

**Atlantis Aquatic Club**  
**presents**  
**ATAC OPEN DISTANCE MEET**  
**January 19, 2003**

**@ Lehigh University's Jacobs Pool**

**A Timed Final Meet Under the Sanction of Middle Atlantic Swimming, Inc. # 0357L**

**Meet Director: C. Mahaney Phn# 610-758-4692 Fax# 610-807-0327 Email: atac@fast.net**

**ATLANTIS AQUATIC CLUB P.O. BOX 21972 LEHIGH VALLEY, PA 18002-1972**

**Continuous Warm Ups Before and During the Meet**

**Warm Up Start at 7:00am**

**Meet Starts at 8:30pm**

**Facility:** Lehigh University, Taylor Gym, Jacobs Pool, 641 Taylor Street, Bethlehem, PA **Competition** Pool is a 6 lane 25 yard pool with non-turbulent lanes, Omega timing system and 6 lane display. Starting Depth 5'. **Secondary** Warm Up Pool is a 4 lane 25 yard pool with non-turbulent lanes, located on the third floor.

**Objective/Eligibility:** The objective of this meet is to provide a quality distance event for swimmers. Under Middle Atlantic Sanction, the eligibility for this meet is open to any Middle Atlantic/USA registered swimmers. The meet is for 9 year olds and older. Age as of January 19, 2003 determines the age group in which swimmers will compete at this meet. The meet is deck-seeded, timed finals meet for the 500 Free and 400IM (Session I & II) and positive check, timed final in for the 1650 Free (Session III) conducted under Middle Atlantic Swimming Rules. Each session will be held under the minimum 4 hour limit. Atlantis Aquatic Club reserves the right to limit the number of heats and events to comply with the prescribed MA Four Hour Rule. The Atlantis Aquatic Club also reserves the right to reformat the meet if numbers of entries are too large or too small. Notification will be provided to swimmers and teams concerning any reformatting. Swimmers must enter their best time in each event or be subject to penalties set by Middle Atlantic Swimming.

**Entries/Results:** *Swimmers may enter 3 individual events per day.* All entries must be made on 3.5" using the HY-TEK COMMLINK program. A printed hard copy must accompany the disk. We encourage all clubs to enter on disk, regardless of the number of swimmers entered. If this is not possible, the enclosed official entry form must be used. If entering five (5) or more swimmers on this form, a processing fee of \$5.00 per swimmer must be included. Swimmers may enter with no time for this meet. The meet director reserves the right to limit entries in order to keep the meet within the acceptable span. Clubs who entered on disk will receive results on disk and the results will be posted on the Middle Atlantic Website ([www.maswim.org](http://www.maswim.org))

**Entry Fees:** **\$3.00 per individual event.** Swimmers will need to provide their own counters and timers for the 500 Free & 1650 Free events. No refunds. Please send ONLY one check per team. Make checks payable to the Atlantis Aquatic Club. Mail entries to: ATAC P.O. Box #21972 Lehigh Valley, PA 18002-1972 or FEDEX ONLY to Rob Herb 4171 Rexford Drive Bethlehem, PA 18020, **pre-signed.** 610-807-9406 *At the discretion of the Meet Director,* **deck entries** will be dealt with upon request. Deck entries, if accepted, will be double any entry fee. Special note: If a swimmer is eliminated from an event due to the four hour rule, clubs will be refunded for **ONLY** the event a swimmer is eliminated.

**Entry Deadline:** **Friday, January 4<sup>th</sup> by 6pm.** All entries must be received by this date. NO LATE entries will be accepted.

**Awards:** No awards.

**Admissions/Programs:** **\$1 admission for the day.** Seating will be in the gallery of the pool and will seat around 300 spectators. Concessions will be available.

**Inquiries:** Please direct questions to the Atlantis Aquatic Club Office. 610-758-4692 Thank you.

## Meet Regulations

**Safety:** US Swimming and Middle Atlantic Swimming, Inc. safety procedures and policies will be followed and enforced at all times. Failure to obey instructions of the safety director, marshals and officials will result in disqualification from the meet. All coaches/officials must be registered with USA Swimming and must display USA card to be permitted on deck. Other Volunteers permitted on deck will be designated with ID Tags. **No others will be permitted on deck.** All unattached and unaccompanied swimmers must report to the Safety Director prior to warm up. Safety Director: Rob Herb 610-758-4692

**Format:** All events are timed finals and are deck-seeded. All events will be a positive check in and deck seeded. Swimmers must positively check-in for the 1650 by 12:00noon January 19,2002. No False Starts Recall Rules apply.

**Warm Up/Warm Down Guidelines:** WU will be in Jacobs Pool only from 7:00am-8:15am. After the start of the meet, WU and WD may be conducted in Secondary pool, Morrissey Pool. Swimmers must be under the direct supervision of a currently registered USA coach. **NO DIVING** off the blocks or the edge of the pool during this time. All starts must be from the starting block end. Swim one length and get out at the opposite end. Pace lanes will be designated at the meet. The meet director reserves the right to close warm up at any time. Swimmers violating safety rules will be removed from the remainder of the warm up session.

**Officials:** If you would like to officiate at this meet, please call Rob Herb at 610-758-4692. Officials must have a current USA membership card and should carry these where they are visible at all times. The meet referee will be Ray Mahaney 610-258-6888.

**Warm Up Schedule:** The pool will be available for warm ups 60 minutes before the start of the Session I. A warm up/warm down pool will be available on the third floor during the rest of the sessions.

USA Swimming safety rules apply to the all pools at all times:

WU Sat AM                      General WU 7:00-8:15am                      Jacobs Pool

WU & WD(after 8am)      General WU 8:00-end of the meet      Morrissey Pool.

Morrissey Pool will provide a continuous warm up and warm down session from 8:00am-the end of session III.

Pace lanes will be designated at the meet.

### **Directions:**

**From South/North:** PA Turnpike NE Extension to Lehigh Valley Exit. Take route 22 East to 378 South. Follow 378 across Black Metal Bridge. Stay in left lane. Immediately after the bridge, make a left at light down the hill to 3<sup>rd</sup> Street. At the first light, turn right onto Brodhead. Go thru next traffic light. At the next stop sign, turn left onto Packer Ave. Go two stop signs. (Parking Garage is one more block.) At the second stop sign, make right onto Taylor Street. Pool is second building on left-Taylor Gym. Please park at a meter or in the parking garage at the end of Packer Ave.

**From West/East:** Take Route 78 to the Bethlehem/Hellertown Exit. Take 412 North towards Bethlehem (Follow signs for the Comfort Inn and downtown Bethlehem.) Follow Rt.412 as it becomes 3<sup>rd</sup> Street. On 3<sup>rd</sup> Street, look to make a left onto Taylor Street (barber's poll on building on left) Go about 4 blocks crossing Packer Ave. and the pool will be the second building on left. Please park at a meter or in the parking garage at the end of Packer Ave.

**Hotel:** Comfort Suites Inn in Bethlehem, (4 blocks from the pool)610-882-9700 or Fairfield Inn Bethlehem on Rt. 22 near LVI Airport (5 minutes for the pool) 610-758-9000. Hampton Inn Suites in Bethlehem (5 minutes from the pool) 610-866-5800 and Holiday Inn in Bethlehem 610-866-5800 or the Radisson at the Hotel Bethlehem (2 minutes from pool)

Once you have arrived, the best parking is in the Zoellner parking garage at the end of Packer Ave. Otherwise, please park at a meter or your vehicle will be ticketed.

**Information:** In case of cancellation due to bad weather, please call the ATAC Hotline 610-758-4692. Emergency Number ONLY to be used for Day of Meet: 610-758-4319 (Direct to Pool Deck at Starting End)

**Future Events:** Please contact us about our April/May Swim Clinics 610-758-4692.

# **ATAC Open Distance Meet January 19<sup>th</sup> , 2003 @Lehigh University**

Session #1: **Sunday**, January 19, 2003 WU: 7:00am Meet Starts: 8:30am

<u>Women's Event #'s</u>			<u>Men's Event #'s</u>
1	Open	500 Freestyle	2
<b>Need Own Counter &amp; Timer</b>			

Session #2: **Sunday**, January 19, 2003 WU: Continuous Meet Starts: 10:30am

<u>Women's Event #'s</u>			<u>Men's Event #'s</u>
3	Open	400 IM	4

Session #3: **Sunday**, January 19, 2003 WU: Continuous Meet Starts: 12:30pm

<u>Women's Event #'s</u>			<u>Men's Event #'s</u>
5	Open	1650 Freestyle	6
<b>Need Own Counter &amp; Timer</b>			

**No time (NT) entries will be accepted**



