



West Shore YMCA
 September Sizzle Invite
CLOSED YMCA MEET
 Saturday, September 27, 2025



LOCATION	Messiah University , Grantham, PA [Directions: http://bit.ly/2CpbMit]
FACILITIES	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.
MEET DIRECTOR	Janet Butterfield- (717) 514 2287 or info@wsyswim.org Email all entries to Mike Gobrecht mike@wsyswim.org
USA APPROVAL	USA Approval MA 2602 AP 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.
ENTRIES OPEN	September 1, 2025
ENTRY DEADLINE	Monday September 15, 2025, at 11:59pm
ENTRY FEES	Individual Events: \$10.00, Relay Events: Free Please send ONE check per YMCA, made payable to West Shore YMCA
SEND ENTRIES	Mail Entries to: West Shore YMCA Competitive Swimming 410 Fallowfield Road Camp Hill, PA 17011 Email all entries to Mike Gobrecht mike@wsyswim.org
ELIGIBILITY	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 (9/27/25) determines age group for the entire competition.
DECK ENTRIES	Deck Entries <u>will not be accepted</u> will be accepted at this meet
MISCELLANEOUS	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.

WSY September Sizzle – Sunday September 27, 2025



West Shore YMCA
September Sizzle Invite
CLOSED YMCA MEET
Saturday, September 27, 2025



<p>WARM UP INFORMATION</p>	<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>
<p>MEET/DECK REFEREE</p>	<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>
<p>ENTRY PROCEDURES</p>	<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) . • Entries must be submitted electronically in a format compatible with Hy-Tek or Team Unify meet management software by Monday, September 15, 2025 • 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 by Monday, September 15, 2025. FINAL entry payments and any necessary reports must be received by the first day of the meet.
<p>DISABLED SWIMMERS</p>	<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 accommodation or seeding arrangements at the time the entry is submitted.</p>
<p>PHOTOGRAPHY</p>	<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, restrooms 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>

WSY September Sizzle – Sunday September 27, 2025



West Shore YMCA
September Sizzle Invite
CLOSED YMCA MEET
Saturday, September 27, 2025



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		
SWIMWEAR:	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.		
EVENT LIMITATION	Swimmers are permitted to enter four (4) individual events per plus one (1) relay.		
SCORING & AWARDS	There are no awards at this meet.		
PROGRAMS & ADMISSION	Admission is \$5 cash admission per adult admitted to the spectator gallery		
TEAMS INVITES	This meet is open to swimmers from LEBANON YMCA, WAYNESBORO YMCA, WEST SHORE YMCA, CARLISLE YMCA, FRIENDSHIP YMCA, CHAMBERSBURG YMCA, LANCASTER YMCA, AND NORTHERN DAUPHIN COUNTY YMCA.		
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.		
MISCELLANEOUS	<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 in their event.</p> <p>There will be in person spectator viewing. Spectators will use restrooms in the lobby area of the University. Boys and Girls locker rooms are strictly for use by athletes.</p>		
START TIMES:	Session	Warm Up	Meet Start
	Session 1	10:00am	11:00am

WSY September Sizzle – Sunday September 27, 2025



West Shore YMCA
 September Sizzle Invite
 CLOSED YMCA MEET
 Saturday, September 27, 2025



SESSION #1		
Saturday, September 27, 2025 @ Messiah University - (Warm Up 10am – 11am Start)		
GIRLS	EVENT	BOYS
1	9 and Over 500 Free	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13 and Over 200 Medley Relay	8
9	10 and Under 100 IM	10
11	11-12 200 IM	12
13	13 and Over 200 IM	14
15	7-8 50 Freestyle	16
17	10 and Under 100 Freestyle	18
19	11-12 100 Freestyle	20
21	13 and Over 100 Freestyle	22
23	7-8 25 Backstroke	24
25	9-10 50 Backstroke	26
27	11-12 50 Backstroke	28
29	13 and Over 100 Backstroke	30
31	7-8 25 Breaststroke	32
33	9-10 50 Breaststroke	34
35	11-12 50 Breaststroke	36
37	13 and Over 100 Breaststroke	38
39	7--8 25 Butterfly	40
41	9-10 50 Butterfly	42
43	11-12 50 Butterfly	44
45	13 and Over 100 Butterfly	46
47	9 and Over 200 Freestyle	48
49	7-8 25 Freestyle	50
51	9-10 50 Freestyle	52
53	11-12 50 Freestyle	54
55	13 and Over 50 Freestyle	56

WSY September Sizzle – Sunday September 27, 2025



West Shore YMCA
September Sizzle Invite
CLOSED YMCA MEET
Saturday, September 27, 2025



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: \$ _____

WSY September Sizzle – Sunday September 27, 2025