

YMCA PENNSYLVANIA EASTERN DISTRICT SWIMMING CHAMPIONSHIP INVITATION

March 13 – 14, 2010

Upper Main Line YMCA

1416 Berwyn-Paoli Road

Berwyn, Pa 19312

Dear Parents,

The Parents' Swim Team Committee and the Aquatic Department of the Upper Main Line YMCA are proud to host the 2010 Boys' and Girls' YMCA Pennsylvania Eastern District Swimming Championships.

This packet contains all the information you will need regarding the meet, including pre-ordering T-Shirts, and participating in special supplemental sessions. Enclosed in this packet are:

1. Meet Invitation to YMCA Pennsylvania Eastern District Swimming Championship
2. Information on YMCA East District's three special Time Trial sessions
3. Pre-order form for COMMEMORATIVE T-Shirts
4. Qualifying Times/Time Standards for PA Eastern Districts Swimming Championship

Several special notes:

1. Qualifying Times

YMCA Pennsylvania Eastern District Swimming Championship is a time standard qualifying meet. Only swimmers who have swum the qualifying times have the honor of swimming in the District Championship.

Entry Deadline is Monday March 1 2010 (11:59 PM)*NO EXCEPTIONS***. No additional swimmers can be added after the deadline. Register at the YMCA Front Desk OR on-line via our website.**

2. Supplemental sessions (pages 12 – 14)

UMLY is also offering three special supplemental time trial sessions. These sessions do not count as events towards Districts and do not count towards team scores. **On Friday March 12th, several long distance events will be swum at UMLY.** This session is open to all YMCA swimmers with entry qualifying times for certain events. On Saturday night following the Preps Session at LaSalle, the 1000 yd Freestyle time trial will be offered. On Sunday night following the Seniors Session at LaSalle additional time trials will be held. The Saturday and Sunday supplemental sessions are open only to swimmers who are "close" to qualifying for Short Course Nationals. Please do **not** have your swimmers use the Sunday time trials to try to qualify for Summer (long course) Nationals.

If you wish to purchase a commemorative T-Shirt, we recommend that you pre-order. Only a limited number of shirts will be available the day(s) of the meet. T-Shirt graphic is posted on the UMLY web site: www.swimumly.com, **Pre-order deadline is Monday, March 1, 2010.**

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Upper Main Line YMCA

1416 Berwyn-Paoli Road

Berwyn, Pa 19312

Host: Upper Main Line YMCA & Upper Main Line YMCA Swim Team Parent's Association

Location: LaSalle University, 20th and Olney Avenues, Philadelphia, PA 19142

Schedule:	<u>Saturday March 13, 2010 - Morning</u>	<u>Saturday March 13, 2010 - Afternoon</u>
	Cadets Session	Preps Session
	Warm-Up: 7:30 am	Warm-Up: 1:15 pm
	Start: 9:15 am	Start: 2:45 pm
	<u>Sunday March 14, 2010 - Morning</u>	<u>Sunday March 10, 2009 - Afternoon</u>
	Junior Session	Senior Session
	Warm-Up: 7:30 am	Warm-Up: 1:15 pm
	Start: 9:15 am	Start: 2:45 pm

Meet Directors: Chris and Maria Steinhardt
(610-717-8745)
chris.steinhardt@gt.com

Facilities: LaSalle has a 6 lane heated 25 yard pool with Kiefer non-turbulent lane lines, and an 8 foot starting end. There is seating capacity for 800. **Deck area has seating for swimmers and registered coaches only, and a ready area.** Electronic timing with a six lane scoreboard will be used.

Entries: The swimmer may enter a maximum of three events with at least one event being a relay. Entries must be in YARD TIMES and submitted via the online entry system. To submit entries go to the UMLY swimming web site (www.swimumly.com) and click on the link to submit District Championship entries. Reminder: update your team file to reflect correct USA data **prior** to submitting your entries for Districts. See the attached document for this procedure.

Entry Fees: \$5.50 per individual event and \$22.00 per relay team. Register at the Front Desk or on-line. Payment MUST accompany registration.

Scoring: Individual Events: 11,9,8,7,6,5,3,2,1; Relay Events: 22,18,16,14,12,10,6,4,2

Seeding: The names, seed time, and association of all swimmers entered in each event shall be arranged according to the times submitted on the entry form. Swimmers shall be arranged from slowest to fastest with the fastest swimmers in the final heat. **AWARDS:** Individual and relay events: Medals (1st-6th) and Ribbons (7th-9th): **PATCHES:** Swiss embroidered patch awards shall be given to all official competitors competing in the District Meet. **PLAQUES:** Team Plaque awards shall be given to the winner and second

place team in each age group. **BANNERS:** Team banners shall be awarded according to cumulative point totals. A combined boys and girls team banner will be awarded for first place overall. First, second and third place boys and girls banners will also be awarded. Awards will be given to the respective coaches at the conclusion of the meet. **Awards will not be mailed.**

Admission: Admission will be \$5.00 per person per session per day (morning and afternoon). Children under 8 years of age will be admitted free. Session programs will be available at \$5.00 each. T-Shirts must be pre-ordered (see form at end of this packet). A very limited number of T-Shirts will be available at the meet at a cost of \$15.00.

Meet Setup and Results: All events are electronic timed finals.

www.swimumly.com or www.ymcacompetitiveswim.org

Concessions: Custom t-shirts, and swimming accessories by TOAD HOLLOW of Berwyn will be available. Refreshments will be available for your convenience through La Salle's on campus concession vendor. There will be NO food or beverages consumed in the pool or seating areas.

Entry Deadline: March 1, 2010

Meet Date: March 13 - 14, 2010

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Directions to LaSalle...

From NY, Northern NJ, New England I-95 South to NJ Turnpike South to Exit 6 (connection to PA Turnpike); follow PA Turnpike to Exit 339 (old exit 26) (Ft. Washington exit); to Route 309 South; 309 South becomes Ogontz Avenue. Do not bear left when Rt. 309 South splits at Ogontz Avenue. Follow Ogontz Avenue, continuing on Ogontz Avenue for about 5 miles. Right on Olney Avenue to first light (20th Street). Go straight through the light. Enter campus. From The North I-95 South to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West.

From The South I-95 North to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West. From The East Route 42 West to Walt Whitman Bridge; from the bridge, follow Route 76 West to US 1 North (Roosevelt Expressway). To continue, see directions from Route 76 West.

From The West PA Turnpike East to Exit 326 (old exit 24 - Route 76 East, Valley Forge). To continue, see directions from Route 76 East.

From Route 76 East to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

From Route 76 West to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

Parking at LaSalle – Parking will not be available in the pool parking lot. Parking for the event is available in a 24 hour guarded lot within short walking distance to the Hayman Center where the pool is located. Continue past the pool (on your left.) On-campus parking is provided to all visitors and attendees at the “G” Lot, (Good Shepherd), which is approximately 200 on the right after you pass through the Wister Avenue traffic light, this is now a newly built shopping center. The “J” lot is also a visitors lot which is located on the left on Penn Blvd, just past the Wistar Ave. intersection.

Accommodations near LaSalle: Each team is responsible for making appropriate reservations at their selected hotel. UMLY does not recommend or endorse any hotel.

GSY HOTEL:

Hotel: Click the link on our website for hotel info

Churches:

St. Matthias Catholic Church
128 Bryn Mawr Avenue
Bala Cynwyd, PA

St. John's Episcopal Church
404 Levering Mill Road
Bala Cynwyd, PA

Holy Trinity Lutheran Church
Woodbine & Narberth Avenue
Narberth, PA

United Methodist Church
Essex & Price Avenue
Narberth, PA

Bala Cynwyd Presbyterian Church
Bryn Mawr & Montgomery Avenue
Bala Cynwyd, PA

Doors Open:

Swimmers will be allowed on the pool deck approximately 30 minutes prior to the first warm-up session only if their team's coach (who has been issued a deck pass) is present and on the pool deck. Swimmers will not be allowed in the pool or diving well until the first warm-up session has officially opened. Officials will also be allowed on the pool deck once they have checked in and received instructions for the officials meeting. All spectators will need to wait in the main entrance hallway until the admissions table is fully staffed. We will make every attempt to open admissions and allow spectators into the pool area as soon as practical after the swimmers have been granted permission to enter the pool area. See page 2 for warm-up times for each of the four swim sessions.

YMCA PENNSYLVANIA EASTERN DISTRICT SWIMMING CHAMPIONSHIP INVITATION *March 13 – 14, 2010*

Upper Main Line YMCA

1416 Berwyn-Paoli Road

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Information on Eligibility and Rules

Eligibility: In order to compete in the District Championships, the competitor must fulfill the following conditions:

1. Is a current, full privilege, annual YMCA member for the last 90 days and including the day of the Championship Meet.

2. The swimmer must be an amateur and must not have represented another YMCA or another organization (schools excluded) in open or closed competition since September 1, 2009. High school post-graduate swimmers are ineligible. Current season is September 1, 2009 through April 30, 2010 the season conclusion for Districts will be the entry deadline date of March 3, 2010..

3. Has represented his/her YMCA in **closed competition on three (3) occasions** on separate days during the four-month period prior to the entry deadline for the championship.

4. Swimmer must have met the District qualifying time and be certified in either open, league, dual, or high school competitions before three official timers or electronic timing. Proof of time required upon challenge. Violators will be subject to investigation by the Competitive Committee. 18 or 19 year old individuals who have graduated from high school but who have not swum for a college team may participate at the District meet, but shall not score team points.

Rules: The rules of the current USA Swimming Rules 101 - 105, or its recognized successor, shall apply. Where there is any conflict, this policy shall supersede. Any question that may arise and is unanswered by the meet referee can be referred to the Championship Committee.

A competitor may enter a maximum of three (3)-swimming events in his/her age group, one of which must be a relay.

1. A relay's entered time (actual or composite) must correspond to the swimmers entered in that event. Swimmers must be listed on the entry form.

2. All eligible swimmers listed on the age group entry form are considered alternates.

3. Any four may swim the day of the meet.

4. Only one relay team per Association may be entered in an event.

Age division participation is determined by the age on December 1st of this season.

1. All events must be in one age division.
2. It is permissible for the swimmer to move up in any age group for that day (note: they will have to "swim up" for all registered events).

If a swimmer fails to meet his/her scheduled event, he/she will be scratched from that event and any other event for that day. He/she can compete in future championships in any events he/she qualified in before being disqualified by missing the event.

Notes: Notification of any changes to the meet will be forwarded to contact person from each team. Please list the contact person, address, telephone number and e-mail address on the Meet Entry Summary Sheet.

The YMCA District Special Sessions for long distance events and time trials can be used to qualify for Nationals. Long Distance Events will be held at UMLY, and the 1000 Free and Time Trials will be held at La Salle. See attached information on these Special Sessions.

Information on Entry Submission....

In order to enter the District Meet, you MUST REGISTER AT THE SCRANTON YMCA FRONT DESK OR REGISTER ON-LINE VIA OUR WEBSITE

REGISTRATION MUST INCLUDE PAYMENT & BE DONE BY MONDAY, MARCH 1ST, 11:59 PM. NO LATE ENTRIES WILL BE ACCEPTED!

If you are interested in participating in the Time Trials, please check with Coach Mark PRIOR to submitting your entry form

Important Information...

Officials: At least one Official must be provided for each session where the team has four or more swimmers entered. Officials must be listed on the Officials Volunteer form.

UMLY is responsible for assigning and managing all officials for this East District Meet. For any changes, cancellations, replacements, or related problems,

Entry Deadline: March 1, 2010

Meet Date: March 13 - 14, 2010

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please contact Dan Ross at his email address: troutdan65@msn.com. Working Officials are asked to check-in at the "Officials Check-in" table before going through Admissions.

Timers: Timer requirements by team for each session will be posted on the UMLY web site, and e-mailed to the coaches by Monday, March 10, 2009. The meet will not be started without each team's timers present. Thank you in advance for your cooperation.

Coaches Meeting: There will be a mandatory coaches scratch meeting held one hour before the start of each session. (8:15am and 2:00pm on Saturday and Sunday, respectively).

Team Behavior: Coaches are responsible for the good behavior of their swimmers and avoidance of vandalism. Teams are responsible for maintaining cleanliness in their areas during and after each session. Please advise your swimmers that if they are not swimming in a particular session, they will not be permitted on deck.

Deck Passes: Coaches must have their deck passes displayed while on deck. If you do not have a deck pass, you will not be permitted on deck during the meet sessions. The only accepted deck pass will be the East District Field pass issued by Glenda Pae. Deck passes must be requested and received prior to District meet. New deck passes WILL NOT be issued during the meet.

Coaches' Packets: Packets will also be available at the Coaches Table near the front door at LaSalle University. Coaches must sign when they receive their packet.

Qualifying for States: Swimmers who have entered Districts will be eligible for the Area Championship meet held March 20 & 21, 2010 at Penn State University. The following criteria must be met to qualify:

1. The **twelve** fastest swimmers for each event shall be eligible for the similar event in the State Meet.

2. The **nine** fastest relay teams shall be eligible for the similar event in the State Meet. Relay alternates must be named on district entries in order to be used as alternates in the Area Meet.

3. Qualifiers and two alternates shall be announced at the District Meet. Coaches should be alerted to the fact that their swimmers have qualified and subsequent replacements notified should swimmers decide against attending.

4. Swimmers must compete in the events for which they have qualified in the State Meet.

5. Qualified swimmers **must** declare intent to compete in the State Meet **by the end of each session**, or at the discretion of the Meet Committee.

6. Qualifiers must pay State Meet entry on the day of the District Meet. These fees are \$6.00 per qualifier, per event and \$24.00 per relay. OUR COACHES WILL PAY OUR TEAMS FEES, BUT PARENTS MUST PAY FOR THEIR SWIMMERS STATE EVENTS DURING THE WEEK IMMEDIATELY FOLLOWING DISTRICTS SHOULD THEY QUALIFY DURING THE DISTRICT MEET.

Hospitality Room: We would like to invite all coaches *who have deck passes and working officials* to the hospitality room on the second floor of the natatorium for lunch on Saturday and Sunday. Food will be provided by advance reservation only. **PLEASE NOTIFY Brenda Armetta IF YOU PLAN TO ATTEND EITHER OR BOTH LUNCHES.** Coaches lunch tickets will be placed in the coaches' packets, Officials will be given their ticket at the Officials Check In table.

All teams must have at least one coach on deck approximately 30 minutes prior to the start of the designated warm up, regardless of your team's designated warm up time. This will ensure adequate supervision of those swimmers who arrive early for their session. Thank you in advance for your cooperation in supporting this safety issue.

YMCA PENNSYLVANIA EASTERN DISTRICT SWIMMING CHAMPIONSHIP INVITATION

March 7 - 9, 2008

Upper Main Line YMCA

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YMCA PA EAST DISTRICT QUALIFYING TIMES 2009-2010

Girls Events		Cadets (9-10)	Boys Events	
Event #	Time		Time	Event #
1	2:38.00	200 Medley Relay	2:45.00	2
3	33.50	50 Freestyle	34.50	4
5	1:24.00	100 Individual Medley	1:28.00	6
7	38.00	50 Butterfly	40.50	8
9	1:15.50	100 Freestyle	1:18.00	10
11	40.00	50 Backstroke	41.00	12
13	45.50	50 Breaststroke	46.00	14
15		200 Freestyle Relay	2:22.50	16
Girls Events		Preps (11-12)	Boys Events	
Event #	Time		Time	Event #
17	2:19.00	200 Medley Relay	2:23.00	18
19	2:25.00	200 Freestyle	2:28.00	20
21	29.00	50 Freestyle	30.80	22
23	2:40.00	200 Individual Medley	2:47.50	24
25	33.00	50 Butterfly	36.00	26
27	1:04.50	100 Freestyle	1:08.00	28
29	35.00	50 Backstroke	37.00	30
31	38.50	50 Breaststroke	41.00	32
33	2:03.00	200 Freestyle Relay	2:07.00	34
Girls Events		Juniors (13-14)	Boys Events	
Event #	Time		Time	Event #
35	2:13.00	200 Medley Relay	2:10.00	36
37	2:12.00	200 Freestyle	2:12.00	38
39	28.25	50 Freestyle	27.25	40
41	2:29.00	200 Individual Medley	2:30.00	42
43	1:12.50	100 Butterfly	1:12.50	44
45	1:01.00	100 Freestyle	1:00.00	46
47	1:10.50	100 Backstroke	1:11.00	48
49	1:19.50	100 Breaststroke	1:17.50	50
51	1:57.00	200 Freestyle Relay	1:57.00	52
Girls Events		Seniors (15-18)	Boys Events	
Event #	Time		Time	Event #
53	4:45.00	400 Medley Relay	4:17.00	54
55	2:06.50	200 Freestyle	1:57.00	56
57	27.00	50 Freestyle	24.50	58
59	2:25.00	200 Individual Medley	2:16.00	60
61	1:06.00	100 Butterfly	1:02.00	62
63	1:00.00	100 Freestyle	53.50	64
64	1:08.00	100 Backstroke	1:05.50	66
67	5:40.00	500 Freestyle	5:19.00	68

Entry Deadline: March 1, 2010

Meet Date: March 13 - 14, 2010

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69	1:18.50	100 Breaststroke	1:11.00	70
71	4:23.00	400 Freestyle Relay	3:50.00	72

PLEASE FILL OUT & TURN IN TO BRENDA ARMETTA ASAP IF YOU CAN WORK...

OFFICIAL VOLUNTEERS – *Each team(with 4 or more swimmers) is asked to provide at least one official per session*

Stroke and Turn Officials Working Districts

- List officials and their email contact
- Indicate certification(s): **YMCA (Level I or Level II) and/or USA**
- Note: YMCA certified Stroke & Turn officials are needed to run the meet, however we also need two officials per session who are **both USA and YMCA** certified, so that meet results can be added to the USA Swim's database
- Place an "x" for sessions attending. Indicate with an "x" if the official plans to attend Saturday and/or Sunday Lunch

Official's Name	e-mail	YMCA/ USA	Referee Starter	Cadets (9/10)	Preps (11/12)	Juniors (13/14)	Seniors (15-19)	Sat Lunch	Sun Lunch

Team Name/ Abbreviation:

contact for team officials

Name: _____

Phone: _____

Email: _____

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Note: All officials should expect to work unless notified. Officials should not expect to be contacted to confirm participation.

Head Official: Dan Ross - email: troutdan65@msn.com

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March 7 - 9, 2008

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Individual Entry Form

Swimmer Attending Districts

Each swimmer can swim in a maximum of three events. Only two can be individual events. Coaches will put together any relays that meet qualifying times STRICTLY based on best times. The four fastest times determine "who" will swim in any given relay at Districts.

Swimmer's Name	Age Group	Event #	Seed Time

Entry Fee Summary:

	Individual Entries @ \$5.50 per event	=	
	Supplemental Time Trials - Individual Entries @ \$5.50 per event (Attach additional Time Trial Entry Form)	=	
	Total payable to Greater Scranton YMCA		

**REGISTER AT YMCA FRONT DESK
OR
ON-LINE VIA OUR GSY WEBSITE**

YOU MUST REGISTER BY: MONDAY, March 1, 2010 @ 11:59 PM

DISTRICTS COMMEMORATIVE T-SHIRT PRE-ORDER FORM

**ORDER DEADLINE IS
MONDAY, MARCH 1, 2010**

To: YMCA Swim Team Parents' Organizations

We are taking pre-orders of the District Commemorative T-shirt for our swimmers +

**Sizes: Adult Small, Medium, Large, or X-Large
Cost: \$15.00**

A graphic of the tee shirt IS posted on the UMLY web site (www.swimumly.com)

We thank you for your assistance and look forward to having a great time at Districts.

DISTRICTS COMMEMORATIVE T-SHIRT ORDER FORM

Swimmer Name _____

_____ (#) Small _____ (#) Medium _____ (#) Large _____ (#) X-Large

for a total of _____ (#) District T-shirts at \$15.00 each. \$_____ is enclosed.

Telephone # _____

Payment must accompany order.

**Please make checks/money orders payable to: GREATER SCRANTON YMCA
Graphic is available at: www.swimumly.com**

Place orders at YMCA Front desk or on-line via our website

YMCA PA EAST DISTRICT

SUPPLEMENTAL SPECIAL TIME TRIAL SESSIONS

Friday March 12-Saturday March 13-Sunday March 14, 2010

Upper Main Line YMCA

1416 Berwyn-Paoli Road

Berwyn, Pa 19312

Host: Upper Main Line YMCA & Upper Main Line YMCA Swim Team Parent's Association

Friday Location: Upper Main Line YMCA, 1416 Berwyn-Paoli Road, Berwyn, PA

Saturday and Sunday Location: LaSalle University, 20th and Olney Avenues, Philadelphia, PA

Schedule:

Friday March 12, 2010	Saturday March 13, 2010	Sunday March 14, 2010
@ UMLY	@ La Salle	@ La Salle
Long distance events	1000 Yd Freestyle event	Time Trials
Warm-up: 4:00 pm	Warm-up: After Preps session	Warm-up: After Seniors Session
Start: 5:00 pm	Start: 15 minutes after Warm-up	Start: 15 minutes after Warm-up

Facilities:

UMLY has a 6 lane heated 25 yard pool with Kiefer non-turbulent lane lines, a 10 foot starting end. There is seating capacity for 200 and large on-site parking.

LaSalle has a 6 lane heated 25 yard pool with Kiefer non-turbulent lane lines, an 8 foot starting end. There is seating capacity for 800.

Eligibility:

Only swimmers "close" to qualifying for Short Course Nationals. Note: Please do not have your swimmers use the Sunday time trials to try to qualify for Summer (long course) Nationals.

Entries: There is no limit to the number of events a swimmer may enter. Entry in these special events does not count as an event in PA East Districts. All entries for individual events and relays must be listed on the official Time Trial entry forms (forms attached Entries must be in YARD TIMES.

The deadline for submitting Supplemental Time Trial Entries is Monday, March 1st. YOU MUST NOTIFY COACH MARK IF YOU WISH TO SUBMIT A TIME TRIAL ENTRY

Entries for the 1650 freestyle and 1000 freestyle will be seeded fastest to slowest.

YMCA PA EAST DISTRICT

SUPPLEMENTAL SPECIAL TIME TRIAL SESSIONS

Friday March 12-Saturday March 13-Sunday March 14, 2010

Upper Main Line YMCA

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Entry Fees: \$5.50 per individual event and \$22.00 per relay team. **Please send ONE CHECK ONLY** for the total amount of your team supplemental entries: we will not accept a collection of individual checks from your team members. Your check should be made payable to Greater Scranton YMCA

Rules: These sessions will be governed by the current USA Swimming Technical Rules. All events are timed finals.

Timers: Swimmers must provide timers, and counters where necessary, for all time trial sessions.

Awards and Scoring: There are no awards and no team scoring for these events.

Admission: Admission is free on Saturday.

Notes: Notification of any changes to the sessions will be made to contact person from each team. Please list the contact person, address, telephone number and e-mail address on the Meet Entry Summary Sheet.

Results: www.swimumly.com and www.ymcacompetitiveswim.org

Friday Long Distance Session @UMLY

Event	Sex	Age Group & Comments	Description
200	Mixed	Open 20:00.00 QT Fastest 18	1650 Freestyle Seeded fastest to slowest
201	Mixed	Open	400 Individual Medley
202	Mixed	12 & Under	100 Butterfly
203	Mixed	Open	200 Butterfly
204	Mixed	Open 6:50.00 QT Fastest 18	500 Freestyle
205	Mixed	12 & Under	100 Backstroke
206	Mixed	Open	200 Backstroke
207	Mixed	12 & Under	100 Breaststroke
208	Mixed	Open	200 Breaststroke
209	Mixed	Open	800 Free Relay

Saturday 1000 Yd Free Session @ UMLY

Event	Sex	Age Group & Comments	Description
300	Mixed	Open	1000 Freestyle

		12:00.00 QT Fastest 18	Seeded fastest to slowest
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Sunday Time Trial Session @ LaSalle

Event	Sex	Age Group & Comments	Description
301	Mixed	Open	200 Medley Relay
302	Mixed	Open	400 Medley Relay
303	Mixed	Open	50 Freestyle
304	Mixed	Open	100 Freestyle
305	Mixed	Open	200 Freestyle
306	Mixed	Open	200 IM
307	Mixed	Open	400 IM
308	Mixed	Open	100 Backstroke
309	Mixed	Open	200 Backstroke
310	Mixed	Open	100 Breaststroke
311	Mixed	Open	200 Breaststroke
312	Mixed	Open	100 Butterfly
313	Mixed	Open	200 Butterfly
314	Mixed	Open	200 Free Relay
315	Mixed	Open	400 Free Relay

Directions To UMLY:

Address: Upper Main Line YMCA, 1416 Berwyn-Paoli Road, Berwyn, PA 19312 (610) 647-9622

From Delaware: Route 202 North to Exit for RT 252. Turn right. Go to the first light. Turn right onto Route 252. At the second light, cross over Route 30. Follow "local" directions.

From Philadelphia: Take the Schuylkill Expressway (Interstate 76 West) to Route 202 South exit. Take 202 South to Paoli Exit (Route 252 South). Stay on Route 252 and cross Route 30. Follow "local" directions.

From the PA Turnpike (Interstate 276/76): Take Exit 326 (old exit 24 - Valley Forge Exit.) This becomes the Schuylkill Expressway (Interstate 76). Take the Route 202 South Exit. Follow Route 202 to the Paoli Exit (252 South). Stay on Route 252 to Route 30. Follow "local" directions.

Local: Cross Route 30. At the second light beyond Route 30, turn left onto Sugartown Road. Within 1/4 mile as Sugartown veers right, turn left onto Berwyn-Paoli Road. UMLY is on Berwyn-Paoli Road on the right.

All teams entering swimmers in supplemental time trial sessions are asked to provide timers.

Entry Deadline: March 3, 2009

Session Date: March 13-15, 2008

YMCA PA East District Time Trials Entry Form

Friday March 12-Saturday March 13-Sunday March 14, 2010

\$5.50 Individual and \$22.00 Relay

RELAY	Age Age Group	M/F	Event #1
			Entry Time (Yard Times)
Relay A			
Relay A			

Team Name:

Swimmer Name (Last, First)	Age Age Group	M/F	Event #1	Event #1	Event #2	Event #1	Event #2	Event #2
			Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)	Entry Time (Yard Times)
<i>Example:</i> Smith, John	12 Prep	M	#200 17:50.78	#207 1:50.78	#306 5:28.67	#303 26.0		

Friday Session @ UMLY			
Event	Sex	Age Group & Comments	Description
200	Mixed	Open 20:00.00 QT Fastest 18	1650 Freestyle Seeded fastest to slowest
201	Mixed	Open	400 Individual Medley
202	Mixed	12 & Under	100 Butterfly
203	Mixed	Open	200 Butterfly
204	Mixed	Open 6:50.00 QT Fastest 18	500 Freestyle
205	Mixed	12 & Under	100 Backstroke
206	Mixed	Open	200 Backstroke
207	Mixed	12 & Under	100 Breaststroke
208	Mixed	Open	200 Breaststroke
209	Mixed	Open	800 Free Relay

SUNDAY Session @ LASALLE			
Event	Sex	Age Group & Comments	Description
301	Mixed	Open	200 Medley Relay
302	Mixed	Open	400 Medley Relay
303	Mixed	Open	50 Freestyle
304	Mixed	Open	100 Freestyle
305	Mixed	Open	200 Freestyle
306	Mixed	Open	200 IM
307	Mixed	Open	400 IM
308	Mixed	Open	100 Backstroke
309	Mixed	Open	200 Backstroke
310	Mixed	Open	100 Breaststroke
311	Mixed	Open	200 Breaststroke
312	Mixed	Open	100 Butterfly
313	Mixed	Open	200 Butterfly
314	Mixed	Open	200 Free Relay
315	Mixed	Open	400 Free Relay

SATURDAY Session @ UMLY			
Event	Sex	Age Group & Comments	Description
300	Mixed	Open 12:00.00 QT Fastest 18	1000 Freestyle Seeded fastest to slowest