

NRG Mini Invitational Meet

Saturday, June 15, 2002

Held Under The Sanction of Middle Atlantic Swimming,
Sanction # 0277M

SITE DIRECTOR: Kathy Williams

SAFETY DIRECTOR: Kathy Trabosh

MEET LOCATION: Neshaminy Middle School, 1200 Langhorne-Newtown Rd, Langhorne, PA 19047

FACILITY: 6 Lane – 25-Yard Pool – Wave Eater Lane Lines – Manual Timing –
Paragon Starting Blocks – 9ft Depth at Starting End – Spectator Seating for 300 –
Parking for 300 Vehicles – Refreshments Available at Concession Stand.

MEET FORMAT: Pre-Seeded – Timed Finals – 1 Session
General Warm-up: 12:30-12:45pm
Sprint Lanes 1& 6: 12:45-12:55pm (Subject to change based on need).
Meet Start Time: 1:00pm

ELIBILITY: Open to all swimmers registered with USA Swimming and will be conducted according to current USA-S rules. Swimmer's age as of day of meet governs age group entry.

RULES: The meet will be conducted according to current USA-S and MA safety regulations.

No Diving in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up.

All relay starts from the **shallow end** of the pool will **start from the water.**

Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes.

Deck access is limited to coaches and officials displaying current and proper USA credentials.

ENTRIES: Swimmers may enter a maximum of **5 Individual** Events and **2 Relays**.

Computer Entries: Entries submitted on a 3.5" disk using Hy-Tek Software is preferred, with a print out of the entries accompanying the disk.

Manual Entries: Submit entries on official entry form, using yard times, legibly printed with current USA registration numbers for each athlete. There will be a \$2.00 per swimmer surcharge for any team with 5 or more swimmers that submit their entries manually.

NRG Swimming reserves the right to limit entries to comply with Middle Atlantic rules and space availability of the facility. Refunds will be given to eliminated swimmers.

Deck entries will be accepted upon discussion with the Meet Director and provided there is lane availability within existing heats. Fees for deck entries will be paid prior to the event(s).

ENTRY FEES: \$2.50 Per Event \$6.00 Per Relay. \$4.00 Per Deck Entry.
\$2.00 Per Swimmer for any team with 5 or more swimmers that does not submit
entries
on disk using Hy-Tek software.

Make check payable to: **NRG Swimming Support Group**
Mail Entries to: **NRG Swimming, 56 Whitewood Drive, Levittown, PA 19057**

ENTRY CLOSE: All entries must be received by **Wednesday, June 5, 2002 @ 6:00pm.**
No post entries will be accepted.

RESULTS: Results will be posted on the
NRG Swimming web site @ (<http://www.NRGswimming.com:10>) and
Middle Atlantic Swimming web site @ (www.maswim.org)
Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that
provides an E-Mail address with their entries.

AWARDS: Individual Events Rosettes 1st through 3rd and Ribbons 4th
through 24th
Relays Ribbons 1st through 3rd
Heat Winner Ribbons

ADMISSION: \$3.00 for program & admission per session.

DIRECTIONS: **From I-95:** Take I-95 to Newtown exit. Take Rt. 332 (towards Newtown) to Rt. 413.
Make a left onto Rt. 413. The school will be the first light about a ½ mile ahead across
from St. Mary's Hospital. Make a right into the school. Park in lot behind the school.
Enter through doors marked pool.

From PA Turnpike: Take the PA Turnpike to (Exit 28 – Phila). Take Rt. 1 North to
Rt. 413. Exit at the Langhorne Rt. 413 exit. Go North on Rt. 413 for 4 lights. School
will be on your left, across from St. Mary's Hospital. Park in lot behind the school.
Enter through doors marked pool.

UNATTACHED & SWIMMERS WITHOUT THEIR COACH:
An NRG coach will supervise swimmers unaccompanied by their team coach. Please
report to the Meet Director on deck when you arrive.

OFFICIALS: All USA Certified Officials and Trainees are invited to work the meet. Please contact
the NRG Office at 215-945-9091 or NRG's Head Official, Dale Carmody at 215-968-
6036.

INQUIRIES: Questions should be referred to Kathy Trabosh at (215) 945-9091

NRG MINI INVITATIONAL MEET
SATURDAY, JUNE 15, 2002

EVENTS:

<u>No.</u>	<u>Girls</u>	<u>Age</u>	<u>Boys</u>	<u>No.</u>
1	100 Medley Relay*	8/u	100 Medley Relay*	2
3	25 Free	5/u	25 Free	4
5	25 Free	6	25 Free	6
7	25 Free	7	25 Free	8
9	25 Free	8	25 Free	10
11	50 Free	8/u	50 Free	12
13	25 Back	5/u	25 Back	14
15	25 Back	6	25 Back	16
17	25 Back	7	25 Back	18
19	25 Back	8	25 Back	20
21	25 Breast	6/u	25 Breast	22
23	25 Breast	7	25 Breast	24
25	25 Breast	8	25 Breast	26
27	25 Butterfly	6/u	25 Butterfly	28
29	25 Butterfly	7	25 Butterfly	30
31	25 Butterfly	8	25 Butterfly	32
33	100 I.M.	7/u	100 I.M.	34
35	100 I.M.	8	100 I.M.	36
37	100 Free Relay*	7/u	100 Free Relay*	38
39	100 Free Relay*	8	100 Free Relay*	40

RULES:

The meet will be conducted according to current USS and MA safety regulations.

NO DIVING in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up. Coaches-Marshals are asked to place themselves at the end of each lane during warm-ups and supervise the swimmers in their lanes. Safety Director is Kathy Trabosh, (215) 945-9091. Deck access is limited to coaches and officials displaying current and proper credentials.

OFFICIALS:

Anyone wishing to volunteer to officiate, please contact the NRG Office at (215) 945-9091 or Dale Carmody at (215) 968-6036.

NOTE:

All relay starts from the shallow end of the pool will be started from the water.
 NO DIVING in shallow end.

NRG SWIMMING
Mini Invitational Meet
June 15, 2002

This Form Must Accompany The Official Entries

Team Name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Telephone () _____

Individual Event Fees: _____ @ \$2.50 \$ _____

Relay Event Fees: _____ @ \$6.00 \$ _____

Manual Entry Processing Fee _____ swimmers @ \$2.00 \$ _____
(For Non-Disk Entry Swimmers Only)

Total \$ _____

I certify that all swimmers from this team entered in the NRG Mini Invitational are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach _____

