

PARKLAND AQUATIC CLUB

Mini Invitational Meet

December 3, 2006

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0746 M

LOCATION	<p>Parkland High School Aquatic Center 2700 Cedar Crest Blvd Allentown, PA 18104</p> <p>Day of meet ONLY emergency phone: 610-351-5600 Meet Director cell phone: 484-597-0147</p>
FACILITIES	<p>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.</p>
MEET DIRECTOR	<p>Barbara Poland: 610-481-0958; barbarajp@rcn.com</p>
SAFETY DIRECTOR	<p>Deb Bren: 610-799-2545; dbrendo@pol.net</p>
OFFICIALS	<p>Julie Pepper is the officials coordinator. 610-285-4298 ; jpepper@ptd.net Walt Johnson is the meet referee. 610-799-4872 ; drwj80@aol.com</p>
ELIGIBILITY	<p>This meet is open to all '8 and under' swimmers registered with USA Swimming. Swimmer's age as of December 3, 2006 will apply for the entire meet. A swimmer may swim in five individual event and one relay.</p>
ENTRY LIMITATIONS	<p>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.</p>
ORDER OF EVENTS	<p>See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.</p>
WARM-UP & START TIMES	<p>1:15PM to 1:45 PM will be general warm-up. Sprint lanes will be available 1:45PM to 1:55PM. Team lane assignments and designation of sprint lanes will be announced day of meet. 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.</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 \$5.00 per event. Swimmers not previously in the meet must provide proof of current 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>
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 will be pre-seeded based on entry time.</p>
HOW TO ENTER	<p>Electronic entries in a Hy-Tek Team Manager file are preferred. <u>Entries may be sent via e-mail.</u> Include with your entry 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</p>

	<p>and entries. Include contact information (name, address, phone and cell phone). Send to barbaraajp@rcn.com Send entry check separately. It must arrive by Friday Nov 18,2005.</p> <p><u>Entries may be sent on a CD.</u> Include a Team Manager report by entry (saved in Word for Windows format); the PAAC Meet Summary Form and your payment. No Floppies!</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	Entry fee is \$3.00 per individual event and \$6.00 for a relay
SEND ENTRIES TO	<p>Make entry fee payable to PAAC. Send entries to:</p> <p>Barbara Poland 292 Lenape Trail Allentown, PA 18104 610-481-0958 (ph) barbaraajp@rcn.com</p> <p>Request signature waiver for UPS, Fed Ex or Express Mail.</p>
ENTRY DEADLINE	Entries must be received no later than November 17, 2006 at 6:00 PM. No late entries will be accepted.
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.</p> <p>This meet will be conducted using the Whistle command, supplemented with verbal commands 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 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>
SCORING & AWARDS	Individual Events: first to third – large rosettes; fourth through twelfth – ribbons. Relays: first to third – ribbons.
PROGRAMS & ADMISSION	Program is \$5.00 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.
RESULTS	Results will be posted on the Middle Atlantic website at www.maswim.org .
DIRECTIONS	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.
ACCOMODATIONS	Hilton Garden Inn, 230 Sycamore Road (I78 & Rt 100), Breinigsville, PA. Call 610-398-6686 and ask for the PAAC block of rooms. \$75.00 per night. One free coaches room for the first two clubs that book ten rooms or more. Ask for Barb Clemens for coaches room. For more information, go to www.allentownwest.gardeninn.com
CANCELLATION DUE TO BAD WEATHER	In case of delays or cancellation due to bad weather, call the PAAC office at 610-530-9452.

PAAC Mini Invitational Swim Meet
December 3, 2006

Warm ups start 1:15PM; meet starts at 2:00PM

<u>GIRLS NUMBER</u>	<u>EVENT</u>			<u>BOYS NUMBER</u>
1	8 & Under	100 Yard	Medley Relay	2
3	8 Year Old	25 Yard	Freestyle	4
5	7 Year Old	25 Yard	Freestyle	6
7	6 & Under	25 Yard	Freestyle	8
9	8 Year Old	25 Yard	Back	10
11	7 Year Old	25 Yard	Back	12
13	6 & Under	25 Yard	Back	14
15	8 Year Old	25 Yard	Breast	16
17	7 Year Old	25 Yard	Breast	18
19	6 & Under	25 Yard	Breast	20
21	8 Year Old	25 Yard	Fly	22
23	7 Year Old	25 Yard	Fly	24
25	6 & Under	25 Yard	Fly	26
27	8 Year Old	100 Yard	Individual Medley	28
29	7 & Under	100 Yard	Individual Medley	30
31	8 Year Old	50 Yard	Freestyle	32
33	7 & Under	50 Yard	Freestyle	34
35	8 Year Old	50 Yard	Back	36
37	7 & Under	50 Yard	Back	38
39	8 Year Old	50 Yard	Breast	40
41	7 & Under	50 Yard	Breast	42
43	8 Year Old	50 Yard	Fly	44
45	7 & Under	50 Yard	Fly	46
47	8 & Under	100 Yard	Freestyle Relay	48

ALL EVENTS ARE TIMED FINALS

**PAAC Mini Invitational Swim Meet
Summary Sheet
December 3, 2006**

Team Name: _____ **Team Code:** _____

Head Coach: _____

Team Contact: _____

Home Phone: _____ **Office Phone:** _____ **Cell Phone:** _____

Team E-Mail Address: _____

Team Mailing Address: _____

City: _____

State: _____ **ZIP:** _____

Mail Entries To: **Barbara Poland**
 292 Lenape Trail
 Allentown, PA 18104
 610-481-0958 (ph)
 barbarajp@rcn.com

Teams using Hy-Tek's Team Manager are asked to submit an entry file on a CD or via e-mail along with a Team Manager report of meet entries:

Entry Deadline: Received by 6:00 p.m. Friday, November 17, 2006.
Please make checks payable to: PAAC

Entries Summary

	Number of Entries	Cost per Entry	Amount
Individual Entries		\$3.00	
Relay Entries		\$6.00	
		TOTAL	

This form must accompany the official entry blanks.

