

LANCASTER AQUATIC CLUB

LAC SPEEDO CLASSIC

Friday-Sunday, June 27-29, 2008

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0892 A

LOCATION	Golden Meadows Swim Center at Workouts 2301 Harrisburg Pike Lancaster, PA 17603 Day of meet ONLY emergency phone number: 717-392-3240
FACILITIES	OUTDOOR competition pool is 50 meters; 8 lanes with non-turbulent lane lines. Water depth is 12 feet at the starting end; and 3.5-4.0 feet at the turn end. Colorado electronic timing system, with a single-line scoreboard. An indoor 25-yd pool will be available for warm-up and warm-down throughout the meet. There will be no breaks during competition in the main pool. Free parking is available. Hospitality will be at all sessions for coaches, officials and volunteer workers. A snack bar will be provided for spectators. A Speedo vendor will be on site to sell suits and equipment. There are no provisions for Spectator seating. You are encouraged to bring lawn chairs. Team tents are suggested. Contact Tents for Rent at 717-733-9700.
MEET DIRECTOR	NEW MEET DIRECTOR INFORMATION Barbara LeBoon, 717-653-6681(h) Email entries and any questions to meetdirector@lancasteraquaticclub.com Please put LAC CLASSIC on subject line. Please refer all questions to the above email address.
SAFETY DIRECTOR	Jody Guokas Kuntz (717) 397-4917 (H) MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.
OFFICIALS	Any USA Swimming official who would like to work this meet should contact Gary Gehman at 717-569-2998 email: geh2570@comcast.net
ELIGIBILITY	This meet is open to swimmers registered with USA Swimming for 2008. The 2008 USA Swimming rules will apply. Swimmer's age is as of the first day of the meet. Age Group is determined by the swimmer's age as of June 27, 2008. Each swimmer may compete in a maximum of four (4) individual events per day.

ENTRY LIMITATIONS

The Meet Director reserves the right to limit the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format, in order to run the meet in a timely manner.

Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.

Swimmers are limited to 4 events per day.

The 1500 Freestyle will be deck seeded fastest to slowest alternating 1-heat women and 1-heat men. Positive check-in for this event will close at 11:45AM Friday, June 27, 2008. This event may be limited to three heats of women and three heats of men in order to fall in the four hour session rule.

Swimmers cut from the 1500 freestyle will be refunded entry fees.

1500 Freestyle swimmers must provide their own timer and lap counter.

POSITIVE CHECK-IN EVENTS

A positive check in is required for the following events:

SENIOR 400IM – positive check in closes at 7:30AM

9-12 400 FREE- positive check in closes 9AM

SENIOR 1500 FREE- positive check in closes 11:45AM

SENIOR 400 FREE- positive check in closes 8:30AM

SPECIAL NOTE

This will be a last chance meet for Summer JO's. Times achieved at the meet (both updated times and new qualifiers) MUST be submitted with the swimmer's team entry by the JO deadline. No entries for JOs will be taken at this meet.

'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-UP & START TIMES

Warm up sessions will be divided into periods of equal length depending on the number of swimmers entered in each session. Sprint/start lanes will be available at the end of each warm up session. Feet first entry only except in sprint lanes, when designated.

<u>Session</u>	<u>Warm Up</u>	<u>Group</u>	<u>Meet Start</u>
ONE, FRI	7:00AM	SENIOR/9-12	8:00AM
TWO, FRI	12:00PM	MILE	12:30PM
THREE, FRI	4:30PM	9-12	5:30PM
FOUR, SAT	6:30AM	SENIOR	7:30AM
FIVE, SAT	11:30AM	13-14	12:30PM
SIX, SAT	4:30PM	9-12	5:30PM
SEVEN, SUN	6:30AM	SENIOR	7:30AM
EIGHT, SUN	11:30AM	13-14	12:30PM
NINE, SUN	4:30PM	9-12	5:30PM

DECK ENTRIES

Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for awards. Swimmers not already entered in the meet must provide proof of current USA Swimming registration. To enter, please see the Meet Director before or during warm-up.

SWIMMERS WITHOUT A COACH

Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. Swimmers without a coach who are 12 & Under will swim with and be supervised by the host club during warm-up.

SEEDING

This is a pre seeded, timed final meet except for the 400IM, 9-12 Free, 1500 Free and the Senior 400 Free which require a positive check-in.

HOW TO ENTER

No converted times will be accepted. Entry times must be submitted in the course in which they were achieved. Non conforming times will be converted.

Swimmers without a valid USA Swimming time should be entered as "NT".

Entries should be submitted using HY-TEK software.

A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times must accompany the diskette. If entries are emailed, a word, excel, or pdf file with alphabetical swimmer listing must accompany the meet entry file.

If using HY -TEK is not possible; the Official Entry Form must be used.

A completed Meet Summary Sheet must accompany each team's entry.

	<p>Please waive the Signature release.</p> <p>No phone entries will be accepted.</p> <p>No meet entries will be made prior to receipt of fees, by the posted deadline.</p> <p>A \$5.00 surcharge per swimmer will be added for each team with 5 or more entries that does not submit entries using HY-TEK software. Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Failure to remit payment will result in rejection of the entries.</p> <p>We request each club submit one check payable to “Lancaster Aquatic Club”</p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmer’s best time could result in suspension from competition for a minimum of three 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>ENTRY FEES</p>	<p>\$5.00 per individual event. Deck entries \$10.00</p> <p>\$5.00 per swimmer surcharge for teams of 5 or more submitting entries manually. See above</p>
<p>SEND ENTRIES TO</p>	<p>NEW ENTRY INFORMATION</p> <p>Barbara LeBoon, 1309 Heatherwood DR, Mount Joy, PA 17552</p> <p>e-mail : meetdirector@lancasteraquaticclub.com</p> <p>Phone : 717-653-6681</p> <p>Make checks payable to “Lancaster Aquatic Club”. Waive signature.</p> <p>In order to receive updates and current information regarding this meet, a team representative should send an email to meetdirector@lancasteraquaticclub.com to be added to the distribution list.</p> <p>Meet information and updates will be posted on the LAC website</p> <p>www.lancasteraquaticclub.com</p>
<p>ENTRY DEADLINE</p>	<p>All entries must be received by 5 PM, June 13, 2008</p> <p>No late entries will be accepted.</p> <p>Entries will not be processed without full payment.</p>

<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Failure to swim an event after a positive check-in will result in the swimmer being disqualified from their next individual event.</p>
<p>SCORING & AWARDS</p>	<p>Level A: Medals 1st – 3rd, Ribbons 4th – 6th</p> <p>Level B: Rosettes 1st – 3rd, Ribbons 4th – 6th</p> <p>Level C: Ribbons 1st – 6th</p> <p>The 9-12 400 Free and the 9-10, 11-12, and 13-14 age groups will be awarded separately. Awards will not be presented for the Senior events.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Admission \$3.00 per day. Children under 12 years of age will be admitted free. Volunteer meet workers will be refunded their admission fee.</p> <p>Programs: \$10.00 per program. Program includes the entire meet.</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org and the Lancaster Aquatic Club website, www.lancasteraquaticclub.com</p> <p>Hard copies of meet results will be available for \$10.00 per copy, see MD to order.</p> <p>No disks will be copied with final meet results.</p>
<p>DIRECTIONS</p>	<p>From West – Take PA Turnpike to Lancaster exit, (I-283 Exit 247). Just past toll booth bear right onto Rt. 283 East toward Lancaster. Follow Rt. 283 to Pa-722 exit. Turn right at end of off ramp onto State Road. Proceed to the traffic light at Harrisburg Pike. Turn left onto Harrisburg Pike. Pool is 1.3 miles on the left.</p> <p>From North – South via Rt. 81. Take the exit for Harrisburg and follow Rt. 83 South 3 miles until the exit for Rt. 283. Then follow directions from the west.</p> <p>From East – Follow Rt. 30 West, exit at Harrisburg Pike (same exit as Franklin and Marshall). Turn right onto Harrisburg Pike. Follow Harrisburg Pike past the Lancaster Health Campus, cross Rt. 741, pool is 0.3 of a mile on right.</p> <p>From South – Rt. 83 North to US Rt. 30 East. Exit Pa-741. Turn left onto PA-741 Rohrerstown Road. Turn left onto Harrisburg Pike; pool is 0.3 of a mile on right.</p>

ACCOMODATIONS

Park Plaza – 5000 Centerville Road, Lancaster, PA 17603 Ph: 717-898-2431

Hampton Inn – 545 Greenfield Road, Lancaster, PA Ph: 717-299-1200

Hilton Garden Inn – 101 Granite Run Road, Lancaster, PA Ph: 717-560-0880

Eden (Best Western) – 222 Eden Road, Lancaster, PA Ph: 717-569-6444

Fairfield Inn – 150 Granite Run Road, Lancaster, PA Ph: 717-581-1800

Hawthorn Inn and Suites – 2045 Lincoln Hwy East, Lancaster, PA 717-290-7100

Holiday Inn – 521 Greenfield Road, Lancaster, PA 717-299-2551

Quality Inn and Suites – 2364 Oregon Pike, Lancaster, PA 717-569-0477

Country Inn and Suites – 1475 Lancaster Road (Rt. 72) Manheim, PA 17545
717-665-5440

Sleep Inn – 310 Primrose Lane, Mountville, PA 17554 717-285-0444

Main Stay Suites – 314 Primrose Lane, Mountville, PA 17554 717-285-2500

Marriott Court Yard – Lancaster, PA Ph: 717-393-3600

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**FRIDAY, JUNE 27, 2008
SESSION #1
Warm up 7:00 AM – Start 8:00 AM**

WOMENS		EVENT		MENS
1	Check in required	Senior 400IM*	Check in required	2
3	Check in required	9-12 400 Free*	Check in required	4

**FRIDAY, JUNE 27, 2008
SESSION #2
Warm up 12:00 PM – Start 12:30 PM**

WOMENS		EVENT		MENS
5	Check in required	Senior 1500 Free	Check in required	6

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**FRIDAY, JUNE 27, 2008
SESSION #3
Warm up 4:30 PM – Start 5:30 PM**

WOMENS		EVENT		MENS
7		11-12 200 IM*		8
9		9-10 200 IM*		10
11		11-12 100 BREAST*		12
13		9-10 100 BREAST*		14
15		11-12 100 FREE		16
17		9-10 100 FREE		18

*IMX EVENT

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**SATURDAY, JUNE 28, 2008
SESSION #4
Warm up 6:30 AM – Start 7:30 AM**

WOMENS		EVENT		MENS
19		Senior 200 IM*		20
21		Senior 100 FREE		22
23		Senior 200 BACK*		24
25		Senior 100 BREAST		26
27		Senior 100 FLY		28
29	Check in Required	Senior 400 FREE*	Check in required	30

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**SATURDAY, JUNE 28, 2008
SESSION #5
Warm up 11:30 AM – Start 12:30 PM**

WOMENS		EVENT		MENS
31		13-14 200 IM*		32
33		13-14 100 FREE		34
35		13-14 200 BACK*		36
37		13-14 100 BREAST		38
39		13-14 100 FLY		40

*IMX EVENT

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**SATURDAY, JUNE 28, 2008
SESSION #6
Warm up 4:30 PM – Start 5:30 PM**

WOMENS		EVENT		MENS
41		11-12 50 BACK		42
43		9-10 50 BACK		44
45		11-12 200 FREE		46
47		9-10 200 FREE*		48
49		11-12 100 FLY*		50
51		9-10 100 FLY*		52

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**SUNDAY, JUNE 29, 2008
SESSION #7
Warm up 6:30 AM – Start 7:30 AM**

WOMENS		EVENT		MENS
53		SENIOR 200 FREE		54
55		SENIOR 100 BACK		56
57		SENIOR 200 BREAST*		58
59		SENIOR 200 FLY*		60
61		SENIOR 50 FREE		62

*IMX EVENT

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**SUNDAY, JUNE 29, 2008
SESSION #8
Warm up 11:30 AM – Start 12:30 PM**

WOMENS		EVENT		MENS
63		13-14 200 FREE		64
65		13-14 100 BACK		66
67		13-14 200 BREAST*		68
69		13-14 200 FLY*		70
71		13-14 50 FREE		72

LANCASTER AQUATIC CLUB SPEEDO CLASSIC

**SUNDAY, JUNE 29, 2008
SESSION #9
Warm up 4:30 PM – Start 5:30 PM**

WOMENS		EVENT		MENS
73		11-12 50 FREE		74
75		9-10 50 FREE		76
77		11-12 100 BACK*		78
79		9-10 100 BACK*		80
81		11-12 50 BREAST		82
83		9-10 50 BREAST		84
85		11-12 50 FLY		86
87		9-10 50 FLY		88

*IMX EVENT

**LANCASTER AQUATIC CLUB
LAC SPEEDO CLASSIC
Entry Summary**

NAME OF CLUB: _____

USS CLUB CODE: _____

NAME OF COACH: _____

CONTACT PERSON: _____

ADDRESS _____

E-MAIL ADDRESS: _____

TOTAL # OF SWIMMERS ENTERED: _____

TOTAL # FEMALE SWIMMERS _____

TOTAL # MALE SWIMMERS _____

TOTAL INDIV. ENTRIES _____ @ \$5.00 ea.
= _____

Manual Entry Processing FEE @\$5.00 swimmer = _____

(For non-disk entry 5 or more swimmers only)

TOTAL ENTRY FEE DUE: _____

Make checks payable to: Lancaster Aquatic Club

Mail to: LAC

C/O Barbara LeBoon
1309 Heatherwood DR
Mount Joy, PA 17552
717-653-6681

I certify that all swimmers from this team entered in the LAC SPEEDO CLASSIC Meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach Signature

ONLY ONE CHECK PER TEAM