



YMCA Eastern Districts 2010 WSY Entry Information

*Please read all items in this package carefully, so
as not to miss any deadlines!!*

2/22/10

The time of the season has once again come to start planning (even though swimmers have been doing this for many weeks now) for the YMCA District and State meets in March. Other than the swimmers advancing to Nationals, these two (2) meets (Districts & States) are the final meets of our winter season. These meets are **Team Scored**, and the coaches will be placing swimmers in events that will best benefit the entire team. Coaches will be placing ALL swimmers in events. We will post a pre-entry copy on **Sunday, February 28**, and you may talk to Mike with questions (swimmers only, no parents, and YES e-mail is fine) through **Monday, March 1, 2010**. As always relays will be posted at the District meet, and no sooner. The District entry will be submitted on Wednesday, March 3, 2010 and that will be the final entry.

RELAYS: Our team is permitted to enter ONE (1) Freestyle and ONE (1) Medley relay per age group, both boys and girls. Each relay will be made up of the Four (4) fastest individual swimmers, (however there are times when we use coaches discretion ie. a swimmer has not done their best time since September or October) available for that relay. Some swimmers could swim two (2) relays and one (1) individual event. Remember, this is done to benefit YOUR team. NO RELAY WILL BE FINAL UNTIL THE DAY OF THE MEET!!! Also note, relays can be changed from Districts to States, again as to what is best for the team. (**HOWEVER, if a relay is changed from Districts to States, and a swimmer qualifies for the STATE meet ONLY on a relay, that swimmer will still swim a relay at the STATE meet.**) Our goal is to have one freestyle and one medley relay in each age group, both boys and girls, at the State meet. All relays are put together by the coaching staff. There is to be NO INPUT from parents.

OFFICIALS - We will need officials for this meet. If you can officiate at this meet (at any session), please email Mike ASAP

Entry Fee for District Meet **\$25** includes all events & relays plus a *new Custom designed WSY District Team T-shirt*. This fee has previously been assessed to your escrow account

Swimmers who qualify for the State Meet on 3/20-21 (Saturday and Sunday 9-10 on Sat AM//11-12 on Sat PM//13-14 on Sunday AM//Senior Sunday PM) will be given a custom WSY STATE Team swim cap. Entry fees for the YMCA State meet are paid by the West Shore YMCA

YMCA District Meet Specifics

Location: LaSalle University, 20th and Olney Avenues, Philadelphia, PA 19142

Schedule:

Saturday March 13, 2010 - Morning
9/10 Session

Warm-Up: 7:30am
Start: 9:15am

Saturday March 13, 2010
11/12 Session

Warm-Up: 1:15pm
Start: 2:45 pm

Sunday March 14, 2010 - Morning
13/14 Session

Warm-Up: 7:30am
Start: 9:15am

Sunday March 14, 2010
Senior Session

Warm-Up: 1:15pm
Start: 2:45 pm

You only need to be present for your session
We will have more specific timelines closer to the meet

Directions to LaSalle

From The West PA Turnpike East to Exit 326 (old exit 24 - Route 76 East, Valley Forge). **Route 76 East** to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light

Doors Open:

7:20AM for the Saturday and Sunday AM session and 3:20PM for the Friday PM session and 1:15PM for the Sunday PM session. Swimmers and Officials will be allowed in first, followed by spectators.

Hotel Rooms: We have a block of rooms (25 rooms per night) at the Philadelphia City Avenue Hilton. The rooms are \$139/night. The hotel is a 20 minute drive from the pool, and is located directly off route I-76. The address is: 4200 City Avenue, Philadelphia, Pennsylvania, 19131. To reserve a room, email Mike (mike@wsyswim.org) by Friday, February 26th. Rooms will be assigned on a first-come-first-serve basis.