



LONG COURSE CLASSIC 2024

JUNE 6-9, 2024 (4 DAYS)

MEET HOST	WEST SHORE YMCA/HERSHEY AQUATIC CLUB - THIS MEET WILL BE LIMITED TO 600 SWIMMERS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 24179 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 MICHAEL GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: (717)514-2287
LOCATION	Pool name ARTHUR D. KINNEY NATATORIUM, KENNETH LANGONE ATHLETIC CENTER, BUCKNELL UNIVERSITY, LEWISBURG, PA 17837 Street address MOORE AVENUE, BUCKNELL UNIVERSITY, City, state and zip LEWISBURG, PA 17837 Day of meet ONLY emergency phone (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. ParkingFREE Hospitality We will have a boxed lunch type food for coaches/officials Snack bar NO		
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	APRIL 1, 2024		
ENTRY DEADLINE	FRIDAY, MAY 17, 2024 at 11:59 PM - or when we reach 800 swimmers		
ENTRY FEES	Individual Events: \$10.00	Relay Events: NA	
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 as of the first day of the meet determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
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 Thursday, June 6, 2024 (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		

MAIL CHECKS/ REPORTS	MICHAEL GOBRECHT		
	WEST SHORE YMCA		
	410 FALLOWFIELD ROAD		
	CAMP HILL, PA 17011		
CHECKS PAYABLE TO	WEST SHORE YMCA		
OPERATIONAL RISK DIRECTOR	SAMANTHA SHIRTLIFF	E-MAIL: samantha.shirtliff@ymcaharrisburg.org	PHONE: (717)514-2287
OFFICIALS CONTACT	TIFFANY EPOCA	E-MAIL: mike@wsyswim.org	PHONE: (717)514-2287

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

GIRLS	EVENT	BOYS
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 those 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 those 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

GIRLS	EVENT	BOYS
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

GIRLS	EVENT	BOYS
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

DECK ENTRIES	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.
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. 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
AWARDS	<p>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.</p> <p>Deck entered swims are not be eligible for awards. Awards are only presented for 9-10 and 11-12 age groups</p> <p>"A" Awards:</p> <p>Medals 1st to 3rd</p> <p>Ribbons 4th to 8th</p> <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	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.
MISCELLANEOUS	<p>For meet info, please visit the WSY Swimming web site at: http://www.wsyswim.org</p> <p>There will be food and drinks available at all sessions for officials and coaches.</p> <p>This meet is Open to all teams and will close when we reach 800 athletes.</p> <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</p>

	<p>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> <p>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.</p>
--	---

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
Medical Supervision Available	Medical Supervision includes two lifeguards at all times, a Pool Operator, AED on site at the facility as well as a Certified Medical Professional on the pool deck at all times	
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. 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.	
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>
DRONE	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>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 (http://www.bucknell.edu)</p> <p>Please visit the Bucknell website for detail. http://www.bucknell.edu</p>
ACCOMODATIONS	<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 Lewisburg, Pa.</p> <p>The Lewisburg Hotel 136 Market St. Lewisburg, Pa.</p>
--	--