



**INNAGURAL YORK YMCA SWIMMING  
10 & UNDER  
“TIDAL WAVE INVITATIONAL”**

JUNE 8, 2008

<b>LOCATION</b>	York YMCA – Southern Branch Natatorium 100 Constitution Ave. Shrewsbury, PA 17361 Day of meet ONLY emergency phone # 717-235-0446
<b>FACILITIES</b>	8 lane, 25 yd. indoor pool, entry depth 9 feet, anti-wave lane lines, Colorado Timing System, Paragon starting platforms, Hy-Tek Meet Manager software, spectator seating for 200, parking capacity 150, snack bar will be available.
<b>MEET DIRECTOR</b>	Brian Gunn 717-845-4112 <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a>
<b>MEET ENTRY DIRECTOR</b>	Nate Gentzler 717-586-4573 <a href="mailto:nater284@verizon.net">nater284@verizon.net</a>
<b>SAFETY DIRECTOR</b>	Tiani Kramer 717-637-3616 <a href="mailto:tianik1@comcast.net">tianik1@comcast.net</a>
<b>OFFICIALS</b>	Brian Gunn
<b>ELIGIBILITY</b>	Open to any 10 & under swimmers registered with a swim team for 2008. Swimmers' age is as of June 1, 2008. Swimmers may swim a maximum of 5 individual events and 2 relays.
<b>ORDER OF EVENTS</b>	Please see the attached order of events.
<b>WARM-UP &amp; START TIMES</b>	Warm Ups: 8:00 AM, Meet Start: 9:00 AM  No diving 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.
<b>ENTRY LIMITATIONS</b>	Entries will be limited to 300 swimmers, on a first come, first served basis. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to the allotted timeline. Swimmers or teams eliminated from the meet due to time or space constraints will be given a refund.

<b>DECK ENTRIES</b>	At the discretion of the Meet Director – and if space allows – deck entries will be accepted prior to the start of the meet, at \$8.00 per individual event and \$12.00 per relay. Deck-entered swimmers will compete unofficially; the achieved time is official, but the swimmer will not score points or receive awards. To enter, the swimmer must see the MD before or during warm-ups.
<b>SWIMMERS WITHOUT A COACH</b>	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.
<b>SEEDING</b>	All events are pre-seeded timed finals.
<b>HOW TO ENTER</b>	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 <a href="mailto:nater284@verizon.net">nater284@verizon.net</a> . Supporting paperwork and recap sheet must accompany all entries. If electronic entry is not possible, non-electronic entries will be accepted provided the enclosed entry forms are used.
<b>ENTRY FEES</b>	\$4.00 per individual event. \$8.00 per relay.
<b>SEND ENTRIES TO</b>	Mail entries and fees to: YMCA of York and York County c/o Michael Brooks 90 N. Newberry Street York, PA 17401 Phone 717-843-7884 x268 Entries may be emailed to <a href="mailto:nater284@verizon.net">nater284@verizon.net</a> Make checks payable to <u>York YMCA Aquatic Club</u> <b>Entries will be considered complete when payment is received.</b>
<b>ENTRY DEADLINE</b>	Sunday June 1, 2008 by 8:00 PM. No late entries will be accepted.
<b>RULES</b>	This meet will be conducted according to current NFHS swimming rules. NFHS SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Swimmers observed disobeying NFHS safety rules may be removed from warm-ups and/or competition. This meet will be conducted using the whistle command and, with the exception of 8 & under events, no-recall false start procedures.
<b>SCORING &amp; AWARDS</b>	Awards will be given for every event. Individual 10 & under events will be swum as such, but will be broken down into the following categories for the purposes of scoring and awards: 10 year olds, 9 year olds, 8 year olds, and 7 & under. The 9-10 100 IM will be broken down to 9 year olds & 10 year olds.  <u>Individual events</u> 1 <sup>st</sup> – 3 <sup>rd</sup> place: medals, 4 <sup>th</sup> – 12 <sup>th</sup> place: ribbons <u>Relay events</u> 1 <sup>st</sup> – 6 <sup>th</sup> place: ribbons
<b>PROGRAMS &amp; ADMISSION</b>	Programs \$3.00, Admission \$2.00. Children under 5 admitted free. Free admission to all volunteers.
<b>RESULTS</b>	Results will be posted on the York YMCA swimming website: <a href="http://www.swimyorky.org">www.swimyorky.org</a>

<b>DIRECTIONS</b>	Take Interstate 83 to PA Exit 4 (Shrewsbury). From the exit ramp, follow PA Route 851 (E. Forrest Ave.) west until you come to Main Street. Turn left onto Main. Follow Main Street south until you come to Constitution Avenue. Turn right onto Constitution. The Y is on the left.
<b>ACCOMODATIONS</b>	<b>Hampton Inn – Shrewsbury</b> – 2.4 mi, about 6 min from the Y. 1000 Far Hills Drive New Freedom, PA 17349 717-235-9898  <b>Holiday Inn Express – York</b> - 12.0 mi, about 14 min from the Y. 140 Leader Heights Road York, PA 17403 717-741-1000





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**MEET SUMMARY SHEET**  
**This form MUST accompany team entries.**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_  
Head Coach \_\_\_\_\_  
Coach or Club Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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 \_\_\_\_\_ E-mail \_\_\_\_\_

Mail Entries to:

YMCA of York and York County c/o Michael Brooks  
90 N. Newberry Street  
York, PA 17401

**Entry Deadline: Sunday June 1, 2008 by 8:00 PM.**

No late entries will be accepted!

Entry Fees:

\_\_\_\_\_ Individual Events @ \$4.00 = \$ \_\_\_\_\_

\_\_\_\_\_ Relay Events @ \$8.00 = \$ \_\_\_\_\_

Total = \$ \_\_\_\_\_

Please make checks payable to: York YMCA Aquatic Club.

Signature of head coach or authorized team representative \_\_\_\_\_

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**MEET EVENT LIST**

<u>Event #</u>	<u>Event Name</u>
1	Girls 8 & Under 100 Medley Relay
2	Boys 8 & Under 100 Medley Relay
3	Girls 10 & Under 200 Medley Relay
4	Boys 10 & Under 200 Medley Relay
5	Girls 10 & Under 100 Freestyle
6	Boys 10 & Under 100 Freestyle
7	Girls 6 & Under 25 Breaststroke
8	Boys 6 & Under 25 Breaststroke
9	Girls 7 Year Olds 25 Breaststroke
10	Boys 7 Year Olds 25 Breaststroke
11	Girls 8 Year Olds 25 Breaststroke
12	Boys 8 Year Olds 25 Breaststroke
13	Girls 10 & Under 50 Breaststroke
14	Boys 10 & Under 50 Breaststroke
15	Girls 6 & Under 25 Freestyle
16	Boys 6 & Under 25 Freestyle
17	Girls 7 Year Olds 25 Freestyle
18	Boys 7 Year Olds 25 Freestyle
19	Girls 8 Year Olds 25 Freestyle
20	Boys 8 Year Olds 25 Freestyle
21	Girls 10 & Under 50 Freestyle
22	Boys 10 & Under 50 Freestyle
23	Girls 6 & Under 25 Butterfly
24	Boys 6 & Under 25 Butterfly
25	Girls 7 Year Olds 25 Butterfly
26	Boys 7 Year Olds 25 Butterfly
27	Girls 8 Year Olds 25 Butterfly
28	Boys 8 Year Olds 25 Butterfly
29	Girls 10 & Under 50 Butterfly
30	Boys 10 & Under 50 Butterfly
31	Girls 6 & Under 25 Backstroke
32	Boys 6 & Under 25 Backstroke
33	Girls 7 Year Olds 25 Backstroke
34	Boys 7 Year Olds 25 Backstroke
35	Girls 8 Year Olds 25 Backstroke
36	Boys 8 Year Olds 25 Backstroke
37	Girls 10 & Under 50 Backstroke
38	Boys 10 & Under 50 Backstroke
39	Girls 7 & Under 100 IM
40	Boys 7 & Under 100 IM
41	Girls 8 Year Olds 100 IM
42	Boys 8 Year Olds 100 IM
43	Girls 9-10 100 IM
44	Boys 9-10 100 IM
45	Girls 8 & Under 100 Freestyle Relay
46	Boys 8 & Under 100 Freestyle Relay
47	Girls 10 & Under 200 Freestyle Relay
48	Boys 10 & Under 200 Freestyle Relay