

2009 RAYS CYSL FALL COACHES INVITE
NOVEMBER 8, 2009

- HOST:** Rock Hill Area YMCA Aquatics
- SANCTION:** Approval from SC Swimming is pending.
- LOCATION:** Rock Hill Aquatics Center, 325 Rawlinson Road, Rock Hill, South Carolina. Telephone 803-817-7556
- FACILITY:** The Rock Hill Aquatics Center is an indoor facility with a 10 lane 25 yard pool with bottom striping, wall targeted, and automatic surge reduction system. An adjacent 8 lane warmup/warmdown pool will be available during the competition at the discretion of the Meet Referee. Wave Eater II Non-turbulent lane lines are used. The pool features a 11x17 ft video screen in the climate controlled facility. There is bleacher seating for 500 spectators. Swimmers will sit in team assigned areas on the pool deck. Teams will be expected to clean their team area at the end of the session. **Chairs and strollers are not permitted in the bleachers.** Standing will not be permitted at the railing in front of the spectator area under any circumstances.
- RULES:** To be conducted in accordance with Carolina YMCA Swim League rules, YMCA of the USA and USA Swimming Rules and information herein.
- ELIGIBILITY:** **This meet shall be a closed invitational meet open to teams that are registered members of the Carolina YMCA Swim League.** Swimmers who are representing a CYSL team must be a member in good standing of the YMCA which they are representing. Teams & swimmers of YMCA swim teams from outside of the CYSL league may participate at the invitation of the host team. Swimmers may swim a maximum of four (4) individual events and one relay in the meet.
- FORMAT:** All events will be swum as timed finals. **THE MEET HOST RESERVES THE RIGHT TO HAVE THE MEET CONDUCTED IN TWO SESSIONS DEPENDING ON THE TIME LINE FOR THE MEET.**
- AWARDS:** Ribbons will be awarded for the 1st through 7th places in individual events and relays. Heat winner ribbons will also be given to all heat winners.
- TIME OF MEET:** Sunday Warm-up 9:00 am Competition 10:15 am
- Teams will be assigned lanes for warm-up. The warm-down pool will be available during the swim meet for swimmers in the meet only. However, swimmers who horseplay in the warm-down pool may be asked to get out of the pool and may be disqualified from the remainder of their events for the meet.
- ENTRIES:** All entries **MUST** include **age as of November 8, 2009**, entry times to the 100th of a second, event number, and age group. The enclosed team summary sheet must be included with entries. If the Meet Director determines that a swimmer or swimmers have been omitted due to an error made by meet administration, a swimmer or swimmers will be added, but no events will be reseeded.
ENTRIES ON DISK or EMAIL USING HY-TEK ARE ENCOURAGED and preferred. PLEASE SEND PRINTED COPY OF ENTRIES FOR VERIFICATION.
- SCORING:** The meet will be scored to 7 places in individual events. Teams may enter as many relays as they desire but only one relay team may score points. Place ribbons will be awarded in the order that teams place regardless of the number of teams entered.
- ENTRY FEES:** \$4.00 per swimmer for one day. There will be a \$2.00 per swimmer surcharge for all USA Swimming registered swimmers. All entry fees must be paid before the meet begins.
- DEADLINE:** Entries must be received by 7:00 PM, Wednesday, November 4, 2009.

MAIL TO: Mail hard copy, disk, summary sheet, and check to: Rock Hill CYSL Turkey Trot/Coaches Invite Entries c/o Lynn Williams, 104 Finch Loop, Fort Mill, SC 29715. Phone number: (803) 417-8982. E-mail: lmwilliams@comporium.net. If using e-mail, please include a Word document export of your entries by swimmer with your Commlink file. Please send any certified or express mail with a signature release. Make checks payable to Upper Palmetto YMCA.

WARM-UPS Team lane assignments will be made for each session and posted. Coaches will be provided a copy of the official warm-up procedures. All safety guidelines will be enforced. Each club is responsible for providing their own safety marshal for warm-up. The warm-up session will have 30 minutes of general warm-up (both pools will be used) and 30 minutes of starts and turns in the competition pool. Diving is permitted from both ends of the pool during races. Swimmers may not return in a lane in which swimmers are diving.

LIABILITY RELEASE: USA Swimming, Inc., SC Swimming, Rock Hill Area YMCA Aquatics, the Upper Palmetto YMCA, the Rock Hill Aquatics Center, Upper Palmetto YMCA Timing and the YMCA of the United States shall be free from any liability or claims for damages arising by reason of injury to anyone during the conduct of this meet.

OFFICIALS: All YMCA & USA Swimming certified officials are encouraged to participate in the officiating of the competition.

COACHES: All coaches will be required to check-in prior to the meet and present their credentials in order to receive their heat sheet. No individuals without credentials shall be allowed behind the blocks during meet warm-ups or competition.

MEET DIRECTOR: Paul Vezzetti

REFEREE: Gene Ashcraft

SAFETY MARSHALL: Bobette Sweezer assisted by Rock Hill Aquatics Center Lifeguards.

TIMING: Timing will be provided by Upper Palmetto YMCA Timing with Colorado touch pads with button and stop watch back up.

CONCESSIONS: The Rock Hill Area YMCA Aquatics Swim Shop will be available to handle any of your swimming equipment needs. A full concession stand will have food and drinks available for swimmers and spectators. Teams are expected to clean up their team area before leaving the building.

SPECIAL INSTRUCTIONS:

1. Age as of November 8, 2009 will be used as the competition age per CYSL Swimming Rules.
2. Swimmers will not be permitted to sit in the bleachers during the meet. Chairs, strollers and large coolers will not be permitted in the bleachers. Please make certain that your parents are aware of this. This enables us to seat more spectators in the bleachers.
3. Each team will be responsible for having an escort at both ends of the pool for the 8 & under relays. 8 & unders will start from the blocks for all events.
4. Clerk of Course will call all events. Clerk of Course will only line up 8-Under swimmers. Teams are responsible for making certain that all swimmers report to the Clerk of Course for 8-Under events and to the starting block for all other events. The Clerk of Course will not look for swimmers nor will they hold up the meet for swimmers who do not report to the block or Clerk of Course. Teams may have one volunteer to assist with making sure that your swimmers get to Clerk of Course & the starting blocks.
5. ALL COACHES SHOULD BE FAMILIAR WITH THE WARMUP PROCEDURES AS EXPLAINED ON THE WARMUP ASSIGNMENT PAGE. ALL TEAMS WILL WARMUP AT THE SAME TIME UTILIZING ALL 18 LANES WITH 30 MINUTES BLOCKS OF TIME FOR GENERAL WARMUP (9:00-10:00) AND STARTS (9:30-10:00). LANES WILL BE SHARED FOR THE STARTING (DIVING) PORTION OF THE WARMUP.

WARMUP TIME ASSIGNMENTS

SUNDAY, NOVEMBER 8, 2009

9:00-9:30 AM

WARMUP	LANES	POOL
	1-2	COMPETITION
	3-4	COMPETITION
	5-8	COMPETITION
	9-10	COMPETITION
	1-8	WARMUP/WARMDOWN POOL

AT 8:30 AM THE FOLLOWING PROCEDURES WILL BE USED FOR THE LAST 30 MINUTES:

LANES 1 & 10 WILL BE USED FOR GENERAL WARM-UP

LANES 3-8 WILL BE USED FOR STARTS FROM THE BLOCKS

LANES 2 & 9 WILL BE USED FOR TURNS

THE WARM-UP POOL WILL BE AVAILABLE FOR GENERAL WARM-UP DURING THIS TIME.

*DIRECTIONS TO ROCK HILL AQUATICS CENTER
BOTH OF THESE SETS OF DIRECTIONS BRING YOU INTO THE BACK SIDE OF THE
FACILITY. YOU WILL TURN INTO THE PARKING LOT BEFORE YOU SEE THE AQUATICS
CENTER.*

FROM I-77

*TAKE EXIT 82C OFF OF I-77. THIS IS THE EXIT FOR HWY 161/YORK. THE ROAD IS
ALSO NAMED CELANESE ROAD. PROCEED IN THE DIRECTION OF YORK. THE ROAD
IS 6 LANES WHEN YOU COME OFF OF THE INTERSTATE. IT WILL BECOME 4 LANES.
AFTER IT BECOMES 4 LANES (AFTER THE ROCK HILL AIRPORT), LOOK FOR THE
CEMETARY ON THE RIGHT. JUST AFTER THE CEMETARY, TURN LEFT ONTO
RAWLINSON ROAD (THERE IS A STOP LIGHT HERE. THIS IS NOT A MAJOR
INTERSECTION). CROSS THE RAILROAD TRACK. CROSS HWY. 901/HECKLE BLVD. AT
THE FIRST LIGHT. TURN LEFT AT THE FIRST STREET INTO THE PARKING LOT (YOU
HAVE GONE TOO FAR IF YOU GET TO THE HOUSING DEVELOPMENT ON THE RIGHT.)*

FROM THE UPSTATE NOT USING I-77

*PROCEED TOWARDS ROCK HILL AS YOU HAVE IN THE PAST ON HWY. 5 OR HWY 161 TO
YORK. WHEN YOU GET TO THE INTERSECTION OF HWY. 161 & HWY 5 (YORK ELECTRIC
COOP BUILDING ON THE RIGHT), TURN LEFT ONTO HWY. 161 AND PROCEED
TOWARDS ROCK HILL. HWY 901 & HWY 161 INTERSECT AND BECOME 4 LANES. STAY
ON HWY. 901. JUST AFTER THE HWY. 901 & HWY. 161 SPLIT. TURN RIGHT AT THE
FIRST STOP LIGHT ONTO RAWLINSON ROAD. TURN LEFT AT THE FIRST STREET INTO
THE PARKING LOT (YOU HAVE GONE TOO FAR IF YOU GET TO THE HOUSING
DEVELOPMENT ON THE RIGHT.).*

FROM THE SOUTH NOT ON I-77 THROUGH CHESTER

*FOLLOW HWY 72 OUT OF CHESTER TO ROCK HILL. TURN LEFT ONTO HWY. 901.
FOLLOW HWY. 901 FOR ABOUT 5 MILES. AFTER YOU CROSS HOLLIS LAKES ROAD,
TURN LEFT AT THE NEXT LIGHT ONTO RAWLINSON ROAD. TURN LEFT INTO THE
PARKING LOT (YOU HAVE GONE TOO FAR IF YOU GET TO THE HOUSING
DEVELOPMENT ON THE RIGHT.)*

