

BIG CAT FALL KICK-OFF



A/BB/C/Mini MEET

November 15 - 17, 2002

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # 0310AM



LOCATION	McCoy Natatorium Pennsylvania State University State College, Pennsylvania Day of meet ONLY emergency phone # (814) 865-1433
FACILITIES	Indoor, 25 yd, 6 lane pool, non-turbulent lane lines, Colorado Timing System with a 6 lane display. Water depth at the starting end is 9 feet. General warm-up sessions and specific sprint/pace lanes will be available for all teams. An indoor 25 meter 6 lane pool is available for warm-up/cool-down throughout the meet. Spectator seating in the pool area can accommodate approximately 300 and 800 respectively. Abundant parking is available near the pool. A selection of food, swimming and Penn State apparel will be available throughout the meet. Hospitality will be provided for all coaches, officials and workers, throughout the meet.
MEET DIRECTOR	Rob Uhlig, 1407 Estate Drive, Boalsburg, PA 16827, (814) 466-6826, rau1@psu.edu Stephanie Rozick, RD#1 Box 138A, Port Matilda, PA 16870, (814) 234-8955, k1d2s3@aol.com.
SAFETY DIRECTOR	Becky Beard, 150 MacDuff Circle, State College, PA 16801, (814) 867-6087, beckybeard63@hotmail.com.
OFFICIALS	Anyone interested in helping with the meet as a USS certified official should contact Sandy and Craig Edelbrock at (814) 237-0846, skedelbrock@aol.com.
ELIGIBILITY	All swimmers currently registered with U.S. Swimming for 2002 or 2003. Swimmers age as of November 15, 2002 governs the entire meet. The 2002 United States Swimming Rules will apply.
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. <u>A maximum of five events per day is permitted.</u>

ORDER OF EVENTS

SESSION 1 EVENTS:

1	W SENIOR	400 IM
2	M SENIOR	400 IM
3	W SENIOR	500 FREE
4	M SENIOR	500 FREE

SESSION 2 EVENTS:

5	W 13-14	200 FLY
6	M 13-14	200 FLY
7	W 15 & OVER	200 FLY
8	M 15 & OVER	200 FLY
9	W 13-14	100 FREE
10	M 13-14	100 FREE
11	W 15 & OVER	100 FREE
12	M 15 & OVER	100 FREE
13	W 13-14	200 BREAST
14	M 13-14	200 BREAST
15	W 15 & OVER	200 BREAST
16	M 15 & OVER	200 BREAST

SESSION 3 EVENTS:

17	W 13-14	100 BACK
18	M 13-14	100 BACK
19	W 15 & OVER	100 BACK
20	M 15 & OVER	100 BACK
21	W 13-14	200 FREE
22	M 13-14	200 FREE
23	W 15 & OVER	200 FREE
24	M 15 & OVER	200 FREE

SESSION 4 EVENTS:

25	W 8 - U	100 FREE
26	M 8 - U	100 FREE
27	W 9 - 10	100 FREE
28	M 9 - 10	100 FREE
29	W 11-12	50 FREE
30	M 11-12	50 FREE
31	W 9 - 10	50 BACK
32	M 9 - 10	50 BACK
33	W 11-12	100 BACK
34	M 11-12	100 BACK
35	W 8 - U	50 BACK
36	M 8 - U	50 BACK
37	W 11-12	200 BREAST
38	M 11-12	200 BREAST
39	W 9 - 10	100 BREAST
40	M 9 - 10	100 BREAST
41	W 11-12	50 BREAST
42	M 11-12	50 BREAST
43	W 9 - 10	100 FLY
44	M 9 - 10	100 FLY
45	W 11-12	200 FLY
46	M 11-12	200 FLY
47	W 11-12	50 FLY
48	M 11-12	50 FLY
49	W 8 - U	50 FLY
50	M 8 - U	50 FLY
51	W 9 - 10	100 IM
52	M 9 - 10	100 IM
53	W 11-12	200 IM
54	M 11-12	200 IM

SESSION 5 EVENTS:

55	W 13-14	200 IM
56	M 13-14	200 IM
57	W 15 & OVER	200 IM
58	M 15 & OVER	200 IM
59	W 13-14	100 BREAST
60	M 13-14	100 BREAST
61	W 15 & OVER	100 BREAST
62	M 15 & OVER	100 BREAST
63	W 13-14	200 BACK
64	M 13-14	200 BACK
65	W 15 & OVER	200 BACK
66	M 15 & OVER	200 BACK

SESSION 6 EVENTS:

67	W 13-14	100 FLY
68	M 13-14	100 FLY
69	W 15 & OVER	100 FLY
70	M 15 & OVER	100 FLY
71	W 13-14	50 FREE
72	M 13-14	50 FREE
73	W 15 & OVER	50 FREE
74	M 15 & OVER	50 FREE

SESSION 7 EVENTS:

75	W 8 - U	50 FREE
76	M 8 - U	50 FREE
77	W 9 - 10	50 FREE
78	M 9 - 10	50 FREE
79	W 11-12	100 FREE
80	M 11-12	100 FREE
81	W 9 - 10	100 BACK
82	M 9 - 10	100 BACK
83	W 11-12	50 BACK
84	M 11-12	50 BACK
85	W 11-12	200 BACK
86	M 11-12	200 BACK
87	W 8 - U	50 BREAST
88	M 8 - U	50 BREAST
89	W 9 - 10	50 BREAST
90	M 9 - 10	50 BREAST
91	W 11-12	100 BREAST
92	M 11-12	100 BREAST
93	W 9 - 10	50 FLY
94	M 9 - 10	50 FLY
95	W 11-12	100 FLY
96	M 11-12	100 FLY
97	W 9-12	200 FREE
98	M 9-12	200 FREE
99	W 8 - U	100 IM
100	M 8 - U	100 IM
101	W 9 - 10	200 IM
102	M 9 - 10	200 IM
103	W 11-12	100 IM
104	M 11-12	100 IM

<p>RULES</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, supplemented with verbal commands, for 8 & unders only, and No-Recall False Start procedures.</p> <p>Penalties, in accordance with Middle Atlantic Swimming policy, will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p>
<p>SCORING & AWARDS</p>	<p>The meet will be seeded and scored on each level (A/BB/C/Mini) for each event. The top six (6) times in each level will receive awards in accordance with Middle Atlantic Swimming policies. Award levels will be based on ENTRY TIMES.</p>
<p>PROGRAMS & ADMISSION</p>	<p>\$3.00 per session includes session heat sheet. Children 12 and under admitted free. Free admission to volunteers who assist in running the meet.</p>
<p>RESULTS</p>	<p>Entries sent in on disk will be returned on disk at the meet only. All other results will be sent via e-mail. Middle Atlantic Swimming will post results on www.maswim.org.</p>
<p>DIRECTIONS</p>	<p><u>Directions to Penn State University, McCoy Natatorium</u> –</p> <p><u>EAST</u> -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N to 81W to 322 West to State College. At Boalsburg stay on 322 West (Mt. Nittany Expressway) to Penn State Exit. Go left onto Park Ave., follow to second light past stadium. Turn left onto campus. Pool is past first stop sign, on the left.</p> <p><u>SOUTH</u> -- 83 North to Harrisburg. From Harrisburg, same as above.</p> <p><u>WEST</u> -- Route 22 to Route 220N, then Route 322E until the Penn State Exit. Go right onto Park Avenue, follow directions under EAST.</p>
<p>ACCOMODATIONS</p>	<p><u>Days Inn Penn State</u> (814-238-8454) or (800-258-3297), 240 Pugh St., State College. <u>Motel 6</u> (814-234-1600), 1274 N. Atherton St., State College. <u>Hampton Inn</u> (814-231-1590) 1101 East College Ave., State College. <u>Hampton Inn Suites</u> (814-231-1899), 1955 Waddle Rd., State College <u>Holiday Inn Express</u> (814-867-1800) 1925 Waddle Rd., State College <u>Courtyard By Marriott</u> (814-238-1881) 1730 University Dr. State College. <u>Autoport</u> (814-237-7666) Business Route 322, State College. <u>Super 8</u> (814-237-8005) S. Atherton St. & Branch Rd., State College. <u>Ramada Inn</u> (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College. <u>Nittany Lion Inn</u> (814-231-7500), 200 West Park Ave., State. <u>Nittany Budget Motel</u> (814-237-7638), 1274 N. Atherton St., State College. <u>Sleep Inn</u> (814-235-1020), 111 Village Dr., State College. <u>The Penn Stater</u>, (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.</p>

FINANCIAL SUMMARY

ENTRIES WILL NOT BE PROCESSED WITHOUT THE FOLLOWING INFORMATION

Team Name: _____, Team Code: _____

Head Coach: _____

Coach's Address: _____

City: _____ State: _____ Zip Code: _____

Phone: Home () _____ Office () _____ e-mail: _____

Person and address designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

(VERY IMPORTANT) e-mail: _____

Mail entries to: Rob Uhlig, 1407 Estate Drive, Boalsburg, PA 16827
(814) 466-6826, Fax: (814) 466-4823 or e-mail: rau1@psu.edu
Request signature waiver, if using express mail services.

We request each club remit **ONE** check made payable to "BCAT" to cover team entry fees.

ENTRY FEES:

_____ Womens Individual events @ \$3.00	\$ _____
_____ Mens Individual events @ \$3.00	\$ _____
_____ Surcharge @ \$5.00 per swimmer (For non-disk entry of 5 or more swimmers only)	\$ _____
TOTAL	\$ _____

NUMBER OF SWIMMERS: **13-Over:** Fri. _____ Sat. _____ Sun. _____

12-Under: Fri. _____ Sat. _____ Sun. _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

Coach's Signature: _____

