

**CHANGE FOR 2023 FAST AND FURIOUS INVITATIONAL – THERE WILL BE ONE SESSION. We got feed back last year from a few teams that asked if we could hold our invitational in one session. This would make it easier on families to attend and get us all out earlier in the day!**

**For the 2023 Fast and furious; we will eliminate the second session.**

**All swimmers should report to the swim meet in the morning according to their teams warm up time!**

June 8th, 2023

To all coaches and team representatives:

The Manheim Summer Swim Team will be hosting our 21th Annual Fast and Furious Invitational Meet on Saturday, July 15th, 2023.

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. If you have questions, please contact Eli at 717-413-3108 or manheimswimteam@outlook.com

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

Sincerely,

Eli Bernat

President Manheim Summer Swim Team

**MANHEIM SUMMER SWIM TEAM**

**FAST AND FURIOUS 2023**

**INVITATIONAL**

**Date:** Saturday July 15, 2023

**Rain Date:** Sunday July 16, 2023

**Location:** Manheim Community Pool

**General Rules:** 1. 2023 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:** $4.00 per entry; $16.00 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 Thursday July 6th, 2023.**

Please have all swimmers entered in the meet at this time!!

Email entries to: Manheimswimteam@outlook.com

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: Warm-ups at 7:00 AM

Meet begins at 8:30 AM

**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:** $5.00 per person admission covers all day Saturday.

Children under 12, accompanied by an adult admitted free.

**Officials:** Participating teams must provide at least **two** timer for the session.

**T-Shirt Orders:** Fast and Furious – T-shirts will be available for sale $20



**Concessions: Burgers, Hoagies, and Pizza etc. Water, Gatorade, and Soda**

**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.

**Parking:** All coaches, swimmers, and spectators should avoid parking in any posted N**O 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 Elijah Bernat 717-413-3108 / Manheimswimteam@outlook.com

**Manheim Summer Swim Team**

**20th Annual Fast and Furious Invitational**

**Saturday, July 15, 2023**

**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 @ $ 4.00 each = 

Number of relay entries @ $16.00 each = 

**Entry Fee Total** = 

Entries must be received by 8:00 PM Thursday July 6th, 2023

Please email entries to Manheimswimteam@outlook.com. All entries are final. Questions about entries will be accepted only from the Team Coach or Parent Representative listed on the entry sheet.

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| --- | --- | --- |
| **F&F Event Line up** |  | **100 INDIVIDUAL MEDLEY** |
| **7:30am Warm-up/9:00am Meet Start** |  | 26. Open Women’s 100 Individual Medley |
| **COED RELAYS** |  | 27.  Open Men’s 100 Individual Medley |
| 1.     Open Coed 200 Free Relay |  | 28.  13-14 Women’s 100 Individual Medley |
| 2.     3-14 Coed 200 Free Relay |  | 29.  13-14 Men’s 100 Individual Medley |
| 3.      11-12 Coed 200 Free Relay |  | 30.  11-12 Women’s 100 Individual Medley |
| 4. 9-10 Coed 100 Free Relay |  | 31.  11-12 Men’s 100 Individual Medley |
| 5. 8 & Under Coed 100 Free Relay |  | 32. 10 & Under Women’s 100 individual medley |
|  |  | 33. 10 & Under Men’s 100 individual medley |
| **BUTTERFLY** |  |  |
| 6.     Open Women’s 50 fly |  | **BREAST STROKE** |
| 7.     Open Men’s 50 Fly |  | 34.  Open Women’s 50 Breast |
| 8.     13-14 Women’s 50 Fly |  | 35.  Open Men’s 50 Breast |
| 9.     13-14 Men’s 50 Fly |  | 36.  13-14 Women’s 50 Breast |
| 10. 11-12 Women’s 50 Fly |  | 37.  13-14 Men’s 50 Breast |
| 11.   11-12 Men’s 50 Fly |  | 38.  11-12 Women’s 50 Breast |
| 12. 9-10 Women’s 25 Fly |  | 39.  11-12 Men’s 50 Breast |
| 13. 9-10 Men’s 25 Fly |  | 40. 9-10 Women’s 25 Breast |
| 14. 8 & Under Women’s 25 Fly |  | 41. 9-10 Men’s 25 Breast |
| 15. 8 & Under Men’s 25 Fly |  | 42. 8 & Under Women’s 25 Breast |
|  |  | 43. 8 & Under Men’s 25 Breast |
| **BACKSTROKE** |  |  |
| 16.  Open Women’s 50 Back |  | **25 FREE STYLE - (OPENS SWIM LAST)** |
| 17.  Open Men’s 50 Back |  | 44.  13-14 Women’s 25 Free |
| 18.  13-14 Women’s 50 Back |  | 45.  13-14 Men’s 25 Free |
| 19.  13-14 Men’s 50 Back |  | 46.  11-12 Women’s 25 Free |
| 20.  11-12 Women’s 50 Back |  | 47.  11-12 Men’s 25 Free |
| 21.  11-12 Men’s 50 Back |  | 48. 9-10 Women’s 25 Free |
| 22. 9-10 Women’s 25 Back |  | 49. 9-10 Men’s 25 Free |
| 23. 9-10 Men’s 25 Back |  | 50. 8 & Under Women’s 25 Free |
| 24. 8 & Under Women’s 25 Back |  | 51. 8 & Under Men’s 25 Free  **FIVE MINUTE BREAK BEFORE OPENS START.** |
| 25. 8 & Under Men’s 25 Back  **TIMERS SHOULD SWITCH OUT NOW** |  | 52.  Open Women’s 25 Free |
|  |  | (includes non-roster “Master Swimmers”) |
|  |  | 53.  Open Men’s 25 Free |
|  |  | (includes non-roster “Master Swimmers”) |