

Atlantis Aquatic Club s

November Mini Meet

November 20, 2004

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0526 M

LOCATION	Lehigh University's Jacob Pool in Taylor Gym 641 Taylor Street Bethlehem, PA 18015 Day of meet ONLY emergency phone #610-758-4692
FACILITIES	Lehigh University, Taylor Gym, Jacobs Pool, 641 Taylor Street, Bethlehem, PA Competition Pool is a 6 lane 25 yard pool with non-turbulent lane lines, Omega timing system and 6 lane display. Starting Depth 5'. Secondary Warm Up Pool is a 4-lane 25-yard pool with non-turbulent lane lines, located on the third floor.
MEET DIRECTOR	Cindy Mahaney, 610-758-4692, clmahaney@aol.com
SAFETY DIRECTOR	Rob Herb, 610-758-4692, atac@fast.net
OFFICIALS	If you would like to officiate at this meet, please call Rob Herb at 610-758-4692 or Larry Shoemaker 908-637-6820. Officials must have a current USA membership card and should carry these where they are visible at all times. The meet referee will be Larry Shoemaker.
ELIGIBILITY	The objective of this meet is to provide a quality event for 8& under swimmers. Under Middle Atlantic Sanction, the eligibility for this meet is open to any Middle Atlantic/USA registered swimmer. The meet is for 8 year olds and younger. Age as of November 20, 2004 determines the age group in which swimmers will compete at this meet. Each session will be held under the minimum 4-hour limit. Swimmers must enter best times in each event or be subject to penalties set by Middle Atlantic Swimming, Inc. Swimmers may enter 3 individual events and 1 relay .
ENTRY LIMITATIONS	Atlantis Aquatic Club and its Meet Director reserve the right to limit the number of heats and events to comply with the prescribed MA Four Hour Rule. The Atlantis Aquatic Club also reserves the right to reformat the meet if numbers of entries are too large or too small. Notification will be provided to swimmers and teams concerning any reformatting. Refund policy: entry fee will be refunded to swimmers cut from meet or taken out of an event.
WARM-UP & START TIMES	WU will only be in Jacobs Pool. Swimmers must be under the direct supervision of a currently registered USA coach. First 45 minutes general warm up in all lanes. NO DIVING off the blocks or the edge of the pool during this time. During the last 15 minutes of warm up, there will be sprint lanes in lanes 2 3 4 5 with lanes 1 & 6 for

	<p>continued general warm up. All starts must be from the starting block end. Swim one length and get out at the opposite end. The meet director reserves the right to close warm up at any time. Swimmers violating safety rules will be removed from the remainder of the warm up session.</p> <p>Warm Up Schedule: The pool will be available for warm ups 60 minutes before the start of the first event. A warm up/warm down pool will be available on the third floor during the meet. USA Swimming safety rules apply to the all pools at all times:</p> <p>WU on November 20, 2003 11am, Meet Start 11:45am</p> <p><i>*Depending on the size of the meet, Team Warm Up lanes and times may be assigned.</i></p>
DECK ENTRIES	<p>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 \$5.00per 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.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
SEEDING	<p>All events are timed finals and are pre-seeded.</p>
HOW TO ENTER	<p>All entries must be made on 3.5" using the HY-TEK COMMLINK program. A printed hard copy must accompany the disk. We encourage all clubs to enter on disk, regardless of the number of swimmers entered. If this is not possible, the enclosed official entry form must be used. If entering five (5) or more swimmers on this form, a processing fee of \$5.00 per swimmer must be included. The meet director reserves the right to limit entries in order to keep the meet within the acceptable span</p>
ENTRY FEES	<p><i>\$2.50 per individual event, \$6.00 per relay.</i> No refunds.</p>
SEND ENTRIES TO	<p>Please send ONLY one check per team. Make checks payable to the Atlantis Aquatic Club. Mail entries to: ATAC P.O. Box #21972 Lehigh Valley, PA 18002-1972 or FEDEX ONLY to Rob Herb 4171 Rexford Drive Bethlehem, PA 18020, pre-signed. 610-807-9406</p>
ENTRY DEADLINE	<p><i>Tuesday, November 2nd, 2004, .</i> All entries must be received by this date. 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. US Swimming and Middle Atlantic Swimming, Inc. safety procedures and policies will be followed and enforced at all times. Failure to obey instructions of the safety director, marshals and officials will result in disqualification from the meet. All coaches/officials must be registered with USA Swimming and must display USA card to be permitted on deck. Other Volunteers permitted on deck will be designated with ID Tags. No others will be permitted on deck. All unattached and unaccompanied swimmers must report to the Meet Director prior to warm up. Meet Director: Cindy Mahaney, 610-758-4692 "This meet will be conducted using the Whistle command (which is supplemented with verbal commands at a mini meet) and No-Recall False Start procedures.</p>
SCORING & AWARDS	<p>Medals 1st –3rd, Ribbons 4th-8th. Relays Ribbons 1st-3rd.</p>
PROGRAMS &	<p>\$3.00 per person with program. Our gallery area seats 300. Refreshments will be available.</p>

ADMISSION	
RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org
DIRECTIONS/PARKING	<p>From South/North: PA Turnpike NE Extension to Lehigh Valley Exit. Take route 22 East to 378 South. Follow 378 across Black Metal Bridge. Stay in left lane. Immediately after the bridge, make a left at light down the hill to 3rd Street. At the first light, turn right onto Brodhead. Go thru next traffic light. At the next stop sign, turn left onto Packer Ave. Go two stop signs. (Parking Garage is one more block.) At the second stop sign, make right onto Taylor Street. Pool is second building on left-Taylor Gym. Please park at a meter or in the parking garage at the end of Packer Ave.</p> <p>From West/East: Take Route 78 to the Bethlehem/Hellertown Exit. Take exit north (Rt.412) to Bethlehem.(Follow signs for the Comfort Inn and downtown Bethlehem.) Follow Rt. 412, road becomes 3rd Street at this point. On 3rd Street, look to make a left onto Taylor Street (barber's poll on building on left) Go about 4 blocks crossing Packer Ave. and the pool will be the second building on left. Please park at a meter or in the parking garage at the end of Packer Ave.</p> <p>Parking is available at city parking meters or in the Zoellner Parking Garage for \$1. Lehigh University Parking Services will ticket illegally parked cars.</p>
ACCOMODATIONS	<p>Comfort Suites Inn in Bethlehem, (4 blocks from the pool) 610-882-9700 or Fairfield Inn Bethlehem on Rt. 22 near LVI Airport (5 minutes from the pool) 610-758-9000. Hampton Inn Suites in Bethlehem (5 minutes from the pool) 610-866-5800 and Holiday Inn in Bethlehem 610-866-5800 or the Radisson at the Hotel Bethlehem (2 minutes from pool)</p>

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Session #1: Saturday, November 20, 2004 WU: 11am Meet Starts: 11:45am

Women's Event #'s			Men's Event #'s
1	8&Under	100 Medley Relay	2
3	7-8	25 Freestyle	4
5	6&Under	25 Freestyle	6
7	7-8	25 Backstroke	8
9	6&Under	25 Backstroke	10
11	7-8	25 Breaststroke	12
13	6&Under	25 Breaststroke	14
15	7-8	25 Fly	16
17	6&Under	25 Fly	18
19	8 & Under	50 Freestyle	20
21	8 & Under	50 Backstroke	22
23	8 & Under	50 Breaststroke	24
25	8 & Under	50 Fly	26
27	8 & Under	100 IM	28
29	8&Under	100 Free Relay	30

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Team Name: _____ Team Code: _____
Head Coach: _____
Team Contact: _____ Phone Number: _____
Team Email Address: _____
Team Mailing Address: _____
City: _____
State: _____ Zip: _____

Mail Entries To: Atlantis Aquatic Club
P.O. Box 21972
Lehigh Valley, PA 18002-1972

Teams using Hy-Tek Team Manager are asked to submit entries as a COMMLINK file on a 3.5" 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 6:00pm, Tuesday November 2nd , 2004

Make Checks Payable to: Atlantis Aquatic Club

Entry Summary

	# of Entries	\$/Entry	Amount
Girls Entries		\$2.50	
Boys Entries		\$2.50	
8&Under Girls Relay Entries		\$6.00	
8&Under Boys Relay Entries		\$6.00	
Totals			

This form must accompany the official entry blanks or disks.

