

**2015 YMCA Pennsylvania Central District Swimming Championship  
Hosted by the York YMCA Aquatic Club**



**March 6-8, 2015**

USA-S Approval MA 1517 AP

YMCA Championship Sanction ID: **CAQ-2015-PA325564**

**General Information:**

<b>LOCATION</b>	York YMCA – Graham Aquatic Center 543 N. Newberry St. York, PA 17404 Day of meet emergency phone # 717-586-4573
<b>FACILITIES</b>	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 <b>not</b> 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.
<b>MEET DIRECTOR / SAFETY DIRECTOR</b>	Brian Gunn 722 Dogwood Circle York, PA 17403 717-676-1335 <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a> Please direct all questions about the meet to the Meet Director.
<b>MEET REFEREE</b>	Eric Harnish <a href="mailto:Eric.Harnish@comcast.net">mailto:Eric Harnish &lt;eharnish1@comcast.net&gt;</a> All currently certified YMCA and USA officials are encouraged to volunteer.
<b>ELIGIBILITY</b>	This meet is open to all YMCA swimmers who have competed in a minimum of three (3) closed YMCA meets during the current season. There are qualifying times for this meet that are listed below. Because this meet is a closed-YMCA competition, all swimmers <b>MUST</b> be full-privilege members of their YMCA and must have represented only their YMCA in competition (high school excepted) for a period of 90 days prior to the start of the meet. Swimmers’ age is as of December 1, 2014. Swimmers who are 21 and under and have not represented a post-high school institution in closed or open competition are eligible to participate.
<b>QUALIFYING TIMES</b>	YMCA Pennsylvania Central 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.
<b>ENTRY LIMITS</b>	Swimmers are restricted to a maximum of four (3) individual events plus one (1) time trial on any meet day. Swimmers are restricted to a maximum

	of five (5) events for the entire meet, one (1) of which must be a time trial. Friday night's events count towards the total. Swimmers may swim both events Friday night if desired. Relays will be limited to one (1) relay team per association per event.
<b>EVENTS / SESSIONS</b>	The order of events with qualifying times is attached. All events are pre-seeded, timed finals. <b>This meet will be USA approved</b> , 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 this event.
<b>TIME TRIALS</b>	Subject to time and space availability, Time Trials may 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 will count towards a swimmer's daily maximum event total.
<b>WARM-UP &amp; START TIMES</b>	Friday Evening Warm-ups: 5:00pm, Start: 6:30pm Saturday Morning Warm-ups: 7:30 AM; Start: 9:15 AM Saturday Afternoon Warm-ups: 1:15 PM; Start: 2:45 PM Sunday Morning– Warm-ups: 7:30 AM; Start: 9:15 AM Sunday Afternoon– Warm-ups: 1:15 PM; Start: 2:45 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.
<b>ENTRIES</b>	Electronic entries shall be submitted using Hy-Tek software. Electronic entries shall be emailed to <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a> . Payment and meet summary sheets should be mailed to:  Brian Gunn 722 Dogwood Circle York, PA 17403
<b>ENTRY FEES</b>	\$6.00/individual event, \$24.00/relay
<b>SCORING</b>	Scoring will be as follows: Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1 Relays: 32-26-24-22-20-18-14-10-8-6-4-2
<b>ENTRY DEADLINE</b>	<b>Monday, March 2, 2015 at Noon.</b>
<b>VOLUNTEERS</b>	<b>Each team is responsible for providing at least two (2) timers and at least one (1) certified stroke &amp; turn official per session. Each team will also be required to provide at least one (1) seeding volunteer with a maximum of two (2) for the 10 &amp; under session.</b> For the 11-12 session each team may designate a seeding volunteer if desired. 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 <a href="mailto:kjhilty42@verizon.net">kjhilty42@verizon.net</a> .
<b>SWIMMER SEATING/ STAGING</b>	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 10 & Under prelim sessions only. All other swimmers will be responsible for getting to the starting blocks on their own.
<b>SCRATCH RULE</b>	If a swimmer fails to compete in a scheduled event without declaring a false start, he/she shall be scratched from that event and any further events. The swimmer MAY compete in the State Championships in any events previously qualified. Points scored and events earned in previous events shall stand.

<p><b>RULES</b></p>	<p>The current USA Swimming technical rules (only), YMCA Rules that Govern Competitive Sports, and the Rules Supplement for Mid-Atlantic Group shall apply. Where there is any conflict, the YMCA Rules that Govern Competitive Sports shall supersede.</p> <p>Any question that may arise and is unanswered by the meet referee may be referred to the Championship Committee.</p> <p><b>All coaches must be currently registered through the YMCA Online Team Registration system and must show current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet:</b>  <b>First Aid</b>  <b>CPR</b>  <b>Safety Training for Swim Coaches OR Lifeguard OR YASA*</b>  <b>Principles of YMCA Competitive Swimming and Diving</b>  <b>*If a Lifeguard or YASA certification is used, the coach must also pass the online Red Cross Safety Training for Swim Coaches test and show proof.</b></p> <p><b>Coaches may show their current YMCA coach credential, current USA Swimming coach credential with the Y stamp or the individual current certification cards.</b></p> <p><b>DECK CHANGING</b> - 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.</p> <p><b>RECORDING BAN</b> - The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks.</p>
<p><b>SAFETY</b></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. <b>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.</b></p> <p><b>NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME.</b> 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><b>AWARDS</b></p>	<p>For all events, medals will be awarded to the swimmers who finish in the top six (6) overall. Ribbons will be awarded for places 7 – 12.</p> <p>Team trophies will be given to the winner and the second place team in each age group only.</p> <p>Separate team swimming banners shall be given to the first three place teams according to overall cumulative point totals.</p>

	A first place banner shall be awarded to combined team scores (men and women).
<b>QUALIFYING FOR STATE MEET</b>	<p>Swimmers who have entered in a district meet shall be eligible for the State Championship on the following basis:</p> <ol style="list-style-type: none"> <li>1. Individual Events: The six fastest swimmers from each District for each event shall be eligible for the similar event in the State Meet. In addition, the next 6 fastest swimmers from across the 3 districts shall also be eligible for events that will field four heats in the State meet. Events with 4 heats are determined by the State committee.</li> <li>2. Relays: The six fastest relay teams from each district shall be eligible for the similar event in the State Meet.</li> <li>3. Qualifiers shall be announced at the District Meet. Coaches shall be alerted to the fact that their swimmers have qualified and subsequent replacements notified should swimmers decide against attending.</li> <li>4. Swimmers shall compete in the events for which they have qualified in the State Meet.</li> <li>5. Contestants shall declare intent to compete in the State Meet by the end of each session.</li> </ol>
<b>PROGRAMS &amp; ADMISSION</b>	Admission will be \$5.00 per session per person per day, Programs \$5.00 each. Children under 5 admitted free. Free admission to all volunteers.
<b>VENDORS</b>	Vendors will be on-site, selling meet t-shirts and swimming equipment. To ensure your swimmers have an opportunity to purchase a commemorative T-Shirt, please use the Pre-order form in this packet. The T-Shirt graphic will be posted on the York Y Aquatics' web site: <a href="http://www.swimyorky.org">www.swimyorky.org</a> . <b>Pre-order deadline is March 1, 2015.</b>
<b>RESULTS</b>	Results will be posted at <a href="http://www.swimyorky.org/realtime">www.swimyorky.org/realtime</a> and <a href="http://www.yscap.org">www.yscap.org</a> within 48 hours of the conclusion of the meet.
<b>DIRECTIONS</b>	See next page.

# 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:

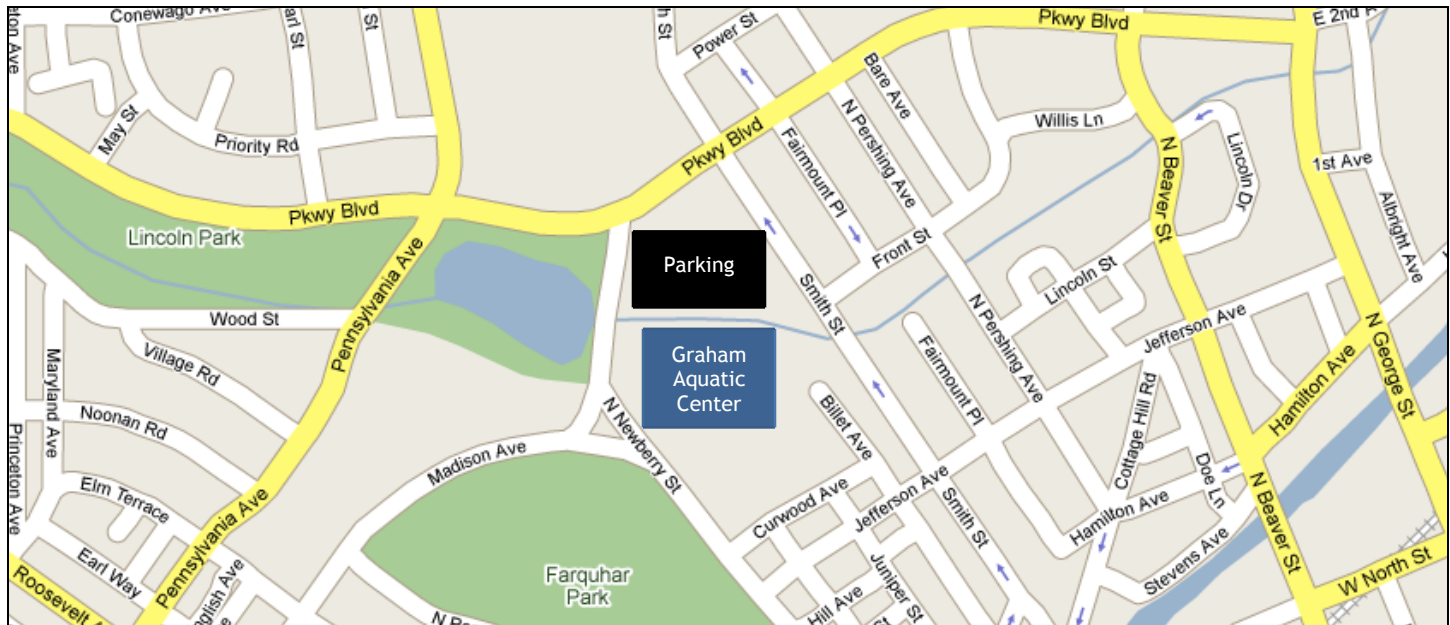
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left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



# 2015 YMCA Pennsylvania Central District Swimming Championship

## March 6-8

### Event List with Qualifying Times

**SESSION #1**  
**Friday, March 6, Jr/Sr Distance (13 and Over)**  
**Maximum 4 events with no more than 3 individuals**

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
101	5:43.50	13-14 400 Yard Individual Medley	5:33.50	102
103	6:10.60	13-14 500 Yard Freestyle	5:51.90	104
105	5:33.50	15 & Over 400 Yard Individual Medley	5:11.00	106
107	5:55.50	15 & Over 500 Yard Freestyle (4)	5:40.00	108

**SESSION #2**  
**Saturday Morning, March 7, Junior (13-14)**

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
201	2:21.00	200 Yard Medley Relay	2:18.00	202
203	2:17.00	200 Yard Freestyle (4)	2:15.00	204
205	0:28.45	50 Yard Freestyle (4)	0:27.50	206
207	1:11.50	100 Yard Backstroke (4)	1:11.50	208
209	1:21.40	100 Yard Breaststroke (4)	1:18.50	210
211	2:37.00	200 Yard Butterfly	2:30.00	212
213	1:01.00	100 Yard Freestyle (4)	1:00.00	214
215	2:34.70	200 Yard Backstroke	2:25.10	216
217	2:55.10	200 Yard Breaststroke	2:44.10	218
219	1:13.00	100 Yard Butterfly (4)	1:13.00	220
221	2:38.00	200 Yard Individual Medley (4)	2:46.30	222
223	2:06.50	200 Yard Freestyle Relay	2:02.90	224

**SESSION #3**  
**Saturday Afternoon, March 7, Senior (15 and Over)**  
*\*Swimmers up to 21 years old are allowed if they are not swimming college*

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
301	2:18.60	200 Yard Medley Relay	2:15.50	302
303	2:10.30	200 Yard Freestyle (4)	2:00.00	304
305	0:27.80	50 Yard Freestyle (4)	0:24.50	306
307	1:09.00	100 Yard Backstroke (4)	1:05.00	308
309	1:19.50	100 Yard Breaststroke (4)	1:11.50	310
311	2:33.00	200 Yard Butterfly	2:22.00	312
313	1:00.20	100 Yard Freestyle (4)	0:54.00	314
315	2:31.10	200 Yard Backstroke	2:19.00	316
317	2:54.30	200 Yard Breaststroke	2:37.60	318
319	1:08.50	100 Yard Butterfly (4)	1:02.00	320
321	2:32.00	200 Yard Individual Medley (4)	2:19.00	322
323	2:01.80	200 Yard Freestyle Relay	2:01.80	324

**SESSION #4**  
**Sunday Morning, March 8, Cadet (10 & Under)**

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
401	2:45.90	200 Yard Medley Relay	2:50.10	402
403	2:44.20	200 Yard Freestyle	2:41.00	404
405	0:34.80	50 Yard Freestyle (4)	0:36.40	406
407	0:40.80	50 Yard Backstroke (4)	0:43.30	408
409	0:46.00	50 Yard Breaststroke (4)	0:48.30	410
411	1:35.00	100 Yard Butterfly	1:33.60	412
413	1:19.20	100 Yard Freestyle (4)	1:21.40	414
415	1:26.30	100 Yard Backstroke	1:29.00	416
417	1:38.10	100 Yard Breaststroke	1:38.40	418
419	0:40.60	50 Yard Butterfly (4)	0:43.10	420
421	1:28.00	100 Yard Individual Medley (4)	1:30.00	422
423	2:28.10	200 Yard Freestyle Relay	2:29.60	424

**SESSION #5**  
**Sunday Afternoon, March 8, Prep (11-12)**

Girls	Qualifying Time	Event Description	Qualifying Time	Boys
501	2:26.00	200 Yard Medley Relay	2:32.00	502
503	2:31.00	200 Yard Freestyle (4)	2:37.00	504
505	0:30.80	50 Yard Freestyle (4)	0:32.00	506
507	0:36.80	50 Yard Backstroke (4)	0:38.40	508
509	0:40.40	50 Yard Breaststroke (4)	0:43.10	510
511	1:19.20	100 Yard Butterfly	1:19.00	512
513	1:07.70	100 Yard Freestyle (4)	1:11.40	514
515	1:17.90	100 Yard Backstroke	1:18.00	516
517	1:26.30	100 Yard Breaststroke	1:26.30	518
519	0:34.70	50 Yard Butterfly (4)	0:37.80	520
521	2:47.00	200 Yard Individual Medley (4)	2:58.50	522
523	2:10.70	200 Yard Freestyle Relay	2:13.90	524

Changed for 2015  
 Events Marked as "(4)" will have 4 heats at States

**2015 YMCA Pennsylvania Central District Swimming Championship  
March 6-8**

**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: Monday, March 2, 2015 at Noon**

Please make checks payable to: YORK YMCA AQUATIC CLUB

ENTRY FEES:

\_\_\_\_\_ INDV. EVENTS @ \$6.00 EACH     \$ \_\_\_\_\_

\_\_\_\_\_ RELAYS @ \$24.00 EACH     \$ \_\_\_\_\_

**TOTAL:     \$ \_\_\_\_\_**

**I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH THE YMCA THAT THEY REPRESENT AND THAT THEY HAVE ATTENDED AT LEAST THREE Closed YMCA MEETS DURING THE CURENT SEASON.**

\_\_\_\_\_ **HEAD COACH or TEAM REPRESENTATIVE**