

Invitation to the Annual WSY Thanksgiving Distance Meet

Saturday, November 24, 2007
at the Northern York High School Natatorium
Dillsburg, PA

Purpose: To provide swimmers with an opportunity to swim the 1000 and 1650 free.

Facilities: The Northern High School Pool is a six lane, 25-yard pool with full display board. A Colorado timing system will be used, along with touch pads at the finish end. The meet will be run using Hy-Tek Meet Management software. Spectator seating is available in the bleachers at pool deck level. 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 YMCA's invited. Swimmers will swim either the 1650 or 1000 free, not both and may swim the 400 IM as an additional event. The swimmers age will be determined as of November 24, 2007. All entries should be submitted on disk using the **Hy-Tek Team Manager 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.

Closing Date: Entries must be received no later than **Wednesday, November 21 2007**.

This is a CLOSED YMCA meet, and also an OBSERVED USA swimming meet, meaning this will count as one of your three (3) CLOSED YMCA meets needed, and all times achieved (for those registered with USA Swimming) will be entered in the SWIMS database

Entry Fees: \$4.00 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
FAX (717) 728-3561
E-Mail: Mike@wsyswim.org
Phone: (717) 514-2287

Meet Admission: Cost of admission is free

Meet Rules: The WSY Annual Thanksgiving Distance Swim Meet is governed by the current 2007 USA Swimming Technical Rules. This is a CLOSED YMCA meet, and also an **OBSERVED USA** swim meet, meaning this will count as one of your three (3) CLOSED YMCA meets needed, and all times achieved (for those currently registered with USA Swimming) will be entered in the SWIMS database. All events will be timed finals. There will be no false start. All swimmers will be on the pool deck for this meet. There will be no gymnasium utilized.

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Meet Time Line:

12:30-1:20pm Warm-Up for all swimmers

1:30-5:30pm Meet

We will take a 20-30 minute warm-up break after the 1000 free prior to the 400 IM

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

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 is requested to supply the name of one (1) timer. Thank you in advance for your help.

Awards: There will be no awards for this meet

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. All results, and coaches download files will be posted on our web site immediately following the meet. **We will NOT mail printed results.**

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

Directions – **The address of the High School is** 655 S Baltimore St Dillsburg, PA 17019-9690, so that you may Mapquest the directions. The pool is easily accessible from the PA Turnpike/Route 15. There is a layout of the school district campus on our website

Meet Format – We will swim all 3 events **fastest to slowest** alternating women and men. We will take a 30 minute break after the 1000 free prior to the 400 IM

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Girls Event #	Event	Boys Event #
1	12 and over 1650 Free	2
3	14 and Under 1000 Free	4
5	12 and over 400 IM	6

You must be at least 12 years of age to swim the 1650 or the 400 IM, and swimmers over the age of 15 may not swim the 1000



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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: _____

Number of Swimmers attending: _____

Number of Individual events: _____ X \$4.00 _____



Total of your check: _____

Make all checks payable to West Shore YMCA