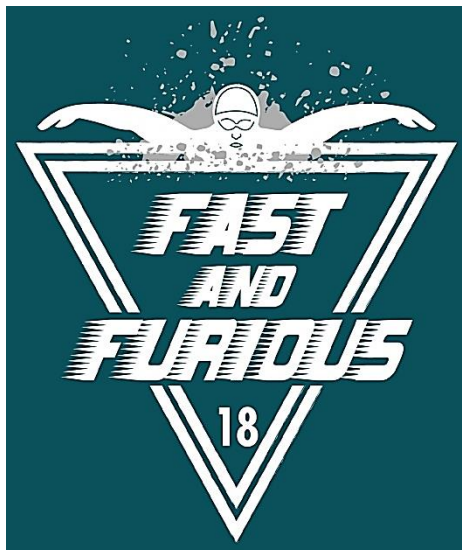


June 6, 2018

To all coaches and team representatives:

The Manheim Summer Swim Team will be hosting our 16th Annual Fast and Furious Invitational Meet on Saturday, July 14, 2018.



This meet offers your swimmers a chance to swim different events that they usually aren't able to swim during the summer swim season: co-ed relays, the 100 IM and our keynote event – the 25 Freestyle! We offer this sprint event to ALL swimmers, including non-rostered college students, coaches, parents, and master swimmers.

Here is your chance to prove it in the pool! The 25 freestyle event continues to create a lot of buzz as friends (and some friendly rivals, no doubt) duel it out in the pool. We will swim all of the older swimmers (ages 15 and up) together, but will score the participants separately (Opens and Masters).

The meet information is attached detailing the events, fees, and entry requirements. As a reminder, this meet is run in split sessions. If you have questions, please contact John Mentzer at 717-278-7906 or email Johnmentzer@lancasterfoundrysupply.com. You can also contact Curt Galbreath at 717-665-6950 or cgalbrea@fandm.edu

The Manheim Summer Swim Team looks forward to seeing you throughout the season and at this year's Fast and Furious Invitational.

Sincerely,

John Mentzer
Fast & Furious Meet Director

Curt Galbreath
Fast and Furious Meet Co-Director

MANHEIM SUMMER SWIM TEAM
FAST AND FURIOUS 2018
INVITATIONAL



Date: Saturday July 14, 2018
Rain Date: Sunday July 15, 2018
Location: Manheim Community Pool

- General Rules:**
1. 2018 USS Rules and Current League Rules
 2. Each swimmer may swim up to three (3) individual events and one (1) relay.
 3. Teams may have unlimited entries in individual events, but may only submit three (3) relay teams per event.
 4. The relays will be a mixed gender event; at least two (2) swimmers per relay must be female. There is no requirement that a male be included on the relay.
 5. All alternates for relays must be listed on the entry sheet.
 6. All afternoon relays will have in-water starts at the shallow end of the pool.

Entries: **Electronic:** Electronic entries should be submitted via Hy-Tek Team Manager file. Paper Entry Master Lists are not required with electronic submissions.

Paper Forms: Each entry must be submitted on the master list provided. Please provide first name, last name, middle initial, and birth date. Submit entry time to the hundredth. All Team Entries require a completed Team Entry Summary. No post entries or changes will be accepted.

Fees: **\$3.00 per entry; \$12.00 per relay.** Entry fees must accompany entry sheets and are non-refundable. Make checks payable to **Manheim Swim Team.**

Deadline: **Entries must be received by 8:00 PM Friday June 29, 2018.**

Email entries to: johnmentzer@lancasterfoundrysupply.com

or Mail to: John Mentzer
485 Charles Drive
Manheim, PA 17545

All entries are final. Questions about entries will be accepted only from the Team Coach or Parent Representative listed on the entry sheet.

Event Schedule: Free Relay, Butterfly, Backstroke, Individual Medley, Breaststroke, Freestyle. All swimmers 11 and older will swim in the morning session; Swimmers 10 and younger will swim in the afternoon session.

Starting Times: Saturday AM Session: Warm-ups at 7:00 AM
Meet begins at 8:00 AM

Saturday PM Session: Warm-ups at 12:00 PM
Meet begins at 1:00 PM

Awards: Order of placing will be determined by results from the electronic timing results. Watch times and referee results will be provided as back-up.

Events will be awarded as follows:

- Individual events: Medals 1 thru 3, Ribbons 4 thru 8;
- Relay events: Rosettes 1 thru 3, Ribbons 4 thru 8.
- Heat winner ribbons will be awarded to the 10 & Under age group individual events.

Admission: **\$3.00 per person** admission covers all day Saturday.
Children under 12, accompanied by an adult admitted free.
Heat sheet \$4.00 which includes both sessions.

Officials: Participating teams must provide at least one timer for each session.

T-Shirt Orders: T shirts may be ordered in advance as a team with the attached order form; or purchased at the event.

Other Info: All team tents should be pitched outside the pool fence behind the pool by the creek. No tents may be erected prior to 6:00 PM on the Friday before the meet. We ask that each team please police and clean up their area after the meet. The Manheim Swim Team will not be held responsible for equipment left at the site overnight.

All coaches, swimmers, and spectators should avoid parking in any posted **NO PARKING** areas. Cars will be ticketed for violations.

Entries will not be accepted without the following:

- Team Entry Summary
- Entry Fees

Warm-up schedule will follow at a later date and be determined by number of and sizes of teams attending.

All Questions: Can be directed to John Mentzer or Curt Galbreath

John: 717-278-7906 / johnmentzer@lancasterfoundrysupply.com

Curt: 717-808-7900 / cgalbreath@fandm.edu





Manheim Summer Swim Team Invitational 2018

Saturday, July 14, 2018

16th Annual Fast and Furious Invitational

TEAM ENTRY SUMMARY

Team: _____

Head Coach: _____

Total Number of Coaches Attending From Team: _____

Phone Number: _____

E-mail: _____

Parent Representative: _____

Phone Number: _____

E-mail: _____

Number of individual entries _____ @ \$ 3.00 each = _____

Number of relay entries _____ @ \$12.00 each = _____

Entry Fee Total = _____

Entries must be received by 8:00 PM Friday June 29, 2018

Please email entries to johnmentzer@lancasterfoundrysupply.com or mail

to John Mentzer, 485 Charles Drive, Manheim, PA 17545 . All entries are final. Questions about entries will be accepted only from the Team Coach or Parent Representative listed on the entry sheet.

Manheim Summer Swim Team Invitational 2018

Saturday, July 14, 2018



Meet Format

Morning Session	Afternoon Session
7:00am Warm-up/8:00am Meet Start	12:00pm Warm-up
Event Number	
1. Open Coed 200 Free Relay	34. 9-10 Coed 100 Free Relay
2. 13-14 Coed 200 Free Relay	35. 8 & Under Coed 100 Free Relay
3. 11-12 Coed 200 Free Relay	36. 10 & Under Women's 100 Free Individual Medley
4. Open Women's 50 fly	37. 10 & Under Men's 100 Free Individual Medley
5. Open Men's 50 Fly	38. 9-10 Women's 25 Fly
6. 13-14 Women's 50 Fly	39. 9-10 Men's 25 Fly
7. 13-14 Men's 50 Fly	40. 8 & Under Women's 25 Fly
8. 11-12 Women's 50 Fly	41. 8 & Under Men's 25 Fly
9. 11-12 Men's 50 Fly	42. 9-10 Women's 25 Back
10. Open Women's 50 Back	43. 9-10 Men's 25 Back
11. Open Men's 50 Back	44. 8 & Under Women's 25 Back
12. 13-14 Women's 50 Back	45. 8 & Under Men's 25 Back
13. 13-14 Men's 50 Back	46. 9-10 Women's 25 Breast
14. 11-12 Women's 50 Back	47. 9-10 Men's 25 Breast
15. 11-12 Men's 50 Back	48. 8 & Under Women's 25 Breast
16. Open Women's 100 Individual Medley	49. 8 & Under Men's 25 Breast
17. Open Men's 100 Individual Medley	50. 9-10 Women's 25 Free
18. 13-14 Women's 100 Individual Medley	51. 9-10 Men's 25 Free
19. 13-14 Men's 100 Individual Medley	52. 8 & Under Women's 25 Free
20. 11-12 Women's 100 Individual Medley	53. 8 & Under Men's 25 Free
21. 11-12 Men's 100 Individual Medley	
22. Open Women's 50 Breast	
23. Open Men's 50 Breast	
24. 13-14 Men's 50 Breast	
25. 11-12 Women's 50 Breast	
26. 11-12 Men's 50 Breast	
27. Open Women's 25 Free (includes non-roster "Master Swimmers")	
28. Open Men's 25 Free (includes non-roster "Master Swimmers")	

29.	13-14 Women's 25 Free
30.	13-14 Men's 25 Free
31.	11-12 Women's 25 Free
32.	11-12 Men's 25 Free