

# Invitation to the Annual WSY Valentine 9 & Under Meet

Sunday, February 8, 2009  
at the Cumberland Valley High School Natatorium  
Mechanicsburg, PA

**Purpose:** To provide 9 & under swimmers an opportunity to see their progress prior to the championship meets in March.

**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 5 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. There will be no "Seeding Area" to stage swimmers. All coaches are responsible to see their swimmers are behind the blocks. The host team will have volunteers behind the blocks to double check swimmers are in the proper lanes. 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 four (4) individual events. The swimmers age will be determined as of December 1, 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](http://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 to **300 athletes!!!** Entries should be faxed or e-mailed, however hard copy and payment must follow within six (6) days.

**Closing Date:** Entries must be received no later than **Monday, February 2, 2009**. Entries will be taken on a first come-first serve basis until we reach 300 athletes.

**Entry Fees:** \$3.50 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**  
410 Fallowfield Road  
Camp Hill, PA 17011-4900  
FAX (717) 728-3561  
E-Mail: [mike@wsyswim.org](mailto:mike@wsyswim.org)  
Phone: (717) 514-2287

*All teams not accepted into the meet will be notified by Tuesday, February 3, 2009*

**Meet Admission:** Cost of admission is \$2.00 per person (under 12 free) and a program is \$3.00.

**Meet Rules:** The WSY Annual Valentine 9 & Under Meet is governed by the current 2009 USA Swimming Technical Rules. All events will be timed finals. There will be no false start. There will be a coaches meeting prior to the start of the session. It will be the coach's responsibility to get their swimmers to the seeding area prior to the start of each event. All swimmers will be on the pool deck for this meet. There will be no gymnasium utilized.

**Meet Time Line:**

**10-10:45am** Pool Open for Warm-up  
(***NOTE: We will split the warm-up into two (2) sessions. Warm-Up times will be on our web site***)

**11:10am 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.

**Awards:** For individual events: Custom made Medals (1st-3rd) finishers. Custom made ribbons will be awarded for 4th-12th place finishers for individual events. Relay Rosette Ribbons will be awarded for (1st-3rd) place finisher. Heat ribbons will be awarded for all heat winners, and each participant in the meet will be given a participation ribbon.

**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](http://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 large concession area with an assortment of breakfast and lunch items available during the entire meet. We will also have a Speedo Team Dealer available.

**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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<u>Boys</u>	<u>Name of event</u>	<u>Girls</u>
1	7 & Under 100 yard IM	2
3	8 yr. 100 yard IM	4
5	9 & yr 100 yard IM	6
7	5 under 25 yard freestyle	8
9	6 yr. 25 yard freestyle	10
11	7 yr. 25 yard freestyle	12
13	8 yr. 25 yard freestyle	14
15	9 yr. 50 yard freestyle	16
17	5 under 25 yard backstroke	18
19	6 yr. 25 yard backstroke	20
21	7 yr. 25 yard backstroke	22
23	8 yr. 25 yard backstroke	24
25	9 yr. 50 yard backstroke	26
27	6 & under 25 yard breaststroke	28
29	7 yr. 25 yard breaststroke	30
31	8 yr. 25 yard breaststroke	32
33	9yr. 50 yard breaststroke	34
35	6 & under 25 yard butterfly	36
37	7 yr. 25 yard butterfly	38
39	8 yr. 25 yard butterfly	40
41	9yr. 50 yard butterfly	42
43	7 & under 50 yard Freestyle	44
45	8 yr. 50 yard freestyle	46
47	9 & under 100 yard freestyle	48



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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: \_\_\_\_\_

Number of Swimmers attending: \_\_\_\_\_

Number of Individual events: \_\_\_\_\_ X \$3.50 \_\_\_\_\_

**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**