

# THE TRIDENT MAY MAELSTROM

## A/BB/C Meet

Hosted by

## Trident Swim Club

Sanctioned by Middle Atlantic Swimming

Sanction#: MA 0789 A

Time Trial Sanction#: MA 0789 TT

### MAY 4 - 6, 2007

<b>IMPORTANT</b>	<b>New E-mail address</b> ? E-mail entries and questions to <a href="mailto:meetdirector@tridentswimclub.org">meetdirector@tridentswimclub.org</a>
<b>LOCATION:</b>	<b>Franklin &amp; Marshall College</b> <b>929 Harrisburg Pike</b> <b>Lancaster, Pa. 17604-4306</b> Emergency calls the day(s) of the meet: <b>717-399-4524</b>
<b>FACILITY:</b>	F&M College, <a href="#">Kunkel Aquatic Center</a> Aquatic Center in the Alumni Sports & Fitness Center, Lancaster, Pa This meet will be run in a 8 lane, 50 meter <b>indoor</b> pool with fully automatic timing. The starting end has a depth of 9 feet. The facility is equipped with Adolph Keiffer's Wave Eater lane lines, Colorado Timing System, Aqua Grip electronic pads, and a ten line readout scoreboard. Seating for up to 500 swimmers on deck and balcony seating for up to 400 spectators. Free parking next to the building.
<b>MEET DIRECTOR:</b>	<b>Jeni Potthoff</b> (H) 610-670-0786 (C) 484-769-5584 <b>Barbara LeBoon</b> Email: <a href="mailto:meetdirector@tridentswimclub.org">meetdirector@tridentswimclub.org</a>  Please direct all questions to the Meet Director.
<b>OFFICIALS:</b>	If you are interested in officiating at this meet, please contact, Ray Carbonella @ <a href="mailto:rcarbonella@rypac.com">rcarbonella@rypac.com</a>
<b>SAFETY DIRECTOR:</b>	<b>Jeff McDonnell</b> – (717) 285-7590
<b>ELIGIBILITY:</b>	This meet is open to any swimmer registered in 2007 with USA Swimming for their age group as determined by the swimmer's age on May 4, 2007. Exceptions: <ol style="list-style-type: none"><li>1. Swimmers under age 15 entering Senior events 200 meters long and under must have entry times equal to or faster than the BB NAG time standard for the 15-16 age group.</li><li>2. This meet will be run according to current USA Swimming rules and regulations.</li></ol>

**ENTRY  
LIMITS:**

**General:**

All swimmers may compete in a maximum of ONE (1) event on Friday.

All age groups may compete in a maximum of THREE (3) events per DAY on Saturday & Sunday.

The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit.

If limits become necessary, teams will be notified through their club contact.

If limits are imposed, all eliminated swims will receive a full refund.

**Please note limits on the 1500 Free below.**

**1500 FREE:**

**PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".**

The 1500 Free for men & women will be limited to a combined total of four heats.

Acceptance into the 1500 Free will be based on seed time, fastest to slowest.

"NT" swimmers that make the cut will be entered in the order their entries were received.

Following the meet entry deadline, a psych sheet for both the Women's & Men's 1500 Free will be posted on the web site. Teams will **not** be contacted individually.

Refunds will not be given to swimmers who fail to positively check-in for this event.

Refunds will be given to positively checked in swimmers who fail to receive a lane assignment.

Deck entered swimmers will be entered on a " first come" basis.

**WARM-UP:**

**USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:**

The warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet.

Sprint/Start lanes will be available at the end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes, when designated.

The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.

**Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.** Swimmers without a coach who are 12&Under will swim with and be supervised by the host club during warm-up.

**Note:** Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.

**START TIMES:**

Session Warm Up		Meet Starts
Friday Evening – All Ages	4:30 PM	5:30 PM
Saturday Morning – 13 & Older	6:30 AM	8:00 AM
Saturday 400 Free – 13 & Older	12:30 PM	12:45 PM
Saturday Afternoon – 12 & Under	2:30 PM	3:30 PM
Sunday Morning – 13 & Older	6:30 AM	8:00 AM
Sunday “Monster Mile” - SENIOR	12:30 PM	12:45 PM
Sunday Afternoon – 12 & Under	2:30 PM	3:30 PM

**DECK ENTRIES:**

Deck Entries may be accepted during the meet at the Meet Director's discretion.

Deck Entries, if accepted, may only be submitted during the first **30 minutes** of each warm-up session.

Deck Entries, if accepted, will be for available lanes **ONLY**. Extra heats will not be added.

Deck Entries will not be accepted after the start of a session.

**Swimmers will not be eligible for awards in deck entered events.**

**Swimmers not already in the meet must provide proof of current USA Swimming registration.**

**CHECK-IN:**

All events are Pre-Seeded, Timed Final events except those events requiring a positive check-in.

A Positive Check-in is required for the Senior 400, 800, & 1500 Free.

A Positive Check-in is NOT required for the 9-12 400 Free.

The 800 & 1500 Free will be seeded Fastest to Slowest and will be swum in alternating heats of Women and then Men.

The Senior 400 Free will be seeded fastest to slowest and will be swum as presented in the program.

Swimmers in the 9-12 400 Free do not have to supply their own timer.

Swimmers in the Senior 400, 800 are responsible for providing their own timer.

Swimmers in the 1500 Free are responsible for providing their own lap counter and timer.

**Check-In closes at::**

Senior 800 Free	6:30 pm
Senior 400 Free	11:30 am
Senior 1500 Free	11:30 am

**Scratch Policy:**

Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same or next meet day

**TIME TRIALS: Time Trials are subject to time availability and are at the discretion of the Meet Director.**

- ? Swimmers must sign-up for Time Trials at least 30 minutes before the scheduled end of the session.
- ? Swimmers may Time Trial an event only once per day.
- ? Swimmers are limited to two Time Trial events per day.
- ? Swimmers must be within 0.5 seconds, per 50 meters, of the Sectional Time Standard for the event.
- ? Time Trial events will count toward a swimmer's daily maximum event total.

\$6.00 per Individual Time Trial

<p><b>HOW TO ENTER:</b></p>	<p><b>Meet will be swum in Long Course Meters.</b>  <b>Entries must be submitted in the course in which they were achieved.</b>  <b>Converted times cannot be used.</b>  <b>All times submitted must be the swimmer's best time.</b>  <b>PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".</b></p> <p>Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.</p> <p>Entries should be submitted using <b>HY-TEK</b> software format.</p> <p>A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the diskette.</p> <p>If a HY-TEK file is not possible, the <a href="#">Official Entry Form</a> must be used.</p> <p><b>A completed <a href="#">Meet Summary Sheet</a> <u>MUST</u> accompany each teams entry.</b></p> <p><b>Please WAIVE the Signature Release.</b></p> <p><b>Notice:</b> As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.</p> <p><b>EMAIL Entries</b> – there have been past problems with email entries not being received. Teams should be aware that receipt of emailed entries is the responsibility of the sending team, just as entries via US Mail. <u>Entry check and paperwork of emailed entries must be received by April 20th to hold priority.</u></p> <p><u>Updates</u> – are acceptable per conditions below. Please email meet director.</p> <p><b>Update times</b> – send anytime after lower qualifying time achieved, but before 4/20/07</p> <p><b>Update events</b> – Previously entered swimmers can add events as space available on the day the update is received</p> <p><b>Update swimmers</b> – Previously entered teams can add swimmers as space available on the day the update is received</p>
<p><b>ENTRY FEES:</b></p>	<p><b>\$5.00 per Individual Event</b>  <b>\$6.00 per Deck Entry</b></p> <p>Please send <b>ONE</b> check per club, made payable to "<b>TRIDENT SWIM CLUB</b>"</p>

<b>SEND TO:</b>	<p>Mail entries to: <b>Trident Swim Club</b>  <b>c/o Jeni Potthoff</b>  <b>203 Longview Drive</b>  <b>Sinking Spring, Pa 19608</b></p> <p>Entry questions? Contact Meet Director  <b>NOTE</b> Entries requiring a signature can be delivered <b>Monday through Friday, there is no Saturday delivery!</b> For notification, please enclose a self-address, stamped postcard/envelope that can be returned. <b>Or just email the Meet Director.</b></p>
<b>ENTRY DEADLINE:</b>	<p><b>MIDDLE ATLANTIC team entries received by April 13th will be entered in the order in which they are received.</b></p> <p><b>All Non-Middle Atlantic team entries will be entered after April 13th in the order in which they were received.</b></p> <p>ALL ENTRIES must be received by APRIL 20, 2007.  NO LATE or FAXED entries will be accepted!  Entries will not be processed without full payment.</p>
<b>EMAIL LIST:</b>	<p>If you are attending this meet, please send me an email message at the address below and I will put you on the Meet E-Mail list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.  (Please note, your register email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.)  <a href="mailto:meetdirector@tridentswimclub.org">meetdirector@tridentswimclub.org</a></p>
<b>START PROCEDURE:</b>	<p>This Meet will be conducted using the <b>No Recall</b> false start rule.  This Meet will also use the whistle command starting procedure.</p>
<b>AWARDS:</b>	<p>Awards are presented for each event based on the entry time, not on the time swum during the meet. For example, a swimmer entered into an event with a "A" time or above is eligible to receive a "A" award. A swimmer entered into the meet with a "BB" time is eligible to receive a "BB" award. Swimmers entered into the meet with a time below a "BB" or as "no time" will be eligible to receive a "C" award.  Deck entered swims are not be eligible for awards.  In the 9-12 400 Free, the 9-10 &amp; 11-12 age groups will be swum together but will be awarded separately. In the Senior 400 Free, all swimmers will swim together, but 13-14 age group will be awarded separately.  Awards will only be presented for the 9-10, 11-12 &amp; 13-14 age group events only.  <u><b>Awards will not be presented for the Senior age groups events.</b></u></p> <p><b>"A" Awards:</b>  Medals 1<sup>st</sup> to 3<sup>rd</sup>  Ribbons 4<sup>th</sup> to 8<sup>th</sup></p> <p><b>"BB" Awards:</b>  Rosettes 1<sup>st</sup> to 3<sup>rd</sup>  Ribbons 4<sup>th</sup> to 8<sup>th</sup></p> <p><b>"C" Awards:</b>  Double Ribbons 1st to 3rd  Ribbons 4th to 8th</p>

<b>ADMISSION:</b>	<p><b>Admission</b> - \$ 2.00 per Session. Children under 12 years of age will be admitted free.</p> <p><b>Programs</b> - \$ 10.00 per Program. Program includes the entire meet.</p>
<b>RESULTS:</b>	<p>Final Results will be available on the Middle Atlantic Swimming and Trident Swim Club websites in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format.</p> <p>At the conclusion of the meet, upon request, entry disks will be returned with a result file added.</p> <p>Results will not be mailed.</p>
<b>SAFETY:</b>	<p>Current USA Swimming Safety Rules will be in effect and will be strictly enforced.</p> <p><b>DECK CHAIRS: Due to space limitations and facilities requirements, swimmers will not be permitted to bring "chairs" on deck. This rule does NOT apply to coaches.</b></p>
<b>DECK ACCESS:</b>	<p>By USA Swimming ruling, deck access is limited to swimmers, coaches, officials &amp; meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.</p>
<b>HOSPITALITY:</b>	<p>There will be food and drinks available at all sessions for officials and coaches</p>
<b>TIMERS:</b>	<p><b>Volunteer Timers</b> may be needed for this meet. Volunteers will receive a refund on their admission and a meal ticket for the concession area.</p>
<b>SPECTATORS:</b>	<p>Balcony seating is available for up to 400 spectators. We also have a large concession area. There will also be a swimming equipment vendor on-site during the meet.</p>
<b>PARKING:</b>	<p>Free parking is available next to the building</p>
<b>WEB SITE:</b>	<p>For meet info, please visit the Trident Swim Club web site at:</p> <p style="text-align: center;"><a href="http://WWW.TRIDENTSWIMCLUB.ORG">WWW.TRIDENTSWIMCLUB.ORG</a></p>
<b>HOTELS:</b>	<p>Eden Resort, 222 Eden Rd., Lancaster, Pa., 717-569-6444</p> <p>Comfort Inn, 500 Centerville Rd., Lancaster, Pa., 800-223-8963</p> <p>Quality Inn, 2363 Oregon Pike, Lancaster, Pa., 717-569-0</p> <p>The Sleep Inn, 310 Primrose Lane, Mountville, Pa., 717-285-0444</p> <p>Holiday Inn, 521 Greenfield Rd. Lancaster, Pa., 717-299-2551</p> <p>Hampton Inn, 545 Greenfield Rd., Lancaster, Pa., 717-299-1200</p> <p>Westfield Inn, 2929 Hempland Rd., Lancaster, Pa, 717-397-9300</p> <p>Fairfield Inn, 150 Granite Run Dr., Lancaster, Pa., 717-581-1800</p> <p>Travel Lodge, 2101 Columbia Ave, Lancaster, Pa, 717-397-4201</p> <p>Econo Lodge, 2140 US Highway Rt. 30, Lancaster, Pa., 717-397-1900</p> <p>Days Inn, 30 Keller Ave, Lancaster, Pa., 717-299-5700</p>

Near the Outlets:

Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster, Pa., 717-299-5500

Ramada Inn, 2250 Lincoln Highway East, Lancaster, Pa., 717-393-5499

Super 8 Motel, 2129 Lincoln Highway East, Lancaster, Pa., 717 393-8888

Travel Inn, 2151 Lincoln Highway East, Lancaster, Pa., 717-299-8971

Howard Johnson, 2100 Lincoln Highway East, Lancaster, Pa., 717-397-7781

**DIRECTIONS:**

**From Baltimore, Washington and points south:** Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

**From Harrisburg, Pittsburgh and points west:** Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit onto Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

**From Philadelphia, South Jersey and points east:** Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

<b>SESSION #1</b>				
<b>FRIDAY EVENING - MAY 4, 2007</b> (Warm-up 4:30 p.m. - Start 5:30 p.m.)				
<b>Women's</b>		<b>Event Description</b>		<b>Men's</b>
<b>1</b>		<b>Senior 400 IM</b>		<b>2</b>
<b>3</b>		<b>9 - 12 400 Free</b>		<b>4</b>
<b>5</b>	<b>Check-in Required</b>	<b>Senior 800 Free</b>	<b>Check-in Required</b>	<b>6</b>

<b>SESSION #2</b>				
<b>SATURDAY MORNING - MAY 5, 2007</b> (Warm-up 6:30 a.m. - Start 8:00 a.m.)				
<b>Women's</b>		<b>Event Description</b>		<b>Men's</b>
<b>7</b>		<b>Senior 200 Back</b>		<b>8</b>
<b>9</b>		<b>13-14 200 Back</b>		<b>10</b>
<b>11</b>		<b>Senior 100 breast</b>		<b>12</b>
<b>13</b>		<b>13-14 100 Breast</b>		<b>14</b>
<b>15</b>		<b>Senior 200 Fly</b>		<b>16</b>
<b>17</b>		<b>13-14 200 Fly</b>		<b>18</b>
<b>19</b>		<b>Senior 100 Free</b>		<b>20</b>
<b>21</b>		<b>13-14 100 Free</b>		<b>22</b>
<b>23</b>		<b>Senior 200 IM</b>		<b>24</b>
<b>25</b>		<b>13-14 200 IM</b>		<b>26</b>

<b>SESSION #3</b>				
<b>SATURDAY 400 FREE - MAY 5, 2007</b> (Warm-up 12:30 p.m. - Start 12:45 p.m.)				
<b>27</b>	<b>Check-in Required</b>	<b>Senior 400 Free</b>	<b>Check-in Required</b>	<b>28</b>

**SESSION #4****SATURDAY AFTERNOON - MAY 5, 2007**

(Warm-up 2:30 p.m. - Start 3:30 p.m.)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
31		9-10 100 Fly		32
33		11-12 100 Fly		34
35		9-10 50 Back		36
37		11-12 50 Back		38
39		9-10 100 Free		40
41		11-12 100 Free		42
43		9-10 50 Breast		44
45		11-12 50 Breast		46
47		9-10 200 IM		48
49		11-12 200 IM		50

**SESSION #5****SUNDAY MORNING - MAY 6, 2007**

(Warm-up 6:30 a.m. - Start 8:00 a.m.)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
51		Senior 200 Free		52
53		13-14 200 Free		54
55		Senior 100 Fly		56
57		13-14 100 Fly		58
59		Senior 50 Free		60
61		13-14 50 Free		62
63		Senior 100 Back		64
65		13-14 100 Back		66
67		Senior 200 Breast		68
69		13-14 200 Breast		70

<b>SESSION #6</b>				
<b>SUNDAY MONSTER MILE - MAY 6, 2007 (Warm-up 12:30 p.m. - Start 12:45 p.m. )</b>				
<b>71</b>	<b>Top Two Heats Only --- Check-in Required</b>	<b>Senior 1500 Free</b>	<b>Top Two Heats Only --- Check-in Required</b>	<b>72</b>

<b>SESSION #7</b>				
<b>SUNDAY AFTERNOON - MAY 6, 2007 (Warm-up 2:30 p.m. - Start 3:30 p.m. )</b>				
<b><u>Women's</u></b>		<b><u>Event Description</u></b>		<b><u>Men's</u></b>
<b>73</b>		<b>9-10 200 Free</b>		<b>74</b>
<b>75</b>		<b>11-12 200 Free</b>		<b>76</b>
<b>77</b>		<b>9-10 50 Fly</b>		<b>78</b>
<b>79</b>		<b>11-12 50 Fly</b>		<b>80</b>
<b>81</b>		<b>9-10 100 Back</b>		<b>82</b>
<b>83</b>		<b>11-12 100 Back</b>		<b>84</b>
<b>85</b>		<b>9-10 50 Free</b>		<b>86</b>
<b>87</b>		<b>11-12 50 Free</b>		<b>88</b>
<b>89</b>		<b>9-10 100 Breast</b>		<b>90</b>
<b>91</b>		<b>11-12 100 Breast</b>		<b>92</b>

# 2007 MAY MAELSTROM MEET SUMMARY SHEET

Team Name:

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Team Code:

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Head Coach:

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LSC Code:

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Entry Contact:

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Phone#:

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Mailing Address:

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Email Address:

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## ENTRY SUMMARY:

	Swimmers	Events
12&Under:		
13&Older:		
TOTALS:		

**Mail To:**  
**Trident Swim Club**  
**c/o Jeni Potthoff**  
**203 Longview Drive**  
**Sinking Spring, Pa 19608**

## FEE SUMMARY:

Total Individual  
Events:                      X \$5.00 =

**TOTAL DUE:**

