

# 2019 Summer YSCAP Championship Meet July 27, 2019

*Hosted by the York YMCA Aquatic Club*



**YORK  
YMCA  
SWIMMING**

<b>Location</b>	York YMCA – Graham Aquatic Center 543 North Newberry Street York, PA 17404 Day of Meet Emergency Phone – 717-818-9137
<b>Facility</b>	The Graham Aquatic Center is an indoor facility which will be configured as eight (8) 25-meter lanes for competition (6' depth at the start end and 5' depth at the turn end) and five (5) additional 25-yard lanes for continuous warm-up/ warm-down (5' depth at both ends). The competition course has <i>not</i> been certified in accordance with 104.2.2C(4). Permanent bleacher seating for over 750; spacious deck area for swimmers, coaches and officials. Daktronics OmniSport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 7.0 software. Concession area with promenade overlooking competition pool. Free parking with a capacity of 550.
<b>Meet Coordinator</b>	Micah Metzel <a href="mailto:micah.metzel@gmail.com">micah.metzel@gmail.com</a> 717-818-9137 All meet questions should be directed to the Meet Coordinator.
<b>Eligibility</b>	A swimmer must have swum in two (2) or more of the meets listed in the "YSCAP Schedule – Summer 2019" document to participate in this meet.  There are no qualifying times. Swimmers' age is as of June 1, 2019.  Because this meet is a closed-YMCA competition, all swimmers <b>MUST</b> be full-privilege members of the YMCA they represent for at least thirty (30) days prior to the meet.
<b>Entry Limits</b>	Maximum of four (4) individual events and two (2) relays in any combination with at most five (5) events total.

<b>Events</b>	<p>This will be a pre-seeded, timed-finals meet. The order of events is included in this packet. <b>'Fly-over' starts will <u>not</u> be used.</b></p>
<b>Warm-Up &amp; Meet Start Times</b>	<p>Open warm-ups will begin at noon. The meet will start at 1pm.</p>
<b>Entry Fees</b>	<p>\$2.00 per individual event \$8.00 per relay Make checks payable to "York YMCA Aquatic Club"</p>
<b>Entries</b>	<p>Electronic entries shall be submitted using Hy-Tek or TeamUnify software. Entries for which a swimmer or relay has no time shall be entered as "NT".</p> <p>Electronic entries shall be emailed to <a href="mailto:micah.metzel@gmail.com">micah.metzel@gmail.com</a>.</p> <p>Payment shall be hand delivered to Micah at the swim meet.</p>
<b>Entry &amp; Volunteer List Deadline</b>	<p><b><u>Wednesday, July 24, 2019 at 9:00 pm</u></b></p>
<b>Volunteers &amp; Officials</b>	<p>Each team is responsible for providing <i>at least</i>:</p> <ul style="list-style-type: none"> <li>- five (5) timers</li> <li>- two (2) certified stroke &amp; turn officials</li> </ul> <p>Each team may also provide at most two (2) seeding volunteers.</p> <p>All currently certified YMCA and USA officials are encouraged to volunteer. Additional officials and timers are welcome.</p> <p>All timing and seeding volunteers will receive a wrist band at the admission table.</p> <p><b>Volunteer lists shall be emailed to Kendra Hilty at <a href="mailto:kjhilty42@gmail.com">kjhilty42@gmail.com</a> by the above deadline. Teams will not be permitted to compete in the meet until they provide the required volunteers.</b></p>
<b>Swimmer Seating</b>	<p>Swimmer seating will be available on the pool deck and in half of the bleachers on the south side of the pool. All swimmers will be responsible for getting to the starting blocks on their own. As noted above, teams may have at most two (2) seeding volunteers per session to assist their younger swimmers.</p>
<b>Awards</b>	<p>The top eight (8) finishers in each event will receive an award. Awards will be distributed to coaches after the conclusion of the meet.</p>
<b>Admission, Programs, &amp; Results</b>	<p>There is no admission fee for this meet. Programs will be available on Meet Mobile. Results will be posted in the hallway below the north-side bleachers &amp; can also be found on Meet Mobile.</p>
<b>Concessions</b>	<p>A small concession stand will be available with drinks &amp; snacks.</p>

## Safety Rules

This meet will be conducted according to current USA swimming rules. This meet will be conducted using the whistle command and no-recall false start procedures.

**'Fly-over' starts will not be used.**

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.

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.

**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.**

**NO SPECTATORS WILL BE ALLOWED ON THE POOL DECK AT ANY TIME. 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.

**DECK CHANGING** - Except where the 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. The USA Swimming Rulebook defines Deck Change as: "Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.

**RECORDING BAN** - 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.

## **Order of Events**

<b><u>Event #</u></b>	<b><u>Event Name</u></b>
1	Mixed 8 & Under 100 Freestyle Relay
2	Mixed 9-12 100 Freestyle Relay
3	Mixed 13 & Over 100 Freestyle Relay
4	Mixed 8 & Under 100 IM
5	Mixed 9-12 100 IM
6	Mixed 13 & Over 100 IM
7	Mixed 8 & Under 50 Freestyle
8	Mixed 9-12 50 Freestyle
9	Mixed 13 & Over 50 Freestyle
10	Mixed 8 & Under 50 Backstroke
11	Mixed 9-12 50 Backstroke
12	Mixed 13 & Over 50 Backstroke
13	Mixed 8 & Under 50 Breaststroke
14	Mixed 9-12 50 Breaststroke
15	Mixed 13 & Over 50 Breaststroke
16	Mixed 8 & Under 50 Butterfly
17	Mixed 9-12 50 Butterfly
18	Mixed 13 & Over 50 Butterfly
19	Mixed 8 & Under 25 Freestyle
20	Mixed 9-12 100 Freestyle
21	Mixed 13 & Over 100 Freestyle
22	Mixed 8 & Under 25 Backstroke
23	Mixed 9-12 100 Backstroke
24	Mixed 13 & Over 100 Backstroke
25	Mixed 8 & Under 25 Breaststroke
26	Mixed 9-12 100 Breaststroke
27	Mixed 13 & Over 100 Breaststroke
28	Mixed 8 & Under 25 Butterfly
29	Mixed 9-12 100 Butterfly
30	Mixed 13 & Over 100 Butterfly
31	Mixed 8 & Under 100 Medley Relay
32	Mixed 9-12 100 Medley Relay
33	Mixed 13 & Over 100 Medley Relay

## Directions & Parking - 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.

