

# NRG Mini Invitational Meet

Saturday, January 18, 2003

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.  
Sanction # 0308M

- SITE DIRECTOR:** Kathy Williams with Michelle Carter and Kelly Topcirov as trainees.
- SAFETY DIRECTOR:** Kathy Trabosh
- INQUIRIES:** Questions should be referred to Kathy Trabosh at (215) 945-9091 or at Info@NRGSwimming.com
- MEET LOCATION:** Neshaminy Middle School, 1200 Langhorne-Newtown Rd, Langhorne, PA 19047  
Emergency pool phone number. (Day of Meet Only) (267) 475-1205.
- 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 – Two Sessions  
NRG reserves the right to combine sessions if the meet is small.

<u>Boys Session #1</u>		<u>Girls Session # 2</u>	
Warm-up:	1:00pm	Warm-Up:	4:00pm
Sprint Lanes 1 & 6:	1:15-1:25pm	Sprint Lanes 1 & 6:	4:15-4:25pm
Start:	1:30pm	Start:	4:30pm

- OFFICIALS:** All USA Certified Officials and Trainees are invited to work the meet. Please contact the NRG Office by phone at 215-945-9091 or e-mail at Info@NRGswimming.com or NRG's Head Official, Dale Carmody at 215-968-6036.
- ELIBILITY:** Open to all swimmers registered with USA Swimming and will be conducted according to current USA Swimming rules. Swimmer's age as of day of meet governs age group entry.
- ENTRIES:** Swimmers may enter a maximum of **5 Individual** events and **1 Relay**. Swimmers must enter best time in each event. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for an event. Penalties may include fines or suspension set by Middle Atlantic.

**E-Mailed Computer Entries:** Entries attached to an e-mail, using Hy-Tek Meet Manager software are preferred. The e-mail should include the number of entries and swimmers, coach and team contact, their addresses and telephone numbers to enable resolution of any discrepancies in the entries as soon as possible.

**Mailed Computer Entries:** Entries may be submitted on a 3.5" disk using Hy-Tek Meet Manager software with a printout of the entries accompanying the disk. **Do not send a disk if entries are submitted by e-mail.** The electronic data will be the official version of the meet entries.

**Manual Entries:** Submit entries on the 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.

**No post entries** will be accepted. **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 Deck Entries. \$2.00 Per Swimmer for any team with 5 or more swimmers that does not submit its entries on disk using Hy-Tek software.

Make check payable to: **NRG Swimming Support Group**  
Mail Entries to: 56 Whitewood Drive, Levittown, PA 19057  
E-Mail Entries to: Info@NRGswimming.com

**ENTRY CLOSE:** All entries must be received by **Wednesday, January 8th, 2003 @ 6:00pm.**

**RULES:** This meet will be conducted according to current USA Swimming and MA Swimming rules. USA Swimming and MA Swimming safety guidelines and warm-up procedures will be effect for the entire meet.

This meet will be conducted using the Whistle command, supplemented with verbal commands, and No-Recall False Start procedures.

**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.

Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.

**AWARDS:** Individual Events Rosettes 1st through 3<sup>rd</sup> and Ribbons 4<sup>th</sup> through 24<sup>th</sup>  
Relays Ribbons 1<sup>st</sup> through 3<sup>rd</sup>  
Heat Winner Ribbons

**RESULTS:** Results will be posted on the NRG Swimming web site @ (NRGSwimming.com) 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.

**ADMISSION:** Adults only \$3.00 for program and 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 ½mile 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 COACHS:**

An NRG coach will supervise swimmers unaccompanied by their team coach. Please report to the Meet Director on deck when you arrive.

# NRG Mini Invitational Meet

## Saturday, January 18, 2003

### Girls

### Boys

1	25 Free	5 & Under	25 Free	2
3	25 Free	6 Year Olds	25 Free	4
5	25 Free	7 Year Olds	25 Free	6
7	25 Free	8 Year Olds	25 Free	8
9	50 Free	8 & Under	50 Free	10
11	25 Back	5 & Under	25 Back	12
13	25 Back	6 Year Olds	25 Back	14
15	25 Back	7 Year Olds	25 Back	16
17	25 Back	8 Year Olds	25 Back	18
19	50 Back	8 & Under	50 Back	20
21	25 Brst	6 & Under	25 Brst	22
23	25 Brst	7 Year Olds	25 Brst	24
25	25 Brst	8 Year Olds	25 Brst	26
27	50 Brst	8 & Under	50 Brst	28
29	25 Fly	6 & Under	25 Fly	30
31	25 Fly	7 Year Olds	25 Fly	32
33	25 Fly	8 Year Olds	25 Fly	34
35	50 Fly	8 & Under	50 Fly	36
37	100 IM	7 & Under	100 IM	38
39	100 IM	8 Year Olds	100 IM	40
41	100 Fr. Relay	6 & Under	100 Fr. Relay	42
43	100 Fr. Relay	7 Year Olds	100 Fr. Relay	44
45	100 Fr. Relay	8 Year Olds	100 Fr. Relay	46

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

**NRG SWIMMING**  
**Mini Invitational Meet**  
**January 18, 2003**

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 \_\_\_\_\_

# NRG SWIMMING

January 18, 2003

## Meet Entry Form

Reproduce this form to accommodate the total number of swimmer for your team.

### Team Information: Fill out Summary Form.

Contact Information: Coach - Team Representative - Parent

(Please Circle One)

Contact Address if different from Team Address: \_\_\_\_\_

Contact E-Mail Address: \_\_\_\_\_ (Results will be sent E-mail)

Contact Phone Number: \_\_\_\_\_ (Include Area Code)

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### Swimmer's Information:

Swimmer's Name: \_\_\_\_\_  
First Middle Initial Last

Swimmer's Birth Date: \_\_\_\_\_

USA Registration number: \_\_\_\_\_ (Must be accurate and current for 2003 year)

Male or Female: (Please Circle One)

### Event Information:

	Event #	Age Group	Event Description	Time
Example	2	5 & Under	25 Free	31.72
1				
2				
3				
4				
5				

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### Swimmer's Information:

Swimmer's Name: \_\_\_\_\_  
First Middle Initial Last

Swimmer's Birth Date: \_\_\_\_\_

USA Registration number: \_\_\_\_\_ (Must be accurate and current for 2003 year)

Male or Female: (Please Circle One)

### Event Information:

	Event #	Age Group	Event Description	Time
Example	2	5 & Under	25 Free	31.72
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