



Valley Points Family YMCA Stingray Swim Team

New Kensington Branch



Valley Points Family YMCA Last Chance Invitational Saturday, February 18, 2012

- WHERE:** Valley High School Pool
703 Stevenson Boulevard
New Kensington, PA 15068
- WHEN:** Saturday, February 18, 2012
We are returning to having the meet as 1 session.
- FACILITIES:** 6 lane, 25 yard pool with spectator seating.
Colorado Timing System will be used.
- WARM-UPS:** Times will be announced based on entries.
Warm ups will begin at 9am
- AGE:** Age is as of December 1, 2011
- COACHES:** There will be no scratch meeting. All coaches need to report to the computer room with scratches A.S.A.P. on the day of the meet. They also may be emailed Friday February 17 and must be received prior to 8PM.
- NUMBER OF ENTRIES:** There will be no restrictions on how many events in which a swimmer can participate.
We reserve the right to combine events to speed up the meet.
- ENTRY FEES:** **\$3.50** per individual event and **\$14.00** per team relay.
There are time trial events at the conclusion of the meet if a swimmer misses the district time and wants one LAST shot. The entry fee for the time trials is \$10 and must be declared and paid prior to the relays being swum at the end of the meet.
Entry fees must be paid with one team or a YMCA check made payable to: "Valley Points Family YMCA Swim Team." **No personal checks will be accepted.**
- ENTRY DEADLINE:** All entries must be submitted via email or on CD. There will be a \$25.00 fee charged for any entries not submitted via email or on CD. All meet results will be emailed back to the original sender. Entries must be received no later than 9:00 PM on Wednesday, February 8, 2011. **NO EXCEPTIONS.** Any entries received after that will be treated as deck entries and will be placed in empty lanes **IF AVAILABLE. NO RESEEDING OR ADDING OF HEATS WILL OCCUR FOR DECK ENTRIES.** Confirmation of entries will be emailed back as soon as the entries are in Meet Manager. Deck entries will be accepted at \$7.00 per event and \$28.00 per relay based on availability of lanes.
- RELAYS:** All relays this year are single age, single sex due to the nature of this being the Last Chance for relays to qualify for Districts.
- MAIL ENTRY PAYMENT:** **Amy Pastor**
632 Myers Drive
New Kensington, PA 15068
- EMAIL TM ENTRIES:** **Rick Stover**
nkystingraycoach@comcast.net
- AWARDS:** **Individual Events:** 1st thru 9th place
Relays: 1st thru 3rd place
Heat Ribbons will be awarded to all individual heat winners.
Team Awards: 1st thru 3rd place
Only one designated team representative to pick up awards from each team.
- LODGING:** Clarion Inn, New Kensington (724) 335-9171
- CONCESSIONS:** A full breakfast and lunch menu will be available. Swim apparel vendor available.

Dear Coaches,



Valley Points Family YMCA Stingray Swim Team

New Kensington Branch



There are a few things which we wanted to highlight for our Last Chance Invitational. Please make this information available to your parents and swimmers.

- 1. Official volunteers are welcome. If you have an official that needs another meet to allow them to move up a level we will always accept the help.**
2. Chairs are permitted as long as a towel or blanket is under the chair to protect the gym floor.
3. We will have a well stocked concession stand. If anyone brings anything with them, they are welcome to go to the concession stand area to eat.
4. Because we offer Deck Entries, it is important for us to know about any scratches as soon as possible. Scratches may be emailed before the day of the meet.
5. Even if you have no scratches, please stop in the computer room to let us know that.
6. Deck entries will be taken on a first come basis. They will be based on the availability of lanes. We will not be reseeding the event or adding heats.
7. An Open 500 Freestyle event has been added to allow participants a "Last Chance" to qualify for districts.

We hope this information will help to make the day run more smoothly. Any questions about the Last Chance Invitational please email Coach Rick at nkystingraycoach@comcast.net.

Thank You,

Rick Stover
Head Coach
Valley Points Family YMCA Stingrays
Last Chance Invitational



Valley Points Family YMCA Stingray Swim Team

New Kensington Branch



Directions to New Kensington Last Chance Invitational at Valley High School Pool

The address for GPS use is:

Valley High School
703 Stevenson Boulevard
New Kensington, PA 15068

From Route 28:

From Pittsburgh – Exit #14 (Bear right at end of ramp to Tarentum).
From Kittanning – Exit #14 (turn left at end of ramp to Tarentum).
Straight thru 2 lights to cross Tarentum Bridge.
Straight thru 3 lights after bridge (Taco Bell will be on right at 3rd light).
Approx. ½ mile approaching overpass, stay in right lane toward New Kensington.
Do not go over the overpass.
Approx. ½ more get in right lane to turn right into Valley High School parking lot.
Walk over one of the 2 bridges then to the right to the last door.

From PA Turnpike:

Take Exit 5 (Allegheny Valley Interchange) off the Turnpike.
After Tollbooth, bear left toward Springdale/Cheswick.
Ramp will exit onto Freeport Rd
Continue 4-5 miles thru both towns. Get in the left lane before the New Ken Bridge
Cross the bridge, at the end of bridge bear right, and get into the left lane.
At the next stop light turn left onto Seventh St. (Alle-Kiski Medical Center).
Go thru 1 stop sign, 1 light, 1 stop sign, cross tracks, and 1 light.
Make a left turn at next light (after passing Rite Aid, track on the left).
Make left turn at next light into Valley High School.
Bear to the right into large Parking lot.
Walk over one of the 2 bridges then to the right to the last door.

From Monroeville:

Travel east on Rt. 22 bear to the right onto Rt. 286.
Follow Rt. 286 about 4-5 miles, and when road divides, you will stay straight onto Rt. 380.
At bottom of hill, exit to right onto Rt. 366 West toward New Kensington.
After approx. 5 miles, as you come into New Kensington.
Bear right at the light at the Sunoco Gas Station.
Go thru the next 2 lights, and then get into the left lane.
Make a left into Valley High School.
Bear to the right into large Parking lot.
Walk over one of the 2 bridges then to the right to the last door.



Valley Points Family YMCA Stingray Swim Team

New Kensington Branch



Valley Points Family YMCA Last Chance Invitational List of Events

GIRLS		BOYS
1	Senior Medley Relay	2
3	Junior Medley Relay	4
5	Prep Medley Relay	6
7	Cadet (10 & Under) Medley Relay	8
9	Senior 200 Freestyle	10
11	Junior 200 Freestyle	12
13	Prep 200 Freestyle	14
15	Cadet (10 & Under) 50 Freestyle	16
17	Prep 50 Freestyle	18
19	Junior 50 Freestyle	20
21	Senior 50 Freestyle	22
23	Cadet (10 & Under) 100 I.M.	24
25	Prep 200 I.M.	26
27	Junior 200 I.M.	28
29	Senior 200 I.M.	30
31	Cadet (10 & Under) 50 Butterfly	32
33	Prep 50 Butterfly	34
35	Junior 100 Butterfly	36
37	Senior 100 Butterfly	38
39	Open 500 Freestyle	39
39	Mixed Open 500 Freestyle	39
40	Cadet (10 & Under) 50 Backstroke	41
42	Prep 50 Backstroke	43
44	Junior 100 Backstroke	45
46	Senior 100 Backstroke	47
48	Cadet (10 & Under) 100 Freestyle	49
50	Prep 100 Freestyle	51
52	Junior 100 Freestyle	53
54	Senior 100 Freestyle	55
56	Cadet (10 & Under) 50 Breaststroke	57
58	Prep 50 Breaststroke	59
60	Junior 100 Breaststroke	61
62	Senior 100 Breaststroke	63
64	Cadet (10 & Under) 200 Freestyle Relay	65
66	Prep 200 Freestyle Relay	67
68	Junior 200 Freestyle Relay	69
70	Senior 400 Freestyle Relay	71
72	50 Freestyle Time Trial (All Ages)	72
73	50 Backstroke Time Trial (All Ages)	73
74	50 Breaststroke Time Trial (All Ages)	74
75	50 Butterfly Time Trial (All Ages)	75
76	100 Freestyle Time Trial (All Ages)	76
77	100 Backstroke Time Trial (All Ages)	77
78	100 Breaststroke Time Trial (All Ages)	78
79	100 Butterfly Time Trial (All Ages)	79
80	200 Freestyle Time Trial (All Ages)	80
81	500 Freestyle Time Trial (All Ages)	81