

YMCA PENNSYLVANIA EASTERN DISTRICT SWIMMING

CHAMPIONSHIP INVITATION

March 13 - 14, 2010

Upper Main Line YMCA

1416 Berwyn-Paoli Road

Berwyn, Pa 19312

Dear Coach,

The Parents' Swim Team Committee and the Aquatic Department of the Upper Main Line YMCA are proud to host the 2010 Boys' and Girls' YMCA Pennsylvania Eastern District Swimming Championships.

This packet contains all the information you will need to advise coaches, swimmers, and parents of the pertinent details regarding the meet, including pre-ordering T-Shirts, and participating in special supplemental sessions. Enclosed in this packet are:

1. Meet Invitation to YMCA Pennsylvania Eastern District Swimming Championship
2. Information on YMCA East District's three special Time Trial sessions
3. Pre-order form for COMMEMORATIVE T-Shirts
4. Qualifying Times/Time Standards for PA Eastern Districts Swimming Championship

Several special notes:

1. Qualifying Times

YMCA Pennsylvania Eastern District Swimming Championship is a time standard qualifying meet. Only swimmers who have swum the qualifying times have the honor of swimming in the District Championship. Your cooperation in submitting only those swimmers who have qualified will assure the importance of the achievement and the honor earned by the swimmers qualifying to represent their YMCA at this meet. **Entry Deadline is Wednesday March 3, 2010 (11:59:59PM)***NO EXCEPTIONS***. No additional swimmers or events can be added after the deadline.**

2. Supplemental sessions (pages 12 – 14)

UMLY is also offering three special supplemental time trial sessions. These sessions do not count as events towards Districts and do not count towards team scores. On Friday March 12th, several long distance events will be swum at UMLY. This session is open to all YMCA swimmers with entry qualifying times for certain events. On Saturday night following the Preps Session at LaSalle, the 1000 yd Freestyle time trial will be offered. On Sunday night following the Seniors Session at LaSalle additional time trials will take place. The Saturday and Sunday **supplemental sessions are open only to swimmers who are "close" to qualifying for Short Course Nationals.** Please do **not** have your swimmers use the Sunday time trials to try to qualify for Summer (long course) Nationals.

3. Entry submission procedure

Entries will be submitted using an online entry procedure similar to the procedure used for Y Nationals. Please read the attached meet entry format document for how your data base needs to be modified for this procedure, and to ensure proper posting of meet results to the USA SWIMS data base.

To ensure your swimmers have an opportunity to purchase a commemorative T-Shirt, please use the Pre-order form enclosed in this packet. The T-Shirt graphic is posted on the UMLY web site: www.swimumly.com. **Pre-order deadline is March 3, 2010.**

Chris and Maria Steinhardt
Meet Directors

Cell # 610-717-8745
chsteinhardt@gmail.com

(phone number and email is for coaches ONLY, this information should not be provided to parents of swimmers. Specific questions from parents should be directed to the coach)

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Host: Upper Main Line YMCA & Upper Main Line YMCA Swim Team Parent's Association

Location: LaSalle University, 20th and Olney Avenues, Philadelphia, PA 19142

Schedule:	<u>Saturday March 13, 2010 - Morning</u>	<u>Saturday March 13, 2010 - Afternoon</u>
	Cadets Session	Preps Session
	Warm-Up: 7:30 am	Warm-Up: 1:15 pm
	Start: 9:15 am	Start: 2:45 pm
	<u>Sunday March 14, 2010 - Morning</u>	<u>Sunday March 14, 2010 - Afternoon</u>
	Junior Session	Senior Session
	Warm-Up: 7:30 am	Warm-Up: 1:15 pm
	Start: 9:15 am	Start: 2:45 pm

Meet Directors: Chris and Maria Steinhardt
(610-717-8745)
chsteinhardt@gmail.com

Facilities: LaSalle has a 6 lane heated 25 yard pool with Kiefer non-turbulent lane lines, and an 5 foot starting end. There is seating capacity for approximately 800. **Deck area has seating for swimmers and registered coaches only, and a ready area.** Electronic timing with a six lane scoreboard will be used.

Entries: The swimmer may enter a maximum of three events with at least one event being a relay. Entries must be in YARD TIMES and submitted via the online entry system. To submit entries go to the UMLY swimming web site (www.swimumly.com) and click on the link to submit District Championship entries. Reminder: update your team file to reflect correct USA data **prior** to submitting your entries for Districts. See the attached document for this procedure.

Entry Fees: \$5.50 per individual event and \$22.00 per relay team. Please send ONE CHECK ONLY for the total amount of your team entries: we will not accept a collection of individual checks from your team members. Your check should be made payable to UMLY SWIM TEAM PARENT'S ASSOCIATION.

Scoring: Individual Events: 11,9,8,7,6,5,3,2,1; Relay Events: 22,18,16,14,12,10,6,4,2

Seeding: The names, seed time, and association of all swimmers entered in each event shall be arranged according to the times submitted on the entry form. Swimmers shall be arranged from slowest to fastest with

the fastest swimmers in the final heat. AWARDS: Individual and relay events: Medals (1st-6th) and Ribbons (7th-9th): PATCHES: Swiss embroidered patch awards, although no longer required, shall be given to all official competitors competing in the District Meet. PLAQUES: Team Plaque awards shall be given to the winner and second place team in each age group. BANNERS: Team banners shall be awarded according to cumulative point totals. A combined boys and girls team banner will be awarded for first place overall. First, second and third place boys and girls banners will also be awarded. Awards will be given to the respective coaches at the conclusion of the meet. **Awards will not be mailed.**

Admission: Admission will be \$5.00 per person per session per day (morning and afternoon). Children under 8 years of age will be admitted free. Session programs will be available at \$5.00 each. T-Shirts must be pre-ordered (see form at end of this packet). A very limited number of T-Shirts will be available at the meet at a cost of \$15.00.

Meet Setup and Results: All events are electronic timed finals. Results can be found at the following websites:

www.swimumly.com or www.ymcacompetitiveswim.org

Real-time results will be posted throughout the meet and can be viewed at <http://www.swimumly.com/umly/onlineresults>. (Note: these results are unofficial).

Concessions: Custom t-shirts, and swimming accessories by Toad Hollow Athletics of Berwyn will be available. Refreshments will be available for your convenience through La Salle's on campus concession vendor. There will be NO food or beverages consumed in the pool or seating areas.

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Directions to LaSalle...

From NY, Northern NJ, New England I-95 South to NJ Turnpike South to Exit 6 (connection to PA Turnpike); follow PA Turnpike to Exit 339 (old exit 26) (Ft. Washington exit); to Route 309 South; 309 South becomes Ogontz Avenue. Do not bear left when Rt. 309 South splits at Ogontz Avenue. Follow Ogontz Avenue, continuing on Ogontz Avenue for about 5 miles. Right on Olney Avenue to first light (20th Street). Go straight through the light. Enter campus. From The North I-95 South to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West.

From The South I-95 North to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West. From The East Route 42 West to Walt Whitman Bridge; from the bridge, follow Route 76 West to US 1 North (Roosevelt Expressway). To continue, see directions from Route 76 West.

From The West PA Turnpike East to Exit 326 (old exit 24 - Route 76 East, Valley Forge). To continue, see directions from Route 76 East.

From Route 76 East to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

From Route 76 West to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

Parking at LaSalle – Parking will not be available in the pool parking lot. Parking for the event is available in a 24 hour guarded lot within short walking distance to the Hayman Center where the pool is located. Continue past the pool (on your left.) On-campus parking is provided to all visitors and attendees at the "G" Lot, (The Shops at LaSalle), which is approximately 200 on the right after you pass through the Wistar Avenue traffic light, this is now a newly built shopping center. The "J" lot is also a visitors lot which is located on the left on Penn Blvd, just past the Wistar Ave intersection.

Accommodations near LaSalle: Each team is responsible for making appropriate reservations at their selected hotel. UMLY does not recommend or endorse any hotel.

Hotel: www.gophila.com

Churches:

St. Matthias Catholic Church
128 Bryn Mawr Avenue
Bala Cynwyd, PA

St. John's Episcopal Church
404 Levering Mill Road
Bala Cynwyd, PA

Holy Trinity Lutheran Church
Woodbine & Narberth Avenue
Narberth, PA

United Methodist Church
Essex & Price Avenue
Narberth, PA

Bala Cynwyd Presbyterian Church
Bryn Mawr & Montgomery Avenue
Bala Cynwyd, PA

Doors Open:

Swimmers will be allowed on the pool deck approximately 30 minutes prior to the first warm-up session **ONLY** if their team's coach (who has been issued a deck pass) is present and on the pool deck. Swimmers will not be allowed in the pool or diving well until the first warm-up session has officially opened. Officials will also be allowed on the pool deck once they have checked in and received instructions for the officials meeting. All spectators will need to wait in the main entrance hallway until the admissions table is fully staffed. We will make every attempt to open admissions and allow spectators into the pool area as soon as practical after the swimmers have been granted permission to enter the pool area. See page 2 for warm-up times for each of the four swim sessions.

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Information on Eligibility and Rules

Eligibility: In order to compete in the District Championships, the competitor must fulfill the following conditions:

1. Is a current, full privilege, annual YMCA member 90 days prior to and through the Championship Meet.

2. The swimmer must be an amateur and must not have represented another YMCA or another organization (schools excluded) in open or closed competition for the current season. High school post-graduate swimmers are ineligible. Current season is September 1, 2009 through April 30, 2010 (however since the meet is March 13 and 14, 2010, the season conclusion for Districts will be the entry deadline date of March 3, 2010).

3. Has represented his/her YMCA in **closed competition on three (3) occasions** on separate days during the current season and period prior to the entry deadline for the championship.

4. Swimmer must have met the District qualifying time and be certified in either open, league, dual, or high school competitions before three official timers or electronic timing. Proof of time required upon challenge. Violators will be subject to investigation by the Competitive Committee. 18 or 19 year old individuals who have graduated from high school but who have not swum for a college team may participate at the District meet but shall not score team points. Also please note the "oldest" age group recognized for Area, Regional or National records is 15 – 18 years of age.

Rules: The rules of the current USA Swimming Rules 101 - 105, or its recognized successor, shall apply. Where there is any conflict, this policy shall supersede. Any question that may arise and is unanswered by the meet referee can be referred to the Championship Committee.

A competitor may enter a maximum of three (3)-swimming events in his/her age group, one of which must be a relay.

2. All eligible swimmers listed on the age group entry form are considered alternates.

3. Any four may swim the day of the meet.

4. Only one relay team per age group per Association may be entered in an event.

Age division participation is determined by the age on December 1st of this season.

1. All events must be in one age division.

2. It is permissible for the swimmer to move up in any age group for that day (note: they will have to "swim up" for all registered events, including the State Meet, if they qualify).

If a swimmer fails to meet his/her scheduled event, he/she will be scratched from that event and any other event for that day. He/she can compete in future championships in any events he/she qualified in before being disqualified by missing the event. Points scored and awards earned shall stand for previous events. Swimmers also cannot declare a false start.

Notes: Notification of any changes to the meet will be forwarded to contact person from each team. Please list the contact person, address, telephone number and e-mail address on the Meet Entry Summary Sheet.

The YMCA District Special Sessions for long distance events and time trials can be used to qualify for Nationals. Long Distance Events will be held at UMLY, and the 1000 Freestyle and Time Trials will be held at La Salle. See attached information for these Special Sessions.

1. A relay's entered time (actual or composite) must correspond to the swimmers entered in that event. Swimmers must be listed on the entry form.

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Information on Entry Submission....

The East Field Competitive Swimming District Championship Meet has adopted an online entry system for submitting team entries. For those who are familiar, this procedure is the same as the Y National entry process. Proceed to the www.swimumly.com web site, on the left hand side navigation bar look for **PA East Districts**, click on the – “Coaches Only - Districts Entries” link to take you to the file for inputting your entries”. You may change your entries as often as you wish until March 3, 2010 @ 11:59:59PM; at that time entry submission will officially close, (e.g., the site will close down). **NOTE – Changes for 2010:** Coaches will be responsible for reviewing the psych sheet which will be posted on the website as well as sent via email within 24 hours of the entry deadline. As a courtesy, coaches will be given until midnight of Friday night (March 5, 2010) to review and proof their entries for accuracy. If there are data entry errors (ONLY DATA ENTRY ERRORS), you will have an opportunity to submit a request to update the time with the accurate information by noon on Saturday March 6, 2010. **NOTE**, this is not an opportunity for you to change a time because you have received a better time – **NO EXCEPTIONS**. After the noon deadline on Saturday (March 6, 2010) changes to incorrect times **will not be accepted**.

Your paperwork (including checks for entry fee payment) must be postmarked by Thursday, March 4, 2010 by 5:00PM; waive signature acceptance. Copies of all paperwork should also be emailed (scanned) and sent to chsteinhardt@gmail.com by 5:00PM on Thursday March 4, 2010. If requesting a check from your YMCA, please include a copy of the check request and corresponding PO#.

Your paperwork includes:

- Meet Entry Summary Sheet with signed waiver (3 pages)
- Hard copy of District meet entries
- Entry fees
- Hard copy of Time Trial Entries

If you are also submitting Time Trial event entries, these entries should be submitted using the “Coaches Only – Trials Entry” link under the PA East District located on the left side navigation bar on the www.swimumly.com website, AND supporting hard copy included with your meet paperwork.

Paperwork should be sent to the following address:

Chris Steinhardt
125 Lenape Drive
Berwyn, PA 19312

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Important Coach's Information...

Officials: At least one Official must be provided for each session where the club has four or more swimmers entered. Officials must be listed on the Officials Volunteer form.

UMLY is responsible for assigning and managing all officials for this PA East District Meet. For any changes, cancellations, replacements, or related problems, please contact Danny Ross at his email address: troutdan65@msn.com. Working Officials are asked to check-in at the "Officials Check-in" table before going through Admissions.

Timers: Timer requirements by team for each session will be posted on the UMLY web site, and e-mailed to the coaches by Monday, March 8, 2010. The meet will not be started without each team's timers present. Thank you in advance for your cooperation.

Coaches Meeting: There will be a mandatory coaches scratch meeting held one hour before the start of each session. (8:15AM and 2:00PM on Saturday and Sunday, respectively).

Team Behavior: Coaches are responsible for the good behavior of their swimmers and avoidance of vandalism. Teams are responsible for maintaining cleanliness in their areas during and after each session. Please advise your swimmers that if they are not swimming in a particular session, they will not be permitted on deck.

Deck Passes: Coaches must have their deck passes displayed while on deck. If you do not have a deck pass, you will not be permitted on deck during the meet sessions. The only accepted deck pass will be the East District Field pass issued by Glenda Pae. Contact Glenda (email pae.competitive@gmail.com) for questions regarding coaches' deck passes. Deck passes must be requested and received prior to District meet, **new deck passes WILL NOT be issued during the meet.**

Coaches' Packets: Packets will also be available at the Coaches Table near the front door at LaSalle University. Coaches must check in and sign for their packets for each day; therefore, if different coaches will be in attendance in the afternoon they will have to coordinate with the morning coaches to receive their packet for the afternoon session.

Qualifying for States: Swimmers who have entered Districts will be eligible for the Area Championship meet held March 20 & 21, 2010 at Penn State University. The Meet Director for this event is Stephanie Albert, she can be reached via email at sja150@yahoo.com. The following criteria must be met to qualify:

1. The **twelve** fastest swimmers for each event shall be eligible for the similar event in the Area Meet. (first nine fastest swimmers score points)
2. The **nine** fastest relay teams shall be eligible for the similar event in the Area Meet. Relay alternates must be named on district entries in order to be used as alternates in the Area Meet.
3. Qualifiers and two alternates shall be announced at the District Meet. Coaches should be alerted to the fact that their swimmers have qualified and subsequent replacements notified should swimmers decide against attending.
4. Swimmers must compete in the events for which they have qualified in the Area Meet.
5. Qualified swimmers **must** declare intent to compete in the Area Meet **by the end of each session**, or at the discretion of the Meet Committee.
6. Qualifiers must pay Area Meet entry on the day of the District Meet. These fees are \$6.00 per qualifier, per event and \$24.00 per relay. Make checks payable to: UMLY PARENTS SWIM TEAM ASSOCIATION.

Hospitality Room: We would like to invite all coaches *who have deck passes* and *working officials* to the hospitality room on the second floor of the natatorium for lunch on Saturday and Sunday. Food will be provided by advance reservation only. Please indicate on the Coaches Attending Districts, and Officials Volunteer forms, your reservations. Coaches lunch tickets will be placed in the coaches' packets, Officials will be given their ticket at the Officials Check In table.

All teams must have at least one coach on deck approximately 30 minutes prior to the start of the first warm-up session, regardless of your team's designated warm up time. This will ensure adequate supervision of those swimmers who arrive early for their session and will minimize the crowd waiting in the lobby/entrance area. Thank you in advance for your cooperation in supporting this safety issue.

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YMCA PA EAST DISTRICT QUALIFYING TIMES 2009-2010

Girls Events			Boys Events	
Event #	Time	Cadets (9-10)	Time	Event #
1	2:38.00	200 Medley Relay	2:45.00	2
3	33.50	50 Freestyle	34.50	4
5	1:24.00	100 Individual Medley	1:28.00	6
7	38.00	50 Butterfly	40.50	8
9	1:15.50	100 Freestyle	1:18.00	10
11	40.00	50 Backstroke	41.00	12
13	45.00	50 Breaststroke	46.00	14
15		200 Freestyle Relay	2:22.50	16
Preps (11-12)				
17	2:19.00	200 Medley Relay	2:23.00	18
19	2:25.00	200 Freestyle	2:28.00	20
21	29.00	50 Freestyle	30.80	22
23	2:40.00	200 Individual Medley	2:47.50	24
25	33.00	50 Butterfly	36.00	26
27	1:04.50	100 Freestyle	1:08.00	28
29	35.00	50 Backstroke	37.00	30
31	38.50	50 Breaststroke	41.00	32
33	2:03.00	200 Freestyle Relay	2:07.00	34
Juniors (13-14)				
35	2:13.00	200 Medley Relay	2:10.00	36
37	2:12.00	200 Freestyle	2:12.00	38
39	28.25	50 Freestyle	27.25	40
41	2:29.00	200 Individual Medley	2:30.00	42
43	1:12.50	100 Butterfly	1:12.50	44
45	1:01.00	100 Freestyle	1:00.00	46
47	1:10.50	100 Backstroke	1:11.00	48
49	1:19.50	100 Breaststroke	1:17.50	50
51	1:57.00	200 Freestyle Relay	1:57.00	52
Seniors (15-18)				
53	4:45.00	400 Medley Relay	4:17.00	54
55	2:06.50	200 Freestyle	1:57.00	56
57	27.00	50 Freestyle	24.50	58
59	2:25.00	200 Individual Medley	2:16.00	60
61	1:06.00	100 Butterfly	1:02.00	62
63	1:00.00	100 Freestyle	53.50	64
64	1:08.00	100 Backstroke	1:05.50	66
67	5:40.00	500 Freestyle	5:19.00	68
69	1:18.50	100 Breaststroke	1:11.00	70
71	4:23.00	400 Freestyle Relay	3:50.00	72

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Meet Entry Summary Sheet:

(Note: You must complete and return the following three pages)

Team Information:

Team Name: _____ Abbreviation: _____
 Head Coach: _____ Daytime phone _____
 Evening phone _____

Contact: Name and Address of the person to receive ALL communication

Name _____
 Address _____
 City/Town _____ State _____ Zip _____
 Daytime Phone _____ Evening Phone _____
 E-mail _____

Release and Hold Harmless Waiver:

In consideration of the acceptance of our Association entry, we, on behalf of our Association entered herein and their parents, hereby waive and release any and all right and claims against LaSalle University, the Upper Main Line YMCA and its Agents, the East Field (South Division), and any or all meet officials and volunteers, for any and all injuries, damages, or expenses which may be sustained by any of us or minor children as a result of our Association's use or minor children's use of any of the LaSalle University or Upper Main Line YMCA's facilities or equipment or while enroute to or from this meet. We release LaSalle University or Upper Main Line YMCA of all liability even if it is believed that the injuries or illness sustained by the Association participants or minor children are the result of negligence or any other improper conduct on the part of LaSalle University or Upper Main Line YMCA.

The named competitors have fulfilled the membership requirements as set forth by the YMCA Mid-Atlantic Committee.

 Association Name

 Program Director Date Executive Director Date

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Meet Entry Summary Sheet (continued):

Coaches Attending Districts

List coaches and place an "x" for sessions attending. Note: Coaches must be certified in CPR, First Aid and either Red Cross Safety Training for Coaches or YMCA Lifeguarding Age designation

Indicate if the coach plans to attend Saturday and/or Sunday Lunch

Maximum of 3 coaches per team per session allowed on deck.

Coach's Name	YMCA Certified	Cadets Session	Preps Session	Juniors Session	Seniors Session	Sat Lunch	Sun Lunch

Team Name:

Entry Fee Summary:

_____	Individual Entries @ \$5.50 per event	=	_____
_____	Relay Entries @ \$22.00 per event	=	_____
_____	Supplemental Time Trials - Individual Entries @ \$5.50 per event	=	_____
_____	Supplemental Time Trials - Relays Entries @ \$22.00 per event	=	_____
Total payable to UMLY Swim Team Parents Association			_____

Send Meet Entry Summary Sheet, Time Trial Entry Forms, and Check(s) to:

Chris Steinhardt
 125 Lenape Drive
 Berwyn, PA 19312
 chsteinhardt@gmail.com

Reminder: Forms must be received electronically via fax or scanned and sent as an email attachment by 5:00PM Thursday, March 4, 2010. Mail submission material (and check for entry fees) must be postmarked by Thursday March 4, 2010. If requesting check, include a copy of the check request and/or PO#.

Due Date for paperwork: Thursday, March 4, 2010 @ 5:00PM

DISTRICTS COMMEMORATIVE T-SHIRT PRE-ORDER FORM

To: YMCA Swim Team Parents' Organizations

We are taking pre-orders of the District Commemorative short sleeve T-shirt for your swimmers on a first come, first served basis. Please designate an adult from your Organization to be responsible to take T-shirt orders for your swimmers and return the attached order form. The T-shirts must be picked up by the designated team representative at LaSalle during the Saturday Morning Session in the balcony area.

Sizes: Adult Small, Medium, Large, or X-Large

Cost: \$15.00

A graphic of the tee shirt is posted on the UMLY web site (www.swimumly.com).

We thank you for your assistance and look forward to seeing you at Districts.

DISTRICTS COMMEMORATIVE T-SHIRT ORDER FORM

The (Y-name) _____ Swim Team is ordering

_____ (#) Small _____ (#) Medium _____ (#) Large _____ (#) X-Large

for a total of _____ (#) District T-shirts at \$15.00 each. \$_____ is enclosed.

_____ (name) will be picking up the T-shirts at the District Meet on

Friday Saturday

Person placing orders: _____ Telephone # _____

Payment must accompany order.

Please make checks/money orders payable to: UMLY SWIM TEAM PARENTS COMMITTEE

Graphic is available at: www.swimumly.com

Mail orders to:

Pamela Crump

516 Cork Circle

West Chester, PA 19380

(610) 918-2703

crumpp@comcast.net

**T-Shirt
Deadline
3/3/10**

NOTE – There will be a limited number of shirts available during the meet event, therefore it is strongly encouraged to pre-order a shirt to guarantee your swimmer this unique shirt acknowledging their accomplishments.

YMCA PA EAST DISTRICT

SUPPLEMENTAL SPECIAL TIME TRIAL SESSIONS

Friday March 12 - Saturday March 13 - Sunday March 14, 2010

Upper Main Line YMCA

1416 Berwyn-Paoli Road

Berwyn, Pa 19312

Host: Upper Main Line YMCA & Upper Main Line YMCA Swim Team Parent's Association

Friday Location: Upper Main Line YMCA, 1416 Berwyn-Paoli Road, Berwyn, PA

Saturday and Sunday Location: LaSalle University, 20th and Olney Avenues, Philadelphia, PA

Schedule:

Friday March 12, 2010	Saturday March 13, 2010	Sunday March 14, 2010
@ UMLY	@ La Salle	@ La Salle
Long distance events	1000 Yd Freestyle event	Time Trials
Warm-up: 4:00pm	Warm-up: After Preps session	Warm-up: After Seniors session
Start: 5:00pm	Start: 15 minutes after Warm-up	Start: 15 minutes after Warm-up

Facilities:

UMLY has a 6 lane heated 25 yard pool with Kiefer non-turbulent lane lines, a 10 foot starting end. There is seating capacity for 200 and large on-site parking.

LaSalle has a 6 lane heated 25 yard pool with Kiefer non-turbulent lane lines, an 8 foot starting end. There is seating capacity for 800.

Eligibility:

Only swimmers "close" to qualifying for Short Course Nationals. Note: Please do not have your swimmers use the Sunday time trials to try to qualify for Summer (long course) Nationals.

Entries: There is no limit to the number of events a swimmer may enter. Entry in these special events does not count as an event in PA East Districts. All entries for individual events and relays must be listed on the official Time Trial entry forms (forms attached), or more preferably, input directly

into the Supplemental Time Trial Entry Database. The link for the Supplemental Time Trial Entries is listed on the swimumly.com website under the navigation bar (on left side of main web page), locate the link for PA East Districts, click on the link for "Coaches Only – Trials Entries" for inputting your entries. Entries must be in YARD TIMES. Relays should be entered as A, B, etc only. Relay cards will be handed out at the coaches meeting to be filled out with the swimmers' names. The deadline for submitting Supplemental Time Trial entries for the Saturday session is March 3, 2010 at 11:59:59PM. The deadline for submitting entries for the Sunday night Supplemental Time Trial is at the conclusion of the 15-18 Mens 500 yard freestyle (Event 68), except for the Breaststroke events; any entries for the Breaststroke event will be due at the conclusion of the 15-18 Mens 100 Breaststroke (Event 70)

Entries for the 1650 freestyle and 1000 freestyle will be seeded fastest to slowest.

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Berwyn, Pa 19312

Entry Fees: \$5.50 per individual event and \$22.00 per relay team. **Please send ONE CHECK ONLY** for the total amount of your team supplemental entries: we will not accept a collection of individual checks from your team members. Your check should be made payable to UMLY SWIM TEAM PARENT'S ASSOCIATION.

Rules: These sessions will be governed by the current USA Swimming Technical Rules. All events are timed finals.

Timers: Swimmers must provide timers and counters where necessary for all time trial sessions.

Awards and Scoring: There are no awards and no team scoring for these events.

Admission: Admission is free on Friday.

Notes: Notification of any changes to the sessions will be made to contact person from each team. Please list the contact person, address, telephone number and e-mail address on the Meet Entry Summary Sheet.

Results: www.swimumly.com and www.ymcacompetitiveswim.org

Friday Long Distance Session @UMLY

Event	Sex	Age Group & Comments	Description
200	Mixed	Open 20:00.00 QT Fastest 18	1650 Freestyle Seeded fastest to slowest
201	Mixed	Open	400 Individual Medley
202	Mixed	12 & Under	100 Butterfly
203	Mixed	Open	200 Butterfly
204	Mixed	Open 6:50.00 QT Fastest 18	500 Freestyle
205	Mixed	12 & Under	100 Backstroke
206	Mixed	Open	200 Backstroke
207	Mixed	12 & Under	100 Breaststroke
208	Mixed	Open	200 Breaststroke
209	Mixed	Open	800 Free Relay

Saturday 1000 Yd Free Session@ LaSalle

Event	Sex	Age Group & Comments	Description
300	Mixed	Open 12:00.00 QT	1000 Freestyle Seeded fastest to slowest

		Fastest 18	
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Sunday Time Trial Session @ LaSalle

Event	Sex	Age Group & Comments	Description
301	Mixed	Open	200 Medley Relay
302	Mixed	Open	400 Medley Relay
303	Mixed	Open	50 Freestyle
304	Mixed	Open	100 Freestyle
305	Mixed	Open	200 Freestyle
306	Mixed	Open	200 IM
307	Mixed	Open	400 IM
308	Mixed	Open	100 Backstroke
309	Mixed	Open	200 Backstroke
310	Mixed	Open	100 Breaststroke
311	Mixed	Open	200 Breaststroke
312	Mixed	Open	100 Butterfly
313	Mixed	Open	200 Butterfly
314	Mixed	Open	200 Free Relay
315	Mixed	Open	400 Free Relay

Directions To UMLY:

Address: Upper Main Line YMCA, 1416 Berwyn-Paoli Road, Berwyn, PA 19312 (610) 647-9622

From Delaware: Route 202 North to Exit for RT 252. Turn right. Go to the first light. Turn right onto Route 252. At the second light, cross over Route 30. Follow "local" directions.

From Philadelphia: Take the Schuylkill Expressway (Interstate 76 West) to Route 202 South exit. Take 202 South to Paoli Exit (Route 252 South). Stay on Route 252 and cross Route 30. Follow "local" directions.

From the PA Turnpike (Interstate 276/76): Take Exit 326 (old exit 24 - Valley Forge Exit.) This becomes the Schuylkill Expressway (Interstate 76). Take the Route 202 South Exit. Follow Route 202 to the Paoli Exit (252 South). Stay on Route 252 to Route 30. Follow "local" directions.

Local: Cross Route 30. At the second light beyond Route 30, turn left onto Sugartown Road. Within 1/4 mile as Sugartown veers right, turn left onto Berwyn-Paoli Road. UMLY is on Berwyn-Paoli Road on the right.

All teams entering swimmers in supplemental time trial sessions are required to provide timers.

YMCA PA East District Time Trials Entry Form

Friday March 12 – Saturday March 13 - Sunday March 14, 2010

\$5.50 Individual and \$22.00 Relay

RELAY	Age Age Group	M/F	Event #1
			Entry Time (Yard Times)
Relay A			
Relay A			

Team Name:

Swimmer Name (Last, First)	Age Age Group	M/F	Event #1	Event #1	Event #2	Event #1	Event #2	Event #2
			Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)
<i>Example:</i> Smith, John	12 Prep	M	#200 17:50.78	#207 1:50.78	#306 5:28.67	#303 26.0		

FRIDAY Session @ UMLY			
Event	Sex	Age Group & Comments	Description
200	Mixed	Open 20:00.00 QT Fastest 18	1650 Freestyle Seeded fastest to slowest
201	Mixed	Open	400 Individual Medley
202	Mixed	12 & Under	100 Butterfly
203	Mixed	Open	200 Butterfly
204	Mixed	Open 6:50.00 QT Fastest 18	500 Freestyle
205	Mixed	12 & Under	100 Backstroke
206	Mixed	Open	200 Backstroke
207	Mixed	12 & Under	100 Breaststroke
208	Mixed	Open	200 Breaststroke
209	Mixed	Open	800 Free Relay

SATURDAY Session @ LaSalle			
Event	Sex	Age Group & Comments	Description
300	Mixed	Open 12:00.00 QT Fastest 18	1000 Freestyle Seeded fastest to slowest

SUNDAY Session @ LASALLE			
Event	Sex	Age Group & Comments	Description
301	Mixed	Open	200 Medley Relay
302	Mixed	Open	400 Medley Relay
303	Mixed	Open	50 Freestyle
304	Mixed	Open	100 Freestyle
305	Mixed	Open	200 Freestyle
306	Mixed	Open	200 IM
307	Mixed	Open	400 IM
308	Mixed	Open	100 Backstroke
309	Mixed	Open	200 Backstroke
310	Mixed	Open	100 Breaststroke
311	Mixed	Open	200 Breaststroke
312	Mixed	Open	100 Butterfly
313	Mixed	Open	200 Butterfly
314	Mixed	Open	200 Free Relay
315	Mixed	Open	400 Free Relay