

2012 YSCAP League Championship Meet

Hosted by the York YMCA Aquatic Club



February 25-26, 2012

USA-S Approval # TBD

General Information:

LOCATION	York YMCA – Graham Aquatic Center 543 N. Newberry St. York, PA 17404 Day of meet emergency phone # 717-586-4573
FACILITIES	The Graham Aquatic Center is a new indoor facility with a possible 16-lane, 25-yard configuration. Primary configuration will consist of eight 9-foot-wide lanes for competition (6' depth at the start end and 5' depth at the turn end), and six 7-foot-wide lanes for warmup/ warm-down (5' depth at both ends). The competition course has not been certified in accordance with 104.2.2C(4). Permanent bleacher seating for 750+; very large deck area for swimmers, coaches and officials. Daktronics OmniSport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 4.0 software. Concession area with promenade overlooking competitive pool; with flat screen TVs and free Wi-Fi. Free parking is available; capacity 550.
MEET DIRECTOR / SAFETY DIRECTOR	Nate Gentzler 1162 Ruth Street York, PA 17408 717-586-4573 nater284@gmail.com Please direct all questions about the meet to the Meet Director.
OFFICIALS COORDINATOR	Brian Gunn 717-676-1335 bgunn@accomhs.com All currently certified YMCA, USA and/or PIAA officials are encouraged to volunteer.
ELIGIBILITY	This meet is open to all YSCAP league swimmers who have competed in a minimum of three (3) YSCAP league meets during the 2010-2011 season. There are no qualifying times. Because this meet is a closed-YMCA competition, all swimmers MUST be full-privilege members of the YMCA that they represent by 90 days prior to the competition. Swimmers' age is as of December 1, 2011.
ENTRY LIMITS	Swimmers may swim a maximum of three (3) individual events and one (1) relay <i>per day</i> . Time Trial events <i>do</i> count towards the entry limit.
EVENTS / SESSIONS	This meet is a prelims/finals-style championship meet. The 400 IM, 500 Free, and relays will be deck-seeded timed finals. All 8 & Under events will be pre-seeded timed finals. All other events will be prelims/finals. 9-10 and 15 & Over events will have an "A" final only; 11-12 and 13-14 events will have "A" and "B" finals. The order of events and session breakdown is attached to this packet.

	This meet will be USA approved, meaning that the times achieved by all currently registered USA Swimming members will be recorded in the SWIMS database. 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 this event.
TIME TRIALS	Subject to time and space availability, Time Trials <i>may</i> be conducted at the discretion of the Meet Director. Time Trials, when time permits, will be offered only at the conclusion of the prelim sessions. Swimmers must sign-up for Time Trials at least 30 minutes prior to the scheduled end of the prelim session that they are participating in. Time Trials are limited to one per swimmer per day. Time Trial events <i>will</i> count towards a swimmer's daily maximum event total.
WARM-UP & START TIMES	<p>Saturday Morning Preliminaries– Warm-ups: 7:00 AM; Start: 8:00 AM Saturday Afternoon Preliminaries– Warm-ups: 12:30 PM; Start: 1:15 PM Saturday Evening Finals- Warm-ups: 4:00 PM; Start: 5:00 PM</p> <p>Sunday Morning Preliminaries– Warm-ups: 7:00 AM; Start: 8:00 AM Sunday Afternoon Preliminaries– Warm-ups: 12:30 PM; Start: 1:15 PM Sunday Evening Finals- Warm-ups: 3:30 PM; Start: 4:30 PM</p> <p><u>All warm-up sessions will be "open" warm-up.</u> There will be 14 lanes available. Team warm-up lanes will not be assigned.</p> <p>Continuous warm-up/ warm-down will be available in the 6-lane portion of the pool throughout the meet.</p>
ENTRIES	Electronic entries shall be submitted using Hy-Tek software. Entries for which a swimmer has no time shall be entered as "NT". Electronic entries shall be emailed to nater284@gmail.com . Payment and meet summary sheets should be mailed to: Nate Gentzler 1162 Ruth Street York, PA 17408
ENTRY FEES	\$2.50/individual event, \$8.00/relay
ENTRY DEADLINE	Saturday, February 11, 2012 at 11:59 PM.
VOLUNTEERS	Each team is responsible for providing at least three (3) timers and one (1) certified stroke & turn official per session. Each team will also be required to provide one (1) seeding volunteer for the 10 & under prelim sessions. Additional volunteers are also welcome. All volunteers will receive free admission and a name badge at the admission table. Volunteer lists should be emailed to nater284@gmail.com with team entries. Teams will not be permitted to compete in the meet until they provide the required volunteers.
SWIMMER SEATING/ STAGING	Swimmer seating will be available on the pool deck, and in ½ of the bleachers on the south side of the pool. A bullpen/seeding area will be used for the 10 & Under prelim sessions only. All other swimmers will be responsible for getting to the starting blocks on their own.
SCRATCH RULE	Any swimmer who does not swim a pre-seeded prelim or a pre-seeded timed-final event will <i>not</i> be penalized. Any swimmer who qualifies for finals in an event, who does not scratch out of finals prior to the scratch window closing, MUST swim the event at finals. Any swimmer who positively checks-in for a deck-seeded event MUST swim the event. Failure to swim a finals event or positive check-in event, without scratching, will result in the swimmer being barred from the next individual event in which they are entered - whether on the same day or later meet day. Swimmers who are initially announced as alternates for finals will not be penalized if they do not swim.

<p>RULES / SAFETY</p>	<p>This meet will be conducted according to current USA swimming rules. This meet will be conducted using the whistle command and no-recall false start procedures. 'Fly-over' starts will be used at this meet in the 11 & Over Prelims sessions only. When fly-over starts are in use, all swimmers should remain in the water at the completion of their race.</p> <p>No diving will be permitted during warm-ups, except limited diving from the starting block end in announced sprint lanes. When diving is permitted, the swimmer must enter from the starting block end and exit from the opposite end of the pool. All entries must be feet-first other than the above mentioned.</p> <p>Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet. ANY SWIMMER OBSERVED SWIMMING UNDER THE BULKHEAD BY AN OFFICIAL OR SAFETY MONITOR AT THE MEET WILL BE DISQUALIFIED FROM THAT SWIMMER'S NEXT INDIVIDUAL EVENT, OR FROM THE REMAINDER OF THE MEET, AS DETERMINED BY THE MEET REFEREE. THIS POLICY WILL BE STRICTLY ENFORCED.</p> <p>NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME. Swimmers are not permitted to be in the spectator seating at any time. Swimmers and parents may meet in the café area of the building.</p>
<p>AWARDS</p>	<p>For individual events, medals will be awarded to the swimmers who finish in the top three (3) overall in each event. Ribbons will be awarded for places 4 – 16 for events that are prelims/finals, 4 – 8 for all other individual events. Ribbons will be awarded to the top three (3) finishing relays. High point awards will be given to the male and female of each age group who score the most individual points. A team high point trophy will be awarded to the team who scores the most points overall.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Programs \$3.00, Admission \$2.00. Children under 5 admitted free. Free admission to all volunteers.</p>
<p>VENDORS</p>	<p>Vendors will be on-site, selling meet t-shirts and swimming equipment.</p>
<p>RESULTS</p>	<p>Results will be posted at www.swimtidalwaves.org and www.yscap.org within 48 hours of the conclusion of the meet.</p>
<p>DIRECTIONS</p>	<p>See next page.</p>

Directions to Graham Aquatic Center

Note: The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

From northbound Interstate 83:

Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound Interstate 83:

Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street. **NOTE:** Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George. Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.



From eastbound US Route 30:

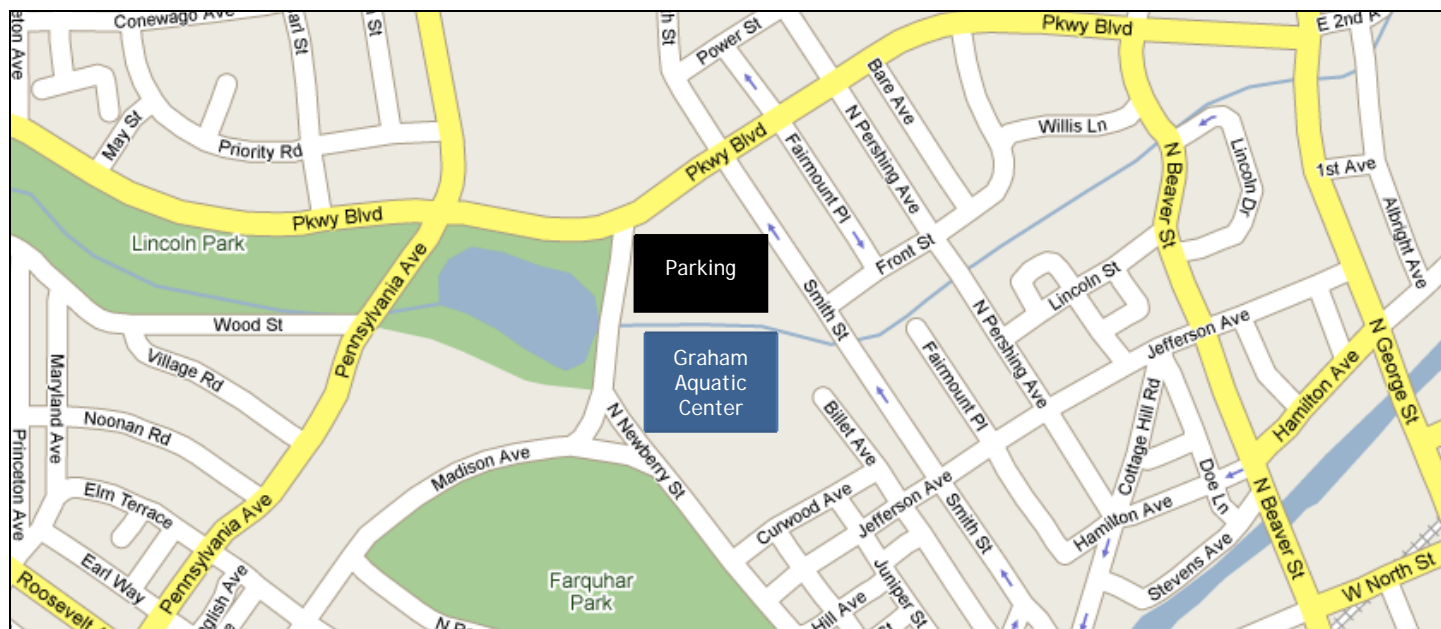
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

From westbound US Route 30:

Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound PA Route 74:

Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.



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February 25-26, 2012

SESSION #1 Saturday Morning Preliminaries

Girls	Event Description	Boys
1	15-18 200 Back	2
3	13-14 200 Back	4
5	11-12 100 Back	6
7	15-18 100 Breast	8
9	13-14 100 Breast	10
11	11-12 50 Breast	12
13	15-18 200 Fly	14
15	13-14 200 Fly	16
17	11-12 100 Fly	18
19	15-18 100 Free	20
21	13-14 100 Free	22
23	11-12 50 Free	24
25	15-18 200 IM	26
27	13-14 200 IM	28
29	11-12 200 IM	30
31	Open 500 Free (Deck Seeded)	32
33	15-18 200 Medley Relay (Deck Seeded)	34
35	13-14 200 Medley Relay (Deck Seeded)	36
37	11-12 200 Medley Relay (Deck Seeded)	38

SESSION #2 Saturday Afternoon Preliminaries/Timed Finals

Girls	Event Description	Boys
39	9-10 100 Back	40
41	8&U 50 Back	42
43	9-10 50 Breast	44
45	7-8 25 Breast	46
47	6&U 25 Breast	48
49	9-10 100 Fly	50
51	8&U 50 Fly	52
53	9-10 50 Free	54
55	7-8 25 Free	56
57	6&U 25 Free	58
59	9-10 100 IM	60
61	8&U 100 IM	62
63	9-10 200 Medley Relay (Deck Seeded)	64
65	8&U 100 Medley Relay	66

SESSION #3 Saturday Evening Finals

Girls	Event Description	Boys
1	15-18 200 Back	2
3	13-14 200 Back	4
5	11-12 100 Back	6
39	9-10 100 Back	40
7	15-18 100 Breast	8
9	13-14 100 Breast	10
11	11-12 50 Breast	12
43	9-10 50 Breast	44
13	15-18 200 Fly	14
15	13-14 200 Fly	16
17	11-12 100 Fly	18
49	9-10 100 Fly	50
19	15-18 100 Free	20
21	13-14 100 Free	22
23	11-12 50 Free	24
53	9-10 50 Free	54
25	15-18 200 IM	26
27	13-14 200 IM	28
29	11-12 200 IM	30
59	9-10 100 IM	60
31	Open 500 Free (Fastest Heat)	32
33	15-18 200 Medley Relay (Fastest Heat)	34
35	13-14 200 Medley Relay (Fastest Heat)	36
37	11-12 200 Medley Relay (Fastest Heat)	38
63	9-10 200 Medley Relay (Fastest Heat)	64

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February 25-26, 2012

SESSION #4 Sunday Morning Preliminaries

Girls	Event Description	Boys
67	15-18 200 Free	68
69	13-14 200 Free	70
71	11-12 200 Free	72
73	15-18 100 Fly	74
75	13-14 100 Fly	76
77	11-12 50 Fly	78
79	15-18 50 Free	80
81	13-14 50 Free	82
83	11-12 100 Free	84
85	15-18 100 Back	86
87	13-14 100 Back	88
89	11-12 50 Back	90
91	15-18 200 Breast	92
93	13-14 200 Breast	94
95	11-12 100 Breast	96
97	Open 400 IM (Deck Seeded)	98
99	15-18 200 Free Relay (Deck Seeded)	100
101	13-14 200 Free Relay (Deck Seeded)	102
103	11-12 200 Free Relay (Deck Seeded)	104

SESSION #5 Sunday Afternoon Preliminaries/Timed Finals

Girls	Event Description	Boys
105	9-10 200 Free	106
107	8&U 100 Free	108
109	9-10 50 Fly	110
111	8&U 25 Fly	112
113	9-10 100 Free	114
115	7-8 50 Free	116
117	6&U 50 Free	118
119	9-10 50 Back	120
121	7-8 25 Back	122
123	6&U 25 Back	124
125	9-10 100 Breast	126
127	8&U 50 Breast	128
129	9-10 200 Free Relay (Deck Seeded)	130
131	8&U 100 Free Relay	132

SESSION #6 Sunday Evening Finals

Girls	Event Description	Boys
67	15-18 200 Free	68
69	13-14 200 Free	70
71	11-12 200 Free	72
105	9-10 200 Free	106
73	15-18 100 Fly	74
75	13-14 100 Fly	76
77	11-12 50 Fly	78
109	9-10 50 Fly	110
79	15-18 50 Free	80
81	13-14 50 Free	82
83	11-12 100 Free	84
113	9-10 100 Free	114
85	15-18 100 Back	86
87	13-14 100 Back	88
89	11-12 50 Back	90
119	9-10 50 Back	120
91	15-18 200 Breast	92
93	13-14 200 Breast	94
95	11-12 100 Breast	96
125	9-10 100 Breast	126
97	Open 400 IM (Fastest Heat)	98
99	15-18 200 Free Relay (Fastest Heat)	100
101	13-14 200 Free Relay (Fastest Heat)	102
103	11-12 200 Free Relay (Fastest Heat)	104
129	9-10 200 Free Relay (Fastest Heat)	130

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MEET SUMMARY FORM

This form MUST accompany TEAM Entries.

TEAM NAME: _____

TEAM CODE: _____

HEAD COACH: _____

COACH OR CLUB
ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

EMAIL: _____

Mail Entries to: Nate Gentzler
1162 Ruth Street
York, PA 17408

Entry Deadline: Saturday, February 11, 2012 at 11:59 PM

Please make checks payable to: YORK YMCA AQUATIC CLUB

ENTRY FEES:

_____ INDV. EVENTS @ \$2.50 EACH \$ _____

_____ RELAYS @ \$8.00 EACH \$ _____

TOTAL: \$ _____

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH THE YMCA THAT THEY REPRESENT AND THAT THEY HAVE ATTENDED AT LEAST THREE YSCAP LEAGUE MEETS DURING THE 2010-2011 SEASON.

_____ **HEAD COACH or TEAM REPRESENTATIVE**