

## **Five Swim Club Winter Carnival A/BB/C Meet With Relays Closed Invitational**

**January 5 & 6, 2008**

**Held under the sanction of Middle Atlantic Swimming - MA Sanction # MA 0817 CI**

This meet is open to all **9 and over swimmers** from the invited teams registered with U.S. Swimming for 2008. The 2008 United States Swimming Rules will apply. Swimmer's age as of January 5, 2008 governs the entire meet.

**Purpose:** The purpose of the meet is for coaches to bring their entire team together to evaluate midseason times in a wide variety of events. Our goal is to conduct the meet so that it is a pleasurable event for all who attend. In keeping with this spirit, all of our sessions will be conducted in a maximum time span of 4 hours in length.

**Site:** Lititz Community Center, 301 W. Maple St., Lititz, PA; 25 yards; 8 lanes with non-turbulent lane lines and Colorado Timing System with score board. The water depth at the starting end of the pool is 12 feet.

**Emergency calls the day(s) of the meet may be made to (717) 626-5096.**

**Awards:** This is a timed finals meet. The meet will be preseeded and scored on each level (A, B, C) for each event. The top eight (8) times in each level will receive awards. A entries: medals 1<sup>st</sup> to 3<sup>rd</sup>, ribbons 4<sup>th</sup> to 8<sup>th</sup>; B entries: large rosettes 1<sup>st</sup> to 3<sup>rd</sup>, ribbons 4<sup>th</sup> to 8<sup>th</sup>; C entries: regular ribbons 1<sup>st</sup> to 8<sup>th</sup>. Relay awards: ribbons 1<sup>st</sup> to 3<sup>rd</sup>. There will be no awards for the 15 and over age group. Awards will not be given to 12 and younger who swim Senior events. Award levels will be determined by the entry times. All awards must be picked up by a coach or parent representative at the conclusion of the last session or after the last event in which your team has a swimmer participating. No awards will be mailed.

**Entry Fees:** \$4.00 per individual event and \$8.00 per relay. **Entries must be received by 8:00 PM on Thursday, December 20, 2007. No late or phone entries will be accepted. One check per club made payable to "Five Star Swim Club".**

**Entry Limitations:** Swimmers may compete in up to five (5) individual events and one (1) relay per day. **The 1000 and 1650 will be positive check-in events. Positive check-in closes at 9:00 am both days: Saturday-1000 free; Sunday-1650 free.** Swimmers must provide their own timer and lap counter for the 1000 and the 1650 Free. Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event.

**Officials:** Any one wishing to volunteer or officiate, please contact **Dan Griest at (717) 625-3018 (email dgriest@ptd.net)**. All officials and coaches on deck must wear their official USS Membership Badge. Meet workers will be identified with a special badge. No other people will be allowed on deck.

**Safety and Rules:** Middle Atlantic Swimming Rules and Warm-up Procedures will be in effect at this meet. Coaches, parents, and every swimmer should become familiar with the rules and procedures. Swimmers must be under the direct supervision of a currently registered coach. All swimmers must enter the water feet first from the starting end of the pool. No diving in lanes other than those designated for diving. A swimmer could be suspended from the meet for non-compliance. Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event. Safety Director for the meet is **Jackie Schouten (717) 626-9119**. This meet will be conducted using the Whistle command and No-Recall False Start procedures. 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**Warm-ups:** First Session Each Day: General Warm-ups from 7:00am to 8:00am. Second Session Each Day: General Warm-ups from 12:00pm to 1:20pm. Lanes assignments, according to team size, will be sent to the team representative's email address a week prior to the meet.

**Spectators:** Admission-\$3.00 per person/per day. Programs-\$6.00 includes the entire meet. All spectators will view the meet from a two hundred and fifty (250)-seat balcony. Refreshments will be available via vending machines. Parking is available on the Community Center lot and on adjacent school parking lots.

**Final Results:** Final results will be emailed to teams. Final results will be posted on the Middle Atlantic website.

**Entries: Entries must be received by 8:00 PM on Friday, December 22, 2006.** All entries should be made using Hy-Tek software. A hard copy must accompany a disk. *If entries are emailed, please attach a Word document of "Entries by Event" and the "Meet Entry Fee" report. No late or phone entries will be accepted.* Swimmers with incomplete or illegible USS members will be rejected. All entries must be swimmers best times and are subject to Middle Atlantic penalties. Entry corrections will be accepted only from the coach or team representative listed on the entry form. Deck entries will be accepted at the meet director's discretion. *Swimmers not already entered in the meet must provide proof of current USA Swimming registration.* The cost will be \$8.00 per entry to be paid at the time of the deck entry. Deck entries will not be eligible for awards. All deck entries will be handled by the meet director **prior** to the start of that session. *No deck entries for a session will be accepted after the start of that session.*

**The Meet Director reserves the right to limit the number of heats/events in order to comply with the 4-hour rule, USA Swimming Rules and Regulations Section 205.3.1(F).**

Please make one check payable to: **Five Star Swim Club.**

Mail entires to: Karen Eiding Email entries to: keiding@ptd.net  
10 Cordell Dr.  
Stevens, PA 17578

Questions: **Meet Director**, Karen Eiding, keiding@ptd.net

### **Hotels**

**NEW:** Holiday Inn Express – 101 Crosswinds Dr Lititz (behind Pizza Hut on 501) 717.625.2366  
Hotel is five minutes from the pool.

Warwick Inn & Suites – 613 Furnace Hills Pike (Rt. 501 N) (717) 627-7500

Country Inn & Suites – Rt. 72 N (717) 665-5440

Fairfield Inn by Marriott – Rt. 72 N (717) 581-8122

Hilton Garden – Rt. 72 N (717) 560-0880

Directions to the pool are available at [www.fivestarswimming.com](http://www.fivestarswimming.com)

**Five Star Swim Club Winter Carnival Entry Summary      January 5& 6, 2008**

TEAM NAME: \_\_\_\_\_ TEAM CODE: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

TEAM MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

TELEPHONE: HOME (\_\_\_\_) \_\_\_\_\_ OFFICE (\_\_\_\_) \_\_\_\_\_

CONTACT PERSON FOR QUESTIONS ON ENTRIES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

TELEPHONE: HOME (\_\_\_\_) \_\_\_\_\_ OFFICE (\_\_\_\_) \_\_\_\_\_

EMAIL: \_\_\_\_\_

MAIL ENTRIES TO: Karen Eiding  
10 Cordell Drive  
Stevens, PA 17578

**ENTRY DEADLINE: 8:00 PM Thursday, DECEMBER 20, 2007**  
*Please make check payable to: FIVE STAR SWIM CLUB*

\*Number or Individual entries \_\_\_\_ x \$4.00 = \$\_\_\_\_\_

Number of Relay entries \_\_\_\_ x \$8.00 = \$\_\_\_\_\_

TOTAL = \$\_\_\_\_\_

\*If using Hy-Tek software, please include an "Entry Fee Report".

I attest that the entered athletes are properly registered with USA Swimming and that they have achieved the seed times recorded.

**Head Coach or team representative Signature:**

\_\_\_\_\_

**THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANKS**

**FSSC Winter Carnival**  
**Saturday, January 5, 2008**

**Session 1**  
**Warm-up 7:00; Start 8:00**

<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
1	Senior 50 Freestyle*	2
3	Senior 100 Breaststroke*	4
5	Senior 200 Backstroke*	6
7	Senior 100 Freestyle*	8
9	Senior 200 IM*	10
11	Senior 200 Butterfly*	12
13	13 & Over 200 Freestyle Relay	14
15	Senior 1000 Freestyle*	16

\* These events will be awarded for the 13/14 age group only.

**Session 2**  
**Warm-up 12:00; Start 1:20**

17	11/12 200 IM	18
19	9/10 200 IM	20
21	11/12 50 Freestyle	22
23	9/10 50 Freestyle	24
25	11/12 100 Breaststroke	26
27	9/10 100 Breaststroke	28
29	11/12 50 Backstroke	30
31	9/10 50 Backstroke	32
33	11/12 100 Butterfly	34
35	9/10 100 Butterfly	36
37	11/12 200 Freestyle Relay	38
39	9/10 200 Freestyle Relay	40

**FSSC Winter Carnival  
Sunday, January 6, 2008**

**Session 3  
Warm-up 7:00; Start 8:00**

<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
41	Senior 400 IM*	42
43	Senior 200 Breaststroke*	44
45	Senior 200 Freestyle*	46
47	Senior 100 Backstroke*	48
49	Senior 100 Butterfly*	50
51	13 & Over 200 Medley Relay	52
53	Senior 1650*	54

\* These events will be awarded for the 13/14 age group only.

**Session 4  
Warm-up 12:00; Start 1:20**

55	11/12 200 Freestyle	56
57	9/10 200 Freestyle	58
59	11/12 100 IM	60
61	9/10 100 IM	62
63	11/12 50 Breaststroke	64
65	9/10 50 Breaststroke	66
67	11/12 100 Backstroke	68
69	9/10 100 Backstroke	70
71	11/12 50 Butterfly	72
73	9/10 50 Butterfly	74
75	11/12 100 Freestyle	76
77	9/10 100 Freestyle	78
79	11/12 200 Medley Relay	80
81	9/10 200 Medley Relay	82

