



56th Annual
“Tournament of Champions”
Closed YMCA Invitational
Hosted by the York YMCA Aquatic Club

Saturday & Sunday November 20 & 21, 2010

Meet is Approved by Middle Atlantic Swimming, Inc
 Approval # TBA

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| LOCATION | YMCA of York & York County – Graham Aquatic Center 543 North Newberry Street York, PA 17404 |
| EMERGENCY PHONE NUMBER | DAY OF MEET: 717-577-8994 |
| FACILITIES | 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), and six 7-foot-wide lanes for warm-up/warm-down. Permanent bleacher seating for 800+; very large deck area for swimmers, coaches and officials. Daktronics OmniSport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 3.0 software. Concession area with promenade overlooking competitive pool; with flat screen TVs and free Wi-Fi. Free parking is available; capacity 550. |
| MEET DIRECTOR | Cindy Ilgenfritz. 717-577-8994 (evenings & weekends). E-mail: fritz3@aol.com |
| MEET ENTRIES | Nate Gentzler. 717-586-4573 Email: nater284@gmail.com |
| SAFETY DIRECTOR | Cindy Ilgenfritz |
| OFFICIALS | Brian Gunn. All USA & YMCA Swimming certified officials and trainees are invited to assist in the operation of the meet. If interested in assisting during the meet, please email Brian at bgunn@accomhs.com . |
| ELIGIBILITY | Meet is a closed YMCA competition, open to any swimmer 5 & older. Swimmers must be a YMCA member at least 30 days prior to the date of competition. Swimmers age is as of 11/20/2010. Swimmers may swim a maximum of 4 events in his/her age category per day. MEET WILL BE A USA APPROVED MEET. |

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| ENTRY LIMITATIONS | The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. |
| ORDER OF EVENTS | Order of Events is attached. All events are pre-seeded, timed finals. |
| WARM-UP AND START TIMES | <p>Saturday Events: SESSION 1 – Warm-Ups Start: 7:30 A.M.; Meet Begins: 8:30 A.M. – Events 1-48. SESSION 2: Mini-Meet – Warm-Ups Start: 1:00 A.M.; Meet Begins: 1:30 P.M. – Events 49-98.</p> <p>Sunday Events: SESSION 3 – Warm-Ups Start: 7:30 A.M.; Meet Begins: 8:30 A.M. – Events 99-148.</p> <p>14 lanes will be available for warm-up prior to the meet. Specific lanes may be assigned to each team at the discretion of the Meet Director.</p> |
| RULES | <p>This meet will be conducted according to current YMCA/USA Swimming rules.</p> <ul style="list-style-type: none"> • USA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Failure to obey the instructions of a safety director, marshal & official may result in disqualification from the meet. There will be absolutely NO DIVING permitted in the warm-up pool at any time. Swimmers violating safety rules will be removed from the pool. Subsequent violations will result in the swimmer's disqualification from the remainder of the meet. • All coaches/officials must be registered with the YMCA of the USA. Only YMCA registered swimmers, coaches, and officials with valid credentials and essential meet personnel will be permitted on the pool deck. • This meet will be conducted using the Whistle command and No Recall False Start procedures. • Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid YMCA credentials. |
| BULKHEAD SAFETY RULE | 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. |
| SWIMMERS WITHOUT A COACH | Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. |

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| HOW TO ENTER | <p>Hy-Tek entries are preferred. Entries should be submitted as an e-mail attachment addressed to:</p> <ul style="list-style-type: none"> • nater284@gmail.com • SUBJECT: (your team) TOC Entries • ATTACHMENTS: Team Manager entry file and entry report. <p>Manually prepared entries should be submitted on the form attached to this announcement and transmitted as an e-mail attachment. There will be a \$5.00 per swimmer surcharge for any teams/swimmers that enter by hand. The meet announcement is available from our website (http://www.swimyorky.org/). Electronic data will be considered the official version for meet entries. Electronic data supersedes any information contained on teams' entry printouts with respect to resolution of errors/discrepancies.</p> |
| ENTRY FEE | \$4.00 per Event. Make checks payable to "York YMCA Aquatic Club." |
| SEND ENTRIES & PAYMENT TO: | <p>York YMCA TOC c/o Nate Gentzler 1162 Ruth Street York, PA 17408</p> <p>Meet Summary must accompany payment. Payment must be postmarked by Saturday, November 13, 2010 or entries will be rejected.</p> |
| ENTRY DEADLINE | 5:00 PM, Saturday, November 13, 2010. Late entries will not be accepted. |
| INQUIRIES | <p>Refer questions about the meet to Cindy Ilgenfritz, Meet Director, at 717-577-8994 (evenings & weekends). E-mail: fritz3@aol.com Questions specific to meet entries should be referred to Nate Gentzler, Meet Entry Coordinator, at 717-586-4573. E-mail: nater284@gmail.com</p> |
| AWARDS | Medals will be awarded first through third place; ribbons will be awarded fourth through eighth place. |
| ADMISSION | \$3.00 for admission and program per session. |
| FINAL RESULTS | Final results will be posted on the York YMCA Aquatic Club websites, www.swimyorky.org and www.swimtidalwaves.org , within 48 hours of the conclusion of the meet and transmitted to all clubs submitting meet entries electronically. |
| VOLUNTEERS | Free admission will be provided to anyone who volunteers as a timer, runner or in another capacity as designated by the meet director. |

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| <p>DIRECTIONS</p> | <p>TRAVELING EAST/WEST – USE ROUTE 30. Traveling Route 30 EAST: as you travel into York, you will encounter signal lights on Route 30. Travel to the 4th light – PENNSYLVANIA AVENUE. Turn RIGHT. Travel to the 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p> <p>Traveling Route 30 WEST: as you travel 30 WEST you will travel under Route 83. From the 83 overpass, travel to the 3rd. light (LEFT LANE). Turn LEFT onto PENNSYLVANIA AVENUE. Travel to the 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p> <p>TRAVELING NORTH/SOUTH – USE ROUTE 83. Traveling Route 83 SOUTH: exit Route 83 using Exit 22 (ROUTE 30 WEST). Follow signs to Route 30 WEST. After you are on Route 30, travel to the 2nd light (left lane). Turn LEFT onto PENNSYLVANIA AVENUE. Travel to 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p> <p>Traveling Route 83 NORTH: Exit Route 83 using Exit labeled ROUTE 30 WEST (EXIT 21B). Travel to the 3rd light (left lane). Turn LEFT onto PENNSYLVANIA AVENUE. Travel to 1st light. Turn LEFT onto PARKWAY BLVD. The first intersection is Newberry Street. The parking lot for the pool is on the corner of Parkway and Newberry, southeast corner.</p> |
| <p>ACCOMODATIONS</p> | <p>Our Meet Hotel is the Yorktowne Hotel, http://www.yorktowne.com/. Identify yourself as someone attending the York YMCA Tournament of Champions</p> |

RELEASE STATEMENT:

YMCA of York & York County – Graham Aquatic Center and the York YMCA Aquatic Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

| SATURDAY, SESSION 1 EVENTS WARM-UP: 7:30 AM; MEET BEGINS: 8:30 AM | | | | | | | | | |
|--|--------|------|--------|--------------------|--|--------|------|--------|-----------------|
| GIRLS EVENT # | AGE | DIST | STROKE | BOYS EVENT # | GIRLS EVENT # | AGE | DIST | STROKE | BOYS EVENT # |
| 1 | 10 & U | 200 | FREE | 2 | 77 | 8 | 50 | FREE | 78 |
| 3 | 11-12 | 200 | FREE | 4 | 79 | 6 & U | 25 | FLY | 80 |
| 5 | 13-14 | 200 | FREE | 6 | 81 | 7 | 25 | FLY | 82 |
| 7 | OPEN | 200 | FREE | 8 | 83 | 8 | 25 | FLY | 84 |
| 9 | 10 & U | 100 | IM | 10 | 85 | 7 & U | 50 | BREAST | 86 |
| 11 | 11-12 | 100 | IM | 12 | 87 | 8 | 50 | BREAST | 88 |
| 13 | 13-14 | 400 | IM | 14 | 89 | 6 & U | 25 | BACK | 90 |
| 15 | OPEN | 400 | IM | 16 | 91 | 7 | 25 | BACK | 92 |
| 17 | 10 & U | 50 | FLY | 18 | 93 | 8 | 25 | BACK | 94 |
| 19 | 11-12 | 50 | FLY | 20 | 95 | 7 & U | 100 | IM | 96 |
| 21 | 13-14 | 100 | FLY | 22 | 97 | 8 | 100 | IM | 98 |
| 23 | OPEN | 100 | FLY | 24 | SUNDAY, SESSION 3 EVENTS WARM-UP: 7:30 AM; MEET BEGINS: 8:30 AM | | | | |
| 25 | 10 & U | 50 | FREE | 26 | | | | | |
| 27 | 11-12 | 50 | FREE | 28 | | | | | |
| 29 | 13-14 | 50 | FREE | 30 | 99 | 10 & U | 200 | IM | 100 |
| 31 | OPEN | 50 | FREE | 32 | 101 | 11-12 | 200 | IM | 102 |
| 33 | 10 & U | 50 | BACK | 34 | 103 | 13-14 | 200 | IM | 104 |
| 35 | 11-12 | 50 | BACK | 36 | 105 | OPEN | 200 | IM | 106 |
| 37 | 13-14 | 200 | BACK | 38 | 107 | 10 & U | 100 | BACK | 108 |
| 39 | OPEN | 200 | BACK | 40 | 109 | 11-12 | 100 | BACK | 110 |
| 41 | 10 & U | 100 | BREAST | 42 | 111 | 13-14 | 100 | BACK | 112 |
| 43 | 11-12 | 100 | BREAST | 44 | 113 | OPEN | 100 | BACK | 114 |
| 45 | 13-14 | 100 | BREAST | 46 | 115 | 10 & U | 100 | FLY | 116 |
| 47 | OPEN | 100 | BREAST | 48 | 117 | 11-12 | 100 | FLY | 118 |
| 8 & UNDER MINI-MEET. SATURDAY, SESSION 2 WARM-UP: 1 PM; MEET: 1:30 PM | | | | | 119 | 13-14 | 200 | FLY | 120 |
| | | | | | 117 | 11-12 | 100 | FLY | 121 |
| | | | | | 119 | 13-14 | 200 | FLY | 123 |
| 49 | 7 & U | 100 | FREE | 50 | 125 | 13-14 | 500 | FREE | 126 |
| 51 | 8 | 100 | FREE | 52 | 127 | OPEN | 500 | FREE | 128 |
| 53 | 7 & U | 50 | BACK | 54 | 129 | 10 & U | 50 | BREAST | 130 |
| 55 | 8 | 50 | BACK | 56 | 131 | 11-12 | 50 | BREAST | 132 |
| 57 | 6 & U | 25 | FREE | 58 | 133 | 13-14 | 200 | BREAST | 134 |
| 59 | 7 | 25 | FREE | 60 | 135 | OPEN | 200 | BREAST | 136 |
| 61 | 8 | 25 | FREE | 62 | 137 | 10 & U | 100 | FREE | 138 |
| 63 | 7 & U | 50 | FLY | 64 | 139 | 11-12 | 100 | FREE | 140 |
| 65 | 8 | 50 | FLY | 66 | 141 | 13-14 | 100 | FREE | 142 |
| 67 | 6 & U | 25 | BREAST | 68 | 143 | OPEN | 100 | FREE | 144 |
| 69 | 7 | 25 | BREAST | 70 | 15 MINUTE BREAK | | | | |
| 71 | 8 | 25 | BREAST | 72 | | | | | |
| 73 | 6 & U | 50 | FREE | 74 | 145 | OPEN | 1000 | FREE | 146 |
| 75 | 7 | 50 | FREE | 76 | 147 | OPEN | 1650 | FREE | 148 |

**YORK YMCA TOURNAMENT OF CHAMPIONS
SATURDAY, NOVEMBER 20 & SUNDAY, NOVEMBER 21, 2010**

MEET SUMMARY FORM

This form MUST accompany TEAM Entries.

TEAM NAME: _____
TEAM CODE: _____
HEAD COACH: _____
COACH OR CLUB
ADDRESS: _____
CITY/STATE/ZIP: _____
PHONE: _____
EMAIL: _____

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

NAME: _____
PHONE: _____
EMAIL: _____

Mail Entries to: York YMCA TOC
c/o Nate Gentzler
1162 Ruth Street
York, PA 17408

Entry Deadline: 5:00 PM, Saturday, November 13, 2010.

Please make checks payable to: "York YMCA Aquatic Club".

ENTRY FEES:

_____ OF INDIVIDUAL EVENTS @ \$4.00 PER EVENT \$ _____

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH THE YMCA.

_____ **HEAD COACH or TEAM REPRESENTATIVE**

