

9th Annual EMAC A/BB/C MEET

FEBRUARY 10-12, 2006

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0605 A

LOCATION	Emmaus High School 300 Macungie Ave. Emmaus PA 18049 Day of meet ONLY emergency phone #610-393-5714 or 5191
FACILITIES	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Ht-Tek Software, Spectator seating is separate balcony seating for 420, Parking capacity 500, Snack Bar will be available.
MEET DIRECTOR	Mike Seip 610-965-5800, emacswim@rcn.com
SAFETY DIRECTOR	Kip Hein 610-965-5800
OFFICIALS	Donna Barnum 610-965-5800, emacswim@rcn.com
ELIGIBILITY	Open to any swimmers 9 & older currently registered with USA Swimming for 2006. Swimmer's age is as of 2/10/06. Swimmer may swim a maximum of 4 individual events and 1 relay in his/her age category 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.
ORDER OF EVENTS WARM-UP & START TIMES	Please see attached order of events. All events are pre-seeded timed finals, except events 1-8 which are positive check-in. Session 1 – Warm Up 5:00 pm, Meet 6:00 pm POSITIVE CHECK IN REQUIRED BY 5:30 PM!! The 400 IM and the 500 free will be swum fastest to slowest. Sessions 2 & 4 – Warm Up 7:00 am, Meet 8:15 am Sessions 3 & 5 – Warm Up 12:00 pm, Meet 1:00 pm. Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event.

<p>DECK ENTRIES /TIME TRIALS</p>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on each day of the meet, prior to the start of each session, at the cost of \$6.00 per event. Swimmers not already entered in the meet must provide proof of USA Swimming registration. 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>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
<p>SEEDING</p>	<p>Sessions 2 thru 5 are pre-seeded timed finals events. Friday night's Session 1 is positive check-in, after which the events will be seeded and heat sheets printed.</p>
<p>HOW TO ENTER</p>	<p>Entries must be submitted using Hy-Tek software, and must be submitted in the course in which they were achieved. Supporting paperwork <u>and recap sheet</u> must accompany all entries. If disk entry is not possible, use the attached entry form.</p>
<p>ENTRY FEES</p>	<p>\$3.00 per individual event; \$6.00 per relay.</p>
<p>SEND ENTRIES TO</p>	<p>Mail entries to EMAC, PO Box 3304, Allentown PA 18106-0304. Phone 610-965-5800, Fax 610-965-7704</p> <p>Entries may be emailed to emacswim@rcn.com</p> <p>Make checks payable to Emmaus Aquatic Club</p>
<p>ENTRY DEADLINE</p>	<p>Friday, January 27, 2006 by 6:00 PM.</p> <p>No late entries will be accepted.</p>
<p>RULES</p>	<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>Positive check-in required for all Friday night events. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Penalties 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>A – Individual events receive medals 1st thru 3rd.; Ribbons 4th thru 6th. Relays – medals for 1st; Ribbons for 2nd & 3rd.</p> <p>BB – Individual events receive ribbons 1st thru 6th; Relays – ribbons 1st thru 3rd.</p> <p>C – Individual events receive ribbons 1st thru 6th; Relays – ribbons 1st to 3rd. All awards are based on entry times.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Programs \$5.00. Admission \$3.00 per day. Children under 5 admitted free. Free admission to all volunteers.</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org and on EMAC's website www.emacswim.org</p>
<p>DIRECTIONS</p>	<p>From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East to 309 South to Cedar Crest Blvd. Turn right at bottom of ramp; stay on Cedar Crest approx. 4 miles, high school football stadium will be on left, turn left onto North St. Use entrance located near the tennis courts, the words "Sports Center" are directly above these doors.</p>
<p>ACCOMODATIONS</p>	<p>Holiday Inn Express 3620 Hamilton Blvd. Allentown, PA 610-437-9255</p> <p>Comfort Suites 3712 Hamilton Blvd. Allentown PA 610-437-9100</p>

Session: 1 FRIDAY PM - FEBRUARY 10, 2006
 Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds

Round	Event	
Finals	1	Girls 9 & Over 500 Freestyle
Finals	2	Boys 9 & Over 500 Freestyle
Finals	3	Women 9-10 200 Freestyle
Finals	4	Men 9-10 200 Freestyle

Round	Event	
Finals	5	Women 11-12 200 Freestyle
Finals	6	Men 11-12 200 Freestyle
Finals	7	Women 11 & Over 400 IM
Finals	8	Men 11 & Over 400 IM

Session: 2 SATURDAY AM - FEBRUARY 11, 2006
 Day of Meet: 2 Starts at 08:15 AM Heat Interval: 30 Seconds

Round	Event	
Finals	9	Women 13-14 100 Freestyle
Finals	10	Men 13-14 100 Freestyle
Finals	11	Women Senior 100 Freestyle
Finals	12	Men Senior 100 Freestyle
Finals	13	Women 13-14 200 Breaststroke
Finals	14	Men 13-14 200 Breaststroke
Finals	15	Women Senior 200 Breaststroke
Finals	16	Men Senior 200 Breaststroke
Finals	17	Women 13-14 200 Backstroke
Finals	18	Men 13-14 200 Backstroke
Finals	19	Women Senior 200 Backstroke
Finals	20	Men Senior 200 Backstroke

Round	Event	
Finals	21	Women 13-14 100 Butterfly
Finals	22	Men 13-14 100 Butterfly
Finals	23	Women Senior 100 Butterfly
Finals	24	Men Senior 100 Butterfly
Finals	25	Women 13-14 200 IM
Finals	26	Men 13-14 200 IM
Finals	27	Women Senior 200 IM
Finals	28	Men Senior 200 IM
Finals	29	Women 13-14 200 Freestyle Relay
Finals	30	Men 13-14 200 Freestyle Relay
Finals	31	Women Senior 400 Freestyle Relay
Finals	32	Men Senior 400 Freestyle Relay

Session: 3 SATURDAY PM - FEBRUARY 11, 2006
 Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds

Round	Event	
Finals	33	Women 11-12 50 Freestyle
Finals	34	Men 11-12 50 Freestyle
Finals	35	Women 9-10 50 Freestyle
Finals	36	Men 9-10 50 Freestyle
Finals	37	Women 11-12 100 Breaststroke
Finals	38	Men 11-12 100 Breaststroke
Finals	39	Women 9-10 100 Breaststroke
Finals	40	Men 9-10 100 Breaststroke
Finals	41	Women 11-12 100 IM
Finals	42	Men 11-12 100 IM
Finals	43	Women 9-10 100 IM
Finals	44	Men 9-10 100 IM

Round	Event	
Finals	45	Women 11-12 50 Backstroke
Finals	46	Men 11-12 50 Backstroke
Finals	47	Women 9-10 50 Backstroke
Finals	48	Men 9-10 50 Backstroke
Finals	49	Women 11-12 100 Butterfly
Finals	50	Men 11-12 100 Butterfly
Finals	51	Women 9-10 100 Butterfly
Finals	52	Men 9-10 100 Butterfly
Finals	53	Women 11-12 200 Freestyle Relay
Finals	54	Men 11-12 200 Freestyle Relay
Finals	55	Women 9-10 200 Freestyle Relay
Finals	56	Men 9-10 200 Freestyle Relay

Session: 4 SUNDAY AM - FEBRUARY 12, 2006
 Day of Meet: 3 Starts at 08:15 AM Heat Interval: 30 Seconds

Round	Event	
Finals	57	Women 13-14 50 Freestyle
Finals	58	Men 13-14 50 Freestyle
Finals	59	Women Senior 50 Freestyle
Finals	60	Men Senior 50 Freestyle
Finals	61	Women 13-14 100 Breaststroke
Finals	62	Men 13-14 100 Breaststroke
Finals	63	Women Senior 100 Breaststroke
Finals	64	Men Senior 100 Breaststroke
Finals	65	Women 13-14 100 Backstroke
Finals	66	Men 13-14 100 Backstroke
Finals	67	Women Senior 100 Backstroke
Finals	68	Men Senior 100 Backstroke

Round	Event	
Finals	69	Women 13-14 200 Butterfly
Finals	70	Men 13-14 200 Butterfly
Finals	71	Women Senior 200 Butterfly
Finals	72	Men Senior 200 Butterfly
Finals	73	Women 13-14 200 Freestyle
Finals	74	Men 13-14 200 Freestyle
Finals	75	Women Senior 200 Freestyle
Finals	76	Men Senior 200 Freestyle
Finals	77	Women 13-14 200 Medley Relay
Finals	78	Men 13-14 200 Medley Relay
Finals	79	Women Senior 400 Medley Relay
Finals	80	Men Senior 400 Medley Relay

Session: 5 SUNDAY PM - FEBRUARY 12, 2006
 Day of Meet: 3 Starts at 01:00 PM Heat Interval: 30 Seconds

Round	Event	
Finals	81	Women 11-12 100 Freestyle
Finals	82	Men 11-12 100 Freestyle
Finals	83	Women 9-10 100 Freestyle
Finals	84	Men 9-10 100 Freestyle
Finals	85	Women 11-12 50 Breaststroke
Finals	86	Men 11-12 50 Breaststroke
Finals	87	Women 9-10 50 Breaststroke
Finals	88	Men 9-10 50 Breaststroke
Finals	89	Women 11-12 100 Backstroke
Finals	90	Men 11-12 100 Backstroke
Finals	91	Women 9-10 100 Backstroke
Finals	92	Men 9-10 100 Backstroke

Round	Event	
Finals	93	Women 11-12 50 Butterfly
Finals	94	Men 11-12 50 Butterfly
Finals	95	Women 9-10 50 Butterfly
Finals	96	Men 9-10 50 Butterfly
Finals	97	Women 11-12 200 IM
Finals	98	Men 11-12 200 IM
Finals	99	Women 9-10 200 IM
Finals	100	Men 9-10 200 IM
Finals	101	Women 11-12 200 Medley Relay
Finals	102	Men 11-12 200 Medley Relay
Finals	103	Women 9-10 200 Medley Relay
Finals	104	Men 9-10 200 Medley Relay

**EMMAUS AQUATIC CLUB – 9th ANNUAL A/BB/C MEET
FEBRUARY 10-12, 2006
MEET SUMMARY SHEET**

This form MUST accompany team entries.

Team Name _____ Team Code _____

Head Coach _____

Coach or Club
Address _____

City/State/Zip _____

Phone _____ Email _____

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

Name _____

Phone _____ E-mail _____

Mail Entries to: EMAC
PO Box 3304
Allentown PA 18106-0304

Entry Deadline: Friday, January 27, 2006 No late entries accepted!

Please make checks payable to EMAC.

Entry Fees: _____ Individual Events @ \$3.00 \$ _____

_____ Relays @ \$6.00 \$ _____

Manual Processing Fee \$5.00 per swimmer
for non-disk entries \$ _____

Total \$ _____

