



**WSY LONG COURSE CLASSIC
2021 JUNE 11-13, 2021 (3 DAYS)**

MEET HOST	WEST SHORE YMCA - CLOSED INVITE: THIS EVENT IS A CLOSED MEET. TEAMS WILL BE INVITED TO THIS MEET THROUGH THEIR HEAD COACH.		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 2124 CI <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: mike@wsyswim.org	PHONE: (717)514-2287
LOCATION	Pool name ARTHUR D. KINNEY NATATORIUM, KENNETH LANGONE ATHLETIC CENTER, BUCKNELL UNIVERSITY, LEWISBURG, PA 17837 Street address MOORE AVENUE, BUCKNELL UNIVERSITY, City, state and zip LEWISBURG, PA 17837 Day of meet ONLY emergency phone (717)514-2287		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Daktronics timing system with a HD Displayboard line scoreboard and Competitor lane lines and Paragon starting blocks lane lines. The meet will be conducted in <input checked="" type="checkbox"/> Y SCM <input type="checkbox"/> LCM. <input checked="" type="checkbox"/> Deck seating for 180 athletes per session and spectator seating for ZERO - There will be no Spectators at this event. We will have a livestream of all events. Parking FREE Hospitality We will have a boxed lunch type food for coaches/officials Snack bar NO		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 14 feet and at the turn end is 5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	MAY 1, 2021 TO INVITED TEAMS ONLY		
ENTRY DEADLINE	FRIDAY, May 21, 2021 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00	Relay Events: NA	
ENTRY LIMITs	Swimmers are permitted to enter four (4) events per day (Individual Events per day (excluding relays).	NA Relays per day	MEET ENTRY LIMIT: 12
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <i>as of the first day of the meet</i> determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <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 according to procedures outlined in the USA Swimming Rulebook section 207.11.7B(2) . 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 or Team Unify 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 Friday, June 11, 2021 (First Day of the Meet) Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	G. MICHAEL GOBRECHT	PHONE #: (717)514-2287 (no calls before 9:00 AM or after 9:00 PM)	

E-MAIL ENTRY FILES TO	MIKE@WSYSWIM.ORG		
MAIL CHECKS/ REPORTS	MICHAEL GOBRECHT		
	WEST SHORE YMCA		
	410 FALLOWFIELD ROAD		
	CAMP HILL, PA 17011		
CHECKS PAYABLE TO	WEST SHORE YMCA		
OPERATIONAL RISK DIRECTOR	G. MICHAEL GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: (717)514-2287
OFFICIALS CONTACT	Bert Hewitt	E-MAIL: mike@wsyswim.org	PHONE: (717)514-2287

Session 1 Friday 13 and Over Girls
7:30am Warm Up | 8:30am Start

GIRLS	EVENT	BOYS
1	13-14 100 Freestyle	
3	15 and Over 100 Freestyle	
5	13-14 200 Breastroke	
7	15 and Over 200 Breastroke	
9	13-14 100 Butterfly	
11	15 and Over 100 Butterfly	
13	13-14 200 IM	
15	15 and Over 200 IM	

Session 2 Friday 13 and Over Boys
11:30am Warm Up | 12:30pm Start

GIRLS	EVENT	BOYS
	13-14 100 Freestyle	2
	15 and Over 100 Freestyle	4
	13-14 200 Breastroke	6
	15 and Over 200 Breastroke	8
	13-14 100 Butterfly	10
	15 and Over 100 Butterfly	12
	13-14 200 IM	14
	15 and Over 200 IM	16

Session 3 Friday 11-12 and 9-10 Girls and Boys
3:15pm Warm Up | 4:15pm Start

GIRLS	EVENT	BOYS
101	11-12 50 Freestyle	102
103	10 and Under 50 Freestyle	104
105	11-12 200 Breastroke	106
107	10 and Under 50 Backstroke	108
109	11-12 50 butterfly	110
111	11-12 200 Backstroke	112
113	10 and Under 200 Freestyle	114
115	11-12 200 Freestyle	116

Session 4 Saturday 13 and Over Girls
7:30am Warm Up | 8:30am Start

GIRLS	EVENT	BOYS
17	13-14 400 IM	
19	15 and Over 400 IM	
21	13-14 50 Freestyle	
23	15 and Over 50 Freestyle	
25	13-14 200 Butterfly	
27	15 and over 200 Butterfly	
29	13-14 100 Backstroke	
31	15 and Over 100 Backstroke	

Session 5 Saturday 13 and Over Boys
11:15am Warm Up | 12:15pm Start

GIRLS	EVENT	BOYS
	13-14 400 IM	18
	15 and Over 400 IM	20
	13-14 50 Freestyle	22
	15 and Over 50 Freestyle	24
	13-14 200 Butterfly	26
	15 and over 200 Butterfly	28
	13-14 100 Backstroke	30
	15 and Over 100 Backstroke	32

Session 6 Saturday 11-12 and 9-10 Girls and Boys
3:15pm Warm Up | 4:15pm Start

GIRLS	EVENT	BOYS
117	11-12 100 Freestyle	118
119	10 and Under 100 Freestyle	120
121	11-12 100 Breastroke	122
123	10 and Under 100 Breastroke	124
125	11-12 200 Butterfly	126
127	10 and Under 50 Butterfly	128
129	11-12 50 Backstroke	130
131	10 and Under 200 IM	132
133	11-12 400 IM	134

Session 7 Sunday 13 and Over Girls
7:30am Warm Up | 8:30am Start

GIRLS	EVENT	BOYS
33	13-14 200 Freestyle	
35	15 and Over 200 Freestyle	
37	13-14 100 Breastroke	
39	15 and Over 100 Breastroke	
41	13-14 200 Backstroke	
43	15 and Over 200 Backstroke	
45	13-14 400 Freestyle	
47	15 and Over 400 Freestyle	

Session 8 Sunday 13 and Over Boys
12 noon Warm Up | 1pm Start

GIRLS	EVENT	BOYS
	13-14 200 Freestyle	34
	15 and Over 200 Freestyle	36
	13-14 100 Breastroke	38
	15 and Over 100 Breastroke	40
	13-14 200 Backstroke	42
	15 and Over 200 Backstroke	44
	13-14 400 Freestyle	46
	15 and Over 400 Freestyle	48

Session 9 Sunday 11-12 and 9-10 Girls and Boys
3:45pm Warm Up | 4:45pm Start

GIRLS	EVENT	BOYS
135	11-12 200 IM	136
137	9-10 100 Backstroke	138
139	11-12 100 Backstroke	140
141	9-10 100 Butterfly	142
143	11-12 100 Butterfly	144
145	9-10 50 Breastroke	146
147	11-12 50 Breastroke	148
149	11-12 400 Freestyle	150

DECK ENTRIES	Deck Entries <input checked="" type="checkbox"/> will not be accepted <input type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, prior to the start of each session, at the cost of \$10 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 PRE-seeded with the exception of the event(s) noted below. All Events will be PRE Seeded - We will NOT re print Heat Sheets after Thursday, June 10th. Meet Program will be on Meet Mobile
AWARDS	There will be no awards for this meet
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 NO ADMISSION CHARGE = NO SPECTATORS ON DECK. Children under 5 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	This meet is Open to INVITED TEAMS ONLY and will have a maximum of 180 athletes at any session with a 3 hour timeline per session This meet will be entirely Pre seeded. We will NOT re print Heat Sheets after Thursday, June 10th. Meet Program will be on Meet Mobile. There is no penalty for swimmers that do not swim their event. FACE COVERINGS All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules. Any issues with face covering mandate must be addressed with the Meet Referee prior to the start of the meet

	<p>Teams will be assigned a "Team Area" on the pool deck and must stay in that team area unless they are racing. Face coverings MUST be worn when not racing</p> <p>WARM UPS: Warm up assignments are transmitted electronically in advance. We will build in "breaks" during each session where we will have a "controlled" warm up.</p> <p>We will have a detailed "traffic flow" of the natatorium.</p> <p>There will be a ZOOM Meeting on the Monday PRIOR to the event (Monday, June 7) at 8pm for all coaches of invited teams. Details will be sent to coaches. Coaches are encouraged to check WSY website for last minute details about the event. Participating coaches and athletes are responsible for all information distributed at the technical meeting.</p>
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SESSION	WARM-UP TIMES	MEET STARTS
1 Friday (13 and Over Girls)	7:30am	8:30am
2 - Friday (13 and Over Boys)	11:30am	12:30pm
3 - Friday 12 and Under Girls and Boys	3:15pm	04:15pm
4 - Saturday (13 and Over Girls)	7:30am	8:30
5 - Saturday (13 and Over Boys)	11:30am	12:30pm
6 Saturday 12 and Under Girls and Boys	3:15pm	4:15pm
7- Sunday AM (13 and Over Girls)	7:30am	8:30am
8 - Sunday (13 and Over Boys)	12 noon	1pm
9 Sunday 12 and Under Girls and Boy	3:45pm	4:45pm

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>
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COVID-19	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>
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<p>MEET HOST'S ASSUMPTION OF RISK DISCLAIMER</p>	<p>By attending or participating in this competition, you voluntarily assume all risks associated with exposures to COVID19 and forever release and hold harmless USA Swimming, Middle Atlantic Swimming, West Shore YMCA, Harrisburg Area YMCA, Bucknell University, and each of their Officers, Directors, Agents, Employees, or other representatives from any liability or claims including for personal injuries, death, disease, or property losses, or any other loss, including but not limited to claims of negligence, and give up any claims you make have to seek damages, whether known or unknown, foreseen, or unforeseen, in connection therewith.</p>
<p>LOCAL PROTOCOLS</p>	<p>The athletes from each team will be assigned a specific bleacher area for seating before and during the meet. Areas will be clearly marked. Athletes should remain in the team area until they move to the starting block area. No chairs may be brought into the facility. When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event. They may remove masks for swimming but must apply them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.</p> <p>The facility will be closed between sessions to allow facility staff to sanitize the team areas, the blocks, the deck, and all equipment used during the session. There will be one heat positions at which swimmers will wait. Lining up and movement of swimmers will be facilitated by a volunteer to ensure distancing and mask requirements are observed. Heats at event check in will be lined up with at least 6 feet between each swimmer. After each race, the swimmers will exit the water and retrieve their belongings from their assigned basket and put on their masks proceeding to the their team area. The Kinney Natatorium has set a capacity limit of 258 people per session (including coaches and meet volunteers/officials) for this meet.</p> <p>Face Coverings- As a condition of sanction, all meet participants – coaches, officials, administrators, vendors, and athletes (when not in the pool) – must wear fabric or paper face coverings/masks that fit snugly against the face and simultaneously cover the nose and mouth to minimize the spread of respiratory droplets. All participants must also comply with mandated social distancing and mass gathering rules. Participants wishing to remove their face coverings for periods longer than 5 minutes to eat or drink must move and stay 6 feet away from others or exit the facility until their face coverings are back in proper position</p>
<p>Pre-Meet Screenings</p>	<p>It is the responsibility of each team to screen athletes for potential exposure to COVID-19 during the week prior to the meet. By entering this meet, swimmers, as well as their coaches and families, agree that they will not attend the meet or come to the facility if any of the following are true: the athlete or person who resides in the home of the athlete tests positive for COVID-19, is awaiting results from a COVID-19 test, exhibits symptoms of COVID-19, believes he/she has COVID-19, has travelled to a COVID-19 "hotspot" in the prior two weeks, has travelled internationally in the prior two weeks, or has come into close contact with someone with COVID-19. Symptoms of COVID-19 include: fever within the past three (3) days; runny nose, cough, shortness of breath or difficulty breathing; chills; diarrhea; vomiting; nausea; headache; loss of taste and/or smell; other flu-like symptoms. All swimmers/coaches/officials must complete a daily health screening along with temperature checks. QR Codes will be posted at the check-in. Health screenings will only need to be completed once a day. To facilitate screening, all teams must send a list of coaches attending the meet in advance. All officials and volunteers must sign up in advance</p>
<p>ATHLETE PROTECTION (MAAPP)</p>	<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>
<p>DECK PRIVILEGES</p>	<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	The following rule will take effect SEPTEMBER 1, 2020. 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, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.
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 <i>any</i> issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Safety 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:	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. 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. Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/ 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
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	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.
DRONE	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.
DECK CHANGING	Deck changes are prohibited.
DIRECTIONS	Bucknell University is approximately six (6) miles south from I-80 on Rte 15 in Lewisburg, PA. The main entrance to the University is off Rte 15 approx. 1/3 of a mile south of the intersection of Rte 45 and Rte 15. Once you have entered the University, the football stadium will be on your right. Bear to the left of the chapel. A large Athletic Complex will be on your left. Kinney Natatorium is located towards the middle of this complex, next to pavilion. Directions may be found on the Bucknell website (http://www.bucknell.edu) Please visit the Bucknell website for detail. http://www.bucknell.edu

ACCOMODATIONS	<p>Google Hotels near: Bucknell University</p> <p>Best Western Country Cupboard Inn 570-523-3211 Rt. 15 North Lewisburg, Pa</p> <p>Country Inn and Suites 134 Walter Dr . Lewisburg, Pa.</p> <p>Days Inn 570-523-1171 Lewisburg, Pa.</p> <p>The Lewisburg Hotel 136 Market St. Lewisburg, Pa.</p>
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