

NRG Mini Invitational Meet

Saturday, January 15, 2005

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0523 M

- SITE DIRECTOR:** Kathy Williams and Michelle Carter
- 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) 716-2125
- 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
----to **limit sessions** to no more than 130 swimmers.

Boys Session #1

Warm-up: 1:00pm
Sprint Lanes 1 & 6: 1:15-1:25pm
Start: 1:30pm

Girls Session # 2

Warm-Up: 4:00pm
Sprint Lanes 1 & 6: 4:15-4:25pm
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, legibly printed with current USA registration numbers for each athlete. Indicate any meter times with designation of "S" for short course meter or "L" for long course meter. 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: **Middle Atlantic Team Entries** received by Wednesday, December 28th will be entered in the order in which they are received.

All Non-Middle Atlantic Team Entries will be entered after December 28th will be entered in the order in which they were received.

All Entries must be received by 6:00pm on January 5th, 2005

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 rd and Ribbons 4 th through 24 th
Relays	Ribbons 1 st through 3 rd
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 North to Exit 49 (Newtown-Yardley). Make a left onto 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 COACHS:

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

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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 15, 2005

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 15, 2005

Meet Entry Form

Reproduce this form to accommodate the total number of swimmers 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)

=====

Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2005 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				

=====

Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2005 year)

Male or Female: (Please Circle One)

Event Information:

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