



## 5th Annual WAY Waves Winter Distance Invitational

December 15, 2018

**Location:** Waynesboro Area YMCA  
810 E Main St  
Waynesboro, PA 17268  
717-762-6012

**Facility:** 6 lane, 25 meter pool, Colorado Timing System with touch pads and 6 lane spectator display. Spectator seating is available on a balcony above the pool deck. A gymnasium will be available for swimmers and additional spectator seating.

**Meet Director:** April Parrott - [neilandapril@theparrottfamily.org](mailto:neilandapril@theparrottfamily.org)

**Officials Coordinator:** Justin Bonner - [melg427@hotmail.com](mailto:melg427@hotmail.com)

**Meet Referee:** Justin Bonner - [justinwbonner@msn.com](mailto:justinwbonner@msn.com)

**Meet Entries Coordinator:** Jonathan Holmes - [jonathan@waynesboroymca.org](mailto:jonathan@waynesboroymca.org)  
810 E Main St  
Waynesboro, PA 17268  
717-715-1760

**Rules:** Current USA Swimming Rules apply. This will include no false start rule. The age up date for this meet is December 1<sup>st</sup>, 2018.

**Schedule:** Session 1 (11 & over 1500 and 400 Freestyle)

Warm-ups begin at 7am; meet begins at 8:00am  
Positive check-in required

Session 2

Warm-ups 9:15am, Meet Start 10:45

Session 3 (9-10 400 Freestyle, 11 & over 800 Freestyle and 400 IM)

Begins immediately after the end of Session 2  
Positive check-in required

- **All Warm-up times, meet start times, and positive check-in deadlines are subject to change based on the number of entrants. Any changes will be communicated to visiting teams by Thursday before the meet.**
- Positive check-in will be required for all events 400 yards and longer.
- Swimmers will be asked to provide their own counter and one timer for Session 1 and 3 (400 Fr, 1500 Fr, 800 Fr) and their own Timer for the 400 IM in Session 3.

### **Entries:**

- Swimmers may compete in a maximum of three (3) individual events in Session 2
- Swimmers may compete in a maximum of five (5) individual events total as long as three of those five are in session 2.
- This means swimmers may compete in a maximum of two (2) events amongst the 400 Fr, 1500 Fr, 800Fr, and 400 IM.

**10 & Unders may only swim open events at the discretion of the Meet Entries Coordinator**

**All entries must be received by the Meet Entries Coordinator ([jonathan@waynesboroymca.org](mailto:jonathan@waynesboroymca.org)) by 5:00pm on December 1<sup>st</sup>, 2018.**

Entries should be filed electronically by email to the Meet Entries Coordinator. **This is a firm deadline.**

In addition to the TM Entries File, please include a Meet Entries Report and the name and contact information of your team's Officials and Timers Coordinator. All teams will be required to provide meet support, and you will receive communication prior to the meet with how many based on number of entries per team.

**Fees:** \$4.00 per individual event, \$4.00 Athlete Surcharge  
**Checks payable to STPA (one check per team)**

**Meet Support:** Teams will be asked to provide timers. Please send your list of volunteers to April Parrott ([neilandapril@theparrottfamily.org](mailto:neilandapril@theparrottfamily.org)) by December 14<sup>th</sup> by 5pm.

**Officials:** Please email Justin Bonner ([justinwbonner@msn.com](mailto:justinwbonner@msn.com)) with the subject line "WAY Distance officials" if you will be able to officiate this meet. Coaches and Team Administrators, please pass this information to your Officials Coordinators.

**Concessions:** Concessions will be available throughout the day.

**T-Shirts:** T-Shirts will be available for preorder only. Short Sleeve shirts \$18.00, Long Sleeve shirts \$22.00, 2XL add \$2.00

**Awards:** There will be heat winner awards for every heat. Individual Events: Medals 1st through 3<sup>rd</sup>; Ribbons 4<sup>th</sup> through 8<sup>th</sup>. 400 IM, 400 Fr, 800 Fr, 1500 Fr events will not be scored.

**Programs & Admission:** Programs \$3.00, Admission \$2.00. Children under the age of 12 will be admitted free.

**Team Area:** All teams will be seated in the gymnasium. Each team will be expected to provide adult supervision for their swimmers. The Meet Director may disqualify any swimmer from the meet for being disruptive or being unsafe. Each team is responsible for their area.

**Clerk of Course:** There will be a Clerk of Course for Session 2 of this meet. It will be the swimmer's responsibility to report to the Clerk of Course in a timely manner. All swimmers are expected to report (ALL age groups), so that an efficient flow of traffic can occur, and the congestion behind the blocks is manageable. We appreciate everyone's cooperation with this.

**Hotel Accommodations:** Cobblestone Hotel and Suites  
12695 Washington Township Blvd  
Waynesboro, PA 17268  
<http://www.staycobblestone.com/pa/waynesboro/>

Session 1, 11 & Over 1500 Free, 11 & Over 400 Free Warm-ups: 7:00am, Meet Start: 8:00am			
Girls	Age Group	Events	Boys
1	11 & Over	1500 Free	2
3	11 & Over	400 Free	4
Session 2 Warm-ups: 9:15am, Meet Start: 10:45am			
5	8 & Under	100 Free	6
7	9-10	100 Free	8
9	11-12	200 Free	10
11	13-14	200 Free	12
13	Open	200 Free	14
15	8 & Under	50 Fly	16
17	9-10	100 Fly	18
19	11-12	100 Fly	20
21	13-14	200 Fly	22
23	Open	200 Fly	24
25	8 & Under	50 Back	26
27	9-10	100 Back	28
29	11-12	100 Back	30
31	13-14	200 Back	32
33	Open	200 Back	34
35	8 & Under	50 Breast	36
37	9-10	100 Breast	38
39	11-12	100 Breast	40
41	13-14	200 Breast	42
43	Open	200 Breast	44
45	8 & Under	50 Free	46
47	9-10	200 IM	48
49	8 & Under	100 IM	50
Session Three, Distance Begins 30 minutes after conclusion of Session Two			
51	9-10	400 Free	52
53	11 & Over	800 Free	54
55	11 & Over	400 IM	56

\*Swimmers will be asked to provide their own timer and counter for the 400 Fr, 800 Fr, and 1500 Fr, and their own timer for the 400 IM.