

Washington Division Championship
Hosted by
Reading YMCA
Saturday and Sunday, January 31 and February 1, 2015
USA-A MA Approval # MA 1514 AP

LOCATION:	Reading YMCA 631 Washington Street Reading, PA 19603 The following phone number is available for emergency use during the meet. Facility Phone#: 610-378-4700
FACILITY:	This meet will be run in a 8 lane, 25-yard indoor pool with fully automatic timing (Semi-automatic timing for 25's). The starting end has a depth of 12 feet. The facility is equipped with Competitor non-turbulent lane lines, Colorado Time Systems' System 5 Sports Timer with Infinity Start System, AquaGrip touch pads. The competition course has not been certified in accordance with 104.2.2C(4) of the USA Swimming Rules and Regulations. Seating for swimmers will be in two large gyms located within close proximity to the pool. Seating for spectators is located in an observation room overlooking the pool and bleachers on deck. Due to the limited seating space we ask that parents also bring chairs to sit in the gym between events. Discounted parking vouchers will be distributed upon entrance to the meet. Parking will be \$2.00 for the Walnut Street Parking Garage across from the pool. No Smoking is allowed in any YMCA Facility.
MEET DIRECTOR:	Sandi Abraham 610-334-5194 email: sandiab3@verizon.net
START TIMES:	Warm-up: 7:00 AM, 1:30 PM; (Times to be confirmed 1week prior) Meet Start: 8:30 AM, 3:00 AM;
MEETING TIMES:	Coach's Meeting: 7:30 AM, 2:00AM Officials Meeting: 7:45 AM, 2:15 AM Timers Meeting: 8:00 AM, 2:30 PM
WARM-UP:	The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered. Warm-up schedules will be posted on the Penn-Del web site Monday prior to the meet and will be made available to the coaches at the meet. Warm-up times may need to be adjusted based on actual attendance. Sprint/Start lanes will be available at the end of each warm-up session. No diving or backstroke starts will be permitted except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules.
RULES:	This meet will be run according to USA Swimming and Penn-Del Swim League rules and regulations. All events are Pre-Seeded, Timed Finals. Coaches MUST attend the coaches meeting. Fly-over starts will be used at this meet. All swimmers (except for medley relays, backstroke starts and 8&unders) should remain in the water at the completion of their race until the next heat starts. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension at the discretion of the Middle Atlantic Swimming Board of Directors. The PennDel Swim League and Reading YMCA are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.
ELIGIBILITY:	This meet is open to any swimmer that is currently on their teams' active roster and has swum in at least two (2) league dual meets. Swimmers will compete in age groups based on their age as of December 1, 2013 as rostered for the dual meet season. Swimmers must compete in their own age group, except for the Open 500 Freestyle and the Open Age Group Relays.
SWIMMERS WITH A DISABILITY:	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
USA SWIMMING:	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.

RECORDING DEVICES:	The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
DECK CHANGING:	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
ENTRIES:	Swimmers may enter up to three (3) individual events and two (2) relays for a maximum of four (4) events. All Events are Pre-Seeded, Timed Final Events No Deck Entries Will Be Permitted.
ENTRY FEES:	Entry fees are \$4.00 per event for individual events and \$12.00 for relays. and a \$5 per swimmer surcharge. (Included in this \$4.00 is a \$.50 splash fee for Middle Atlantic, and \$.50 for PennDel Championships budget.) Please send one check per club, payable to: "RY-PAC". Entries will NOT be accepted without full payment and Meet Volunteer Sign-UP Sheet.
HOW TO ENTER:	Entries must be submitted using the Championship Entry Link found on the Penn-Del Swimming League Website. Entries must be submitted in the course in which they were achieved. The PennDel League will convert all times to yards for seeding. All times submitted must be the swimmer's best time. Entries must be submitted using HY-TEK software format. Only USA Swimming registered athletes should have ID numbers in entry file. Entry Fees MUST be postmarked by: Friday, January 23, 2015. THE MEET VOLUNTEER SUMMARY SHEET MUST BE EMAILED TO THE MEET DIRECTOR BY THE ENTRY DEADLINE.
SEND TO:	Entries MUST be submitted through the Penn-Del Swimming League Website. Mail check, to the host club at the below address. E-mail the meet volunteer list to the Meet Director at: sandiab3@verizon.net Attention: Meet Director/Sandi Abraham 2909 Duffield Lane Reading, PA 19608 All requested information must be postmarked by the entry due date.
DECK ACCESS:	Deck Access will be limited to swimmers, coaches, officials and meet workers. Deck Passes will be issued to gain access to the deck.
AWARDS:	Medals are awarded for 1 st -3 th place in individual events and 1 st -3 rd place in relays. Ribbons are awarded for 4 th -12 th place in individual events and 4 th -6 th place in relays. High Point Trophy will be awarded to the Team finishing in First Place.
ADMISSIONS:	Admission is free. Programs available for \$4.00/session
SPECTATORS:	On deck, bleacher seating is available for approximately 250 spectators. An Observation Room is also available and has approximately 50 available seats and a standing room area. No swimmers are allowed in the balcony area for safety reasons.
VOLUNTEERS:	A minimum of three (3) timers and one (1) official MUST be provided from each team per session, at the time team entries are submitted. This is per team not per association. (If an association has two teams in the meet, they need two sets of volunteers) Additional volunteers are welcome. Be sure to include your email address on the Meet Volunteer Sheet along with certification expiration date, if applicable (form is available on the league website). We will have a hospitality room to provide refreshments for all volunteers during the meet. Volunteers and officials will also receive free admission and a heat sheet. Meet Volunteer list MUST be emailed to the meet director by the Due Date.
T-SHIRTS:	T-Shirts must be pre-ordered at a cost of \$15.00 per shirt. T-Shirt orders are due with entry forms by 6 PM on Friday, January 31 2014.
REFRESHMENTS:	Food and Drinks will be on sale throughout the meet. NO FOOD will be allowed on the pool deck or in the balcony. There will also be a Swim Equipment Vendor on-site during the meet.
EMAIL LIST:	Be sure and include your coach's email address and volunteer's email address on the Volunteer Summary Sheet. An E-Mail list will be created to ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.
WEB SITE:	For more information, please visit the Penn-Del Swimming web site at: http://www.penndelswim.org
SAFETY:	Safety Marshals will be posted at different locations through out the meet area. First Aid will be located on the pool deck in the Aquatic Office. Swimmers are requested to wear sandals and towel off before traveling the corridors. No swimmers will be served in the concession area unless they are wearing a T-shirt, shorts and footwear.

Due to the use of the electronic starting system, spectators MUST refrain from using flash photography at the start of each race!

NO SMOKING IS ALLOWED AT ANY YMCA FACILITY.

The meet director has the discretion to remove any person whose conduct is inconsistent with the core values of the YMCA.

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Order of Events

Session: 1 Girls and Boys – 13 - 14 and 15 - 19
Day of Meet: 1 Starts at 8:30 AM

Event # Event Name	Event # Event Name
1 Girls Open 200 Medley Relay	2 Boys Open 200 Medley Relay
3 Girls 13-14 200 Medley Relay	4 Boys 13-14 200 Medley Relay
5 Girls 15-19 400 IM	6 Boys 15-19 400 IM
7 Girls 13-14 400 IM	8 Boys 13-14 400 IM
9 Girls 15-19 200 Freestyle	10 Boys 15-19 200 Freestyle
11 Girls 13-14 200 Freestyle	12 Boys 13-14 200 Freestyle
13 Girls 15-19 100 Backstroke	14 Boys 15-19 100 Backstroke
15 Girls 13-14 100 Backstroke	16 Boys 13-14 100 Backstroke
17 Girls 15-19 100 Breaststroke	18 Boys 15-19 100 Breaststroke
19 Girls 13-14 100 Breaststroke	20 Boys 13-14 100 Breaststroke
21 Girls Open 500 Freestyle	22 Boys Open 500 Freestyle
Break: 20 Minutes for Awards Presentation	Break: 20 Minutes for Awards Presentation
23 Girls 13-14 50 Freestyle	24 Boys 13-14 50 Freestyle
25 Girls 15-19 50 Freestyle	26 Boys 15-19 50 Freestyle
27 Girls 13-14 200 Butterfly	28 Boys 13-14 200 Butterfly
29 Girls 15-19 200 Butterfly	30 Boys 15-19 200 Butterfly
31 Girls 13-14 100 Freestyle	32 Boys 13-14 100 Freestyle
33 Girls 15-19 100 Freestyle	34 Boys 15-19 100 Freestyle
35 Girls 13-14 200 Backstroke	36 Boys 13-14 200 Backstroke
37 Girls 15-19 200 Backstroke	38 Boys 15-19 200 Backstroke
39 Girls 13-14 200 Breaststroke	40 Boys 13-14 200 Breaststroke
41 Girls 15-19 200 Breaststroke	42 Boys 15-19 200 Breaststroke
43 Girls 13-14 100 Butterfly	44 Boys 13-14 100 Butterfly
45 Girls 15-19 100 Butterfly	46 Boys 15-19 100 Butterfly
47 Girls 13-14 200 IM	48 Boys 13-14 200 IM
49 Girls 15-19 200 IM	50 Boys 15-19 200 IM
51 Girls 13-14 200 Freestyle Relay	52 Boys 13-14 200 Freestyle Relay
53 Girls Open 200 Freestyle Relay	54 Boys Open 200 Freestyle Relay

**Session: 2 Girls and Boys – 8 & UNDER and Girls - 9 – 10.
Day of Meet: 1 Starts at 3:00 PM**

Event #	Event Name	Event #	Event Name
55	Girls 8 & Under 100 Medley Relay	57	Boys 8 & Under 100 Medley Relay
56	Girls 9-10 200 Medley Relay	61	Boys 8 & Under 25 Freestyle
58	Girls 9-10 200 Freestyle	64	Boys 8 & Under 25 Backstroke
59	Girls 9-10 50 Freestyle	67	Boys 8 & Under 25 Breaststroke
60	Girls 8 & Under 25 Freestyle	Break: 20 Minutes for Awards Presentation	
62	Girls 9-10 50 Backstroke	70	Boys 8 & Under 50 Freestyle
63	Girls 8 & Under 25 Backstroke	75	Boys 8 & Under 25 Butterfly
65	Girls 9-10 50 Breaststroke	79	Boys 8 & Under 100 Freestyle Relay
66	Girls 8 & Under 25 Breaststroke		
Break: 20 Minutes for Awards Presentation			
68	Girls 9-10 100 Butterfly		
69	Girls 8 & Under 50 Freestyle		
71	Girls 9-10 100 Freestyle		
72	Girls 9-10 100 Backstroke		
73	Girls 9-10 100 Breaststroke		
74	Girls 8 & Under 25 Butterfly		
76	Girls 9-10 50 Butterfly		
77	Girls 9-10 100 IM		
78	Girls 8 & Under 100 Freestyle Relay		
80	Girls 9-10 200 Freestyle Relay		

**Session: 3 Boys – 9 – 10 and Girls and Boys 11 – 12.
Day of Meet: 2 Starts at 8:30 AM**

Event #	Event Name	Event #	Event Name
81	Girls 11-12 200 Medley Relay	82	Boys 11-12 200 Medley Relay
84	Girls 11-12 200 Freestyle	83	Boys 9-10 200 Medley Relay
87	Girls 11-12 50 Freestyle	85	Boys 11-12 200 Freestyle
90	Girls 11-12 50 Backstroke	86	Boys 9-10 200 Freestyle
93	Girls 11-12 50 Breaststroke	88	Boys 11-12 50 Freestyle
96	Girls 11-12 100 Butterfly	89	Boys 9-10 50 Freestyle
Break: 20 Minutes for Awards Presentation			
100	Girls 11-12 100 Freestyle	91	Boys 11-12 50 Backstroke
103	Girls 11-12 100 Backstroke	92	Boys 9-10 50 Backstroke
106	Girls 11-12 100 Breaststroke	94	Boys 11-12 50 Breaststroke
109	Girls 11-12 50 Butterfly	95	Boys 9-10 50 Breaststroke
112	Girls 11-12 200 IM	97	Boys 11-12 100 Butterfly
115	Girls 11-12 200 Freestyle Relay	98	Boys 9-10 100 Butterfly
		Break: 20 Minutes for Awards Presentation	
		99	Boys 9-10 100 Freestyle
		101	Boys 11-12 100 Freestyle
		102	Boys 9-10 100 Backstroke
		104	Boys 11-12 100 Backstroke
		105	Boys 9-10 100 Breaststroke
		107	Boys 11-12 100 Breaststroke
		108	Boys 9-10 50 Butterfly
		110	Boys 11-12 50 Butterfly
		111	Boys 9-10 100 IM
		113	Boys 11-12 200 IM
		114	Boys 9-10 200 Freestyle Relay
		116	Boys 11-12 200 Freestyle Relay

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Driving Directions

From PA Turnpike:

Turnpike West to Morgantown exit 298

Merge onto US-422W

Take the Penn Street Exit

Follow Penn Street to 5th Street and make a left

Turn right onto Walnut Street and go across bridge

Turn right onto Poplar

Garage is on Poplar & Walnut Streets

From 422 West:

Follow 422 West towards Reading

Take the Penn Street Exit

Follow Penn Street to 5th Street and make a left

Turn right onto Walnut Street and go across bridge

Turn right onto Poplar

Garage is on Poplar & Walnut Streets

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Hotel Information

Hampton Inn
(610)374-8100
www.hamptoninn.hilton.com
1800 Paper Mill Road
Wyomissing, PA 19610

Homewood Suites
(610)736-3100
www.homewoodsuites.hilton.com
2801 Paper Mill Road
Wyomissing, PA 19610

Sheraton Hotel
(610)376-8031
www.starwoodhotels.com/sheraton/index.html
1741 Paper Mill Road
Wyomissing, PA 19610

Candlewood Suites
(610)898-1910
www.candlewoodsuites.com
55 South Third Street
West Reading, PA 19611

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Pre-Order Washington Championship Meet T-Shirt Form
Orders due January 31, 2014

Reading YMCA is offering Washington Division Meet T-shirts by pre-order only. There will be a limited number of shirts available for sale at the meet, so please make sure your team has the opportunity to purchase shirts in advance. Shirts will be given to your team contact upon check-in. The shirts will be \$15 each and should be paid for by check.

Further shirt order information will be forthcoming in a separate file.