5 year old and compete in a 6 and under event will be scored separately as well. Swimmers that are 6 years old and participate in the 7 and under IM will be scored separately. We will also award a Team Trophy to the team that scores the most total points

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.

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.

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.

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	10 & Under 100 Medley Relay	2
3	7 & Under 100 Medley Relay	4
5	10 & U 50 Freestyle	6
7	8 yr. 25 Freestyle	8
9	7 yr. 25 Freestyle	10
11	6 yr. 25 Freestyle	12
13	5 and under 25 Freestyle	14
15	10 & U 50 Backstroke	16
17	8 yr. 25 Backstroke	18
19	7 yr. 25 Backstroke	20
21	6 and under 25 Backstroke	22
23	10 & U 50 Breaststroke	24
25	8 yr. 25 Breaststroke	26
27	7 yr. 25 Breaststroke	28
29	6 and under 25 Breaststroke	30
31	10 & U 50 Butterfly	32
33	8 yr. 25 Butterfly	34
35	7 yr. 25 Butterfly	36
37	6 & under 25 yard Butterfly	38
39	9-10 yr 100 IM	40
41	8 & U 100 IM	42
43	7 and under 100 IM	44
45	6 & Under 100 Free Relay	66
47	7 & Under 100 Free Relay	48
49	10 & Under 100 Free Relay	50

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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 volunteer timer: _____

Number of Swimmers attending: _____

Number of Individual events: _____ X \$8.00 _____

Number of Relay events: _____ X \$15.00 _____

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