



CENTRAL YORK AQUATICS

CYA Winter A/BB/C Meet

January 28th – January 29th

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1206 A

Location	Central York High School 601 Mundis Mill Rd. York, PA 17406 Day of meet ONLY emergency phone# 717-858-4200
Facilities	Central York High School Natatorium State-of-the-art 40-yard indoor pool with adjustable bulkhead, allowing for set up of an 8-lane, 25-yard competition pool running 13 feet at the starting end to 7 feet at the far end, with a separate 5-lane warm up/down area. The competition course has not been certified in accordance with 104.2.2C(4) Facility is equipped with AntiWave 6" Maximum racing lane lines, Spectrum Cougar starting blocks, Colorado 6 timing system, Aqua Grip touchpads, and an 8 x 7 ft. LED display board. State-of-the-art filter and ventilation units and audio system with under water speakers. Natatorium has a seating capacity for up to 300 athletes on deck and 500 spectators in the gallery. Free parking located next to the natatorium.
Meet Director	Jason Miller 717-846-6789 x1375 jmiller2@cysd.k12.pa.us
Safety Director	Jason Miller 717-846-6789x1375 jmiller2@cysd.k12.pa.us
Officials	Referee: Judy Quigley Anyone interested in officiating this meet, please contact Jason Miller , 717-846-6789 x1375, jmiller2@cysd.k12.pa.us
Eligibility	This meet is open to any swimmer registered with USA Swimming in 2012. This meet will run according to current USA Swimming Rules and Regulations. Swimmer's age on the first day of the meet will determine their age group for the entire competition. Swimmers with a disability are welcome to enter this meet. The coach of team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangement at the time the entry is submitted.

	<p>Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2011-12 registration). This applies to all swimmers attached to a club.</p>
Entry Limitations	<p>Swimmers may compete in a maximum of FIVE (5) events per day, distance sessions included. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>
Seeding	<p>All events are pre-seeded, timed finals with the exception of the distance events (500, 1000, 1650 Free and 400 IM), which will be deck seeded fastest to slowest. The Middle Atlantic Scratch Policy will be enforced.</p>
Deck Entries/ Time Trials	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$8 per event. Deck entries will be accepted until 30 minutes prior to the start of each session, and must be paid for at the time of entry with cash or check. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups.</p>
Scoring & Awards	<p>Awards will be presented to the 9-10, 11-12 and 13-14 age groups for each event. Awards will not be given to Senior swimmers. Results will be based on the entry time, not the time swum during the meet. Deck entered swimmers are not eligible for awards.</p> <p>Awards will be presented to the top 8 times in each category, "A", "BB", "C."</p> <p>All awards must be picked up by the end of the meet.</p>
Results	<p>Final results will be available on the Middle Atlantic Swimming website, www.maswim.org, in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed.</p>
Swimmers Without a Coach	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with the requirement.</p>
Hospitality	<p>Food and drinks will be available for officials and coaches during all sessions.</p>
Concessions and Vendors	<p>A concession stand will be open before and during all sessions. A local swimming apparel and accessories vendor will be set up during all sessions.</p>
Timers	<p>Anyone interested in working as a volunteer timer, please contact Jason Miller, 717-846-6789 x1375, jmiller2@cysd.k12.pa.us</p> <p>Volunteers will receive a refund on their admission and a complimentary meal from the concession stand.</p>

Entry Fees	Entry fees are \$4.00 per individual event. Deck entries, if accepted, are \$8.00. Deck entries must be submitted to the Meet Director 30 minutes prior to the start of each session.
Manually Submitted Entries	As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team that submits entries for more than 5 swimmers manually.
Send Entries To	Central York Aquatics c/o Jason Miller 610 Mundis Mill Rd. York, PA 17406 jmiller2@cysd.k12.pa.us
Entry Deadline	All entries must be received by 8:00pm on Wednesday, January 18 th No late entries will be accepted
How to Enter	<p>Entries must be submitted in the course in which they were achieved. Converted times should not be used. All times submitted must be the swimmer's best time. The meet will be seeded and swum in Short Course Yards (SCY).</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <p>Entries should be submitted using Hy-Tek software format. The entry file can be found on the Middle Atlantic Swimming website, http://www.maswim.org. Email entries are preferred.</p> <p>If you are emailing your entry, please send a PDF file, sorted by athlete and event, from your Hy-Tek Team Manager software. All emailed entries will receive email confirmation. If a Hy-Tek file is not possible, use the attached entry form.</p> <p>A completed Meet Summary Form, included in this packet, must accompany each team's entry.</p> <p>As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but no more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate or attend USA Swimming functions.</p>
Start Procedure	This meet will be conducted using the Whistle Command starting procedure and the No Recall false start rule. Fly-over starts will be used for all events except backstroke. Swimmers must remain in the water at the completion of their race until the next heat has started.

<p>Rules</p>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA Swimming/Middle Atlantic Swimming safety guidelines and warm-up procedures will be in effect for the entire meet.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has positively checked in for that event, must swim the event. If the swimmer wishes to scratch from the event, they must notify the Meet Referee or Clerk of Course prior to the event being seeded. Failure to scratch prior to seeding after positively checking in, and not swimming the event, will result in the swimmer being barred from the next individual event, whether on the same or later meet day. Deck-seeded events close for seeding 30 minutes before the scheduled start of the event.</p> <p>Any swimmer observed swimming under or through 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>Warm-Up Procedure</p>	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subjected to the following procedures:</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Final warm-up schedules will be sent out at least three days prior to the meet. The schedules will also be available to coaches during the meet.</p> <p>Sprint/start lanes will be available at the end of each warm-up session.</p> <p>Diving and backstroke starts are not permitted until sprint lanes are designated.</p> <p>The meet referee may remove anyone from the warm-up for failure to comply with the warm-up rules.</p> <p>Note: 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.</p>
<p>Warm-Up & Start Times</p>	<p>Saturday, January 28th</p> <p>Session #1 Warm Up: 8:00am Start: 9:00am</p> <p>Session #2 The distance session will begin after a 20 minute break immediately following Session 1.</p> <p>Sunday, January 29th</p> <p>Session #3 Warm Up: 8:00am Start: 9:00am</p> <p>Session #4 Distance session will begin after a 20 minute break immediately following Session 3.</p> <p>The Meet Director reserves the right to modify warm-up and start times based on the number of entries received.</p>
<p>Admission &</p>	<p>Admission is \$5 per person each day, heat sheet included.</p>

Programs	Children under 12 are free.						
Directions	<p>From the North (Harrisburg) I-83 S to Exit 24 (Emigsville), Left onto Church Rd., Right onto N. George St., Left onto Emig Rd., School is on the Left.</p> <p>From the South (Baltimore) I-83 N to Exit 22 (N. George St.), Right onto Emig Rd., School is on the Left.</p> <p>From the East (Lancaster) US-30 W to Exit 24 (Mt. Zion Rd.), Right onto Mt. Zion Rd., School is on the Right.</p> <p>From the West (Pittsburgh) I-76 E to Exit 252, I-83 S to Exit 24 (Emigsville), Left onto Church Rd., Right onto N. George St., Left onto Emig Rd., School is on the Left.</p> <p>From the Southwest (Gettysburg) US-30 E toward York, Left onto N. George St., Right onto Emig Rd., School is on the Left.</p> <p>Natatorium is located on the left side of the school, across the parking lot from the football stadium.</p>						
Accommodations	<p><u>LODGING:</u></p> <table border="0"> <tr> <td data-bbox="472 940 771 1066"> <p>Comfort Inn & Suites 2250 North George St. York, PA 17406 717-669-1919</p> </td> <td data-bbox="857 940 1227 1066"> <p>Four Points Hotel & Suites 1650 Toronita St. York, PA 17402 717-846-4940</p> </td> </tr> <tr> <td data-bbox="472 1108 748 1234"> <p>Hampton Inn 1550 Mount Zion Rd. York, PA 717-840-1500</p> </td> <td data-bbox="857 1108 1110 1234"> <p>Homewood Suites 200 Masonic Dr. York, PA 17406 717-434-1800</p> </td> </tr> <tr> <td data-bbox="472 1276 683 1402"> <p>Red Roof Inn 125 Arsenal Rd. York, PA 17404 717-843-8181</p> </td> <td data-bbox="857 1276 1252 1402"> <p>Wingate by Wyndham Arsenal Rd. and N. George St. York, PA 17404 717-848-2100</p> </td> </tr> </table>	<p>Comfort Inn & Suites 2250 North George St. York, PA 17406 717-669-1919</p>	<p>Four Points Hotel & Suites 1650 Toronita St. York, PA 17402 717-846-4940</p>	<p>Hampton Inn 1550 Mount Zion Rd. York, PA 717-840-1500</p>	<p>Homewood Suites 200 Masonic Dr. York, PA 17406 717-434-1800</p>	<p>Red Roof Inn 125 Arsenal Rd. York, PA 17404 717-843-8181</p>	<p>Wingate by Wyndham Arsenal Rd. and N. George St. York, PA 17404 717-848-2100</p>
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Order of Events**Saturday, January 28th****Session #1**

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
1	9-10 200 Free	2
3	11-12 200 Free	4
5	Open 200 Back	6
7	9-10 100 Back	8
9	11-12 100 Back	10
11	Open 100 Breast	12
13	9-10 50 Breast	14
15	11-12 50 Breast	16
17	Open 200 Fly	18
19	9-10 100 Fly	20
21	11-12 100 Fly	22
23	Open 100 Free	24
25	9-10 50 Free	26
27	11-12 50 Free	28
29	Open 200 IM	30
31	9-10 100 IM	32
33	11-12 100 IM	34

Session #2 (Distance)

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
35	Open 500 Free	36
37	11 & Over 1650 Free	38

Sunday, January 29th**Session #3**

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
39	9-10 200 IM	40
41	11-12 200 IM	42
43	Open 100 Back	44
45	9-10 50 Back	46
47	11-12 50 Back	48
49	Open 200 Breast	50
51	9-10 100 Breast	52
53	11-12 100 Breast	54
55	Open 100 Fly	56
57	9-10 50 Fly	58
59	11-12 50 Fly	60
61	Open 200 Free	62
63	9-10 100 Free	64
65	11-12 100 Free	66
67	Open 50 Free	68

Session #4 (Distance)

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
69	11 & Over 400 IM	70
71	11 & Over 1000 Free	72

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Individual Event Entry Form

(For Manual Entries Only)

Team: _____ Team Code: _____

Coach: _____ LSC Code: _____

Address: _____

Email: _____ Phone: _____

Athlete Name: _____ D.O.B: _____

USA Swimming ID#: _____ Male / Female

Event #	Event Description	Entry Time

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Meet Summary Sheet

To be included with entries and fees check

Team: _____ Team Code: _____

Coach: _____ LSC Code: _____

Address: _____

Email: _____ Phone: _____

Total Individual Entries: _____ X \$4.00 = _____ **Total Fee**

Send completed sheet and entry fees check to:

Central York Aquatics
601 Mundis Mill Rd.
York, PA 17406
jmiller2@cysd.k12.pa.us

Entries must be received by Wednesday, January 18th

I ATTEST THAT THE ENTERED ATHLETS ARE PROPERLY REGISTERED WITH
USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

Signature of head coach or authorized team representative