

Deck entries will be accepted upon discussion with the Meet Director and provided there is lane availability within existing heats. Swimmers not already in the meet must provide proof of current USA Swimming registration (**2008 USA Registration Card**) in order to deck-enter an event. Fees for deck entries will be paid prior to the event(s).

ENTRY FEES: \$4.00 per Event \$8.00 per Relay. \$6.00 Deck Entries. \$2.00 per Swimmer surcharge for submitting entries manually.

Make check payable to: **NRG Swimming**
Mail Entries to: 629 Continental Road Hatboro PA 19040
E-Mail Entries to: mcarter@nrgswim.com

ENTRY CLOSE: **All Entries** must be received by 6:00pm Friday, December 28th, 2007.

RULES: This meet will be conducted according to current USA Swimming and MA Swimming rules. USA Swimming and MA Swimming safety guidelines and warm-up procedures will be effect for the entire meet.

This meet will be conducted using the Whistle command, supplemented with verbal commands, and No-Recall False Start procedures.

No Diving in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up.

All relay starts from the **shallow end** of the pool will **start from the water.**

Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes.

Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.

AWARDS: Individual Events Rosettes 1st through 3rd and Ribbons 4th through 24th
Relays Ribbons 1st through 3rd
Heat Winner Ribbons

RESULTS: Results will be posted on the Middle Atlantic Swimming web site @ (www.maswim.org)

Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that provides an E-Mail address with their entries.

ADMISSION: Adults only \$4.00 for program and admission per session.

DIRECTIONS: **From I-95:** Take I-95 North to Exit 49 (Newtown-Yardley). Make a left onto Rt. 332 (towards Newtown) to Rt. 413. Make a left onto Rt. 413. The school will be the first light about a ½ mile ahead across from St. Mary's Hospital. Make a right into the school. Park in lot behind the school. Enter through doors marked pool.

From PA Turnpike: Take the PA Turnpike to (Exit 28 – Phila). Take Rt. 1 North to Rt. 413. Exit at the Langhorne Rt. 413 exit. Go North on Rt. 413 for 4 lights. School will be on your left, across from St. Mary's Hospital. Park in lot behind the school. Enter through doors marked pool.

UNATTACHED & SWIMMERS WITHOUT COACHES:

An NRG coach will supervise swimmers unaccompanied by their team coach. Please report to the Meet Director on deck when you arrive.

NRG Mini Invitational Meet

Saturday, January 12, 2008

Girls

1 25 Free
3 25 Free
5 25 Free
7 25 Free
9 50 Free

11 25 Back
13 25 Back
15 25 Back
17 25 Back

19 25 Brst
21 25 Brst
23 25 Brst

25 25 Fly
27 25 Fly
29 25 Fly

31 100 IM
33 100 IM

35 100 Fr. Relay
37 100 Fr. Relay
39 100 Fr. Relay

5 & Under 25 Free
6 Year Olds 25 Free
7 Year Olds 25 Free
8 Year Olds 25 Free
8 & Under 50 Free

5 & Under 25 Back
6 Year Olds 25 Back
7 Year Olds 25 Back
8 Year Olds 25 Back

6 & Under 25 Brst
7 Year Olds 25 Brst
8 Year Olds 25 Brst

6 & Under 25 Fly
7 Year Olds 25 Fly
8 Year Olds 25 Fly

7 & Under 100 IM
8 Year Olds 100 IM

6 & Under 100 Fr. Relay
7 Year Olds 100 Fr. Relay
8 Year Olds 100 Fr. Relay

Boys

2
4
6
8
10

12
14
16
18

20
22
24

26
28
30

32
34

36
38
40

All relay starts from the shallow end of the pool will start from the water.

NRG SWIMMING
Mini Invitational Meet
January 12, 2008

This Form Must Accompany the Official Entries

Team Name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Telephone () _____

Individual Event Fees: _____ @ \$4.00 \$ _____

Relay Event Fees: _____ @ \$8.00 \$ _____

Manual Entry Processing Fee _____ swimmers @ \$2.00 \$ _____
(For Non-Disk Entry Swimmers Only)

Total \$ _____

I certify that all swimmers from this team entered in the NRG Mini Invitational are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach _____

NRG SWIMMING

January 12, 2008

Meet Entry Form

Reproduce this form to accommodate the total number of swimmers for your team.

Team Information: Fill out Summary Form.

Contact Information: Coach - Team Representative - Parent
(Please Circle One)

Contact Address if different from Team Address: _____

Contact E-Mail Address: _____ (Results will be sent E-mail)

Contact Phone Number: _____ (Include Area Code)

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Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2008 year)

Male or Female: (Please Circle One)

Event Information:

| | Event # | Age Group | Event Description | Time |
|---------|---------|-----------|-------------------|-------|
| Example | 2 | 5 & Under | 25 Free | 31.72 |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |

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Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2008 year)

Male or Female: (Please Circle One)

Event Information:

| | Event # | Age Group | Event Description | Time |
|---------|---------|-----------|-------------------|-------|
| Example | 2 | 5 & Under | 25 Free | 31.72 |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |