



Rainbow Hills Swim Team

Home Of The Sharks

**Invitation to the
MPSL
Division C Divisional Swim Meet**

Saturday, July 19, 2003

**At the Rainbow Hills Swim Club
Oberlin, PA**

Meet Entry Package

Entries are due by Sunday, July 13, 2003

www.rainbowhills.org

7/16/03 1:51:44 PM

Mid Penn Swim League
 Division "C" Championships
 Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

Location: Rainbow Hills Swim Club
 4075 Swatara Drive
 Harrisburg, PA 17113
 564-1728

Web Site: www.rainbowhills.org
League Web Site: www.swimmpsl.org

Start Times/Warm-Up Times:

Gates Open	6:30 AM
Warm-ups start (optional)	6:30 AM
Specific Team warm-ups begin	6:40 AM
Scratch Meeting	7:15 AM
Officials Meeting	7:30 AM
Specific Team warm-ups end	7:40 AM
Relay warm-ups begin	7:40 AM
Timers Meeting	7:45 AM
Relay warm-ups end	7:55 AM
Meet Starts	8:00 AM

MPSL
C
Division
Championship
 Meet Directors
Alan Byles
Mark Kute

Team Warm-up Period: There will be no racing starts off the blocks or the edge of the pool at this time. Swimmers must jump in for warm-up swims feet first. During this portion of the warm-up, plastic traffic cones will be placed on the starting blocks so that all swimmers are aware that the blocks are not to be used.



Specific Team Warm-Ups

Session I	6:40 – 7:00am	RBH
Session II	7:00 – 7:20am	PC & LKM & WWD
Session III	7:20 – 7:40am	DAU & MBG & MTV

“Control/Supervise” are key words for safe warm-ups. Marshals/Officials will actively supervise the warm-up to ensure that proper procedures are followed. Marshals have authority through the referee over the warm-up. Coaches are reminded that they are responsible for the supervision of their swimmers during a warm-up just as they are when they are on deck at practice.



Relay Warm-Ups

Session IV	7:40 – 7:55am	Relay practice all teams all 6 lanes
------------	---------------	--------------------------------------






When the lanes are being converted from a specific team warm-up session to a relay warm-up session, a Marshal will “hold back” the first swimmers in the relay warm-up session until all lanes are cleared of circling swimmers.

The Meet Referee and/or Marshal shall have the power to increase or decrease the number of relay warm-up lanes, circle swim, one-way swim lanes and/or sprint lanes, if after taking into account the number of swimmers in lines for sprints and the number circling, he/she feels this will create a more effective warm-up.

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

Swimmers need to be aware of the potential for disaster when a swimmer is doing a racing start from the block at the same time a backstroker is executing a start from beneath the block. In sprint lanes, backstrokers shall stand in line with the other swimmers waiting to start from the top of the block. Backstrokers shall enter the water when their turn comes. While a backstroker is in the water preparing for and executing a start, no swimmer shall step onto the block.

Coaches should maintain as much contact with their swimmers as possible-verbal and visual-throughout the warm-up period. The Marshal may remove a swimmer, coach and/or team from the deck for violations of these recommendations.

	Scratch Meeting	7:15 AM	Under Flag
	Officials Meeting	7:30 AM	Under Flag
	Timers Meeting	7:45 AM	Under Flag
	Meet Begins	8:00 AM 	

Facilities: The Rainbow Hills Swim Club has a six (6) lane 25-meter pool with a 5 foot starting end. Kiefer Racing Lanes featuring patented unique float construction in every segment resulting in ultimate wave quelling will divide Lanes. Starter will use an Infinity Starter unit. An air horn will be used to recall swimmers after a false start & an optional recall rope may also be used. We will be using Hy-Tek Meet Management software. There will be bleachers for seating. Teams will be placed on the large grassy areas surrounding the back and the left sides of the pool. We will have a large "staging area" for swimmers prior to their event located directly behind the starting blocks.

False Start Rule & Relay Take-Off: Same as dual meets with dual confirmation on all false starts and relay take-offs. An air horn will supplement the electronic starter on false starts.

Order of Events: Same as dual meets.

On deck Officials: Please wear white & have applicable official patches visible.

Questions: Alan Byles 234-2576 or e-mail alanbyles1@comcast.net
 Mark Kute 939-1214 or e-mail markjkute@hotmail.com

Swimmers, Officials & Volunteers: Entrance will be the right side gate closest to the clubhouse.

Spectators: Entrance will be the side gate at the end closest to the playground.

T-shirt sales & Swim Shop: League T-shirts and RHST Swim Shop will be co-located near the concession stand. Pre-orders of T-shirts may be obtained here as well.

- Supervision:** The Rainbow Hills Swim Club requests that each team provide adult supervision of the team and comply with the Rainbow Hills Pool regulations. Anyone found defacing property, not abiding by pool regulations, and/or displaying un-sportsmanlike conduct will be asked to leave the premises.
- Parking:** There will be parking attendants to supervise parking of vehicles. There are roughly spots for 200 vehicles in the parking lot, another 100 in the grassy area on the hill and police approved parking on the street in front of the Swim Club.
- Entry Fee:** **There is a \$5.00 entry fee PER SWIMMER for this meet. No refunds.**
- Admission:** Admission is \$2.00, 6 and under are free; Programs are \$3.00,
- Awards:** *Individual events:* Ribbons for 1st through 12th place
Relays: Ribbons for 1st through 12th place
- Volunteers:** Please refer to the Volunteer assignments included with this packet. Please have your volunteers ready to work at the meet.
- Refreshments:** Being that this meet is over the Breakfast and Lunch hours, we will have a wide variety of food, snacks, and other beverages throughout the entire meet.
- Meet Rules:** The current 2002-2003 National Federation Rules, as amended by Mid-Penn Swim League, will govern The MPSL Division C Divisional Swimming Championships. All events will be timed finals. Finish Judges results will not apply. There will be no false start with the exception of one (1) false start given to 8 & Under swimmers. There will be a coaches meeting prior to the start of the session. It will be the coach's responsibility to get their swimmers to the seeding area prior to the start of each event.
- Final Results:** A backup copy of the final results will be made available to each team on disk as soon as possible following the completion of the meet. Results including COACHES DOWNLOAD FILES will also be available on the Rainbow Hills Web Site at www.rainbowhills.org and the MPSL Web Site at www.swimmpsl.org.
- Commemorative Meet T-Shirts –** Custom Meet T-Shirts will be on sale during the meet for \$10. There will be a limited supply. We encourage Pre-Orders!!! An order form, and sample design will be emailed. Orders are due by **Thursday, July 17th** and fees (\$10 per shirt for Pre-Orders) may be paid the morning of Divisionals. A single check from each team should be made out to Mid-Penn Swim League. All T-Shirts are Adult Sizes!!!! All proceeds from the sale of T-Shirts go to the MPSL.
- Youth Sports Photo:** Myer from Youth Sport's Photo's will be at our Divisional Championship Meet on July 19th at 8 AM. They will not be able to take team pictures, but they will be set up to take digital sport's action pictures. Pictures will be available for review and/or purchase on their website shortly after the meet. (1 – 2 days) More details will be provided during Divisionals. We will have 300 order forms to distribute to the teams upon entry Saturday morning.

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

Entries: Entries must be received (not Postmarked), by Sunday, July 13, if you are entering on disk. **If you will enter using paper, your entries will be due Saturday, July 12 by 3pm. We will not be responsible for any errors made.**

Each swimmer **MUST** be on their teams active roster that was submitted to the league, and must have swam in at least 50% of the League meets in order to enter the Divisional Championships.

A swimmer may be listed in three (3) events. If a swimmer swims three (3) individual events at Divisionals, they may not be an alternate in relays at the All-Star meet. Being listed as an alternate in a relay at the Divisional meet does **NOT** count as another event. Swimmers must swim their age group as of 06/01/03 at the Divisional meet with the exception of relays, in which case a swimmer may move up no more than two (2) age groups. See Mid-Cap eligibility guidelines further below.

There are no restrictions on the number of team entries in individual events. However, a coach should realize that this is a Championship and enter only those swimmers he/she feels might have a chance to place. **A maximum of two relay entries in each age group will be permitted per team.**

Converted yard to meter times will be accepted for Divisional entries. The formula for conversion will be yard time X 1.11 = meter time. All such entries must list the yard and converted meter time and be marked accordingly. The Divisional Host Team will check the conversions before events are seeded. Swimmers with no submitted time shall be seeded lowest by lot. For pools other than standard length, a conversion factor can be used subject to league approval.

A Divisional entry meeting will be held at the Meet Director's Home on Sunday July 13, 2003 between the hours of 1:00pm and 3:00pm for those teams submitting entries electronically. For those submitting entries electronically, original entry cards are not required. Attendance by each team's coach or league representative is recommended, but shall be considered optional. **For any teams submitting entries on paper,** entries will be due no later than Saturday July 12, 2003 by 3:00pm. Contact Alan Byles at 234-2576 if you will not be submitting entries electronically to make arrangements. **We will not be responsible for any errors made.**

If a team wishes to submit their entries electronically and not attend the meeting, they may do so provided they submit a printable copy of the commlink file. We will post the Psych sheets on the Rainbow Hills Website by Monday evening July 14. The only changes permitted will be data error changes, NOT changes in events.

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

Additions or changes to the meet seeding may be made after this meeting, once the psych sheets are posted on our website (www.rainbowhills.org). Changes may be made up to and including **MIDNIGHT** the Monday night preceding the Divisional meet 07/14/03 via email to alanbyles1@comcast.net . At midnight the Psych sheets will be removed from the website.

Corrections noted at the Divisional entry meeting or errors in the Divisionals program that are verified by a review of the *printable copy of the commlink file*. and/or electronic entries submission and amended times or entries as allowed by the above provision will be allowed.

Every effort shall be made to correct erroneous seedings as close to the exact placement as possible so long as operation of the meet is not hampered. The Meet Director shall have final say in final seedings corrections at the meet, but all verified errors must be considered.

Creating Electronic Entries for Divisionals

Obtain the Divisional Events file for import into Team Manager or Meet Manager with one of the following options.

1. Download the file from the Rainbow Hills website at www.rainbowhills.org
2. Receive the file by email from Alan Byles. Requests for the file should be forwarded to alanbyles1@comcast.net
3. Receive the file by floppy disk.

General Step-by-step Instructions for those using Meet Manager

1. Import the Events file into Meet Manager in a new/clean database. Your team roster should already exist in Meet Manager or should be imported.
2. Setup your entries within Meet Manager, including relays. Relay alternates should be placed in positions 5-8 as applicable.
3. Export 'Entries for Meet Manager merge of same meet (.hy3)'. Ensure that 'Relays with Athletes' option is selected.
4. Save this file on 3.5" Floppy Disk to be turned in with Entry Packet.

General Step-by-step Instructions for those using Team Manager

1. Import the Events file into your teams Team Manager database.
2. Setup your entries within Team Manager, including relays. Relay alternates should be placed in positions 5-8 as applicable.
3. Export 'Meet Entries' selecting the MPSL C Division meet. Ensure the 'Export Relays' checkbox is checked.
4. Export YOUR team's roster. Ensure that the 'Include Contact Information' option is checked.
5. Save both files on 3.5" Floppy Disk to be turned in with Entry Packet.

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA

MID-CAP ELIGIBILITY FOR RELAY CLARIFICATION

Divisionals meets are qualifying events for the championships, therefore, swimmers must compete in the same events that they have qualified in from their divisionals. The only exception would be if a swimmer qualifies in an individual event at divisionals and chooses not to swim in that event at All-Stars/Mid-Caps, the swimmer may then compete on any relay team at All-Stars/Mid-Caps provided that the swimmer's name was listed when the entries were submitted for divisionals. The divisional meet director must be notified of the swimmer's intent prior to the end of the divisional meet so that another swimmer can be moved into that position. This same procedure follows through to Mid-Caps.

Example Case 1: Sally Smith is entered in 3 individual events and is listed as an alternate in a freestyle relay. Sally swims her 3 individual events at Divisionals and *does not qualify* for All-Stars. She is ineligible as a relay alternate. She swam the number of events permitted for championship meets.

Example Case 2: Sally Smith is entered in 3 individual events and listed as an alternate in a freestyle relay. Sally swims her 3 individual events at Divisionals and *does qualify* for All-Stars in one event. She is eligible as a relay alternate provided she scratches her individual event in order to swim the relay so as not to exceed the number of events the swimmer is permitted for championship meets.

Example Case 3: Sally Smith is entered in 2 individual events and is entered in the Freestyle B relay. Sally's Freestyle B relay does not qualify for All-Stars but the Freestyle A relay does. Sally is eligible as a relay alternate for All-Stars for she swam in the same event which does not exceed the number of events the swimmer is permitted for championship meets.

Example Case 4: Sally Smith is entered in 2 individual events and is entered in the Freestyle B relay. Sally's Freestyle B relay does not qualify for All-Stars but the Medley A relay does. Sally is ineligible as a relay alternate for the Medley A relay for it is a different event and therefore exceeds the number of events the swimmer is permitted for championship meets.

MPSL Division "C"
Divisional Swim Meet July 19, 2002
Volunteers

Team Name: _____

Note: The meet will be divided into two shifts as follows. Each team should alert their volunteers of their appropriate shift and changes:

1st Half - Events 1 to 38 (after Backstroke)
2nd Half – Events 39 to 76 (begin 100 Freestyle)

Timers:

The Rainbow Hills Swim Club is a six lane 50 Meter pool. Each team is being assigned a specific lane to cover for the entire meet as follows:

Lane 1 – Wedgewood Hills	Lane 2 – Penn Colonial
Lane 3 – Mountain View	Lane 4 – Millersburg
Lane 5 – Lenker Manor	Lane 6 – Dauphin

Head Timers – Rainbow Hills (at least two head timers at all times, each with TWO watches PER Head Timer)

As a result all teams will need to provide at least three (3) timers with their own watches, per lane assigned, at all times. In order to ensure that there is adequate coverage during the meet, we would appreciate the names of these individuals with the submission of your team entry packet. Please note: each team is required to supply their own watches!

First Shift Timers

_____	_____	_____
Second Shift Timers		
_____	_____	_____

Stroke and Turn Judges:

Please provide the names of two stroke and turn judges. We request that all judges have current certification (i.e., NCAA, PIAA, MID-PENN, etc.)

First Stroke and Turn Judge	Type of Certification	Year Last Certified
------------------------------------	------------------------------	----------------------------

_____	_____	_____
-------	-------	-------

Second Stroke and Turn Judge	Type of Certification	Year Last Certified
-------------------------------------	------------------------------	----------------------------

_____	_____	_____
-------	-------	-------

Starter/Recall Judges: (1 per team if possible)

Please provide the name of at least one starter/recall judge: _____

Ribbons (1 per team) _____ **Results/Proofreader:** _____

If you have questions, please contact Alan Byles at 234-2576 or alanbyles1@comcast.net

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

Name of Team: _____

Address: _____

Team Representative: _____ **Phone:** _____

Coach(es): _____ **Phone:** _____

E-mail: _____

"Release and Hold Harmless Agreement"

In consideration for being permitted by the Mid Penn Swim League, the Rainbow Hills Swim Team and the Rainbow Hills Swim Club to participate in the Swimming Championships, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges the Mid Penn Swim League, the Rainbow Hills Swim Team and the Rainbow Hills Swim Club, and their respective Boards of Directors and/or Boards of Trustees and each of them and their officers, agents, employees, members, successors, and assigns, and all other persons in anyway connected with the event, from any and all liabilities, claims, demands, actions or causes of action of whatever kind or character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless the Mid Penn Swim League, the Rainbow Hills Swim Team and the Rainbow Hills Swim Club and the officers, trustees, agents, and employees and members of foregoing, and all other persons in anyway connected with the event from any and all losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage or alleged damage to property sustained or alleged to have been sustained in connection with or to have arisen out of said event.

Executed this _____ **day of** _____, **2003**

Signature of Coach: _____

Signature of President of Rainbow Hills Swim Team: _____

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

T-Shirt Order Form

Mid-Penn Swim League Divisionals T-Shirts will be sold at the meet. This year's shirt is being done on a natural color T-Shirt. The brand Gildan 50/50 T-shirt. The shirt features a large three color design on the front done in a Sports Theme. We will be receiving roughly 170 shirts for "C" Division. The shirts will be available in the following sizes and quantities: 55 Adult Small, 45 Adult Medium, 35 Adult Large, 20 Adult XL, 10 Adult XXL and 5 Adult XXXL. The shirts may be purchased at the meet for \$10, or through pre-orders at \$10. Please note, with pre-orders we may only have a limited supply to sell at the meet. On the day of Divisionals two years ago, several teams requested the ability to pre-order t-shirts to help cut down the confusion and time involved in purchasing and then securing T-shirts for their swimmers. The copy of the design is expected to be available for review at www.swimmpsl.org and www.rainbowhills.org shortly.

If your team wishes to pre-order t-shirts, please fill out the form below and EMAIL your information to Alan Byles at alanbyles1@comcast.net. Once we receive your email, I will confirm availability of the sizes and quantities ordered.

All orders should be received as soon as possible to ensure availability on the day of the meet. !!!!!

.....
 Include this information in your email to alanbyles1@comcast.net

Team Name: _____

Team Rep Name: _____

Phone Number: _____

	Quantity		Total due
Small	_____	@\$10	_____
Medium	_____	@\$10	_____
Large	_____	@\$10	_____
XL	_____	@\$10	_____
XXL	_____	@\$10	_____
XXXL	_____	@\$10	_____

Total amount enclosed: _____ **Make all TEAM checks payable to Mid-Penn Swim League. Individuals pre-ordering should write a check to their respective team.**

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

Directions

From US-322 West:

Take the US-322 E/US-22 East. Take the I-81 N/US-322 E exit towards I-83/HERSHEY/CARLISLE/PENNSYLVANIA TURNPIKE. Keep LEFT at the fork in the ramp. Merge onto I-81 N. Take the I-83 S/US-322 E exit- exit number 70- towards HERSHEY/YORK/PENNA TURNPIKE. Take the I-283 S exit on the left towards AIRPORT/I-76/PENNSYLVANIA TURNPIKE. Take the PA-441 exit- exit number 2- towards SWATARA. Turn RIGHT onto LINDLE RD. At the traffic light turn RIGHT onto Eisenhower Blvd. From Eisenhower Blvd. Turn LEFT onto Swatara Dr. The Pool is on the right side of the road behind the Swatara Township Building.

From US-322 West:

(Alternate Route - Due to Construction) Take I-81 N/US-322 E. Take Harrisburg exit, which becomes Cameron Street. Stay on Cameron Street until you get to Paxton Street (about 2 miles). Turn left onto Paxton Street. Stay on Paxton Street until the very end (3.1 miles). Turn right at the light at the end of Paxton Street (this will be Eisenhower Blvd., however, it is not marked). From Eisenhower Blvd. turn RIGHT onto Swatara Dr.(4/10 mile). The Pool is on the right side of the road after the Swatara Township Building.

From US-322 East:

Take US-322 W. Take the I-283 S exit on the left towards I-76 /PENNSYLVANIA TURNPIKE. Take the PA-441 exit- exit number 2- towards SWATARA. Turn RIGHT onto LINDLE RD. Turn RIGHT onto EISENHOWER BLVD. Turn LEFT onto SWATARA DR. The Pool is on the right side of the road behind the Swatara Township Building.

From I-81 North:

Take I-81 S. to I-83 S. Take the I-83 S/US-322E exit- exit number 70 on the left towards YORK. Take the US-322 E exit- exit number 47- towards HERSHEY/DERRY ST/PAXTON ST. Stay in the left lane which turns into Eisenhower Blvd. Turn RIGHT onto SWATARA DR. The Pool is on the right side of the road after the Swatara Township Building.

Mid Penn Swim League
Division "C" Championships
Saturday, July 19, 2003
At the Rainbow Hills Swim Club
4075 Swatara Drive Harrisburg, PA 17113

Dear Team Reps:

Attached is a Divisional program advertising form for distribution to your swim team parents.

This year the Rainbow Hills Swim Team is encouraging each team to take out an ad in this year's Divisional program to demonstrate support for their swimmers. Swimmers and parents love to see ads about their team in the program.

We are also accepting individual parent ads, as well.

Please have all AD forms returned to me with your team entry no later than Sunday July 13th. We've left room at the bottom of the form for you to fill your name and desired return date.

If you or your parents have any questions regarding the Ads, please have them call Lisa Dininni at 939-0442.


Attn: SWIM TEAMS & PARENTS

Celebrate your swimmer's hard work this summer by placing an AD in the Divisional Program. What a great way to cheer on your swimmer and support our team.


Complete the attached order form and return it with your check to your Team Representative.

SAMPLE ADS

**Go Timmy!!!
Good Luck Today!**



Love, Mom, Dad & Tina



Good Luck Dana & Lindsey

**Good Luck Swimmers
The Jennings Family**



GO RHST SWIMMERS!

The Dixon Family



**A Special "Thank You" to our
Coaches!**

**We have the finest coaching
staff at the RHST.**

Team PARENTS
Program Advertising Order Form
Mid-Denn Swim League
Division C Swim Meet
Saturday, July 19, 2003

Ad Sizes (check one)

Full Page (8½ x11) \$50 _____

One Half Page (8½ X 5½) \$35 _____
--

One Quarter Page (4¼ X 5½) \$15 _____

Copy:

Personal ads: Attach camera ready message, disk or hand write your message below and we'll type set for you. OR you can choose one of the sample ads and we'll customize it with your swimmer's/family's name.

Return all ad orders

To:

By July _____, 2003.