

PARKLAND AQUATIC CLUB

Winter A/BB/C Invitational Meet

January 7 to 9, 2005

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0548 A

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); smlewis@rcn.com Trainee - Barbara Poland: 610-481-0958; barbarajp@rcn.com
SAFETY DIRECTOR	Jean Reis. 610-799-9110 (ph); reis92358@msn.com
OFFICIALS	Julie Pepper is the officials coordinator. 610-285-4298 ; jpepper@ptd.net Walt Johnson is the meet referee. 610-799-4872 ; drwj80@aol.com
ELIGIBILITY	This meet is open to all swimmers registered with USA Swimming. Swimmer's age as of January 7, 2005 will apply for the entire meet.
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. A swimmer may swim in five individual events and 2 relays per day.
ORDER OF EVENTS	See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.
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 Friday night events are Positive Check-in. All other events will be pre-seeded based on entry time.

HOW TO ENTER	<p>Electronic entries in a Hy-Tek Commlink file are preferred.</p> <p><u>Entries may be sent via e-mail.</u> Include with your Commlink file a Team Manager report by entry (saved in Word for Windows format). In the body of your e-mail, provide the number of girls, boys and entries. Include contact information (name, address, phone and cell phone). Send to smlewis@rcn.com Send entry check separately. It must arrive by Friday Dec. 24, 2004.</p> <p><u>Entries may be sent on a 3.5" diskette.</u> Include a Team Manager report by entry (saved in Word for Windows format); the PAAC Meet Summary Form and your payment.</p> <p>Entries may be sent in using the PAAC Meet Entry Form(s). The PAAC Meet Summary Form and your payment. There is a \$2.00 per swimmer surcharge for manually entered entries. Times must be submitted in the course in which they were achieved.</p>
ENTRY FEES	<p>Entry fee is \$3.00 per individual event and \$6.00 for a relay. \$2.00 per swimmer surcharge for manually entered entries.</p>
SEND ENTRIES TO	<p>Make entry fee payable to PAAC. Send entries to:</p> <p>Scott M. Lewis 230 North 42nd Street Allentown, PA 18104 610-395-9073 (ph); 610-530-9481 (fax); smlewis@rcn.com</p> <p><u>Request signature waiver for UPS, Fed Ex or Express Mail.</u></p>
ENTRY DEADLINE	<p>Entries must be received no later than December 24, 2004 at 6:00 PM. No late entries will be accepted.</p>
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. 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> <p>Any swimmer who is positively checked in for an event, and then does not swim that event, will be scratched from their next individual event.</p>
SCORING & AWARDS	<p>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 1st to 3rd, ribbons 4th to 8th. 'B' individual entries: rosettes 1st to 3rd, ribbons 4th to 8th. 'C' individual entries: ribbons 1st to 8th. Relays entries: medals to 1st, ribbons to 2nd to 3rd. Award levels determined by entry time.</p>
PROGRAMS & ADMISSION	<p>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.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic website at www.maswim.org.</p>
DIRECTIONS	<p>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.</p>
ACCOMODATIONS	<p>Hilton Garden Inn West, 238 Sycamore Street, Breinigsville, PA, 610-398-6686, Contact: Barbara Clemens for group rate.</p>
CANCELLATION DUE TO BAD WEATHER	<p>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.</p>

PAAC Winter Invitational Swim Meet

All events are timed finals

Friday Evening, January 7, 2005 6:30 p.m. (Warm up 5:30 p.m.)

Positive Check-in required for Friday night !

GIRLS NUMBER	EVENT			BOYS NUMBER
1	SENIOR	500 YARD	FREESTYLE	2
3	SENIOR	400 YARD	INDIVIDUAL MEDLEY	4

Saturday Morning, January 8, 2005 8:00 a.m. (Warm up 7:00 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
5	13 & 14	200 YARD	FREESTYLE RELAY	6
7	15 & OVER	200 YARD	FREESTYLE RELAY	8
9	13 & 14	100 YARD	FREESTYLE	10
11	15 & OVER	100 YARD	FREESTYLE	12
13	13 & 14	200 YARD	BREAST	14
15	15 & OVER	200 YARD	BREAST	16
17	13 & 14	200 YARD	BACK	18
19	15 & OVER	200 YARD	BACK	20
21	13 & 14	100 YARD	FLY	22
23	15 & OVER	100 YARD	FLY	24
25	13 & 14	200 YARD	INDIVIDUAL MEDLEY	26
27	15 & OVER	200 YARD	INDIVIDUAL MEDLEY	28
29	SENIOR	400 YARD	MEDLEY RELAY	30

Saturday Afternoon, January 8, 2005 1:30 p.m. (Warm up 12:30 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
31	11 & 12	100 YARD	INDIVIDUAL MEDLEY	32
33	9 & 10	100 YARD	INDIVIDUAL MEDLEY	34
35	11 & 12	50 YARD	BACK	36
37	9 & 10	50 YARD	BACK	38
39	11 & 12	200 YARD	FREESTYLE	40
41	9 & 10	200 YARD	FREESTYLE	42
43	11 & 12	100 YARD	BREAST	44
45	9 & 10	100 YARD	BREAST	46
47	11 & 12	100 YARD	FLY	48
49	9 & 10	100 YARD	FLY	50
51	9 to 12	200 YARD	BACK	52
53	11 & 12	50 YARD	FREESTYLE	54
55	9 & 10	50 YARD	FREESTYLE	56
57	11 & 12	200 YARD	MEDLEY RELAY	58
59	9 & 10	200 YARD	MEDLEY RELAY	60

Sunday Morning, January 9, 2005 8:00 a.m. (Warm up 7:00 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
61	13 & 14	200 YARD	MEDLEY RELAY	62
63	15 & OVER	200 YARD	MEDLEY RELAY	64
65	13 & 14	200 YARD	FREESTYLE	66
67	15 & OVER	200 YARD	FREESTYLE	68
69	13 & 14	100 YARD	BREAST	70
71	15 & OVER	100 YARD	BREAST	72
73	13 & 14	100 YARD	BACK	74
75	15 & OVER	100 YARD	BACK	76
77	13 & 14	200 YARD	FLY	78
79	15 & OVER	200 YARD	FLY	80
81	13 & 14	50 YARD	FREESTYLE	82
83	15 & OVER	50 YARD	FREESTYLE	84
85	SENIOR	400 YARD	FREE RELAY	86

Sunday Afternoon, January 9, 2005 1:30 p.m. (Warm up 12:30 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
87	9 to 12	200 YARD	BREAST	88
89	9 to 12	200 YARD	FLY	90
91	11 & 12	100 YARD	FREESTYLE	92
93	9 & 10	100 YARD	FREESTYLE	94
95	11 & 12	100 YARD	BACK	96
97	9 & 10	100 YARD	BACK	98
99	11 & 12	50 YARD	BREAST	100
101	9 & 10	50 YARD	BREAST	102
103	11 & 12	50 YARD	FLY	104
105	9 & 10	50 YARD	FLY	106
107	11 & 12	200 YARD	INDIVIDUAL MEDLEY	108
109	9 & 10	200 YARD	INDIVIDUAL MEDLEY	110
111	11 & 12	200 YARD	FREESTYLE RELAY	112
113	9 & 10	200 YARD	FREESTYLE RELAY	114

**PAAC Winter Invitational Swim Meet
Summary Form**

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) 530-9452

Teams using Hy-Tek's Team Manager are asked to submit entries as a COMMLINK file on a 3 1/2" diskette or via e-mail. Submit a printed Team Manager report of meet entries.

Entry Deadline: Received by 6:00 p.m. Friday, December 24, 2004.
Please make checks payable to: PAAC

Entries Summary

	Number of Entries	Cost per Entry	Amount
Individual Entries		\$3.00	
Relay Entries		\$6.00	
Surcharge*	-----	\$2.00	
		TOTAL	

*** \$2.00 per swimmer for manual entries.**
This form must accompany the official entry blanks.

