

2019 YSCAP League Championship Meet

Hosted by the York YMCA Aquatic Club



February 23-24, 2019

USA-S Approval # TBD

General Information:

LOCATION	SATURDAY – FEB 23 RD GRUMBACHER SPORT & FITNESS CENTER 899 South Richland Avenue York, PA 17403 Phone # 717-815-6600 SUNDAY – FEB 24 TH York YMCA – Graham Aquatic Center 543 N. Newberry St. York, PA 17404 Day of meet emergency phone # 717-676-1335
FACILITIES	The Grumbacher pool at York College is a new indoor facility, which will be configured for eight 25-yard lanes for competition (13'6" at both ends), and four additional 25-yard lanes for continuous warm-up/ warm-down (5' depth at both ends). The competition course has not been certified in accordance with 104.2.2C(4). Daktronics OmniSport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 4.0 software. The Graham Aquatic Center is a new indoor facility, which will be configured for eight 25-yard lanes for competition (6' depth at the start end and 5' depth at the turn end), and six additional 25-yard lanes for continuous warm-up/ warm-down (5' depth at both ends). The competition course has been certified in accordance with 104.2.2C(4). Permanent bleacher seating for 750+; spacious 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 free Wi-Fi. Free parking is available; capacity 550.
MEET DIRECTOR / SAFETY DIRECTOR	Brian Gunn 722 Dogwood Circle York, PA 17403 717-676-1335 bgunn@accomhs.com Please direct all questions about the meet to the Meet Director.
MEET REFEREE/ OFFICIALS COORDINATOR	Eric Harnish eharnish1@comcast.net 717-881-2032 All currently certified YMCA or USA 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 current 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 no fewer than 90 days prior to the competition. Swimmers' age is as of December 1, 2018.
USA SWIMMING STATEMENT	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 the meet
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. Swimmers will need to provide their own timers and counters for the 500 Free and 400 IM during the morning and afternoon sessions. During the Evening "Finals" session timers will be provided, but the swimmer will need to provide their own counter. This year all relays will swim in the morning or afternoon sessions. There will not be a finals heat for relays. All 8 & Under and 15-18 events will be pre-seeded timed finals. All other events will be prelims/finals. 9-10 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.
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	Warm up schedule for GAC & York College: Saturday Morning Preliminaries– Warm-ups: 7:00 AM; Start: 8:00 AM Saturday Afternoon Preliminaries– Warm-ups: 12:30 PM; Start: 1:30 PM Saturday Evening Finals- Warm-ups: 4:15 PM; Start: 5:15 PM 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 <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. Continuous warm-up/ warm-down will be available in the 6-lane portion of the pool throughout the meet.
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 bgunn@accomhs.com . Payment and meet summary sheets should be mailed to: Brian Gunn 722 Dogwood Circle York, PA 17403

ENTRY FEES	\$6.50/individual event, \$10.00/relay. There will be a swimmer surcharge of \$6 per swimmer.
ENTRY DEADLINE	Sunday, February 10, 2019 at 11:59 PM.
VOLUNTEERS	Each team is responsible for providing at least three (3) timers and at least one (1) certified stroke & turn official per session attended. Each team will also be required to provide at least one (1) seeding volunteer with a maximum of two (2) for each session attended. For Final Sessions, volunteer names may be provided after the morning prelim sessions. Additional volunteers are also welcome. All volunteers will receive free admission and a wrist band at the admission table. Volunteer lists should be emailed to Kendra Hilty at kjhilty42@verizon.net . Teams will not be permitted to compete in the meet until they provide the required volunteers.
SWIMMER SEATING/ STAGING	YORK COLLEGE: Swimmer seating will be available on the pool deck. GAC: 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 8 & 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.

RULES / SAFETY	<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 9-14 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>Deck changes are prohibited.</p>
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	<p>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.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.</p>
AWARDS	<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 – 8. 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>
PROGRAMS & ADMISSION	<p>Admission is free for this event. One free program per family will be available upon entry.</p>
VENDORS	<p>Vendors will be on-site, selling meet t-shirts and swimming equipment.</p>
RESULTS	<p>Results will be posted at www.swimyorky.org within 48 hours of the conclusion of the meet. Realtime results will be available at www.swimyorky.org/realtime.</p>
DIRECTIONS	<p>See next page.</p>

Directions to Grumbacher Aquatic Center

From North:

Follow I-83 South to Exit 15 (Business 83 / S George St). Continue on the exit ramp for approximately 2 miles. Continue straight through 2 traffic lights in the left lane. You will pass York Hospital on the right. Turn left at the 3rd traffic light onto Country Club Road. Continue on Country Club Road for approximately 1 mile. Turn right onto S. Richland Avenue, staying in the right lane. Make a right at the first traffic light onto Indian Rock Dam Road / West Campus Drive. Continue straight at the stop sign, into the Grumbacher Center parking lot.

From South:

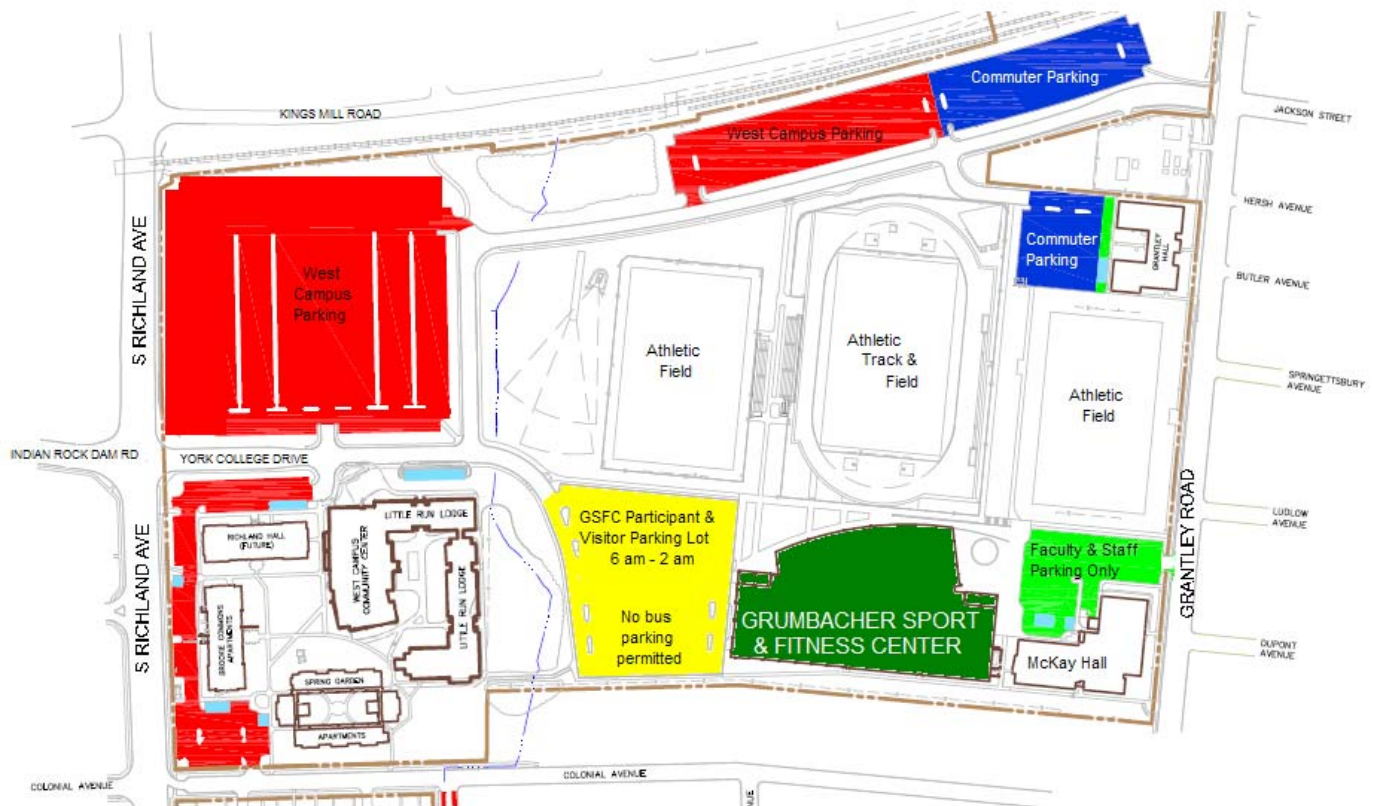
Follow I-83 North to Exit 15 (Business 83 / S George St). Continue on the exit ramp for approximately 2 miles. Continue straight through 2 traffic lights in the left lane. You will pass York Hospital on the right. Turn left at the 3rd traffic light onto Country Club Road. Continue on Country Club Road for approximately 1 mile. Turn right onto S. Richland Avenue, staying in the right lane. Make a right at the first traffic light onto Indian Rock Dam Road / West Campus Drive. Continue straight at the stop sign, into the Grumbacher Center parking lot.

From West:

Head north on PA-116/US-15-BR toward Lincoln Square. At Lincoln Square take the first exit onto Lincoln Hwy/PA-116/US-30. Continue to follow Lincoln Hwy/US-30 for approximately 10 miles. At the traffic circle, take the 2nd exit onto US-30/York Rd. Continue for 4 miles. At the next traffic circle, take the 2nd exit onto Lincoln Hwy/US-30. Continue for 10 miles. Continue onto W Market St/PA-462 E for approximately 3.2 miles. Turn right at S. Richland Avenue and continue for approximately 1 mile. Turn left at the traffic light onto West Campus Drive / Indian Rock Dam Road. Continue straight at the stop sign, into the Grumbacher Center parking lot.

From East:

From the Harrisburg Pike, take US-30 W towards York. Continue for approximately 22 miles. Turn left onto N George St. Continue south on N George St for approximately 2.7 miles. Turn right at the traffic light onto Country Club Road. Continue on Country Club Road for approximately 1 mile. Turn right onto S. Richland Avenue, staying in the right lane. Make a right at the first traffic light onto Indian Rock Dam Road / West Campus Drive. Continue straight at the stop sign, into the Grumbacher Center parking lot.



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:

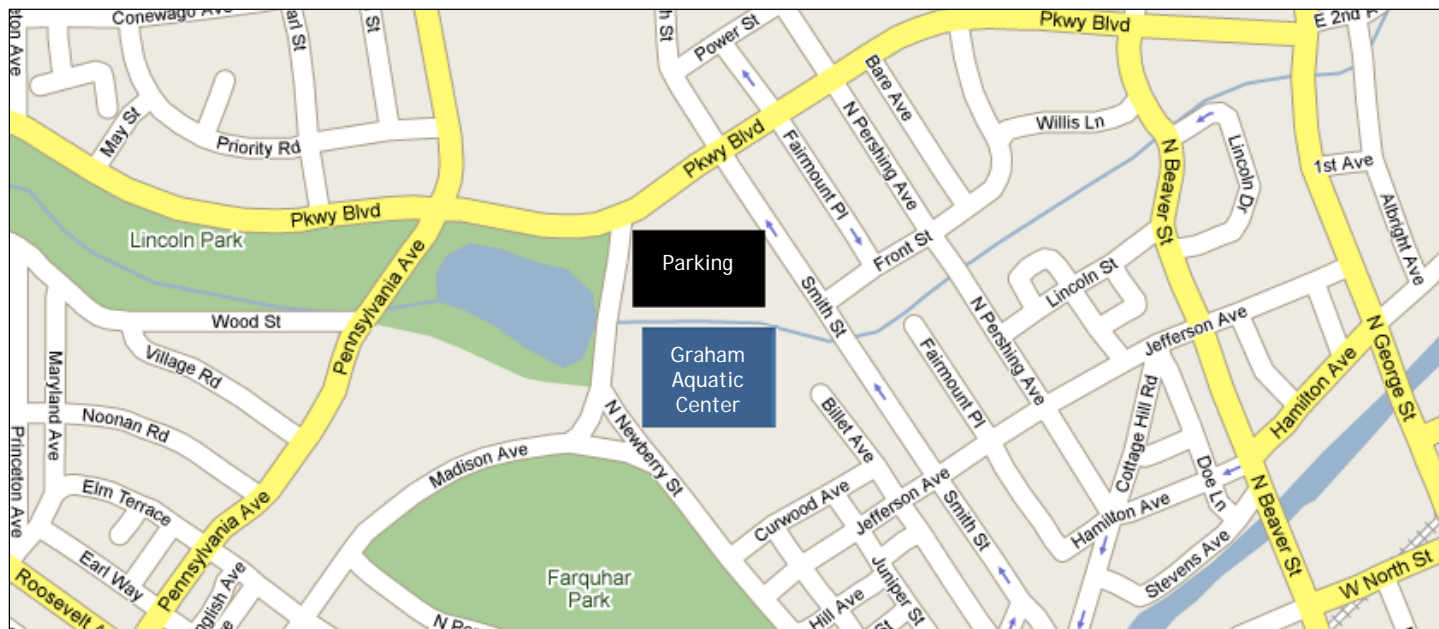
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left 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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SESSION #1 Saturday Morning Preliminaries

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

SESSION #2 Saturday Afternoon Preliminaries/Timed Finals

Girls	Event Description	Boys
39	15-18 200 Medley Relay (Deck Seeded)	40
41	8&U 100 Medley Relay	42
43	15-18 200 Back	44
45	8&U 50 Back	46
47	15-18 100 Breast	48
49	7-8 25 Breast	50
51	6&U 25 Breast	52
53	15-18 200 Fly	54
55	8&U 50 Fly	56
57	15-18 100 Free	58
59	7-8 25 Free	60
61	6&U 25 Free	62
63	15-18 200 IM	64
65	8&U 100 IM	66
67	15-18 500 Free (Deck Seeded)	68

SESSION #3 Saturday Evening Finals

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

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SESSION #4 Sunday Morning Preliminaries

Girls	Event Description	Boys
69	13-14 200 Free Relay (Deck Seeded)	70
71	11-12 200 Free Relay (Deck Seeded)	72
73	9-10 200 Free Relay (Deck Seeded)	74
75	13-14 200 Free	76
77	11-12 200 Free	78
79	9-10 200 Free	80
81	13-14 100 Fly	82
83	11-12 50 Fly	84
85	9-10 50 Fly	86
87	13-14 50 Free	88
89	11-12 100 Free	90
91	9-10 100 Free	92
93	13-14 100 Back	94
95	11-12 50 Back	96
97	9-10 50 Back	98
99	13-14 200 Breast	100
101	11-12 100 Breast	102
103	9-10 100 Breast	104
105	9-14 400 IM (Deck Seeded)	106

SESSION #5 Sunday Afternoon Preliminaries/Timed Finals

Girls	Event Description	Boys
107	15-18 200 Free Relay (Deck Seeded)	108
109	8&U 100 Free Relay	110
111	15-18 200 Free	112
113	8&U 100 Free	114
115	15-18 100 Fly	116
117	8&U 25 Fly	118
119	15-18 50 Free	120
121	7-8 50 Free	122
123	6&U 50 Free	124
125	15-18 100 Back	126
127	7-8 25 Back	128
129	6&U 25 Back	130
131	15-18 200 Breast	132
133	8&U 50 Breast	134
135	15-18 400 IM (Deck Seeded)	136

SESSION #6 Sunday Evening Finals

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

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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: Brian Gunn
722 Dogwood Circle
York, PA 17403

Entry Deadline: Sunday, February 10, 2019 at 11:59 PM

Please make checks payable to: YORK YMCA AQUATIC CLUB

ENTRY FEES:

_____ INDV. EVENTS @ \$6.50 EACH	\$ _____
_____ RELAYS @ \$10.00 EACH	\$ _____
_____ SWIMMER SURCHARGE @ \$6.00 per swimmer	\$ _____
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 CURENT SEASON.

_____ **HEAD COACH or TEAM REPRESENTATIVE**