

Invitation to the Annual WSY Last Chance Qualifying Meet

Saturday, February 25, 2006
at the Cumberland Valley High School Natatorium
Mechanicsburg, PA

Purpose: To provide swimmers one last opportunity to qualify for the YMCA Eastern District meet March 11-12, 2006

Facilities: The new Cumberland Valley High School Natatorium has an eight (8) lane 40 meter pool divided by a bulkhead at 25 yards with warm-up/warm-down area opposite competition pool. A fully automatic Colorado 6 timing system with display board will be used. We will be using Hy-Tek meet management software. Adequate deck space is available for all swimmers. Spectator seating is available in gallery area above pool. 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 clubs/YMCA's invited. Each swimmer may swim a maximum of five (5) individual events. The swimmers age will be determined as of December 1, 2005. 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. The number of entries for this meet will be limited. Entries may be faxed or e-mailed, however hard copy and payment must follow within three (3) days.

Closing Date: Entries must be received no later than **Wednesday, February 22, 2006**. Entries will be

taken on a first come-first serve basis until we reach our time line.

Entry Fees: \$3.00 per individual event. **(NOTE: If you will NOT be entering using the Hy-Tek software, the entry fee is \$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

All entries are due: Wednesday, February 22, 2006 at 7pm.

Meet Admission: Admission is \$3.00, which includes meet heat sheets.

Meet Rules: The WSY Annual Last Chance Qualifying Meet is governed by the current 2005-2006 NCAA Rules. All events will be timed finals. There will be a coaches meeting prior to the start of the session. It will be the coaches responsibility to get their swimmers to the blocks prior to the start of each event.

Meet Time Line:

8-8:55am Pool Open for Warm-up
(NOTE: We will split the warm-up into two (2) sessions. Warm-Up times will be e-mailed to everyone)

9:10am Meet Begins

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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.

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.

Notes to coaches about District Entry Deadline - The entry deadline for the Eastern District meet at La Salle is Wednesday, March 1, 2006. You will have only two days after the WSY Last Chance meet to submit your entries. It is encouraged that you enter electronically. There is a Hy-Tek Team Manager import file at the following web site <http://ymcacompetitiveswim.org>



Directions - 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.

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.

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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.



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List of events

<u>Boys</u>	<u>Name of event</u>	<u>Girls</u>
1	Senior 100 Free	2
3	13-14 100 Free	4
5	11-12 100 Free	6
7	10 & under 50 Free	8
9	Senior 400 IM	10
11	13 & Over 200 IM	12
13	11-12 200 IM	14
15	10 & under 100 IM	16
17	Senior 100 FLY	18
19	13-14 100 FLY	20
21	11-12 50 FLY	22
23	10 & Under 50 Fly	24
25	11-12 50 Freestyle	26
27	13-14 50 Freestyle	28
29	Senior 50 Freestyle	30
31	10 & Under 100 Freestyle	32
33	11-12 200 Freestyle	34
35	13 & Over 200 Freestyle	36
37	Senior 500 Freestyle	38
39	10 & Under 50 Backstroke	40
41	11-12 50 Backstroke	42
43	13-14 100 Backstroke	44
45	Senior 100 Backstroke	46
47	10 & Under 50 Breaststroke	48
49	11-12 50 Backstroke	50
51	13-14 100 Backstroke	52
53	Senior 100 Breaststroke	54

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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: _____

Name of one (1) timer: _____

The name that appears in this area will receive FREE admission on the day of the meet

Number of Swimmers attending: _____

Number of Individual events: _____ X \$3.00 _____

NOTE: If you are NOT entering on disk, please multiply your total number of events entered by \$4.00

Total of your check: _____

Make all checks payable to West Shore YMCA