



WSY THANKSGIVING INVITE
NOVEMBER 10-12, 2023 (2.5 DAYS)



MEET HOST	WEST SHORE YMCA		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 2449 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 MIKE GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: (717) 514 2287
LOCATION	Pool name CUMBERLAND VALLEY HIGH SCHOOL Street address 6746 CARLISLE PIKE City, state and zip MECHANICSBURG, PA 17050 Day of meet ONLY emergency phone (717) 514 2287		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input checked="" type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado 6000 timing system with a 12 line scoreboard and Competitor lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 400 and spectator seating for Seating for up to 500 swimmers on deck and spectator balcony seating for up to 375. The balcony seating is LIMITED to 375 and this is a "controlled seating". By order of fire marshal and CV school district, we can NOT allow more than 375 spectators in the spectator gallery at any time. Changes to this policy may occur should the CVSD make policy on spectators due to COVID. Parking FREE Hospitality YES Snack bar YES		
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 13 feet and at the turn end is 6 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	SEPTEMBER 1, 2023		
ENTRY DEADLINE	FRIDAY, OCTOBER 20, 2023 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00		Relay Events: \$20.00
ENTRY LIMITs	Swimmers are permitted to enter four (4) events per day (Saturday/Sunday) and one (1) event Friday night Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 9
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration (athletes only) <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"> 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. 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. Entries must be submitted electronically in a format compatible with Hy-Tek or Team Unify meet management software. 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 Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite 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 here. FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by Friday, November 10, 2023 (First Day of the Meet) Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	G. MICHAEL GOBRECHT	PHONE #: (717) 514 2287 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MIKE@WSYSWIM.ORG (FOLLOW UP WITH A TEXT 717 514 2287)		

MAIL CHECKS/ REPORTS	MICHAEL GOBRECHT 217 SHAW STREET MECHANICSBURG, PA 17011		
CHECKS PAYABLE TO	WEST SHORE YMCA		
OPERATIONAL RISK DIRECTOR	G. MICHAEL GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: (717) 514 2287
OFFICIALS CONTACT	TONI CHASE	E-MAIL: mike@wsyswim.org	PHONE: (717) 514 2287

Session 1

Friday Evening - November 10, 2023

Warm-up 4:30 pm - Start 5:30 pm

GIRLS	EVENT	BOYS
1	9 and Over 500 Freestyle Will swim slow to fast women's heats first then men's heats	2
3	9 and Over 400 IM Will swim Fastest to Slowest Alternating women/men	4
5	11 and Over 1000 Freestyle Will swim Fastest to Slowest Alternating women/men	6

Session 2

Saturday Morning - November 11, 2023

Warm-up 8:00 am - Start 9:00 am

GIRLS	EVENT	BOYS
7	Senior 200 Backstroke	8
9	13-14 200 Backstroke	10
11	Senior 100 Breaststroke	12
13	13-14 100 Breaststroke	14
15	Senior 200 Butterfly	16
17	13-14 200 Butterfly	18
19	Senior 100 Freestyle	20
21	13-14 100 Freestyle	22
23	Senior 200 IM	24
25	13-14 200 IM	26

Session 3

Saturday Afternoon - November 11, 2023

Warm-up 1:30pm - Start 2:30pm

GIRLS	EVENT	BOYS
27	9-10 100 Butterfly	28
29	11-12 100 Butterfly	30
31	9-10 50 Backstroke	32
33	11-12 50 Backstroke	34
35	9-10 100 Freestyle	36
37	11-12 100 Freestyle	38
39	9-10 50 Breaststroke	40
41	11-12 50 Breaststroke	42
43	12 and Under 200 IM	44

Session 4

Sunday Morning - November 12, 2023
Warm-up 8:00am - Start 9:00am

GIRLS	EVENT	BOYS
45	Senior 200 Freestyle	46
47	13-14 200 Freestyle	48
49	Senior 100 Butterfly	50
51	13-14 100 Butterfly	52
53	Senior 50 Freestyle	54
55	13-14 50 Freestyle	56
57	Senior 100 Backstroke	58
59	13-14 100 Backstroke	60
61	Senior 200 Breaststroke	62
63	13-14 200 Breaststroke	64

Session 5
Sunday Afternoon - November 12, 2023
Warm-up 1:30pm - Start 2:30pm

GIRLS	EVENT	BOYS
65	12 and Under IM	66
67	9-10 200 Freestyle	68
69	11-12 200 Freestyle	70
71	9-10 50 Butterfly	72
73	11-12 50 Butterfly	74
75	9-10 100 Backstroke	76
77	11-12 100 Backstroke	78
79	9-10 50 Freestyle	80
81	11-12 50 Freestyle	82
83	9-10 100 Breaststroke	84
85	11-12 100 Breaststroke	86

DECK ENTRIES	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$20 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 Administrative Official before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	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
SEEDING	This meet will be Deck-seeded with the exception of the event(s) noted below. All Events will be deck seeded and heat sheets will be provided to Coaches and Officials. We will NOT be print Heat Sheets for Spectators
AWARDS	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

	<p>"BB" Awards:</p> <p>Rosettes 1st to 3rd</p> <p>Ribbons 4th to 8th</p> <p>"C" Awards:</p> <p>Double Ribbons 1st to 3rd</p> <p>Ribbons 4th to 8th</p> <p>There will be no awards for 13-14 and Senior/Open events</p>
SCORING	This meet will not be scored
PROGRAMS AND ADMISSION	<p>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 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.</p>
MISCELLANEOUS	<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.</p> <p>Swimmers that are being scratched should have a single line drawn through their name and events. Swimmers scratching a single event will have a line through the event name. There is no penalty for swimmers that are not scratched and then do not swim their event.</p> <p>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 use the Volunteer link on the WSY website. (www.wsyswim.org). All officials on deck must be registered and certified with USA Swimming 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>

SESSION	WARM-UP TIMES	MEET STARTS
1) Friday Evening	4:30pm	5:30pm
2) Saturday AM Senior + 13-14	8am	9am
3) Saturday afternoon 9-10 and 11-12	1:30pm	2:30pm
4) Sunday AM 13-14 + Senior	8am	9am
WARM-UP INFORMATION	<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>	
MEDICAL SUPERVISION AVAILABLE	Medical Supervision includes two lifeguards at all times, a Pool Operator, AED on site at the Pool as well as CV school District School Security	
ATHLETE PROTECTION (MAAPP)	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.	

DECK PRIVILEGES	<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>
TECH SUIT POLICY	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.
RACING START CERTIFICATION	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.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	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 any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Operational Risk 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.
RULES:	<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>No unauthorized personnel will be allowed on the pool deck. 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>
DISABLED SWIMMERS	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.
PROTESTS	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
PHOTOGRAPHY	<p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</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>
DRONES	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.

DECK CHANGING	Deck changes are prohibited.
DIRECTIONS	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
ACCOMMODATIONS	List of hotels here: https://bit.ly/3jOrGqs