

RAYS SPRING SPRINT MEET hosted by the RIDLEY AREA YMCA  
at the RIDLEY HIGH SCHOOL  
MAY 8, 2010

**This meet will be USA accepted pending approval from the MA Office**

**HOST** Ridley Area YMCA

**MEET DIRECTOR** Erik Nelson  
[enelson@cyedc.org](mailto:enelson@cyedc.org)

**LOCATION** Ridley High School Pool  
901 Morton Avenue  
Folsom, PA 19033

**FACILITY** The Ridley High School pool is a 6 lane 25 yard pool with an automatic timing system and non-turbulent lane lines.

**WARM-UP** 9:00AM  
**A schedule will be posted after all entries are received.**

**OFFICIALS MEETING** 9:45AM

**START TIME** 10:00AM

**APPROX END TIME** 12:00PM

**ENTRY INFORMATION** Each swimmer must be a member of their YMCA swim team.  
Each swimmer must be 8 years old as of May 8, 2010 to participate in the meet.  
Each swimmer may enter a max of *4 individual events*.

Entries should be submitted in a .cl2 file format on a disk or via e-mail (preferred) using Hy-Tek Team Manager. Entries must be in yard times. Please send an entry report along with your entries.

Entries need to be received by May 3, 2010.

Email entries and entry report to [enelson@cyedc.org](mailto:enelson@cyedc.org)

Mail entry report and check to Erik Nelson  
Ridley Area YMCA  
900 South Avenue  
Secane, PA 19018

Any questions email [enelson@cyedc.org](mailto:enelson@cyedc.org)

Individual Events \$4.00/event

Please one check per team and make the check out to  
**Community YMCA.**

- RULES** In accordance with Penn-Del & USA Swimming Technical Rules
- LOCKERS** There is limited locker room space available at the pool. Swimmers are asked to keep their belongings on the pool deck with them. Each team will have a designated space along the pool deck.
- REFRESHMENTS** Food will be on sale throughout the meet.  
**NO FOOD** will be allowed on the pool deck.
- DECK REQUIREMENTS** **ONLY** Swimmers, Coaches, and Officials are permitted on the pool deck, for the safety of the swimmers.  
**NO SWIMMER IS PERMITTED IN THE STANDS.**
- PARKING** Parking is available close to the pool.
- SMOKING** Is *NOT* permitted on school grounds.

***Due to the use of the electronic starting system, spectators are asked to refrain from using flash cameras at the start of each race.***

### ATTENTION-SAFETY NOTICE

There will be **NO DIVING** from the shallow end (non-blocked end) at any time during the warm-up or during the meet. **There will be NO DIVING from the starting blocks and no backstroke starts during the warm-up period.** The last 5 minutes of each warm-up time will be designated for sprints only! These rules follow National YMCA Warm-Up safety procedures.

### NOTICE & COACHES REMINDER

We will be using the bleachers behind the diving boards as a ready bench area please make sure your swimmers find their way to the ready bench so they are seated correctly for their event.

Meet results will be available after the meet to parents and others on the Internet @ [www.penndelswim.org](http://www.penndelswim.org) and [www.cyedc.org/rays](http://www.cyedc.org/rays) by Monday Night.

## TRAVEL DIRECTIONS

### **From the North**

- Take I-476 south (Blue Route) to the MacDade Blvd exit- (exit 1)
- Turn left onto S. MacDade Blvd and proceed 1.4 miles to Morton Ave
- Turn left onto Morton Ave.
- Proceed .4 of a mile to the light at the top of the hill and turn left into the Ridley High school parking lot. Continue straight and park along the side of the school. The pool entrance is toward the rear of the building.

### **From the South**

- Take I-95 North  
Take the I-476 North exit- (exit 7)- toward Plymouth Meeting
- Take the first exit MacDade Blvd exit- (exit 1)
- Keep right at the fork in the ramp and stay straight to go onto S. MacDade Blvd
- Follow directions “**From the North**” above

### **From the West**

- Take the Pennsylvania Turnpike to Valley Forge (exit 24). Stay straight to go onto I-76 East.
- Take I-476 South. (Blue Route) to exit 1.
- Follow directions “**From the North**” (above)

**Ridley Area YMCA  
Spring Sprint Meet  
Event List-By Event Number**

Saturday Session

- 1 Mixed Open 200 Medley Relay
- 2 Girls Open 200 IM Open
- 3 Boys Open 200 IM Open
- 4 Girls Open 100 Freestyle Open
- 5 Boys Open 100 Freestyle Open
- 6 Girls Open 50 Butterfly Open
- 7 Boys Open 50 Butterfly Open
- 8 Girls Open 100 Breaststroke Open
- 9 Boys Open 100 Breaststroke Open
- 10 Girls Open 50 Backstroke Open
- 11 Boys Open 50 Backstroke Open
- 12 Girls Open 100 IM Open
- 13 Boys Open 100 IM Open
- 5-10 Minute Break**
- 14 Girls Open 50 Freestyle Open
- 15 Boys Open 50 Freestyle Open
- 16 Girls Open 100 Butterfly Open
- 17 Boys Open 100 Butterfly Open
- 18 Girls Open 50 Breaststroke Open
- 19 Boys Open 50 Breaststroke Open
- 20 Girls Open 100 Backstroke Open
- 21 Boys Open 100 Backstroke Open
- 22 Girls Open 200 Freestyle Open
- 23 Boys Open 200 Freestyle Open
- 101 Mixed Open 500 Freestyle Open
- 102 Mixed Open 200 Butterfly Open
- 103 Mixed Open 200 Backstroke Open
- 104 Mixed Open 400 IM Open
- 105 Mixed Open 200 Breaststroke Open