

~ 2009 ~
Mount Joy Lions Swim Team
Invitational Information

In an effort to have each Mount Joy Lions Swim Team (“MJST”) member and their family informed about all invitational swim meets, this packet has been prepared with information on the date, time, location and list of events for all invitational meets, as well as the deadline and fee for entry. Those of you new to swimming may have questions regarding the four different types of meets in which MJST participates (Dual, Invitational, Divisionals, All Leagues):

- **DUAL MEET** -- A meet between two teams. These meets are scheduled by the Lancaster County Summer Swim League, and we participate in 5 dual meets during the season. These meets are scored, and the results of these meets will determine the winner of each of the four divisions in the League. Mount Joy swims in Division I. **All swimmers are expected to swim in these meets unless they have informed the coaches at least 24 hours prior to the meet.** There will be a “SIGN-OFF” sheet posted at the pool on the swim team bulletin board to sign if your swimmer cannot attend. There are no entry or admission fees charged for dual meets.
- **INVITATIONALS** – In addition to the 5 regular dual meets mentioned above, many teams in the county host “invitationals.” As the name implies, these are by invitation. Some are strictly relay events, while others are individual events. Various teams throughout the county participate in these meets, and it is an excellent opportunity for your swimmer(s) to swim against other swimmers throughout the county. MJST coaches encourage swimming in as many of these events as you can for the exposure and the experience (these meets are not required). **There is a nominal fee, per event, for swimming at an invitational, and usually an admission fee is charged for spectators.** At the time of registration, funds were collected (if you chose to do so) for an escrow account from which the invitational entry fees will be paid. If you exceed the amount placed in escrow, you will receive an invoice before Divisionals to pay whatever balance you may owe over and above the escrow paid. There will be a “SIGN-UP” sheet posted at the pool on the swim team bulletin board to sign if your swimmer would like to participate (see next page “How to Sign Up for Invitationals”).
- **DIVISIONALS** -- At the end of the season, this is the swim meet where all of the teams from each Division participate in a meet with other teams from their own division (for example, Mount Joy will swim against all teams in Division I). Once again, all swimmers are expected to participate in this meet, as it is comparable to the “play-offs” in other sporting events. This year’s Divisional meet will be held at Woodridge in Lititz, on Saturday, July 18, and further details will come later in the season.

- **ALL LEAGUES** -- The weekend immediately following Divisionals is the All Leagues meet, where all Lancaster County teams from all four divisions participate (yes, this is a big and important meet). Swimmers will need a qualifying time to participate in Saturday's individual events. All Leagues will be held at Overlook on Friday evening July 24 (relays only; no qualifying times needed) and Saturday July 25 (individual events; qualifying times needed). Further information about the meet and qualifying times will come later in the season. We hope to see as many swimmers as possible from MJST swim in this meet!

RELAY INFORMATION (for invitationals) -- Coaches will make up all relays based on swimmers who have signed up. If only 2 or 3 swimmers in an age group sign up, the coaches will make phone calls in an attempt to put together a relay (4 swimmers). **VERY IMPORTANT:** Please notify a coach as soon as possible if you are unexpectedly unable to swim in a relay you signed up for (due to illness, injury, or whatever). The coaches can then notify other relay team members to avoid unnecessary travel. And, it may be possible to find an alternate swimmer if enough notice is given. Your cooperation with this is extremely important.

Contact for Coach Brandi: 413-9016

Contact for Coach Chad: 283-7949

Contact for Coach Sarah: 484-574-2212

HOW TO SIGN UP FOR INVITATIONALS

1. Folders for each of the first 4 invitationals will be at the indoor E-Town College practices. (All other invitational sign-ups will be posted on the swim team board at the outdoor pool.) On the outside of the folder will be written: **(a)** the name/date of the invitational; **(b)** deadline for signing up; **(c)** how many events you are allowed to swim; and **(d)** request for timers for the meet. Inside the folder will be two groups of papers: 1 for girls; 1 for boys.
2. Find the group of papers you need (boy, girl, or maybe both), and look down the left side of the page to find your child's name. Then follow the line across to see the list of events for which your child is eligible to swim.
3. Circle the event number/name for which your child is signing up, keeping in mind how many events you are allowed to swim.

(Note: The times shown on the sign-up sheet may not be your swimmer's best time, because these times come from only the summer Mount Joy meets (not EAC, LAC, Trident, or wherever your child swam over the winter). ***If you want your swimmer entered with his/her best time, you may cross out the incorrect time and write in the correct time.***

4. E-mails will be sent: (a) to announce when a sign-up sheet for an invitational has been posted; (b) to remind you of the sign-up deadline; and (c) to confirm that you have signed up for an invitational (just in case kids would sign up on their own and not tell their parents). **Please check your e-mail**, as it will be a very important means of communication during the swim season.

5. Alternate arrangements for sign-ups: If you cannot get to the pool to sign up your child, please call (or e-mail) Shelby Nelson at 653-6800, 471-1635, sjnelson@paonline.com. She will take your entries and mark them on the sheets at the pool for you. All of the events and event numbers are listed on the following pages for your convenience. ***(It is your responsibility to contact Shelby by the deadline date if you wish to sign up and cannot get to the pool to do so.)***

The following pages give detailed information about each invitational in which MJST will participate. If you have questions about anything in this packet, please call or e-mail Shelby Nelson at the above numbers. We hope this information is helpful to you.

GOOD LUCK TO ALL SWIMMERS!!!

Go to

www.mountjoyswimteam.org

for complete meet schedule, pool directions,
& invitational information packet

**2009 Lightning Summer Splash Mini-Meet
(replaces the Golden Meadows Mini-Meet)
For Swimmers 10 & Under (as of June 1, 2009)**

When: Saturday, June 6, 2009

Where: Lancaster Family YMCA
572 N. Queen St., Lancaster, PA 17603

Time: Warm-Ups: 7:55 to 8:15 AM, Lane 5; Meet begins: 9:00 AM

Fee: \$3.00 per event; swimmer may swim all strokes within age category
Heat sheet: \$3.00; no admission fee; concession stand is available in gym

Special note: Although this meet comes close to the end of the school year, allowing little practice time, your participation is encouraged. It is open to all swimmers age 10 and under *regardless of their ability*. Tootsie roll pops will be awarded to every heat winner, and ribbons will be awarded 1st through 18th place. This meet is a great kick-off for the summer swim season!!

Events:

Girl's Event #	Event	Boy's Event #
1	10 yr old 25 free	2
3	9 yr old 25 free	4
5	8 yr old 25 free	6
7	7 yr old 25 free	8
9	6 & under 25 free	10
11	10 yr old 25 back	12
13	9 yr old 25 back	14
15	8 yr old 25 back	16
17	7 yr old 25 back	18
19	6 & under 25 back	20
21	10 yr old 25 breast	22
23	9 yr old 25 breast	24
25	8 yr old 25 breast	26
27	7 & under 25 breast	28
29	10 y old 25 fly	30
31	9 yr old 25 fly	32
33	8 yr old 25 fly	34
35	7 & under 25 fly	36

**(Timer needed entire meet to cover Lane 6;
multiple people may switch any time)**

DEADLINE FOR ENTRY: FRIDAY, MAY 22

2009 OVERLOOK RELAYS

When: Thursday, June 11, 2009

Where: Overlook Swimming Pool, Lititz Pike (Route 501), Lancaster

Time: Warm-ups begin 5:00 PM
Meet starts @ 6:00 PM

Fee: \$6.00 per relay (\$1.50 per swimmer); swimmer may swim all events in age group
Heat sheet: \$2.00; Admission: \$3.00 (adults)

Events:

1. Girls 8 & Under 100M Free Relay
2. Boys 8 & Under 100M Free Relay
3. Girls 10 & Under 100M Free Relay
4. Boys 10 & Under 100M Free Relay
5. Girls 12 & Under 200M Free Relay
6. Boys 12 & Under 200M Free Relay
7. Girls 14 & Under 200M Free Relay
8. Boys 14 & Under 200M Free Relay
9. Girls Open 200M Free Relay
10. Boys Open 200M Free Relay
11. 8 & Under Mixed 100M Free Relay**
12. 10 & Under Mixed 100M Free Relay**
13. 12 & Under Mixed 200M Free Relay**
14. 14 & Under Mixed 200M Free Relay**
15. Open Mixed 200M Free Relay**
16. Girls 8 & Under 100M Medley Relay
17. Boys 8 & Under 100M Medley Relay
18. Girls 10 & Under 100M Medley Relay
19. Boys 10 & Under 100M Medley Relay
20. Girls 12 & Under 100M Medley Relay
21. Boys 12 & Under 100M Medley Relay
22. Girls 14 & Under 200M Medley Relay
23. Boys 14 & Under 200M Medley Relay
24. Girls Open 200M Medley Relay
25. Boys Open 200M Medley Relay
26. Mama's 100M Free Relay
27. Papa's 100M Free Relay
28. Coach's 100M Free Relay

Two boys and two girls

(Need to supply 1 timer)

DEADLINE FOR ENTRY: THURSDAY, MAY 28

2009 WOODRIDGE SUMMER SWIM CLASSIC

When: Saturday, June 13, 2009

Where: Woodridge Swim Club, 50 W. 7th St., Lititz

Time: Warm-ups: 7:45 AM; Meet begins: 9:00 AM

Fee: \$2.00 per event; Admission \$3.00; Heat sheet \$1.00
Swimmers may enter **THREE** individual events, plus the IM as a 4th event.

Events:

1. Girls 12 & under 100M Individual Medley
2. Boys 12 & under 100M Individual Medley
3. Girls 17 & under 100M Individual Medley
4. Boys 17 & under 100M Individual Medley
5. Girls 8 & under 25M Free
6. Boys 8 & under 25M Free
7. Girls 10 & under 25M Free
8. Boys 10 & under 25M Free
9. Girls 12 & under 50M Free
10. Boys 12 & under 50M Free
11. Girls 14 & under 50M Free
12. Boys 14 & under 50M Free
13. Girls 17 & under 50M Free
14. Boys 17 & under 50M Free
15. Girls 8 & under 25M Back
16. Boys 8 & under 25M Back
17. Girls 10 & under 25M Back
18. Boys 10 & under 25M Back
19. Girls 12 & under 50M Back
20. Boys 12 & under 50M Back
21. Girls 14 & under 50M Back
22. Boys 14 & under 50M Back
23. Girls 17 & under 50M Back
24. Boys 17 & under 50M Back
25. Girls 8 & under 25M Breast
26. Boys 8 & under 25M Breast
27. Girls 10 & under 25M Breast
28. Boys 10 & under 25M Breast
29. Girls 12 & under 50M Breast
30. Boys 12 & under 50M Breast
31. Girls 14 & under 50M Breast
32. Boys 14 & under 50M Breast
33. Girls 17 & under 50M Breast
34. Boys 17 & under 50M Breast

(Over for more events)

(Woodridge events continued)

- 35. Girls 8 & under 25M Fly
- 36. Boys 8 & under 25M Fly
- 37. Girls 10 & under 25M Fly
- 38. Boys 10 & under 25M Fly
- 39. Girls 12 & under 50M Fly
- 40. Boys 12 & under 50M Fly
- 41. Girls 14 & under 50M Fly
- 42. Boys 14 & under 50M Fly
- 43. Girls 17 & under 50M Fly
- 44. Boys 17 & under 50M Fly

(Need to supply 3 timers)

DEADLINE FOR ENTRY: MONDAY, JUNE 1

42ND ANNUAL EPHRATA RELAY CARNIVAL

When: Saturday, June 20, 2009

Where: Ephrata Community Swim Pool

Time: Warm-ups begin @ 7:45 AM (our team will be notified of the exact time after all entries are received.)

Meet begins @ 9:00 AM

Admission: \$3.00; Heat Sheets: \$2.00

Fee: \$12.00/relay (\$3.00/swimmer); swimmers may enter all events in their age group

Events:

1. Girls 8 & Under 100M Free Relay
2. Boys 8 & Under 100M Free Relay
3. Girls 10 & Under 100M Free Relay
4. Boys 10 & Under 100M Free Relay
5. Girls 12 & Under 200M Free Relay
6. Boys 12 & Under 200M Free Relay
7. Girls 14 & Under 200M Free Relay
8. Boys 14 & Under 200M Free Relay
9. Girls Open 200M Free Relay
10. Boys Open 200M Free Relay
11. Girls 8 & Under 100M Back Relay
12. Boys 8 & Under 100M Back Relay
13. Girls 10 & Under 100M Back Relay
14. Boys 10 & Under 100M Back Relay
15. Girls 12 & Under 200M Back Relay
16. Boys 12 & Under 200M Back Relay
17. Girls 14 & Under 200M Back Relay
18. Boys 14 & Under 200M Back Relay
19. Girls Open 200M Back Relay
20. Boys Open 200M Back Relay
21. Mama's 100M Free Relay
22. Papa's 100 M Free Relay
23. Girls 8 & Under 100M Breast Relay
24. Boys 8 & Under 100M Breast Relay
25. Girls 10 & Under 100M Breast Relay
26. Boys 10 & Under 100M Breast Relay

(Over for more events)

(Ephrata Relay events continued)

27. Girls 12 & Under 200M Breast Relay
28. Boys 12 & Under 200M Breast Relay
29. Girls 14 & Under 200M Breast Relay
30. Boys 14 & Under 200M Breast Relay
31. Girls Open 200M Breast Relay
32. Boys Open 200M Breast Relay
33. Girls 8 & Under 100M Medley Relay
34. Boys 8 & Under 100M Medley Relay
35. Girls 10 & Under 100M Medley Relay
36. Boys 10 & Under 100M Medley Relay
37. Girls 12 & Under 200M Medley Relay
38. Boys 12 & Under 200M Medley Relay
39. Girls 14 & Under 200M Medley Relay
40. Boys 14 & Under 200M Medley Relay
41. Girls Open 200M Medley Relay
42. Boys Open 200M Medley Relay

(Need 2 timers: 1 for morning & 1 for afternoon)

DEADLINE FOR ENTRY: WEDNESDAY, JUNE 3

~2009~
29th ANNUAL WILLOWOOD INVITATIONAL

When: Wednesday, July 8 (raindate, Thurs. July 9)

Where: Willowood Swim Club
West Bainbridge Street, Elizabethtown, PA 17022

Time: Warm-ups: 3:30 p.m.; Meet begins: 5:00 p.m.

Fees: \$2.50 per individual event
Swimmers may enter **THREE** indiv. events, plus the IM

Events:

1. Girls 9-10 100 meter IM
2. Boys 9-10 100 meter IM
3. Girls 11-12 100 meter IM
4. Boys 11-12 100 meter IM
5. Girls 13-14 100 meter IM
6. Boys 13-14 100 meter IM
7. Girls 15-18 100 meter IM
8. Boys 15-18 100 meter IM
9. Girls 8 & under 25 meter Free
10. Boys 8 & under 25 meter Free
11. Girls 9-10 50 meter Free
12. Boys 9-10 50 meter Free
13. Girls 11-12 50 meter Free
14. Boys 11-12 50 meter Free
15. Girls 13-14 50 meter Free
16. Boys 13-14 50 meter Free
17. Girls 15-18 50 meter Free
18. Boys 15-18 50 meter Free
19. Girls 8 & under 25 meter Back
20. Boys 8 & under 25 meter Back
21. Girls 9-10 50 meter Back
22. Boys 9-10 50 meter Back
23. Girls 11-12 50 meter Back
24. Boys 11-12 50 meter Back
25. Girls 13-14 50 meter Back
26. Boys 13-14 50 meter Back
27. Girls 15-18 50 meter Back
28. Boys 15-18 50 meter Back

(over for more events)

(Willowood events continued)

29. Girls 9-10 100 meter Free
30. Boys 9-10 100 meter Free
31. Girls 11-12 100 meter Free
32. Boys 11-12 100 meter Free
33. Girls 13-14 100 meter Free
34. Boys 13-14 100 meter Free
35. Girls 15-18 100 meter Free
36. Boys 15-18 100 meter Free
37. Girls 8 & under 25 meter Breast
38. Boys 8 & under 25 meter Breast
39. Girls 9-10 50 meter Breast
40. Boys 9-10 50 meter Breast
41. Girls 11-12 50 meter Breast
42. Boys 11-12 50 meter Breast
43. Girls 13-14 50 meter Breast
44. Boys 13-14 50 meter Breast
45. Girls 15-18 50 meter Breast
46. Boys 15-18 50 meter Breast
47. Girls 8 & under 25 meter Fly
48. Boys 8 & under 25 meter Fly
49. Girls 9-10 50 meter Fly
50. Boys 9-10 50 meter Fly
51. Girls 11-12 50 meter Fly
52. Boys 11-12 50 meter Fly
53. Girls 13-14 50 meter Fly
54. Boys 13-14 50 meter Fly
55. Girls 15-18 50 meter Fly
56. Boys 15-18 50 meter Fly

DEADLINE FOR ENTRY: TUESDAY, JUNE 23

2009
SEVENTH ANNUAL FAST AND FURIOUS
MANHEIM INVITATIONAL SWIM MEET

When: Saturday, July 11, 2009 (Rain Date: Sunday, July 12)

Where: Manheim Community Pool

Time: Saturday AM session: Warm-ups @ 7:00 AM. Meet begins @ 8:00 AM
Saturday PM session: Warm-ups @ 12:00 PM Meet begins @ 1:00 PM

Fees: \$2.50 per individual event; \$10.00 per relay event
Swimmers may enter **THREE** individual events and **ONE** relay.
Heat sheet: \$3.00 (both sessions); Admission: \$3.00 (all day) (12&u free)

Events: AM Session (1-29):

1. Open Coed 200 Free Relay
2. 13-14 Coed 200 Free Relay
3. 11-12 Coed 200 Free Relay
4. Open Women's 50 Fly
5. Open Men's 50 Fly
6. 13-14 Women's 50 Fly
7. 13-14 Men's 50 Fly
8. 11-12 Women's 50 Fly
9. 11-12 Men's 50 Fly
10. Open Women's 50 Back
11. Open Men's 50 Back
12. 13-14 Women's 50 Back
13. 13-14 Men's 50 Back
14. 11-12 Women's 50 Back
15. 11-12 Men's 50 Back
16. Senior Women's 100 Individual Medley
17. Senior Men's 100 Individual Medley
18. Open Women's 50 Breast
19. Open Men's 50 Breast
20. 13-14 Women's 50 Breast
21. 13-14 Men's 50 Breast
22. 11-12 Women's 50 Breast
23. 11-12 Men's 50 Breast
24. Open Women's 25 Free
(includes non-roster "Master Swimmers")
25. Open Men's 25 Free
(includes non-roster "Master Swimmers")
26. 13-14 Women's 25 Free
27. 13-14 Men's 25 Free
28. 11-12 Women's 25 Free
29. 11-12 Men's 25 Free

(Over for PM SESSION events)

(Manheim events continued)

Events: PM SESSION (30-51):

30.9-10 Coed 100 Free Relay
31.8 & Under Coed 100 Free Relay
32.10 & Under Women's 100 Individual Medley
33.10 & Under Men's 100 Individual Medley
34.9-10 Women's 25 Fly
35.9-10 Men's 25 Fly
36.8-U Women's 25 Fly
37.8-U Men's 25 Fly
38.9-10 Women's 25 Back
39.9-10 Men's 25 Back
40.8 & U Women's 25 Back
41.8 & U Men's 25 Back
42.10 & U Women's 50 Free
43.10 & U Men's 50 Free
44.9-10 Women's 25 Breast
45.9-10 Men's 25 Breast
46.8 & U Women's 25 Breast
47.8 & U Men's 25 Breast
48.9-10 Women's 25 Free
49.9-10 Men's 25 Free
50.8 & U Women's 25 Free
51.8 & U Men's 25 Free

(Need two timers: 1 for morning & 1 for afternoon)

DEADLINE FOR ENTRY: THURSDAY, JUNE 11