

CENTRAL YORK AQUATICS
8TH ANNUAL WINTER A/BB/C INVITATIONAL
JANUARY 25-27, 2019

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| MEET HOST | CENTRAL YORK AQUATICS | | |
| SANCTION | Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 1971 A <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i> | | |
| MEET DIRECTOR | NATE GENTZLER | E-MAIL: ngentzler284@gmail.com | PHONE: 717-586-4573 |
| LOCATION | Pool name CENTRAL YORK HIGH SCHOOL NATATORIUM Street address 601 MUNDIS MILL ROAD City, state and zip YORK, PA 17406 Day of meet ONLY emergency phone 717-586-4573 | | |
| FACILITY DESCRIPTION | This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a 8 line scoreboard and Competitor Gold Medal 6" lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 300 and spectator seating for 500. Parking capacity 500. Hospitality will be available for coaches and officials. Snack bar will be available during all sessions. | | |
| POOL CERTIFICATION | The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4) | | |
| WATER DEPTH | The depth of the water at the start end of the pool is 13 feet and at the turn end is 7 feet. | | |
| EVENTS | This meet will be conducted in accordance with the attached schedule of events. | | |
| ENTRIES OPEN | AUGUST 1, 2018 | | |
| ENTRY DEADLINE | JANUARY 9, 2019 at 11:59 PM | | |
| ENTRY FEES | Individual Events: \$5.00 | Relay Events: \$10.00 | |
| ENTRY LIMITs | 4 Individual Events per day (excluding relays). | 0 Relays per day | MEET ENTRY LIMIT: 9 |
| ELIGIBILITY | All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to ALL 9 & OVER USA swimming registered swimmers. | | |
| ON-SITE REGISTRATION | On-site registration <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet. Unregistered swimmers may register on deck at this meet by tuning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee. This applies to all swimmers attached to a club. | | |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> • The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. • Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded after all of the yards seed times. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with Hy-Tek meet management software. • All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information • Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found here. • FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by entry deadline. Include Meet Entry Summary with payment. | | |
| MEET ENTRY CHAIR | NATE GENTZLER | PHONE #: 717-586-4573 (no calls before 9:00 AM or after 9:00 PM) | |
| E-MAIL ENTRY FILES TO | NGENTZLER284@GMAIL.COM | | |
| MAIL CHECKS/ REPORTS | JEN ECKERT, 555 GATEHOUSE LANE EAST, YORK, PA 17402 | | |
| CHECKS PAYABLE TO | CENTRAL YORK AQUATICS | | |
| OPERATIONAL RISK DIRECTOR | NATE GENTZLER | E-MAIL: ngentzler284@gmail.com | PHONE: 717-586-4573 |
| OFFICIALS CONTACT | TODD PARSONS | E-MAIL: underwatertodd@gmail.com | PHONE: 717-672-1468 |

Session 1
Friday Evening

| GIRLS | EVENT | BOYS |
|--------------|-----------------------|-------------|
| 1 | Senior 1000 Freestyle | 2 |
| 3 | Senior 1650 Freestyle | 4 |

Session 2
Saturday Morning

| GIRLS | EVENT | BOYS |
|--------------|------------------------------|-------------|
| 5 | 13-14 200 Backstroke | 6 |
| 7 | Senior 200 Backstroke | 8 |
| 9 | 13-14 100 Breaststroke | 10 |
| 11 | Senior 100 Breaststroke | 12 |
| 13 | 13-14 200 Butterfly | 14 |
| 15 | Senior 200 Butterfly | 16 |
| 17 | 13-14 100 Freestyle | 18 |
| 19 | Senior 100 Freestyle | 20 |
| 21 | 13-14 200 Individual Medley | 22 |
| 23 | Senior 200 Individual Medley | 24 |

Session 3
Saturday 500 Freestyle

| GIRLS | EVENT | BOYS |
|--------------|----------------------|-------------|
| 25 | Senior 500 Freestyle | 26 |

Session 4
Saturday Evening

| GIRLS | EVENT | BOYS |
|--------------|-----------------------------|-------------|
| 27 | 9-10 200 Individual Medley | 28 |
| 29 | 11-12 200 Individual Medley | 30 |
| 31 | 9-10 50 Backstroke | 32 |
| 33 | 11-12 50 Backstroke | 34 |
| 35 | 12 & Under 200 Butterfly | 36 |
| 37 | 9-10 100 Freestyle | 38 |
| 39 | 11-12 100 Freestyle | 40 |
| 41 | 9-10 50 Breaststroke | 42 |
| 43 | 11-12 50 Breaststroke | 44 |
| 45 | 12 & Under 200 Backstroke | 46 |
| 47 | 9-10 100 Butterfly | 48 |
| 49 | 11-12 100 Butterfly | 50 |

Session 5
Sunday Morning

| GIRLS | EVENT | BOYS |
|-------|-------------------------|------|
| 51 | 13-14 200 Freestyle | 52 |
| 53 | Senior 200 Freestyle | 54 |
| 55 | 13-14 100 Butterfly | 56 |
| 57 | Senior 100 Butterfly | 58 |
| 59 | 13-14 50 Freestyle | 60 |
| 61 | Senior 50 Freestyle | 62 |
| 63 | 13-14 100 Backstroke | 64 |
| 65 | Senior 100 Backstroke | 66 |
| 67 | 13-14 200 Breaststroke | 68 |
| 69 | Senior 200 Breaststroke | 70 |

Session 6
Sunday 400 Individual Medley

| GIRLS | EVENT | BOYS |
|-------|------------------------------|------|
| 71 | Senior 400 Individual Medley | 72 |

Session 7
Sunday Afternoon

| GIRLS | EVENT | BOYS |
|-------|-----------------------------|------|
| 73 | 9-10 200 Freestyle | 74 |
| 75 | 11-12 200 Freestyle | 76 |
| 77 | 9-10 50 Butterfly | 78 |
| 79 | 11-12 50 Butterfly | 80 |
| 81 | 12 & Under 200 Breaststroke | 82 |
| 83 | 9-10 100 Backstroke | 84 |
| 85 | 11-12 100 Backstroke | 86 |
| 87 | 9-10 50 Freestyle | 88 |
| 89 | 11-12 50 Freestyle | 90 |
| 91 | 9-10 100 Breaststroke | 92 |
| 93 | 11-12 100 Breaststroke | 94 |
| 95 | 9-10 100 Individual Medley | 96 |
| 97 | 11-12 100 Individual Medley | 98 |

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| DECK ENTRIES | Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, prior to the start of each session, at the cost of \$10 per event. 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. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. |
| PROOF OF TIMES | Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic |
| SEEDING | This meet will be deck-seeded with the exception of the event(s) noted below. All events for this meet will be deck-seeded. Each team will receive a check-in sheet with all events listed for that session. A swimmer who will scratch all events for that session should have his/her name crossed out with a thin line. A swimmer scratching a single event should have a thin line only through the event(s) that they will scratch. Please use a simple line, not a scribble, so that the name is still legible. There is no penalty for swimmers that are not scratched and then do not swim their event. Check-in sheets will be available prior to the start of each session and must be turned into to the Admin desk 30 minutes after the start of warm-ups. |

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| | All distance session events will be seeded fast-to-slow, and the 500, 1000, and 1650 Freestyle will alternate girls then boys. | |
| 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.</p> <p>Awards will be presented to the top 8 times in each category, "A", "BB", "C." Results categories 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 must be picked up by the end of the meet. They will not be mailed.</p> | |
| SCORING | 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 | |
| PROGRAMS AND ADMISSION | <p>Programs/heat sheets will be sold by <input checked="" type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5.00. Children under five admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.</p> | |
| MISCELLANEOUS | <p>Programs/heat sheets are only provided to coaches, officials, and volunteers - they will not be provided to spectators. There will be a few copies of the heat sheet for each session posted to the walls of the natatorium, and the heat sheets will also be posted to meet mobile.</p> <p>Results will be posted throughout the meet for parents and swimmers to view. Live results will be available through the Meet Mobile app available for iPhone and Android.</p> <p>Final results will be posted on www.maswim.org, and they will also be provided electronically to any coach who brings a flash drive, at the conclusion of the meet.</p> | |
| SESSION | WARM-UP TIMES | MEET STARTS |
| 1 (FRI. DIST.) | 5:30 PM | 6:30 PM |
| 2 & 5 (13 & OVER) | 6:30 AM | 8:00 AM |
| 3 & 6 (DISTANCE) | 12:00 PM | 12:30 PM |
| 4 & 7 (12 & UN.) | 3:00 PM (1:30 PM SUNDAY) | 4:15 P (2:45 P SUN) |
| WARM-UP INFORMATION | <p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p> | |
| DECK PRIVILEGES | <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p> | |
| RACING START CERTIFICATION | <p>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 this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</p> | |
| QUALIFYING TIMES | Qualifying Times (if applicable) are shown on the attached Meet Structure | |
| MEET/DECK REFEREE | The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet. | |

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| MEET MARSHALS | Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions. | | | | | | |
| RULES: | <p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal 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>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p>No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p> | | | | | | |
| DISABLED SWIMMERS | Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. | | | | | | |
| PROTESTS | A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator | | | | | | |
| PHOTOGRAPHY | <p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</p> | | | | | | |
| DRONES | Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming. | | | | | | |
| DECK CHANGING | Deck changes are prohibited. | | | | | | |
| DIRECTIONS | <p>From the north (Harrisburg): I-83 South 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 North to Exit 22 (N. George St.); right onto Emig Rd. School is on the left.</p> <p>From the east (Lancaster): US-30 West to Exit 24 (Mt. Zion Rd.); right onto Mt. Zion Rd. School is on the right.</p> <p>From the West (Pittsburgh): I-76 East to Exit 252; I-83 South 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 East toward York; left onto N. George St.; right onto Emig Rd. School is on the left.</p> <p>The natatorium is located on the left side of the school, across the parking lot from the football stadium.</p> | | | | | | |
| ACCOMMODATIONS | <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Comfort Inn & Suites</td> <td style="width: 50%;">Four Points Hotel & Suites</td> </tr> <tr> <td>2250 North George St.</td> <td>1650 Toronita St.</td> </tr> <tr> <td>York, PA 17406</td> <td>York, PA 17402</td> </tr> </table> | Comfort Inn & Suites | Four Points Hotel & Suites | 2250 North George St. | 1650 Toronita St. | York, PA 17406 | York, PA 17402 |
| Comfort Inn & Suites | Four Points Hotel & Suites | | | | | | |
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| York, PA 17406 | York, PA 17402 | | | | | | |

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| 717-669-1919 | 717-846-4940 |
| Hampton Inn 1550 Mount Zion Rd. York, PA 717-840-1500 | Homewood Suites 200 Masonic Dr. York, PA 17406 717-434-1800 |
| Red Roof Inn 125 Arsenal Rd. York, PA 17404 717-843-8181 | Wingate by Wyndham Arsenal Rd. and N. George St. York, PA 17404 717-848-2100 |