

Welcome to Pennsylvania!

2013 SGA Swimming Newsletter



8 & Under Swimmers and participants in the 100 yd. relay events will start from blocks on the bulkhead at the far end of the pool.

The 2013 State Games of America/Keystone State Games swimming competition will be held at the Central York High School Natatorium, 651 Mundis Mill Road, York, PA.

We've enjoyed an outstanding relationship with this facility, which has previously hosted the KSG swim meets. We look forward to again working with the great staff at Central York.

Please help us by
**COMPLYING WITH ALL FACILITY
RULES & REGULATIONS.**

Entrance to the Pool and Other Events:

Competitors and spectators will use the Athletic Wing entrance of at the front of the school complex to access the pool. Athlete registration will take place in the lobby of the athletic wing. Admission passes to the pool and other events will also be available for spectators. Athletes are reminded to obtain their passes for opening ceremonies as soon as possible through the from the State Games of America site: http://stategames2013.com/Opening/Athlete_Form.asp

Getting to the Central York High School Pool:



SGA/KSG Athlete Registration (Check-in) Times at the Pool:

This is where you will check in, pick up identification and the event program, sign a photo release form and get any other important information related to your sport before the first day of participation.

- **Wednesday, July 31, 6-8 PM and**
- **Thursday and Friday, August 1 & 2, beginning at 8 AM.**

We strongly recommend taking advantage of the Wednesday evening time in case there are any questions to resolve before the meet.

REGISTRATION AT THE HARRISBURG SGA HEADQUARTERS:



If you need athlete credentials prior to Wednesday evening due to participation in sports at other venues, please contact Brenda Binns so arrangements can be made for pick up at the main SGA Headquarters at the PA Farm Show Complex & Expo Center, 2300 N Cameron Street, Harrisburg, PA 17110.

For a map of the area around the Complex go to:

<http://www.pafarmshowcomplex.com/RegionalMap.aspx>

Please see the SGA web page for registration times in Harrisburg.

Policies and Facility Regulations for the Meet:

These are for the safety of our swimmers, as well as spectators and staff. Parents & Coaches - Thanks in advance for going over these rules with your swimmers!

- 1) There is absolutely no running on the deck.
- 2) No street shoes are permitted on deck – only appropriate deck footwear and sneakers with non-marking soles.
- 3) There is no access to the pool via any entrance other than the locker rooms, except for pool and meet staff.
- 4) The glass exit doors on the deck are for EMERGENCY EXIT ONLY, as is the stairway at the far side of the spectator seating area .
- 5) During warm-ups, only feet first “no splash” entry is permitted into the water except in lanes designated as Start/Sprint Lanes.

Warm-up times and procedures will be posted in the pool, and given to all coaches upon check-in. Swimmers are encouraged to ask the coaches and KSG volunteers to clarify anything they don't understand.

- 6) There will be no “playing” in the warm-up pool AT ANY TIME.
- 7) Lifeguards have the final say on all behavior in the pools, and swimmers who do not comply with their instructions can be removed from the meet by the Sport Leader.
- 8) NO FOOD is permitted on the deck. Only unbreakable water bottles are allowed in the facility. Ice water will be provided for on deck for swimmers and staff.
- 9) All “unattached” swimmers age 10 and under – and any older swimmers whose parents request it – can be assigned to a KSG volunteer coach at parental request.
- 10) For everyone's safety, swimmers are reminded to dry off before leaving the locker room for other areas of the facility (like the concession stands).
- 11) Unsportsmanlike behavior – by anyone – will be grounds for expulsion from the deck or from the facility.

General Meet Information

BEFORE THE MEET:

PRE-REGISTRATION FAQ SHEET

Many of the swimmer/coach/parent questions about the meet and facility and hotels are answered on this separate publication, also attached to your swimmer confirmation email.

ATHLETE WAIVER: If you completed an on-line registration, this form was included as one of the form's "check-offs." No need to bring a printed waiver form to the meet!

EVENT TIMES AND RELAY SIGN UPS:

Please complete the form in the Time Confirmation email and return it to Brenda Binns (bbinns1@msn.com) asap. Space is also provided on the form to indicate participation in relays and if younger swimmers need to be placed with a volunteer coach during the meet. Event numbers can be found in the list of swimming events on the last page of this newsletter.

Please note that the order of Thursday's events is slightly different from the list published on the SGA webpage, due to the addition of an evening session for the backstroke and 500 yard events.

COACHING CREDENTIALS:

Coaches will be able to register on the Premier Sporting Events SGA registration website after July 8, and will pick up all their materials at athlete check-in at the pool.

http://www.premiersportingevents.com/Layouts/sga/sga_home.htm

RELAY INFO:

SGA relays are medal events – and all swimmers are encouraged to participate in one or both relay events. Relays will be the final events of the day on Thursday (day session) and Friday, to allow time for deck seeding swimmers who do not have a complete relay team upon arrival at the meet. Relay cards will be available at the seeding area throughout the meet. Relays are gender- specific – not co-ed. Swimmers may participate in only one free and one medley relay event, but may swim in relay for their own age group or swim "up" to fill a team in an event for older swimmers.

DURING THE MEET:

FOOD & SWIM GEAR

There will be food concessions at the pool. Stay tuned for more info!

DECK ACCESS:

To protect our athletes, only swimmers credentialed coaches, SGA volunteers and CYSD staff will be permitted on deck during the meet. Special deck passes will be available to all swimmers in the 500 yard events for their lap counters.

PHOTOGRAPHY & PHONES:

1) Please, **NO FLASH PHOTOGRAPHY on STARTS!!!!!!**

2) We are working on having a professional photographer at the meet, who would photograph all starts and SGA award ceremonies. Stay tuned for more information.

Please turn all cell phones to "silent" or vibrate" during the meet.

SCORING & TIMING ERRORS:

We will post times both on deck and near the spectator area. We depend on our parents to "catch" any errors that we miss. Do not hesitate to let us know if there is a discrepancy of which we should be aware, or if you have questions. **Scoreboard times do not always agree with the official**

times registered by and printed from the computer, so please check the printed results before questioning results. Remember, times are not “official” until the end of the day, and will be posted daily on the SGA web page.

Timing errors *will be corrected* – but rules stipulate that, in a meet using electronic timing, the pad time IS the official time. Stopwatch and plunger times are for back up purposes only . Our judges will be automatically informed by the timing console operator when discrepancies warrant consideration of a mechanical error.

Credentialed coaches and swimmers can report discrepancies or ask questions at the awards table on the pool deck.

Because spectators will have no access to the deck, parents should direct questions to the information table in the hallway leading directly to the pool deck. Also, Sport Leader Brenda Binns will be able to be reached by cell phone during the meet. The number will be posted at the information table. Thank you in advance for assisting us in correcting any errors that may occur!

COMPETITION POLICY:

PROTESTS (From the KSG/SGA Guidelines) – Coaches and Parents please Note!

No protests on judgment calls or rules interpretations are allowed. Any disagreements must be resolved before continuation of play. The referee's decision is final. The only protests allowed are for ineligible players - an older division player participating in a younger division. A younger division player playing in an older division is not cause for protest. The Competition Committee is the final authority on all protests.

* Please note that swimming rules state that competitors must compete in their correct age division for all individual events. Also, disagreements on timing and scoring will be made/finalized before the final results are posted on line at the end of the day – the competition will not be held up while these issues are resolved by the referee and competition committee.

AFTER THE MEET

OPENING CEREMONIES

This is a great part of the SGA tradition, and a memorable experience for the swimmers. We encourage everyone to participate in this, and will end the meet on Friday in time for the trip from York to Hershey.

Athletes will need to be in the staging area at the Giant Center between 5 & 6 PM for the 6 pm START TIME OF THE CEREMONIES.

The last “torch lighter” at a KSG opening ceremony was a swimmer/master swimmer! Becky Binns Netznik, as well as other former KSG and SGA swimmers, will be on hand Wednesday evening and Thursday during the day to greet and welcome swimmers and spectators.



CHECK OUT THE ENTERTAINMENT! Just one reason to be at the Giant Arena on Friday!

http://www.youtube.com/watch?feature=player_embedded&v=CeRg1gvrSE

From York, go west to visit the Gettysburg Battlefield, east to Lancaster (Amish/PA Dutch Country) and Philadelphia, and south to Baltimore (Inner Harbor).

PA VOLUNTEERS ARE STILL NEEDED & ALWAYS WELCOME!!!!

If you have already agreed to volunteer, please email Brenda your T-Shirt size and a contact number to be used during the Games.

We're still looking for timers (newcomers are welcome!), "deck hands" and assistance with registration on Wednesday evening and Thursday morning.

If you have now yet been contacted about volunteering, please email Brenda with your information and what you would like to do. We can only offer complimentary event passes to volunteers who register before the meet – and all volunteers MUST be registered with the SGA to receive event and deck passes.

Please don't hesitate to ask questions!

Prior to the meet we can be reached by email (BBinns1@msn.com) and 570-366-2281.



Swimming Sport Co-Leaders,
Brenda Binns and Janet Cambri

**STATE GAMES
OF AMERICA**
HERSHEY - HARRISBURG, PA



**Past & Future Keystone Games Award Winners
Welcome You to PA!**



Final Order of Events for SGA Swim Meet - Aug 1 & 2, 2013, York, PA - Rev., July 2

| Event Numbers | | Age Divisions | Distance | Stroke | Event Numbers | | Age Divisions | Distance | Stroke |
|--|------------|---------------|----------|------------|---|------------|---------------|----------|--------------|
| Thursday Morning Session - Warm-Ups at 9, Meet at 10 | | | | | Thursday Evening Session - Warm-Ups at 6, Meet at 7 | | | | |
| 1,2 | Girls/Boys | 8&U | 50 Yard | Free | 61,62 | Girls/Boys | 8&U | 50 Yard | Back |
| 3,4 | Girls/Boys | 9&10 | 50 Yard | Free | 63,64 | Girls/Boys | 9&10 | 100 Yard | Back |
| 5,6 | Girls/Boys | 11&12 | 50 Yard | Free | 65,66 | Girls/Boys | 11&12 | 100 Yard | Back |
| 7,8 | Girls/Boys | 13&14 | 50 Yard | Free | 67,68 | Girls/Boys | 13&14 | 200 Yard | Back |
| 9,10 | Girls/Boys | 15&16 | 50 Yard | Free | 69,70 | Girls/Boys | 15&16 | 200 Yard | Back |
| 11,12 | Girls/Boys | 17&18 | 50 Yard | Free | 71,72 | Girls/Boys | 17&18 | 200 Yard | Back |
| 13,14 | Girls/Boys | 8&U | 25 Yard | Fly | 73,74 | Girls/Boys | 11&12 | 500 Yard | Free |
| 15,16 | Girls/Boys | 9&10 | 50 Yard | Fly | 75,76 | Girls/Boys | 13&14 | 500 Yard | Free |
| 17,18 | Girls/Boys | 11&12 | 50 Yard | Fly | 77,78 | Girls/Boys | 15&16 | 500 Yard | Free |
| 19,20 | Girls/Boys | 13&14 | 100 Yard | Fly | 79,80 | Girls/Boys | 17&18 | 500 Yard | Free |
| 21,22 | Girls/Boys | 16&17 | 100 Yard | Fly | Awards | | | | |
| 23,24 | Girls/Boys | 17&18 | 100 Yard | Fly | Friday Morning Session - Warm-Ups at 8, Meet at 9 | | | | |
| Awards Break | | | | | 81,82 | Girls/Boys | 8&U | 25 Yard | Breast |
| 25,26 | Girls/Boys | 8&U | 100 Yard | I.M. | 83,84 | Girls/Boys | 9&10 | 50 Yard | Breast |
| 27,28 | Girls/Boys | 9&10 | 100 Yard | I.M. | 85,86 | Girls/Boys | 11&12 | 50 Yard | Breast |
| 29,30 | Girls/Boys | 11&12 | 100 Yard | I.M. | 87,88 | Girls/Boys | 13&14 | 100 Yard | Breast |
| 31,32 | Girls/Boys | 13&14 | 200 Yard | I.M. | 89,90 | Girls/Boys | 15&16 | 100 Yard | Breast |
| 33,34 | Girls/Boys | 15&16 | 200 Yard | I.M. | 91,92 | Girls/Boys | 17&18 | 100 Yard | Breast |
| 35,36 | Girls/Boys | 17&18 | 200 Yard | I.M. | 93,94 | Girls/Boys | 8&U | 25 Yard | Back |
| 37,38 | Girls/Boys | 8&U | 100 Yard | Free | 95,96 | Girls/Boys | 9&10 | 50 Yard | Back |
| 39,40 | Girls/Boys | 9&10 | 100 Yard | Free | 97,98 | Girls/Boys | 11&12 | 50 Yard | Back |
| 41,42 | Girls/Boys | 11&12 | 100 Yard | Free | 99,100 | Girls/Boys | 13&14 | 100 Yard | Back |
| 43,44 | Girls/Boys | 13&14 | 100 Yard | Free | 101,102 | Girls/Boys | 15&16 | 100 Yard | Back |
| 45,46 | Girls/Boys | 15&16 | 100 Yard | Free | 103,104 | Girls/Boys | 17&18 | 100 Yard | Back |
| 47,48 | Girls/Boys | 17&18 | 100 Yard | Free | Awards Break | | | | |
| Awards Break | | | | | 105,106 | Girls/Boys | 8&U | 25 Yard | Free |
| 49,50 | Girls/Boys | 8&U | 100 Yard | Free Relay | 107,108 | Girls/Boys | 9&10 | 200 Yard | Free |
| 51,52 | Girls/Boys | 9&10 | 200 Yard | Free Relay | 109,110 | Girls/Boys | 11&12 | 200 Yard | Free |
| 53,54 | Girls/Boys | 11&12 | 200 Yard | Free Relay | 111,112 | Girls/Boys | 13&14 | 200 Yard | Free |
| 55,56 | Girls/Boys | 13&14 | 200 Yard | Free Relay | 113,114 | Girls/Boys | 15&16 | 200 Yard | Free |
| 57,58 | Girls/Boys | 15&16 | 200 Yard | Free Relay | 115,116 | Girls/Boys | 17&18 | 200 Yard | Free |
| 59,60 | Girls/Boys | 17&18 | 200 Yard | Free Relay | 117,118 | Girls/Boys | 8&U | 100 Yard | Medley Relay |
| Awards | | | | | 119,120 | Girls/Boys | 9&10 | 200 Yard | Medley Relay |
| Please note that the session start times are earlier than originally posted on line. | | | | | 121,122 | Girls/Boys | 11&12 | 200 Yard | Medley Relay |
| | | | | | 123,124 | Girls/Boys | 13&14 | 200 Yard | Medley Relay |
| | | | | | 125,126 | Girls/Boys | 15&16 | 200 Yard | Medley Relay |
| | | | | | 127,128 | Girls/Boys | 17&18 | 200 Yard | Medley Relay |
| | | | | | Awards | | | | |

The Thursday events have been reordered slightly from the on-line listing to add the Free Relays, and allow for breaks for our volunteers as well as the swimmers. Friday's session will begin 1 hour earlier than Thursday due to the unprecedented number of registrations and the need to conclude the meet in time for all athletes and staff to participate in the State Games Opening Ceremonies .