

GOLDEN RAM AQUATICS

A/BB/C MEET

NOVEMBER 9TH, 2007 – NOVEMBER 11TH, 2007

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0820 A

LOCATION	West Chester University, South Campus Pool South New Street West Chester, PA 19380 Day of meet ONLY emergency phone 610-436-2127 or 610-331-8550
FACILITIES	Golden Ram Aquatics has a 6 lane pool, 25 yd., 8 ft. deep at both ends with Competitor Anti-Wave lane lines. Omega timing equipment with a 6 lane scoreboard is utilized. There is a separate 6 lane warm-up pool. Seating capacity is 750. Large on-site parking is free. Refreshments and snack bar will be available during the meet. There will also be a hospitality room available for coaches, officials and volunteers working the meet.
MEET DIRECTOR	Costa Alvanos 610-263-7827
SAFETY DIRECTOR	Debbie McMahon 610-429-4088
OFFICIALS	Officials for the meet to be announced. We welcome any certified officials interested in working this meet. Please call the Meet Director with name, address and telephone number and availability. Walk-ons gratefully accepted.
ELIGIBILITY	This meet is open to all swimmers who are currently registered with USA Swimming. The swimmer's age as of the first day of the meet governs age group participation for the entire meet. Swimmers may enter a maximum of 4 events each day.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.
ENTRY DEADLINE	All entries must be received no later than 6PM on Thursday, October 25th, 2007. No late entries will be accepted.
ENTRY FEES	\$4.00 per Individual Event

<p>ORDER OF EVENTS</p> <p>WARM-UP & START TIMES</p> <p>QUALIFYING TIMES</p>	<p>An Order of events page is included with this invitation which should be referred to for the Event #, swimmer's age and Event Name.</p> <p>Friday, November 9th Session 1 (400 IM, 500 Free)*<u>Refer to Seeding Section</u> Warm-up 5:30 PM Start 6:30 PM</p> <p>Saturday, November 10th Session 2 (9&10, 13&14) Warm-up 7:15 AM Start 8:30 AM</p> <p>Saturday, November 10th Session 3 (11&12, 15&O) Warm-up 1:15 PM Start 2:30 PM</p> <p>Sunday, November 11th Session 4 (9&10, 13&14) Warm-up 7:15 AM Start 8:30 AM</p> <p>Sunday, November 11th Session 5 (11&12, 15&O) Warm-up 1:15 PM Start 2:30 PM</p> <p>The warm-up period may be divided into equal sessions depending on the number of swimmers entered into each session. Team lane assignments and warm-up schedule will be distributed on-site in the coach's packets. All entries during warm-up must be from the starting end, feet first, in a cautious manner. NO DIVING off blocks or edge of pool during this time. During the last 10 minutes of each warm-up session, the deep pool will be open for sprints. Racing starts only, swim one length of the pool and exit at opposite end. All starts during warm-up begin at starting block end. The warm-up pool will be open during the meet. Absolutely NO DIVING in warm-up pool at any time. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will cause the swimmer to be disqualified for the remainder of the meet.</p>
<p>DECK ENTRIES</p>	<p>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 \$8.00 per event. <u>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</u> Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please attend the scratch meeting held in the hospitality room approximately 10-15 minutes after the beginning of warm-ups. Any scratches must be reported at this time so we can determine empty lanes and the possibility for deck seeds for each event. No additional heats will be added under any circumstances. No changes will be made within 30 minutes of the start of a session.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. There will be a bench designated for "non-coached" swimmers alongside the pool.</p>

<p>SEEDING</p>	<p>All events are pre-seeded and will swim slowest to fastest.</p> <p>Swimmers in the 400 IM and 500 Free are required to sign-in at the scoring table by 5:30 PM. These events will be reseeded following the positive check in period and lane assignments will be posted by 6:00 PM. All swimmers must provide their own timers; swimmers in the 500 FREE are also required to provide their own Lap Counters.</p> <p>“Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has positively checked in for that event, must swim the event unless the swimmer notifies the Referee or Clerk of Course prior to the seeding of the event that the swimmer wishes to scratch. Failure to scratch prior to seeding after positively checking-in and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered whether on the same or later meet day. Deck-seeded events normally close for seeding no earlier than thirty (30) minutes before the scheduled start of the event.”</p>
<p>HOW TO ENTER</p>	<p>Entries should be submitted via e-mail using Hy-Tek Team Manager if at all possible, or manually on the Meet Entry Form later in this form.</p> <p>Entry fees are due with entries. The Summary of Events form must accompany all entries. Entries will not be processed without full payment. NO EXCEPTIONS.</p> <p>Entries should be e-mailed to: jpry@seic.com. When e-mailing entries you must attach the entry file from Team Manager as well as a Team Manager Entries Report. Also include in the text of your e-mail the # of swimmers in the meet, the total # of individual events and the total amount of event fees.</p> <p>Hy-Tek contact: Joli Pry 610-676-2876</p>
<p>SEND ENTRIES TO</p>	<p>Checks should be made payable to GRA Parents Club. Please send one check per Club.</p> <p>Mail entries to:</p> <p>Joli Pry 1480 Birdell Rd Coatesville, PA 19320</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. '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.</p> <p>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. Penalties may include fines or suspension.</p>

AWARDS	<p>A Entries: 1st through 3rd Medals, 4th through 8th Ribbons</p> <p>BB Entries: 1st through 3rd Rosettes, 4th through 8th Ribbons</p> <p>C Entries: 1st through 3rd Rosettes, 4th through 8th Ribbons</p> <p>Swimmers entered with a No Time are placed in "C" category. Award levels will be determined by the entry times. All awards must be picked up at the meet. No awards will be mailed.</p>
PROGRAMS & ADMISSION	<p>No admission charge.</p> <p>Program cost is \$12.00 (All sessions included)</p>
RESULTS	<p>Results will be posted on the Middle Atlantic website www.maswim.org.</p> <p>Results will not be mailed to clubs, but will be transmitted by e-mail to any club that provides their entries via e-mail.</p>
DIRECTIONS	<p>From North: PA turnpike to Exit 312/Downingtown, Rte. 100 S. to Rte. 202 S. Continue on 202 S. past High St. exit – Turn right onto Pleasant Grove Rd., which is the 1st right after Stetson Middle School (large Presbyterian Church on corner beyond turn) – Turn right at stop sign onto New St. – Follow 1.5 mile past University Farrell Stadium – Turn right into athletic building parking lot – Proceed to back of lot to glass enclosed Natatorium entrance at left rear corner of building.</p> <p>From South: Rte. 202 N. – Turn left onto Rte. 926 – Take 1st right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>
ACCOMODATIONS	<p>Holiday Inn West Chester: 943 S. High St., West Chester at the Route 202 & Bypass. Phone: 610-692-1900</p> <p>Microtel Inn & Suites: 500 Willow Brook Lane, West Chester off Route 202 at the Matlack St. exit (Spaz Beverage, Kelly's Sports & Federal Express on corners). Phone: 610-738-9111</p> <p>Comfort Inn Brandywine Valley: 1310 Wilmington Pike/Route 202, just past Dilworthtown Rd. (Stillman Volvo). Phone: 610-399-4600</p> <p>Holiday Inn Express in Concordville: corner of Routes 202 and 1. Phone 610-358-1700 Email: sales@concordvilleexpress.com</p>

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SCHEDULE OF EVENTS

NOVEMBER 9TH, 10TH, AND 11TH, 2007

Friday – November 9th, 2008

SESSION 1 Warm-up: 5:30 PM
 Start: 6:30 PM

Girls		Boys
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
1	Senior 400 IM	2
3	12 & Under 500 Free	4
5	13 & Over 500 Free	6

Saturday – November 10th, 2008

SESSION 2 Warm-up: 7:15 AM
 Start: 8:30 AM

Girls			Boys
<u>Event #</u>	<u>Event</u>	<u>Name</u>	<u>Event #</u>
7	9&10	50Y Free	8
9	13&14	100Y Free	10
11	9&10	100Y Back	12
13	13&14	200Y Back	14
15	9&10	100Y Breast	16
17	13&14	100Y Breast	18
19	9&10	50Y Fly	20
21	13&14	200Y Fly	22
23	9&10	200Y IM	24
25	13&14	200Y IM	26

SESSION 3 Warm-up: 1:15 PM
 Start: 2:30 PM

Girls			Boys
<u>Event #</u>	<u>Event</u>	<u>Name</u>	<u>Event #</u>
27	11&12	100Y Free	28
29	15&O	50Y Free	30
31	11&12	50Y Back	32
33	15&O	200Y Back	34
35	11&12	100Y Breast	36
37	15&O	100Y Breast	38
39	11&12	50Y Fly	40
41	15&O	200Y Fly	42
43	11&12	200Y IM	44
45	15&O	200Y IM	46

Sunday – November 11th, 2008

SESSION 4 Warm-up: 7:15 AM
 Start: 8:30 AM

Girls			Boys
<u>Event #</u>	<u>Event</u>	<u>Name</u>	<u>Event #</u>
47	9&10	100Y Free	48
49	13&14	50Y Free	50
51	9&10	50Y Back	52
53	13&14	100Y Back	54
55	9&10	50Y Breast	56
57	13&14	200Y Breast	58
59	9&10	100Y Fly	60
61	13&14	100Y Fly	62
63	9&10	100Y IM	64
65	13&14	200Y Free	66

SESSION 5 Warm-up: 1:15 PM
 Start: 2:30 PM

Girls			Boys
<u>Event #</u>	<u>Event</u>	<u>Name</u>	<u>Event #</u>
67	11&12	50Y Free	68
69	15&O	200Y Free	70
71	11&12	100Y Back	72
73	15&O	100Y Back	74
75	11&12	50Y Breast	76
77	15&O	200Y Breast	78
79	11&12	100Y Fly	80
81	15&O	100Y Fly	82
83	11&12	200Y Free	84
85	15&O	100Y Free	86
87	11&12	100Y IM	88

GOLDEN RAM AQUATICS

MEET ENTRY FORM SUMMARY OF EVENTS

******* This form, properly completed, must accompany all entries! *******

Team Name: _____ Team Abbreviation: _____

Head Coach: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Contact: _____ Phone: _____

E-Mail: _____

Number of GIRL swimmers: _____

Female Individual Entries: _____ x \$4.00 = Entry Fees GIRLS: _____

Number of BOY swimmers: _____

Male Individual Entries: _____ x \$4.00 = Entry Fees BOYS: _____

Total # of Swimmers: _____

Total Individual Entries: _____ x \$4.00 = **Total Enclosed:** _____

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative

ENTRY DEADLINE IS THURSDAY, October 25th, 2007 @ 6:00 PM.

Make check payable to: **GRA PARENTS CLUB**

Mail entries to:
Joli Pry
1480 Birdell Road
Coatesville, PA 19320
610.676.2876
jpry@seic.com

GOLDEN RAM AQUATICS

MANUAL MEET ENTRY FORM

Name (first, middle initial, last)	Age	USS ID #	Event # Time	Event # Time	Event # Time	Event# Time	Event # Time
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Please print neatly.

If you do not know your swimmer's USS ID#, it is constructed by using birth date (mmddy) + first 3 letters of first name + middle initial + first four letters of last name. For example, Mary Q. Public with a birth date of 11/24/1994 would have a USS ID# of 112494MARQPUBL. Use an "*" for any letter that is not present; for example, Jane Doe with a birth date of 3/15/1999 would be 031599JAN*DOE*.

This should match the registration form sent to Middle Atlantic Swimming.

Number of BOY swimmers: _____

Male Individual Entries: _____ x \$4.00 = Page 2 Fees: _____