

# 2025 Lancaster Lightning Holiday Classic



Hosted by Lancaster YMCA Swimming

Friday, December 12, 2025 – Sunday, December 14, 2025

<b>Location</b>	YMCA of the Roses – Graham Aquatic Center 543 North Newberry Street York, PA 17404
<b>Facilities</b>	The Graham Aquatic Center is a new indoor facility with a possible 16-lane, 25-yard configuration. Primary configuration will consist of eight 9-foot-wide lanes for competition (6' depth at the start end and 5' depth at the turn end), and six 7-foot-wide lanes for warmup/ warm-down (5' depth at both ends). Permanent bleacher seating for 750+; very large deck area for swimmers, coaches and officials. Daktronics OmniSport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 54.0 software. Concession area with promenade overlooking competitive pool; with flat screen TVs and free Wi-Fi. Free parking is available; capacity 550.
<b>Meet/Deck Referee</b>	The meet/deck referee shall oversee 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 meet.
<b>Eligibility</b>	<p>This is a closed YMCA, USA-S approved competition, open to YMCA swimmers who attain the qualifying time and are attached to an invited YMCA Team. All swimmers MUST be full-privilege members of their YMCA at least 30 days prior to the date of competition. Swimmers' ages are as of December 1, 2025.</p> <p>Qualifying standards are B times or faster. There are no qualifying times for 8 &amp; under 25's</p>
<b>Entry Limits</b>	<p>A swimmer may swim a maximum (4) events per day excluding relays. However, the Meet Director reserves the right to limit entries, events, or heats as entries are collected due to time or space constraints. Time trials will not be allowed. Bonus events are for swimmers 9 &amp; up only.</p> <p>1 qualifying time = 5 bonus events  2 qualifying times = 4 bonus events  3 qualifying times = 3 bonus events  4 qualifying times = 2 bonus events  5 qualifying times = 1 bonus event</p>
<b>Events/Sessions</b>	<ul style="list-style-type: none"> <li>● 11/12 200s stroke, and all 10 &amp; under events are timed finals. The top two heats of the 400 IM and 500 free will swim at finals.</li> <li>● 11/12, 13/14, and 15 &amp; up relays swim at finals.</li> <li>● The 1000 and 1650 are timed finals and will require a positive check-in.</li> <li>● 13 &amp; over events will have an A &amp; B Final. 11/12 events will have an A final only.</li> <li>● Swimmers competing in the 1000 and the 1650 must provide their own timers and counters. These events will be seeded fastest-to-slowest.</li> </ul>

Deck Entries	Will not be accepted.																								
Warm-Up & Start Times	<table border="1" data-bbox="557 191 1424 386"> <thead> <tr> <th>Session</th> <th>Session Title</th> <th>Warmup</th> <th>Start</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Friday Evening (Distance)</td> <td>4:30pm</td> <td>5:30pm</td> </tr> <tr> <td>2</td> <td>Saturday Prelims</td> <td>7:50am</td> <td>9:00am</td> </tr> <tr> <td>4</td> <td>Saturday Finals</td> <td>4:00pm</td> <td>5:00pm</td> </tr> <tr> <td>5</td> <td>Sunday Prelims</td> <td>7:50am</td> <td>9:00am</td> </tr> <tr> <td>7</td> <td>Sunday Final</td> <td>4:00pm</td> <td>5:00pm</td> </tr> </tbody> </table> <p data-bbox="557 426 1424 758"><b>Final session times will be sent 1 week prior to meet date.</b> 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. Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered in each session. Warm-up schedules will be made available to coaches prior to the first day of the meet. 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules.</p>	Session	Session Title	Warmup	Start	1	Friday Evening (Distance)	4:30pm	5:30pm	2	Saturday Prelims	7:50am	9:00am	4	Saturday Finals	4:00pm	5:00pm	5	Sunday Prelims	7:50am	9:00am	7	Sunday Final	4:00pm	5:00pm
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Swimmers Without Coach	Swimmers unaccompanied by a coach should report to the Meet Director before warm-ups begin.																								
Swimmers with Disabilities	Swimmers with disabilities are welcome to enter this meet. A coach or team representative 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.																								
Photography	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT 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. 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.																								
Seeding	All events are pre-seeded. Distance events will swim fast to slow.																								

<p><b>Entries</b></p>	<p>Entries must be submitted using the provided meet entry file. Email entries to Gwyn Atkinson at <a href="mailto:gatkinson@rosesymca.org">gatkinson@rosesymca.org</a> by November 28, 2025 at 11:59pm.</p> <p>Individual events: \$10 Relay events: \$20 Swimmer Surcharge: \$10</p> <p>Make checks payable to <b>YMCA OF THE ROSES</b>.</p> <p>Payment should be mailed to: Lancaster YMCA City Center 265 Harrisburg Ave. Lancaster, PA 17603</p>
<p><b>Rules/Safety</b></p>	<p>This meet will be conducted according to current YMCA/USA swimming rules and safety procedures. This meet will be conducted using the whistle command and no-recall false start procedures. "Fly-over" starts will be used at prelims. When "fly-over" starts are in use, all swimmers should remain in the water at the completion of their race.</p> <p>No diving will be permitted during warm-up, 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 fee-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. Deck access is limited to swimmers, coaches, officials and meet volunteers.</p> <p><b>DECK CHANGES</b> are prohibited.</p> <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> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.</p>
<p><b>Swimwear</b></p>	<p>102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 &amp; Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p>
<p><b>Admission</b></p>	<p>Admission is free.</p>
<p><b>Results</b></p>	<p>TM Results and PDF will be emailed to all participating teams.</p>
<p><b>Awards</b></p>	<p>Awards will be given to the top 16 individual places and the top 8 relay places.</p>

**Session: 1 TIMED FINALS**

**Friday, December 13, 2024**

**Warm-up: 4:30pm Meet Starts: 5:30pm**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	13-14 1000 Free	2
3	15 & up 1000 Free	4
5	13-14 1650 Free	6
7	15 & over 1650 Free	8

**Session: 2 PRELIMS (10 & under TIMED FINALS)**

**Saturday, December 14, 2024**

**Warm-up: 8:00am Meet Starts: 9:30am**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
9	10 & under 200 Medley Relay	10
11	8 & under 100 Medley Relay	12
19	11-12 100 Freestyle	20
21	10 & under 100 Freestyle	22
23	8 & under 25 Freestyle	24
25	13-14 200 Freestyle	26

27	15 & over 200 Freestyle	28
29	9-12 200 Butterfly (timed final)	30
31	11-12 50 Butterfly	32
33	10 & under 50 Butterfly	34
35	13-14 100 Butterfly	36
37	15 & up 100 Butterfly	38
39	11-12 100 Backstroke	40
41	10 & under 100 Backstroke	42
43	8 & under 25 Backstroke	44
45	13-14 200 Backstroke	46
47	15 & up 200 Backstroke	48
49	9-12 200 Breaststroke (timed final)	50
51	11-12 50 Breaststroke	52
53	10 & under 50 Breaststroke	54
55	13-14 100 Breaststroke	56
57	15 & over 100 Breaststroke	58
59	11-12 50 Freestyle	60
61	10 & under 50 Freestyle	62
63	13-14 50 Freestyle	64

65	15 & over 50 Freestyle	66
67	11-12 200 IM	68
69	10 & under 200 IM	70
71	13-14 400 IM	72
73	15 & over 400 IM	74

**Session: 3 FINALS**

**Saturday, December 14, 2024**

**Warm-up: 4:00PM Meet Starts: 5:00PM**

GIRLS	EVENT	BOYS
13	11-12 200 Medley Relay	14
15	13-14 200 Medley Relay	16
17	15 & over 200 Medley Relay	18
19	11-12 100 Freestyle	20
25	13-14 200 Freestyle	26
27	15 & over 200 Freestyle	28
31	11-12 50 Butterfly	32
35	13-14 100 Butterfly	36
37	15 & up 100 Butterfly	38

39	11-12 100 Backstroke	40
45	13-14 200 Backstroke	46
47	15 & up 200 Backstroke	48
51	11-12 50 Breaststroke	52
55	13-14 100 Breaststroke	56
57	15 & over 100 Breaststroke	58
59	11-12 50 Freestyle	60
63	13-14 50 Freestyle	64
65	15 & over 50 Freestyle	66
67	11-12 200 IM	68
71	13-14 400 IM	72
73	15 & over 400 IM	74

**Session: 4 PRELIMS (10 & under TIMED FINALS)**

**Sunday, December 15, 2024**

**Warm-up: 8:00am Meet Starts: 9:30am**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
75	9-10 200 Freestyle Relay	76
77	8 & under 100 Freestyle Relay	78

85	11-12 200 Freestyle	86
87	10 & under 200 Freestyle	88
89	13-14 100 Freestyle	90
91	15 & up 100 Freestyle	92
93	11-12 100 Butterfly	94
95	10 & under 100 Butterfly	96
97	8 & under 25 Butterfly	98
99	13-14 200 Butterfly	100
101	15 & over 200 Butterfly	102
103	9-12 200 Backstroke (timed final)	104
105	11-12 50 Backstroke	106
107	10 & under 50 Backstroke	108
109	13-14 100 Backstroke	110
111	15 & over 100 Backstroke	112
113	11-12 100 Breaststroke	114
115	10 & under 100 Breaststroke	116
117	8 & under 25 Breaststroke	118
119	13-14 200 Breaststroke	120
121	15 & over 200 Breaststroke	122

123	11-12 100 IM	124
125	10 & under 100 IM	126
127	13-14 200 IM	128
129	15 & over 200 IM	130
131	13 -14 500 Freestyle	1321
133	15 & over 500 Freestyle	134

**Session: 5 FINALS**

**Sunday, December 15, 2024**

**Warm-up: 4:00PM Meet Starts: 5:00PM**

GIRLS	EVENT	BOYS
79	11-12 200 Freestyle Relay	80
81	13-14 200 Freestyle Relay	82
83	15 & over 200 Freestyle Relay	84
85	11-12 200 Freestyle	86
89	13-14 100 Freestyle	90
91	15 & up 100 Freestyle	92
93	11-12 100 Butterfly	94
99	13-14 200 Butterfly	100

101	15 & over 200 Butterfly	102
105	11-12 50 Backstroke	106
109	13-14 100 Backstroke	110
111	15 & over 100 Backstroke	112
113	11-12 100 Breaststroke	114
119	13-14 200 Breaststroke	120
121	15 & over 200 Breaststroke	122
123	11-12 100 IM	124
127	13-14 200 IM	128
129	15 & over 200 IM	130
131	13 -14 500 Freestyle	132
133	15 & over 500 Freestyle	134

**USA Swimming & Middle Atlantic 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.**

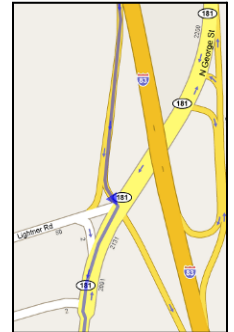
**The YMCA of the Roses – Graham Aquatic Center and Lancaster YMCA Swimming shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.**

# 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:

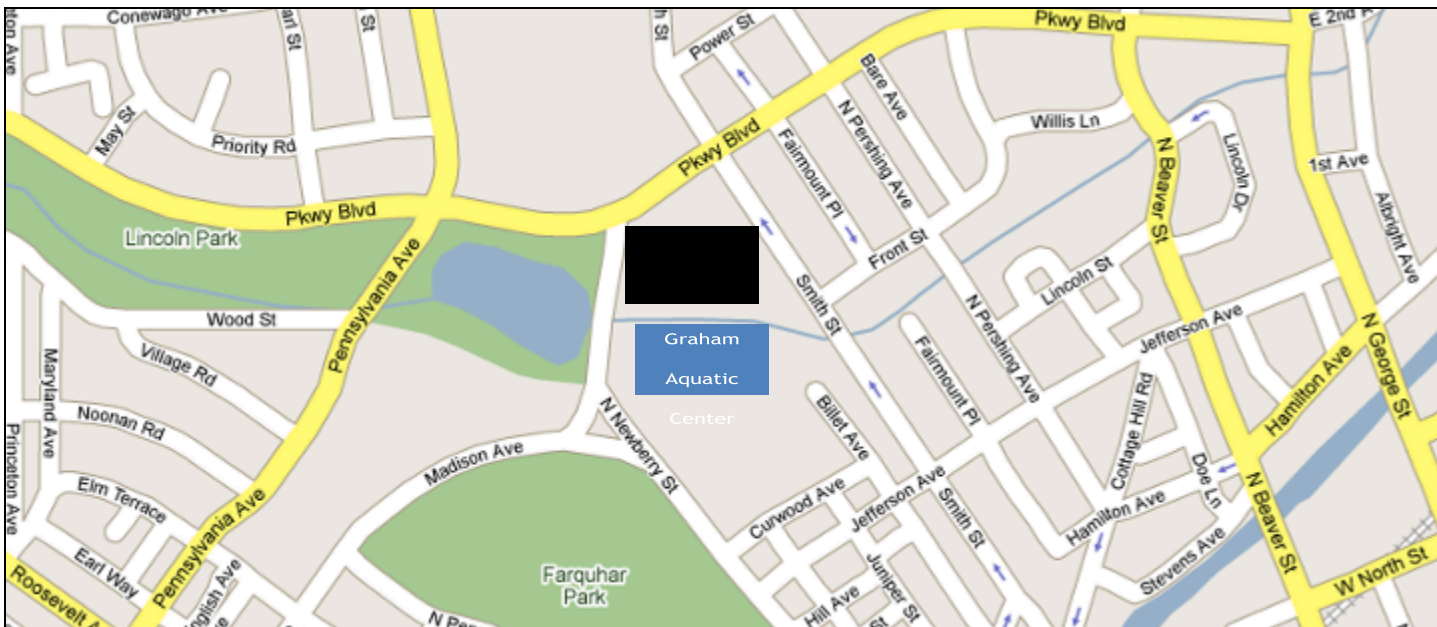
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left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



## Graham Aquatic Center

543 North Newberry Street

York, PA 17404

### PARKING MAP

Ample parking is available in five general areas within walking distance of the Graham Aquatic Center. Swimmers may be dropped off at the circular entrance located at 543 North Newberry Street. There is also limited handicapped parking at this location. Upon drop-off, cars may proceed to any of the parking areas detailed below. Please secure all valuables when you park.

***PLEASE NOTE: PARKING IN ALL LOTS MUST BE IN LINED SPACES ONLY. PLEASE DO NOT BLOCK***

*FENCES, GARAGES, OR INTRUDE ON PRIVATE PROPERTY IN THESE LOTS. TOWING MAY BE ENFORCED.*



Graham Aquatic Center/Swimmer Drop-off/Handicap Parking

P1 Graham Aquatic Center Lot (enter off Parkway Dr. and cross bridge to pool)

P2 Grace Brethren Church Lot\*\* (enter off N. Newberry St. and cross bridge to pool)

*\*\*No Parking on Sunday, please...*

P3 Met-Ed Visitor Lot (enter off Parkway Dr. and walk up N. Newberry St. to pool)

P4/P5 Ferguson Elementary – Upper/Lower Visitor Lot (enter off N. Newberry St. and walk down N. Newberry St. or down path behind pool)