

EMMAUS AQUATIC CLUB

IN COOPERATION WITH ALLENTOWN RECREATION BUREAU

LONG COURSE AGE GROUP A/BB/C SPRINT MEET

“MACK MEET”

JUNE 23, 2007

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0791 A

LOCATION	Mack Pool 8 th & Dixon Streets Allentown, PA Day of meet ONLY – 610-391-5191
FACILITIES	50 meter outdoor pool, 8 lanes, Paragon starting platforms, Anti-Wave lane lines, Colorado Timing System 6, Hy-Tek Meet Manager, starting end depth 5'0" and 4'0" . Free unlimited parking, refreshments available in the concession area, limited fixed seating but lots of green space available to bring lawn chairs.
MEET DIRECTOR	Mike Seip 610-965-5800 emacswim@rcn.com
SAFETY DIRECTOR	Mike Seip 610-965-5800 emacswim@rcn.com
OFFICIALS	Officials Coordinator – Kate Kluge Please contact the EMAC office if you are able to officiate or volunteer at this meet 610-965-5800
ELIGIBILITY	This meet is open to any swimmer registered with USA swimming for 2007. Swimmer's age is as of June 23, 2007. The swimmer may enter a maximum of 5 events in his/her age category excluding relays. Entry times must be submitted in the course in which they were achieved. Non-conforming times will be converted by EMAC.

ENTRY LIMITATIONS	The meet director reserves the right to limit the number of entries, adjust meet format or make any changes in order to conduct each session within a reasonable time span and to meet the four hour session rule. If limits are imposed all eliminated swims will receive a full refund.
WARM-UP & START TIMES QUALIFYING TIMES	Girls – Warm Ups 7:30 am, Meet 8:30 am Boys – Warm Ups 12:30 pm, Meet 1:30 pm USA Swimming & MA. Safety regulations will be in effect. No diving during warm-ups except in designated sprint lanes. The referee may remove anyone from the meet for failure to comply with the warm-up procedure. There will be circle swimming in all lanes from 7:30-8:00 am & 12:30-1:00 pm, from 8:05-8:30 am & 1:05-1:30 pm lanes 1 and 8 will be circle swimming while lanes 2,3,4 will be dive-in sprint lanes from the bathhouse end of the pool; 5,6 & 7 will be dive-in sprints from the diving-well end of the pool. These will be one-way sprints only.
DECK ENTRIES	Deck entries may be accepted during the meet at the meet director's discretion and will be double the entry fee. Swimmers not already entered in the meet must provide proof of current USA Swimming registration. Please see meet director at the scorer's table.
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 events are pre-seeded timed finals.
HOW TO ENTER	Entries must be submitted using Hy-Tek software and may be emailed or sent on a disk via regular mail (not both!). A hard copy printout of the entries must accompany the email or disk. In the body of the email please include the team name, total number of swimmers, events, & relays, as well as a contact person (include phone #) to enable resolution of discrepancies in a timely fashion. Please use the official entry form for non-computer entries.
ENTRY FEES	\$5.00 per individual event, \$8.00 per relay
SEND ENTRIES TO	EMAC - Mack Meet 2007 PO Box 3304 Allentown PA 18106-0304

	<p>Phone 610-965-5800 Fax 610-965-7704 E-mail: emacswwim@rcn.com Make check payable to EMAC (One check per club, please)</p>
ENTRY DEADLINE	Friday, June 8, 2007 6:00 pm No post entries!!
RULES	<p>The meet will be conducted according to the current USA Swimming rules. No diving during warm-ups, except limited diving in sprint lanes announced. When diving is permitted, the swimmer must enter from the starting blocks and exit from the opposite end of the pool. A marshal will be in place for each lane. The referee has the power to remove swimmer/coach /club from the meet for failure to conform to warm-up procedures. Swimmers caught diving illegally will not be permitted to swim in his/her first individual event. All entries must be feet first other than above mentioned. 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 and could result in the swimmer's suspension from competition for a minimum of three (3) months, but not more than one (1) year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions. Only currently credentialed coaches, USA Swimming registered athletes and meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the no recall false start rule and the whistle command starting procedure.</p>
SCORING & AWARDS	<p>Medals will be awarded to the top three (3) places in each event. Ribbons will be awarded to fourth through eighth places.</p> <p>A trophy will be awarded to the high-point individual (boy & girl) in each age group. 16-place scoring will be in effect.</p> <p>A team trophy will be awarded to the team (boys & girls) with the greatest number of points in the competition.</p>
PROGRAMS & ADMISSION	\$3.00 admission for the day, \$3.00 program fee for each session. Free admission to all meet workers.
RESULTS	<p>Results will be posted on the Middle Atlantic website www.maswwim.org and on EMAC's website www.emacswwim.org immediately after the meet. Printed copies of the results may also be purchased for \$6.00, see the meet director for details.</p>

DIRECTIONS

Directions to Mack Pool:
From I-78 West or 309 North - Take Lehigh St. Exit and turn right at bottom of exit ramp. Go to first light and turn right onto Downyflake Lane. Go through a stoplight to the intersection with Mack Blvd. (Mack World Headquarters will be on left). Turn left onto Mack Blvd. Pool is now on right. At the next light,(past the pool, turn right & immediately turn right again. Entrance to pool is the next right.

From I-78 East or 309 South -
Follow as above but turn left at bottom of Lehigh St. Exit ramp.

ACCOMODATIONS

Hotel Information:
Holiday Inn Express, Hamilton Blvd., Allentown 610-437-9255
Comfort Suites, Hamilton Blvd., Allentown 610-437-9100

Tent rental: Specialty Tent Rental: 610-434-7055 or 610-967-4980

ORDER OF EVENTS

Session: 1 GIRLS

Starts at 08:30 AM

Round	Event
Finals	2 Girls 9-10 200 Medley Relay
Finals	4 Girls 11-12 200 Medley Relay
Finals	6 Girls 13-14 200 Medley Relay
Finals	8 Girls Senior 200 Medley Relay
Finals	10 Girls 9-10 50 Freestyle
Finals	12 Girls 11-12 50 Freestyle
Finals	14 Girls 13-14 50 Freestyle
Finals	16 Girls Senior 50 Freestyle
Finals	18 Girls 9-10 50 Backstroke
Finals	20 Girls 11-12 50 Backstroke
Finals	22 Girls 13-14 100 Backstroke
Finals	24 Girls Senior 100 Backstroke
Finals	26 Girls 9-10 50 Breaststroke
Finals	28 Girls 11-12 50 Breaststroke
Finals	30 Girls 13-14 100 Breaststroke
Finals	32 Girls Senior 100 Breaststroke
Finals	34 Girls 9-10 50 Butterfly
Finals	36 Girls 11-12 50 Butterfly
Finals	38 Girls 13-14 100 Butterfly
Finals	40 Girls Senior 100 Butterfly
Finals	42 Girls 13-14 100 Freestyle
Finals	44 Girls Senior 100 Freestyle
Finals	46 Girls 9-10 200 Freestyle Relay
Finals	48 Girls 11-12 200 Freestyle Relay
Finals	50 Girls 13-14 200 Freestyle Relay
Finals	52 Girls Senior 200 Freestyle Relay

Session: 2 BOYS
Starts at 1:30 PM

Round		Event
Finals	1	Boys 9-10 200 Medley Relay
Finals	3	Boys 11-12 200 Medley Relay
Finals	5	Boys 13-14 200 Medley Relay
Finals	7	Boys Senior 200 Medley Relay
Finals	9	Boys 9-10 50 Freestyle
Finals	11	Boys 11-12 50 Freestyle
Finals	13	Boys 13-14 50 Freestyle
Finals	15	Boys Senior 50 Freestyle
Finals	17	Boys 9-10 50 Backstroke
Finals	19	Boys 11-12 50 Backstroke
Finals	21	Boys 13-14 100 Backstroke
Finals	23	Boys Senior 100 Backstroke
Finals	25	Boys 9-10 50 Breaststroke
Finals	27	Boys 11-12 50 Breaststroke
Finals	29	Boys 13-14 100 Breaststroke
Finals	31	Boys Senior 100 Breaststroke
Finals	33	Boys 9-10 50 Butterfly
Finals	35	Boys 11-12 50 Butterfly
Finals	37	Boys 13-14 100 Butterfly
Finals	39	Boys Senior 100 Butterfly
Finals	41	Boys 13-14 100 Freestyle
Finals	43	Boys Senior 100 Freestyle
Finals	45	Boys 9-10 200 Freestyle Relay
Finals	47	Boys 11-12 200 Freestyle Relay
Finals	49	Boys 13-14 200 Freestyle Relay
Finals	51	Boys Senior 200 Freestyle Relay

**EMMAUS AQUATIC CLUB – MACK MEET – JUNE 23, 2007
MEET SUMMARY SHEET**

This form **MUST** accompany the official entry blank.

Team Name _____ Team Code _____

Head Coach _____ E-Mail _____

Coach/Club Address _____

City/State/Zip _____

Telephone: Daytime _____ Evening _____

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 _____
(Please print legibly)

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

Entry Deadline: Friday, June 8, 2007. No late entries accepted!
Please make checks payable to EMAC.

Entry Fees:	_____ # Girls Individual Events @ \$5.00	\$ _____
	_____ # Boys Individual Events @ \$5.00	\$ _____
	_____ # Girls Relay Events @ \$8.00	\$ _____
	_____ # Boys Relay Events @ \$8.00	\$ _____

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

Total \$ _____

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

