

CARY SPRING LONG COURSE CLASSIC
MAY 1-3, 2026

MEET HOST	CARLISLE FAMILY YMCA		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 26191 A <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
MEET DIRECTOR	JANET BUTTERFIELD	E-MAIL: jbutterfie@gmail.com	PHONE: 717-576-8945
LOCATION	Pool name CARLISE YMCA AQUATIC CENTER Street address 103 MIDWAY DR. City, state and zip CARLISLE, PA 17013 Day of meet ONLY emergency phone		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado Gen7 timing system with a 10 line scoreboard and Competitor non-turbulant lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 300 and spectator seating for 300. Parking yes Hospitality yes Snack bar yes		
WATER DEPTH	The depth of the water at the start end of the pool is 8'2" feet and at the turn end is 8'2" feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	FEBRUARY 1, 2026		
ENTRY DEADLINE	FRIDAY APRIL 10, 2026, OR WHEN WE REACH ENTRY CAPACITY at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00	Relay Events: \$20.00	
ENTRY LIMITs	Swimmers are permitted to enter three (3) events per day (Saturday/Sunday) and one (1) event on Friday night. Individual Events per day (excluding relays).	0 Relays per day	MEET ENTRY LIMIT: 7
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration (athletes only) <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. Unregistered swimmers MAY NOT register on deck at this meet.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded last. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Hy-Tek meet management software. All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found here. FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by 10 days prior to the first day of the meet. Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	TARA YOUNG	PHONE #: 717-243-2525	
E-MAIL ENTRY FILES TO	CARYswimming@CARLISLEFAMILYYMCA.ORG		
MAIL CHECKS/ REPORTS	311 SOUTH WEST ST. CARLISLE, PA 17013 C/O TARA YOUNG		
CHECKS PAYABLE TO	CARLISLE FAMILY YMCA		
OPERATIONAL RISK DIRECTOR	BRAD CRAMER	E-MAIL: bradcramer01@yahoo.com	PHONE: 814-279-4749
OFFICIALS CONTACT	JASON SANDHAUS	E-MAIL: lemonsandhaus@gmail.com	PHONE: 717-418-2827

Session 1
 Friday Evening - May 1, 2026
 Warm-up 4:00 pm - Start 5:00 pm

GIRLS	EVENT	BOYS
1	13 & Over 400 IM Will swim Fastest to Slowest Alternating Women/Men	2
3	9-12 400 IM Will swim Fastest to Slowest Alternating Women/Men	4
5	13 & Over 400 Freestyle Will swim Fastest to Slowest Alternating Women/Men	6
7	9-12 400 Freestyle Will swim Fastest to Slowest Alternating Women/Men	8

Session 2
 Saturday Morning (13-14 + 15 & Over) - May 2, 2026
 Warm-up 7:00 am - Start 8:30 am

GIRLS	EVENT	BOYS
9	15 & Over 200 Freestyle	10
11	13-14 200 Freestyle	12
13	15 & Over 100 Breaststroke	14
15	13-14 100 Breaststroke	16
17	15 & Over 200 Butterfly	18
19	13-14 200 Butterfly	20
21	15 & Over 50 Freestyle	22
23	13-14 50 Freestyle	24
25	15 & Over 200 Backstroke	26
27	13-14 200 Backstroke	28

Session 3
 Saturday Afternoon (800 Free) - May 2, 2026
 Warm-up 1:00 pm - Start 1:30 pm

GIRLS	EVENT	BOYS
29	OPEN 800 Freestyle Will swim Fastest to Slowest Alternating Women/Men	30

Session 4
 Saturday Late Afternoon (9-10 + 11-12) - May 2, 2026
 Warm-Up 3:00pm - Start 4:30 pm

GIRLS	EVENT	BOYS
31	11-12 200 Freestyle	32
33	9-10 200 Freestyle	34
35	11-12 50 Breaststroke	36
37	9-10 50 Breaststroke	38
39	11-12 100 Butterfly	40
41	9-10 100 Butterfly	42
43	11-12 50 Freestyle	44
45	9-10 50 Freestyle	46
47	11-12 100 Backstroke	48
49	9-10 100 Backstroke	50

Session 5
 Sunday Morning (13-14 + 15 & Over) - May 3, 2026
 Warm-up 7:00 am - Start 8:30 am

GIRLS	EVENT	BOYS
51	15 & Over 100 Butterfly	52
53	13-14 100 Butterfly	54
55	15 & Over 200 IM	56
57	13-14 200 IM	58
59	15 & Over 100 Backstroke	60
61	13-14 100 Backstroke	62
63	15 & Over 200 Breaststroke	64
65	13-14 200 Breaststroke	66
67	15 & Over 100 Freestyle	68
69	13-14 100 Freestyle	70

Session 7
 Sunday Afternoon (9-10 + 11-12) - May 3, 2026
 Warm-up 1:00 pm - Start 2:30 pm

GIRLS	EVENT	BOYS
71	11-12 50 Butterfly	72
73	9-10 50 Butterfly	74
75	11-12 200 IM	76
77	9-10 200 IM	78
79	11-12 50 Backstroke	80
81	9-10 50 Backstroke	82
83	11-12 100 Breaststroke	84
85	9-10 100 Breaststroke	86
87	11-12 100 Freestyle	88
89	9-10 100 Freestyle	90

DECK ENTRIES	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$20 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	This meet will be deck-seeded with the exception of the event(s) noted below. All Events will be deck seeded and heat sheets will be provided to Coaches and Officials. We will NOT be print Heat Sheets for Spectators Session 1 (400 Free & 400 IM) and Session 3 (800 Free) will be limited to top 16 positive check-ins per event.
AWARDS	There will be no awards given
SCORING	This meet will not be scored
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5 per session Cash admission. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	When emailing your file, an email confirmation will be sent of receipt of the file. This does not acknowledge acceptance into the meet, only receipt of the file. Should you not receive the confirmation, please contact the entry chair prior to the entry deadline. This meet will be entirely Deck seeded. All teams and Unattached swimmers will be provided a check-in sheet for each session of the meet with the exception of the Sessions 1 (400 IM & 400 Free) and Session 3 (Open 800 Free).

	<p>For Session 1 and 3 - Each event will be limited to the fastest 16 positive check-in swimmers in each event in order to conclude the session on time.</p> <ul style="list-style-type: none"> * Check in for 400 IM will close at 4:15 PM on Friday, May 1st * Check in for 400 Free will close at 5:00 pm on Friday, May 1st * Check in for 800 Free will close at 11:30 am on Saturday, May 2nd <p>Swimmers that are being scratched should have a single line drawn through their name and events. Swimmers scratching a single event will have a line through the event name. There is no penalty for swimmers that are not scratched and then do not swim their event.</p> <p>We will not have printed programs spectators. Meet mobile will be updated through out the meet.</p> <p>All teams will be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed. Timers are asked to check in when arriving and the timer's meeting will be held 20 minutes prior to the start of each session.</p> <p>Carlisle Family YMCA welcomes and encourages anyone willing to volunteer to officiate. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the Meet Referee by displaying their registration card or showing their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be appreciated and will help to ensure a great meet for the swimmers. Official briefing will be held 40 minutes prior to the start of each session.</p>
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SESSION	WARM-UP TIMES	MEET STARTS
Session 1 Friday Evening	4:00 pm	5:00 pm
13-14 & 15 - over Session 2 & 5 Morning session	7:00 am	8:30 am
Session 3 Saturday 800 Free	1:00 pm	1:30 pm
9-10 & 11-12 Session 4 - Saturday Late Afternoon	3:00 pm	4:30 pm
Session 6 - Sunday Afternoon	1:00 pm	2:30 pm
WARM-UP INFORMATION	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>	
MEDICAL SUPERVISION AVAILABLE	<p>Medical Supervision includes 2 CPR-certified lifeguards at all times on deck, per Pennsylvania law and AED on site at the Pool.</p>	
ATHLETE PROTECTION (MAAPP)	<p>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.</p>	
SAFE SPORT MEET 360 REQUIREMENTS	<p>The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</p>	

	<p>The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.</p>
DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
TECH SUIT POLICY	102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
RACING START CERTIFICATION	Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Operational Risk Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
RULES:	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal 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.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p>No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p>
DISABLED SWIMMERS	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.
PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator

PHOTOGRAPHY	<p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e., cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</p>
DRONES	<p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.</p>
DECK CHANGING	<p>Deck changes are prohibited.</p>
DIRECTIONS	<p>GPS Coordinates 40.188° N, 77.225° W</p> <p>FROM I-81: Take Exit 47A onto Pa Route 34 South (South Hanover Street). Proceed 2 1/4 miles on Route 34 South to Midway Drive. Turn left onto Midway Drive and pass the Keystone Fieldhouse on your left. After the bend on the road, the facilities will be on the right.</p>
ACCOMMODATIONS	<p>Perform an internet search near Carlisle YMCA Aquatics Center in Carlisle, PA</p>