

LANCASTER AQUATIC CLUB

SPEEDO PUMPKIN HEAD MINI MEET

October 21, 2007

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0847 M

LOCATION	LAC Swim Center at Workouts 2301 Harrisburg Pike Lancaster, PA 17603 Day of meet ONLY emergency phone number: 717-392-3240
FACILITIES	Indoor competition pool is 25 yards; 6 lanes with non-turbulent lane lines. Water depth is 7 feet at the starting end; and 4.0 feet at the turn end. Colorado electronic timing system, with a single line scoreboard. Free parking is available. Hospitality will be available for coaches, officials and volunteer workers. A snack bar will be provided for spectators.
MEET DIRECTOR	Ned Yoskoski, 717-653-9642(h) Email entries and any questions to lacmeetentry@yahoo.com
SAFETY DIRECTOR	Nancy Yoskoski 717-653-9642(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 eight and under swimmers registered with USA Swimming for 2007. The 2007 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 October 21, 2007 Each swimmer may compete in a maximum of FIVE (5) individual events and ONE (1) relay.
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. Due to limited deck space, this meet will be limited to 150 total swimmers. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.

<p>ORDER OF EVENTS</p> <p>WARM – UP & START TIMES</p>	<p>See the attached sheet listing the order of events, and event numbers.</p> <p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet.</p> <p>Warm ups – warm up session is an open session starting at 12:00PM.</p> <p>Meet start time 1:00PM.</p> <p>Sprint lanes will be opened 20 minutes before the start of the meet.</p> <p>Feet first entry until sprint lanes opened. The meet referee may remove any swimmer from the warm up session for failure to comply with the warm up rules.</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 the meet, at the cost of \$8.00 per individual event, Relays \$ 12.00. 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.</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. Swimmers without a coach will swim with and be supervised by the host club during warm-up.</p>
<p>SEEDING</p>	<p>All events in this meet are Pre-seeded, timed finals.</p>
<p>HOW TO ENTER</p>	<p>No converted times will be accepted. Entry times must be submitted in the course in which they were achieved. Non conforming times will be seeded in the slowest heats.</p> <p>Swimmers without a valid USA Swimming time should be entered as “NT”.</p> <p>Entries should be submitted using HY-TEK software.</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 using HY –TEK is not possible; the Official Entry Form must be used.</p> <p>A completed Meet Summary Sheet must accompany each team’s entry.</p> <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 on HY-TEK disk format.</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>

ENTRY FEES	\$4.00 per individual event. Deck entries \$8.00. Relays \$8.00 per Relay. \$5.00 per swimmer surcharge for teams of 5 athletes or more submitting entries manually.
SEND ENTRIES TO	<p>Nancy Yoskoski, 309 School Lane, Mount Joy, Pa 17552</p> <p>e-mail : lacmeetentry@yahoo.com</p> <p>Phone : 717-653-9642</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 lacmeetentry@yahoo.com to be added to the distribution list.</p> <p>Meet information and updates will be posted on the LAC website www.lancasteraquaticclub.com</p>
ENTRY DEADLINE	<p>All entries must be received by 5 PM, October 7, 2007.</p> <p>No late entries will be accepted.</p> <p>Entries will not be processed without full payment.</p>
RULES	<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 supplemented with verbal commands and No-Recall False Start procedures.</p>
SCORING & AWARDS	<p>Individual Events – Medals 1st – 3rd, Ribbons 4th – 8th.</p> <p>Relays – Ribbons 1st -3rd.</p>
PROGRAMS & ADMISSION	<p>Adults - \$4.00 for admission and program.</p> <p>Children under 12 – free admission.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic website www.maswim.org and the Lancaster Aquatic Club website, www.lancasteraquaticclub.com</p> <p>No disks will be copied with final meet results.</p>

DIRECTIONS

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.

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.

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.

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.

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 – 2260 Lincoln Hwy East, Lancaster, PA 17602 717-299-4460

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 PUMPKIN HEAD MINI MEET**SUNDAY OCTOBER 21, 2007****Warm up 12:00 PM – Start 1:00 PM**

WOMENS		EVENT		MENS
1		7 & Under 50 Yd Butterfly		2
3		8 Year Old 50 Yd Butterfly		4
5		6 & Under 25 Yd Free		6
7		7 Year Old 25 Yd Free		8
9		8 Year Old 25 Yd Free		10
11		7 & Under 50 Yd Backstroke		12
13		8 Yr Old 50 Yd Backstroke		14
15		6 & Under 25 Yd Breaststroke		16
17		7 Year Old 25 Yd Breaststroke		18
19		8 Year Old 25 Yd Breaststroke		20
21		6 & Under 50 Yd Freestyle		22
23		7 Year Old 50 Yd Freestyle		24
25		8 Year Old 50 Yd Freestyle		26
27		6 & Under 25 Yd Butterfly		28
29		7 Yr Old 25 Yd Butterfly		30
31		8 Yr Old 25 Yd Butterfly		32
33		7 & Under 50 Yd Breaststroke		34
35		8 Year Old 50 Yd Breaststroke		36
37		6 & Under 25 Yd Backstroke		38
39		7 Year Old 25 Yd Backstroke		40
41		8 Year Old 25 Yd Backstroke		42
43		7 & Under 100 Yd IM		44
45		8 Year Old 100 Yd IM		46
47		6 & Under 100 Yd Freestyle Relay		48
49		7 Year Old 100 Yd Freestyle Relay		50
51		8 Year Old 100 Yd Freestyle Relay		52

LAC SPEEDO PUMPKIN HEAD MINI MEET

Official Meet Entry Form

TEAM _____

TEAM CODE _____

COACH _____

PHONE# _____

ADDRESS _____

E-MAIL _____

CONTACT PERSON _____

PHONE _____

EMAIL _____

NAME _____

BIRTHDATE _____

USS # _____

M/F _____

PLEASE USE A SEPARATE SHEET FOR EACH AGE GROUP AND SEX

EVENT	EVENT DESCRIPTION	ENTRY TIME

DUPLICATE AS NEEDED.

Page# _____ of _____

ENTRY DEADLINE: October 7, 2007

LAC SPEEDO PUMPKIN HEAD MINI MEET INDIVIDUAL ENTRY FORM
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 _____ @ \$4.00 ea.
= _____

TOTAL RELAYS (\$8.00 per relay) = _____

Manual Entry Processing FEE @\$5.00 swimmer = _____
(for non-disk entry swimmers only, 5 or more on a team)

TOTAL ENTRY FEE DUE: _____

Make checks payable to: Lancaster Aquatic Club

Mail to: LAC

C/O Nancy Yoskoski

309 School Lane

Mount Joy, PA 17552

717-653-9642

I certify that all swimmers from this team entered in the LAC SPEEDO Pumpkin Mini 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