



**BIGCAT**  
AQUATICS

# SWIMFEST

Please read the meet information as things have changed this year:

No entries will be accepted before May 25, 2007.

Fees must be received within 7 days of entry. No Exceptions.

There are 2 sets of entry files. One is for 13 & over and one for 9 – 12.

Psych Sheets can now be found at [www.bigcatswim.com](http://www.bigcatswim.com)

**Awards must be picked up by teams at the meet. Awards will not be available after the last day of meet.**

Contact me at [bcatmeet@comcast.net](mailto:bcatmeet@comcast.net) for tent prices and sizes.

There is a limited number available.

# BIG CAT AQUATICS

PRESENTS

## SWIM FEST 2007

Senior A, 9 - 14 BB  
June 28 – July 1, 2007

Pennsylvania State University  
State College, Pennsylvania

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0795 A

LOCATION	The Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs. From Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh
FACILITIES	50 meter heated outdoor 8-Lane facility. Pool depth at the starting end is 12'-6". Separate indoor pool for warm-up and swim down during meet. Non-turbulent lane markers. Colorado System 5 Timing System. <b>PARKING:</b> Available in parking decks near the Natatorium, for a fee of \$4 per day. <b>Penn State University controls all parking and fees.</b> Lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully. <b>FOOD:</b> A limited selection of food and swimming apparel will be available throughout the meet.
MEET DIRECTOR	Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 234-8955, e-mail <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a>
SAFETY DIRECTOR	Stephanie Rozick, Meet day pool emergency phone number, (814) 865-1433
OFFICIALS	Anyone interested in helping with the meet as a USA Swimming certified official should contact George Houck at <a href="mailto:gwh2@psu.edu">gwh2@psu.edu</a>
ELIGIBILITY	Free admission and hospitality for all volunteers. Open to all 2007 USA Swimming registered swimmers who meet the qualifying time standards. <b>The Meet Director reserves the right to allow teams that have participated in the past years first entry into the meet and will accept entries until the meet fills.</b> Swimmers age as of June 28, 2007 will apply for entire meet. The 2007 United States Swimming Rules will apply. 9-10, 11-12, 13&14 BB Times, Senior - A Times. NT entries will be rejected. <b>Proof of time may be requested</b> Times for SCY and SCM can be found at: <a href="http://www.maswim.org/timestandards.htm">www.maswim.org/timestandards.htm</a>

ENTRY LIMITATIONS	The meet director reserves the right to change the meet format if necessary, to conduct each meet session in a four hour time span.
	If necessary the 800 Freestyle will be swum in a separate session scheduled to begin after Sunday's AM session.
WARM-UP	If the meet should fill before the entry deadline all unprocessed entry fees will be returned with a full refund. General warm-up will be held. During the final 10 - 15 minutes, lanes 1 and 8 will be pace lanes and lanes 2 and 7 will be sprint lanes. Warm-down lanes will be available during the meet, in the 25 yard racing pool, in McCoy Natatorium, adjacent to the outdoor 50 meter pool.
WARM-UP & START TIMES	
	<p><b>Thursday, June 28:</b>  <b>Warm up 5:00 PM. Meet begins at 6:30 PM</b></p>
	<p><b>Friday, June 29: AM Session</b>  <b>( Senior, 13 &amp; 14)</b>  <b>Warm-up at 7:00 AM, Meet begins at 8:30 AM</b></p>
	<p><b>Friday, June 29: PM Session (9&amp;10, 11&amp;12)</b> Warm-up at 5:00 PM, Meet begins at 5:45 PM</p>
	<p><b>Saturday, June 30: AM Session (Senior, 13&amp;14)</b> Warm-up at 7:00 AM, Meet begins at 8:30 AM</p>
	<p><b>Saturday, June 30: PM Session (9&amp;10, 11&amp;12)</b> Warm-up at 5:00 PM, Meet begins at 5:45 PM</p>
	<p><b>Sunday, July 1: AM Session (Senior, 13&amp;14)</b> Warm-up at 7:00 AM, Meet begins at 8:30 AM.</p>
DECK ENTRIES	Deck entries, if time permits, are \$10.00 per event.
	Swimmers not previously entered 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.
SWIMMERS WITHOUT A COACH	Swimmers without a coach should report to the meet director before the warm- up of each session.

## SEEDING

All events are pre-seeded, timed finals **EXCEPT** the **400 Freestyle, 800 Freestyle and the 400 IM. Positive check in is required. Swimmers must have own timers and counter for the 800 Freestyle.**

**We will swim the 13& over 400 and 800 Freestyle fastest to slowest heats, alternating one heat of girls then one heat of boys.**

**9 - 12 400 Freestyle will swim slow to fast, girls followed by boys.**

**400 IM will swim as follows: Top 4 heats women swim slowest to fastest followed by top 4 heats of men, slowest to fastest. The remainder of heats will swim fastest to slowest alternating one heat of women, then one heat of men.**

The MA Scratch policy will be enforced. Policy stated below under Rules.

Non-conforming times will be seeded in accordance with Middle Atlantic Swimming policy. Entry times from alternate course venues shall be converted by the Meet Host and seeded together, except for the 400 and 800 freestyles. SCY and SCM times submitted for these two events will be treated as non-conforming and seeded in the slowest heats.

## HOW TO ENTER

Times must be submitted in the course in which they were achieved. As a minimum, the 40 fastest times for each event will be accepted for entry. However, we may permit more than 40 entries in a given event provided some of the other events are not filled. **Proof of time may be required.**

### **LIMITATIONS:**

**9 - 12 swimmers are permitted four events per day plus a relay. 13 and over swimmers are permitted three events per day.**

## ENTRY FEES

Entry fees are \$5.00 per individual event, \$8.00 per relay. Deck entries, if time permits, are \$10.00 per event. Entries and fees must be accompanied by the Financial Recap form and either: MASTER ENTRY FORMS. No phone entries will be accepted. A \$5.00 surcharge will be added for each entered athlete, for teams of 5 or more not entered electronically. **Teams that submit their entries by Email using Hy-Tek Software should not submit a disk.** We request each club remit ONE check made payable to "BCAT" to cover team entry fees.

## SEND ENTRIES TO

Stephanie Rozick, 5249 W. Buffalo Run Rd. Port Matilda, PA 16870, (814-234-8955),

E-mail: [bcatmeet@comcast.net](mailto:bcatmeet@comcast.net) **Request signature waiver if needed.**

## ENTRY DEADLINE

**No entries will be accepted before May 25, 2007.**

All entries must be received by: 5:00 PM JUNE 11, 2007.

No late entries will be accepted.

**Fees must be received within 7 days of entry. No Exceptions**

## RULES

USA Swimming / Middle Atlantic Swimming rules shall apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. 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. **MA Swimming Scratch Policy:**

### **Deck Seeded Events:**

Any swimmer who has positively checked in for a deck seeded event and then does not swim that event will be barred from swimming the next individual event in which the swimmer is entered, whether on the same or later meet day.

## SCORING & AWARDS

Awards will be based on time achieved.

Individuals-Medals: 1st-3rd, Ribbons: 4th-8th. Relays-Medals: 1st, Ribbons: 2<sup>nd</sup> - 3<sup>rd</sup>

## PROGRAMS & ADMISSION

\$3.00 per session. Programs, \$ 8. Programs are for the entire meet. Children 12 and under admitted free. Spectators bring your favorite lawn chair/beach blanket for general poolside seating.

## RESULTS

Results will be posted on the Middle Atlantic Swimming website, [www.maswim.org](http://www.maswim.org).

## DIRECTIONS

**DIRECTIONS: EAST** -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N

**SOUTH** -- 83 North to Harrisburg. From Harrisburg, same as above.

**WEST** -- Route 22 to Route 220N, then Route 322E until the Penn State Exit. Go right onto Park Avenue, follow directions under EAST.

To 81W to 322 West to State College. At Boalsburg stay on 322 West (Mt. Nittany Expressway) to Penn State Exit. Go left onto Park Ave., follow to second light past stadium. Turn left onto campus. Pool is past first stop sign, on the left.

## ACCOMODATIONS

Days Inn Penn State (814-238-8454) POC Ainslie Mclane  
800-258-3297 240 Pugh St, State College

Motel 6 (814-234-1600), 1274 N. Atherton St., State College.

Hampton Inn (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.

Holiday Inn Express (814-867-1800) 1925 Waddle Rd., State College

Hampton Inn Suites (814-231-1899), 1955 Waddle Rd.,  
State College

Courtyard By Marriott (814-238-1881) or (800-321-2211),  
1730 University Dr. State College.

Autoport (814-237-7666) Business Route 322, State  
College.

State College Inn (814-237-8005) S. Atherton St. & Branch  
Rd. State College.

Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S.  
Atherton St., State College.

Nittany Lion Inn (814-231-7500), 200 West Park Ave.,  
State.

Nittany Budget Motel (814-237-7638), 1274 N. Atherton  
St., State College, \$39.95.

Sleep Inn (814-235-1020), 111 Village Dr., State College.

The Penn Stater, (Formerly Scanticon (814-863-5013), (814-  
863-5000), 215 Innovation Blvd., Penn State Research Park,  
State College.

Residence Inn (814) 235-6960 1555 University Dr  
State College, PA 16801

**Please see State College information at**  
**<http://www.happyvalley.com/>**

## **Coaches, Parents and Swimmers**

**Please be considerate of our facility. We are asking that each team clean up their trash after each session. Our pool opens to the public in between sessions.**

**All tents set up by teams must be removed after each AM session.**

<b>THURSDAY Session 1</b>					
	<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>		
<b>1</b>	5:12.19	15 & OVER	4:53.29		<b>2</b>
	5:42.99	13&14 400 FREESTYLE	5:31.09		
<b>FRIDAY AM Session 2</b>					
<b>3</b>	2:47.29	15 & OVER	2:34.29		<b>4</b>
	3:05.69	13&14 200 BACKSTROKE	2:55.09		
<b>5</b>	1:09.59	15 & OVER	1:04.09		<b>6</b>
	1:16.99	13&14 100 FREESTYLE	1:12.19		
<b>7</b>	2:44.69	15 & OVER	2:32.19		<b>8</b>
	3:03.59	13&14 200 BUTTERFLY	2:53.29		
<b>9</b>	3:08.49	15 & OVER	2:54.29		<b>10</b>
	3:27.99	13&14 200 BREASTSTROKE	3:17.59		
<b>FRIDAY PM Session 3</b>					
<b>11</b>	NT	9&10 200 FREESTYLE RELAY	NT		<b>12</b>
<b>13</b>	NT	11&12 200 FREESTYLE RELAY	NT		<b>14</b>
<b>15</b>	3:23.79	9&10 200 FREESTYLE	3:13.99		<b>16</b>
<b>17</b>	2:52.39	11&12 200 FREESTYLE	2:48.69		<b>18</b>
<b>19</b>	1:48.89	9&10 100 BACKSTROKE	1:46.09		<b>20</b>
<b>21</b>	1:34.39	11&12 100 BACKSTROKE	1:31.39		<b>22</b>
<b>23</b>	2:02.39	9&10 100 BREASTSTROKE	1:59.79		<b>24</b>
<b>25</b>	1:41.89	11&12 100 BREASTSTROKE	1:41.99		<b>26</b>
<b>27</b>	40.89	9&10 50 FREESTYLE	40.39		<b>28</b>
<b>29</b>	36.39	11&12 50 FREESTYLE	35.69		<b>30</b>
<b>31</b>	48.59	9&10 50 BUTTERFLY	46.89		<b>32</b>
<b>33</b>	39.69	11&12 50 BUTTERFLY	39.99		<b>34</b>
<b>35</b>	3:47.29	9&10 200 IM	3:44.79		<b>36</b>
<b>37</b>	3:15.19	11&12 200 IM	3:13.89		<b>38</b>

<b>SATURDAY AM Session 4</b>				
<b>39</b>	1:16.09	15 & OVER	1:09.09	<b>40</b>
	1:24.09	13&14 100 BUTTERFLY	1:18.69	
<b>41</b>	2:29.39	15 & OVER	2:19.19	<b>42</b>
	2:45.29	13&14 200 FREESTYLE	2:37.09	
<b>43</b>	1:27.79	15 & OVER	1:20.59	<b>44</b>
	1:36.59	13&14 100 BREASTSTROKE	1:30.49	
<b>45</b>	5:57.59	15 & OVER	5:29.99	<b>46</b>
	6:32.49	13&14 400 IM	6:15.09	
<b>SATURDAY PM Session 5</b>				
<b>47</b>	NT	9&10 200 MEDLEY RELAY	NT	<b>48</b>
<b>49</b>	NT	11&12 200 MEDLEY RELAY	NT	<b>50</b>
<b>51</b>	6:55.79 6:00.09	9 - 12 400 FREESTYLE	5:56.59 6:52.69	<b>52</b>
<b>53</b>	49.89	9&10 50 BACKSTROKE	50.49	<b>54</b>
<b>55</b>	42.49	11&12 50 BACKSTROKE	42.29	<b>56</b>
<b>57</b>	54.89	9&10 50 BREASTSTROKE	55.09	<b>58</b>
<b>59</b>	45.59	11&12 50 BREASTSTROKE	47.09	<b>60</b>
<b>61</b>	1:56.19	9&10 100 BUTTERFLY	1:53.99	<b>62</b>
<b>63</b>	1:30.79	11&12 100 BUTTERFLY	1:30.19	<b>64</b>
<b>65</b>	1:32.99	9&10 100 FREESTYLE	1:31.09	<b>66</b>
<b>67</b>	1:20.39	11&12 100 FREESTYLE	1:17.49	<b>68</b>
<b>Sunday AM Session 6</b>				
<b>69</b>	1:18.29	15 & OVER	1:11.69	<b>70</b>
	1:26.79	13&14 100 BACKSTROKE	1:21.29	
<b>71</b>	2:48.09	15 & OVER	2:37.09	<b>72</b>
	3:06.79	13&14 200 IM	2:56.39	
<b>73</b>	32.29	15 & OVER	29.39	<b>74</b>
	35.49	13&14 50 FREESTYLE	33.19	
<b>75</b>	11:41.49 10:41.89	13 & OVER 800 FREESTYLE	11:23.99 10:04.59	<b>76</b>

FINANCIAL SUMMARY  
ENTRIES WILL NOT BE PROCESSED  
WITHOUT THE FOLLOWING INFORMATION

Team Name: \_\_\_\_\_, Team Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Coach's Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Office ( ) \_\_\_\_\_ e-mail: \_\_\_\_\_

Person and address designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

(VERY IMPORTANT) e-mail: \_\_\_\_\_

**Mail Entries To: Stephanie Rozick**  
**5249 W Buffalo Run RD**  
**Port Matilda PA 16870**

**ENTRY DEADLINE:**  
**Received by 5:00 pm, Monday, June 11**

Please make check payable to BCAT. One check per club, please.

**ENTRY FEES:**

\_\_\_\_\_ Women's Individual events @ \$5.00

\_\_\_\_\_ Men's Individual events @ \$5.00

\_\_\_\_\_ Relays @ \$8.00

\_\_\_\_\_ Surcharge @ \$5.00 per athlete \_\_\_\_\_ (For electronic entry of 5 or more swimmers only)

**TENTS:**

**Limited space available: Contact  
Meet Director for sizes and prices**

Subtotal for Entries = \$ \_\_\_\_\_

Subtotal for Tent(s) = \$ \_\_\_\_\_

**GRAND TOTAL** \$ \_\_\_\_\_

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

ENTRIES WILL NOT BE PROCESSED WITHOUT THE INFORMATION ABOVE

**I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT  
THEY HAVE ACHIEVED THE SEED TIMES RECORDED.**

\_\_\_\_\_  
Signature of head coach or authorized team representative

