

REVISED 11/22/02 to include relays
PARKLAND AQUATIC CLUB
Winter A/BB/C Invitational Meet
January 3-5, 2003

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # 0328A

LOCATION	Parkland High School Aquatic Center 2700 Cedar Crest Blvd Allentown, PA 18104 Day of meet ONLY emergency phone: 610-351-5600 Meet Director cell phone: 610-597-4595
FACILITIES	The PHS pool is a new indoor Paddock, 25 yard, 8 lane pool with non-turbulent lane markers, Colorado Timing system with 8 line scoreboard display. Water depth at the starting end is 12 feet. An adjacent warm-up and warm-down pool is available for swimmers. Free parking, large seating capacity, concession stand and swim equipment vendor are available.
MEET DIRECTOR	Scott Lewis. 610-530-9452 (ph); smlewis1007@msn.com Trainee – Joe Armbruster. 610-883-4480 (ph); joeker89@aol.com
SAFETY DIRECTOR	Jean Reis. 610-799-9110 (ph); reis92358@msn.com
OFFICIALS	Walt Johnson. 610-799-4872 (ph); drwj80@aol.com Walt is the meet referee.
ELIGIBILITY	This meet is open to all swimmers registered with USA Swimming. Swimmer's age as of January 3, 2003 will apply for the entire meet. A swimmer may swim in five events per day.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Prompt notification will be made to swimmers or teams if changes impact their entries.
ORDER OF EVENTS	See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.

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WARM-UP & START TIMES	Team lane assignments and warm-up schedule will be distributed on-site in the coach's package. Circle swimming only during warm-up until sprint lanes are opened. No diving is permitted during warm-up, except supervised diving in designated sprint lanes. When diving is permitted, swimmer must enter from the starting blocks and exit from the opposite end of the pool.
DECK ENTRIES	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$6.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups.
SWIMMERS WITHOUT A COACH	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.
SEEDING	All events will be pre-seeded based on entry time.
HOW TO ENTER	Entries may be submitted using the attached form(s) or a Hy-Tek Commlink file on a 3.5" diskette accompanied by a printed copy. Entry forms are also available on the PAAC website (www.parklandaquaticclub.org). Times must be submitted in the course in which they were achieved.
ENTRY FEES	Entry fee is \$3.00 per individual event and \$6.00 for a relay
SEND ENTRIES TO	<p>Make entry fee payable to PAAC. Send entries to: Scott M. Lewis 230 North 42nd Street Allentown, PA 18104 610-395-9073 (ph) 610-398-7430 (fax) smlewis1007@msn.com</p> <p><u>Request signature waiver for UPS, Fed Ex or Express Mail.</u></p>
ENTRY DEADLINE	Entries must be received no later than December 20, 2002 at 6:00 PM. No late entries will be accepted.
RULES	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the Meet will be disqualified from that swimmer's next Individual Event or from the remainder of the Meet, as determined by the Meet Referee. This policy will be strictly enforced</p> <p>Entries submitted must be swimmer's best verifiable USA Swimming sanctioned time. Entry of time other than swimmer's best for any event may result in the swimmer's suspension from competition for a minimum of 3 months, but not more than 1 year.</p>
SCORING & AWARDS	This meet will be scored at each level: A, B and C for each event. The top eight times in each level will receive awards. 'A' individual entries: medals first to third, ribbons fourth to eighth. 'B' individual entries: ribbons first to third, ribbons fourth to eighth. 'C' individual entries: ribbons

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	first to eighth. Award levels determined by entry time.
PROGRAMS & ADMISSION	Program is \$10.00 for the entire meet. No admission fee is charged. A free heat sheet will be given to non-PAAC volunteers, if the meet director requests help in running the meet.
RESULTS	Results will be posted on the Middle Atlantic website at www.maswim.org .
DIRECTIONS	From the PA turnpike, Exit 33, take Route 22 east, then exit onto Cedar Crest Blvd north. Travel north on Cedar Crest Blvd for approximately 1.9 miles. Parkland High School is on the left. The pool is on the left hand side of the complex. Park in the parking lot in front of the school, closest to the Athletics door. Walk through the Athletics entrance to admissions. Follow the signs inside the school.
ACCOMODATIONS	Comfort Suites – 3712 Hamilton Blvd., Allentown, PA; 610-437-9100 Days Inn – Intersection of Routes 22 & 309, Allentown, PA; 610-395-3731 Courtyard Marriot – 2160 Motel Drive, Bethlehem, PA; 610-317-6200
CANCELLATION DUE TO BAD WEATHER	In case of delays or cancellation due to bad weather, call PAAC's Infotel line at 610-821-8300 x9380 or the PAAC office at 610-530-9452.

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GIRLS NUMBER	EVENT			BOYS NUMBER
1	15 & OVER	500 YARD	FREESTYLE	2
3	13 & 14	500 YARD	FREESTYLE	4
5	9 to 12	500 YARD	FREESTYLE	6
7	15 & OVER	400 YARD	INDIVIDUAL MEDLEY	8
9	13 & 14	400 YARD	INDIVIDUAL MEDLEY	10
11	9 to 12	400 YARD	INDIVIDUAL MEDLEY	12
119	SENIOR	800 YARD	FREE RELAY	120

Saturday Morning, January 4, 2003 8:00 a.m. (Warm up 7:00 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
13	13 & 14	100 YARD	FREESTYLE	14
15	15 & OVER	100 YARD	FREESTYLE	16
17	13 & 14	200 YARD	BREAST	18
19	15 & OVER	200 YARD	BREAST	20
21	13 & 14	200 YARD	BACK	22
23	15 & OVER	200 YARD	BACK	24
25	13 & 14	100 YARD	FLY	26
27	15 & OVER	100 YARD	FLY	28
29	13 & 14	200 YARD	INDIVIDUAL MEDLEY	30
31	15 & OVER	200 YARD	INDIVIDUAL MEDLEY	32
33	13 & 14	200 YARD	FREESTYLE RELAY	34
35	15 & OVER	200 YARD	FREESTYLE RELAY	36

Saturday Afternoon, January 4, 2003 1:30 p.m. (Warm up 12:30 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
37	11 & 12	100 YARD	INDIVIDUAL MEDLEY	38
39	9 & 10	100 YARD	INDIVIDUAL MEDLEY	40
41	11 & 12	50 YARD	BACK	42
43	9 & 10	50 YARD	BACK	44
45	11 & 12	200 YARD	FREESTYLE	46
47	9 & 10	200 YARD	FREESTYLE	48
49	11 & 12	100 YARD	BREAST	50
51	9 & 10	100 YARD	BREAST	52
53	11 & 12	100 YARD	FLY	54
55	9 & 10	100 YARD	FLY	56
57	9 to 12	200 YARD	BACK	58
59	11 & 12	50 YARD	FREESTYLE	60
61	9 & 10	50 YARD	FREESTYLE	62
63	11 & 12	200 YARD	MEDLEY RELAY	64
65	9 & 10	200 YARD	MEDLEY RELAY	66

Sunday Morning, January 5, 2003 8:00 a.m. (Warm up 7:00 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
67	13 & 14	200 YARD	FREESTYLE	68
69	15 & OVER	200 YARD	FREESTYLE	70
71	13 & 14	100 YARD	BREAST	72
73	15 & OVER	100 YARD	BREAST	74
75	13 & 14	100 YARD	BACK	76
77	15 & OVER	100 YARD	BACK	78
79	13 & 14	200 YARD	FLY	80
81	15 & OVER	200 YARD	FLY	82
83	13 & 14	50 YARD	FREESTYLE	84
85	15 & OVER	50 YARD	FREESTYLE	86
87	13 & 14	200 YARD	MEDLEY RELAY	88
89	15 & OVER	200 YARD	MEDLEY RELAY	90
121	SENIOR	400 YARD	FREE RELAY	122

Sunday Afternoon, January 5, 2003 1:30 p.m. (Warm up 12:30 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
91	9 to 12	200 YARD	BREAST	92
93	9 to 12	200 YARD	FLY	94
95	11 & 12	100 YARD	FREESTYLE	96
97	9 & 10	100 YARD	FREESTYLE	98
99	11 & 12	100 YARD	BACK	100
101	9 & 10	100 YARD	BACK	102
103	11 & 12	50 YARD	BREAST	104
105	9 & 10	50 YARD	BREAST	106
107	11 & 12	50 YARD	FLY	108
109	9 & 10	50 YARD	FLY	110
111	11 & 12	200 YARD	INDIVIDUAL MEDLEY	112
113	9 & 10	200 YARD	INDIVIDUAL MEDLEY	114
115	11 & 12	200 YARD	FREESTYLE RELAY	116
117	9 & 10	200 YARD	FREESTYLE RELAY	118

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PAAC Winter Invitational Swim Meet
Summary Sheet
January 3 – 5, 2003

Team Name: _____ **Team Code:** _____

Head Coach: _____

Team Contact: _____ **Phone Number:** _____

Team E-Mail Address: _____

Team Mailing Address: _____

City: _____

State: _____ **ZIP:** _____

Mail Entries To: **Scott M. Lewis**
230 North 42nd Street
Allentown, PA 18104
Phone (610) 395-9073

Teams using Hy-Tek's Team Manager are asked to submit entries as a COMMLINK file on a 3 1/2" diskette. Submit the following hard copy reports with the diskette: a COMMLINK report of meet entries, a COMMLINK report of swimmers, and a Team Manager report of meet entries.

Entry Deadline: Received by 6:00 p.m. Friday, December 20, 2002.
Please make checks payable to: PAAC

Entries Summary

	Number of Entries	Cost per Entry	Amount
9 & 10 boys entries		\$3.00	
9 & 10 girls entries		\$3.00	
11 & 12 boys entries		\$3.00	
11 & 12 girls entries		\$3.00	
13 & 14 boys entries		\$3.00	
13 & 14 girls entries		\$3.00	
15 & over boys entries		\$3.00	
15 & over girls entries		\$3.00	
Relay Teams		\$6.00	
		TOTAL	

This form must accompany the official entry blanks.

