



13th Annual TYR CUP Trident Holiday Classic

IMPORTANT INFO AND KEY CHANGES

New email address: meetdirector@tridentswimclub.org

Due to safety concerns, the AM sessions will be limited to the first 550 swimmers per session.

Senior events will have an A/B/C Final.

The fastest heat of the 1000 and 1650 free will swim at Finals.

There will be only one heat advancing to the finals for the 13/14 500 free.

Senior 500 Freestyle: 2 heats will swim at Finals

Senior and 13/ 14 400IM: 2 heats will swim at Finals

10 and under events are timed finals.

10 and under and 11/12 events have been renumbered.

11/12 relays include the following: 200 Free Relay, 400 Free Relay and 200 Medley Relay.

'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.

TRIDENT SWIM CLUB

Presents

13th Annual TYR CUP Trident Holiday Classic

Sponsored By

TYR SPORT

December 12-14, 2008

Sanctioned by Middle Atlantic Swimming, Inc.

Meet Sanction #: MA 0936 A

Time Trial Sanction #: MA 0936 TT

LOCATION

Franklin and Marshall College
929 Harrisburg Pike
Lancaster, Pa. 17604-4306

Meet day pool emergency phone number: (717) 399-4524

FACILITY

Kunkel Aquatic Center, F & M College
Aquatic Center in the Alumni Sports Center, Lancaster, Pa. This meet will be run over two 8 lane 25 yd. courses with fully automatic timing and with additional lanes available for warm up and warm down during the meet. The two starting ends have a depth of 9' and 6'. The facility is equipped with Wave Eater lane lines, Colorado Timing, Aqua Grip electronic pads, an eleven line readout scoreboard, and a one line readout scoreboard. Seating for up to 550 swimmers on deck and balcony seating for up to 400 spectators.

PARKING – There is ample parking provided by 2 large parking lots located on either side of the facility.

CONCESSIONS – Food and drink will be available for purchase during all sessions of the meet. There will be a hospitality area for coaches and meet officials.

MEET DIRECTOR

Stephanie Rozick
5249 W. Buffalo Run Rd
Port Matilda PA 16870
814-234-8955
Email meetdirector@tridentswimclub.org

**SAFETY
DIRECTOR**

Jeff Wilt
jlwilt@tridentswimclub.org

OFFICIALS

Anyone interested in helping with the meet as a USA swimming certified official, please contact Maria Mazzeo at gnmazzeo@comcast.net.

ELIGIBILITY

Open to all USA 2008 registered swimmers who meet the qualifying time standards. Swimmers age as of December 5, 2008 will apply for the entire meet. Each swimmer may compete in THREE (3) individual events per day. Each swimmer may compete in ONE (1) relay event per day. Relay swimmers must be entered in a minimum of ONE (1) event during the meet to qualify to swim in relays. Time Trial events are counted toward a swimmer's daily event total. **The Meet Director reserves the right to allow teams that have participated in the past years first entry into the meet and will accept entries until the meet fills.**

**ENTRY
LIMITATIONS**

General

The meet director reserves the right to limit entries or heats, or to modify the meet format, to conform to Middle Atlantic session length rules. If limits become necessary, teams will be notified through their club contact. If limits are imposed, all eliminated swims will receive a full refund. Once the meet is full, subsequent entries will be returned and the club contact will be notified.

Relay Limits

Each team is limited to ONE relay team per 800 Free Relay event. Each team is limited to TWO relay teams in all other Relay events.

500/1000/1650 Limits

If necessary, limits will be imposed based on seed time, fastest to slowest. A listing of qualifying swimmers will be posted on the web site prior to the meet. Teams will not be contacted individually.

500 Free – 6 Heats of each event (approximately)

1000 Free – 4 Heats of each event (approximately)

1650 Free – 3 Heats of each event (approximately)

WARM –UP

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet in their Team Folder at the Main Scoring table (Pool #1). Sprint/Start lanes will be available during each warm-up period. No diving or backstroke

starts will be permitted except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without a Coach must report to the Meet Director before entering the pool for warm-up, and will be assigned to be supervised by the host club throughout the meet. Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.

**WARM-UP
START TIMES**

Prelims- Fri, Sat, Sun – AM	warm-up 1	6:30-7:10 am
	warm-up 2	7:15-7:55 am
	start time	8:00 am
Prelims/Timed Final- Fri, Sat, Sun –PM <small>(prelims 11/12)(timed finals 10 & under)</small>	warm-up	12:30-1:25 pm
	start time	1:30 pm
Finals- Fri, Sat, Sun	warm-up	5:00-5:55 pm
	start time	6:00 pm

**TIME
TRIALS**

Time Trials will be conducted subject to time and space availability at the discretion of the Meet Director. Time trials, when available, will be offered only at the conclusion of the Prelim Sessions. Swimmers must sign-up for Time Trials at least 30 minutes before the scheduled end of the session. Swimmers may Time Trial an event only once per day. Swimmers are limited to two Time Trial events per day. Swimmers must be within 0.5 seconds, per 50 yards, of the Sectional Time Standard for the event. Time Trial events will count toward a swimmer’s daily maximum event total.

\$10.00 per individual event
\$20.00 per relay event

**DECK
ENTRIES**

No deck entries will be accepted at this meet.

SEEDING

All 10 and under events are Timed Finals. All other events in this meet are Prelim/Final events except the 1000 and 1650 Freestyle and all Relay events. These events are Timed Final events. All events are pre-seeded except the 500, 1000,1650 Freestyle,400 IM and all Relays. These events will be seeded after a positive check-in. All Non-Conforming times will be seeded in accordance with USA Swimming Rulebook section 207.5.10B (1) and (2) on Non-Conforming times as follows:

- Seeded First – Short Course Yard times
- Seeded Next – Long Course Meter times
- Seeded Last - Short Course Meter times

Positive Check-in – A positive check-in is required for the 500, 1000, 1650 Free, 400 IM and all Relays. Check-in will be held at the Main Scoring table (Pool #1) for events in both pools. Check-in times are as follows:

Friday	1000 Free	9:30 am
	AM Relays	9:00 am
	PM Relays	2:30 pm
Saturday	500 Free	9:00 am
	AM Relays	9:00 am
	PM Relays	2:30 pm
Sunday	1650 Free	9:30 am
	AM Relays	9:00 am
	PM Relays	2:30 pm

500/1000/1650 – The fastest heat of each 1000 and 1650 Free event will be swum as the first event of that evening’s Final session. All other heats of the 1000 and 1650 Free will be swum at the end of their respective Prelim session and will be swum fastest-to-slowest. Swimmers in the 1000 and 1650 during prelim sessions are responsible for providing their own timer and lap counter. Swimmers in the 500 Free during the prelim sessions are responsible for providing their own lap counter.

Finals –

Senior Events A-Finals followed by B-Finals and C-Finals
13-14 Events A-Finals followed by B-Finals
11-12 Events A-Finals followed by B-Finals

HOW TO ENTER

This meet will be swum in Short Course Yards. Times must be submitted in the course in which they were achieved. Times should not be converted. Proof of time must accompany all entries into the 1000 and 1650 Freestyle. Entries should be submitted using HY-TEK software. A meet summary sheet must be sent along with a hard copy printout listing each swimmer, their events and entry times. If HY-TEK is not possible, use the Official Entry Form and Relay Entry Form attached to the meet packet. A \$5.00 surcharge will be added for teams of 5 or more not entered electronically. No Time entries will not be accepted.

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.

ENTRY FEES

\$4.00 per individual event

\$8.00 per relay event

Please send one check per club made payable to Trident Swim Club.

**SEND
ENTRIES
TO**

Stephanie Rozick
Trident Swim Club
5249 W. Buffalo Run Rd
Port Matilda PA 16870

Email meetdirector@tridentswimclub.org
Request signature waiver if needed.

**ENTRY
DEADLINE**

All entries must be received by Monday, November 24, 2008. Updates will be accepted on or before 11/22/08 per the following conditions. Update times anytime after lower qualifying time is achieved. Update (change or add) events only if the swimmer is previously entered in the meet and space is available. Update(add) swimmers for previously entered teams only if space is available.

RULES

USA Swimming/Middle Atlantic rules shall apply. USA Swimming/MA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet and strictly enforced. Swimmers will not be permitted Deck Chairs due to space limitations and facility requirements. This rule does not apply to coaches. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. This meet will be conducted using the whistle command and No-Recall False start procedures.

Scratch Policy – Any swimmer who does not swim a pre-seeded preliminary or a pre-seeded timed-final event will not be penalized. Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same or next meet day. Any swimmer who qualifies for A-Finals, B-Finals or C-Finals in a Prelim/Final event and does not swim that heat will be barred from the rest of the meet (including relays) unless the swimmer has indicated their possible intention to scratch within thirty (30) minutes of the announcement of the preliminary results of that swimmer's last individual event at the preliminary session. A swimmer who does not confirm their intention will be seeded into the event. Swimmers who are initially announced as alternates for Final heats will not be penalized.

'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.

SCORING

The meet will be scored as follows
Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay events 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS

Awards will be given to 14 and under events only. Medals and ribbons will not be mailed. Please pick them up before you leave.

Individual	Medals	1 st thru 3 rd
	Ribbons	4 th thru 16 th
Relays	Medals	1 st thru 3 rd

High Point Team - First place Team Awards for Women, Men and Combined.

High Point Individual- First place Individual Awards for Senior Women and Men. First place Individual Awards for 13-14 Women and Men. First place Individual Award for 11-12 Women and Men. First place Individual Award for 10 and Under Women and Men.

Small Team Award- First place combined Team Award. Eligible teams are teams with 20 or less swimmers.

ADMISSIONS PROGRAMS

Admissions \$2.00 per preliminary session
 \$1.00 per final session
 Children under 12 are free

Programs – There will be two Preliminary session programs available. One program will contain 13 and over events and the other will contain all 12 and under events.

\$10.00 per Preliminary program
\$15.00 for both programs if bought at the same time
\$1.00 per Finals program (Free Finals Program coupons are available in each Preliminary program.)

RESULTS

Results will be posted on the Middle Atlantic Swimming website www.maswim.org

DIRECTIONS

From Baltimore, Washington and points south-Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports and Fitness Center to your left.

From Harrisburg, Pittsburg and points west- Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit on Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports and Fitness Center to your left.

From Philadelphia, South Jersey and points east- Take the PA Turnpike to the Reading-Lancaster exit. Take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports and Fitness Center to your left.

HOTELS

Park Plaza Hotel- 5000 Centerville Rd, Lancaster 717-898-2431
Holiday Inn- 521 Greenfield Rd, Lancaster 717-299-2551
Eden Resort- 222 Eden Rd, Lancaster 717-569-6444
The Sleep Inn- 310 Primrose Lane, Mountville 717-285-0444
Hampton Inn, 545 Greenfield Rd, Lancaster 717-299-1200
Fairfield Inn, 150 Granite Run Rd, Lancaster 717-581-1800
Hilton Garden Inn, 101 Granite Run Rd, Lancaster 717-560-0880
Hawthorn Inn & Suites- 2045 Lincoln Hwy East, Lancaster
717-290-7100
Quality Inn & Suites- 2364 Oregon Pike, Lancaster 717-569-0477
Main Stay Suites- 314 Primrose Lane, Mountville 717-285-2500
Country Inn & Suites- 2260 Lincoln Hwy East, Lancaster
717-299-4460
Country Inn & Suites- 1475 Lancaster Rd, Manheim 717-665-5440

Session 1 and 2
Friday Morning Prelims – December 12, 2008
Two Pools

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
7	1:08.09	1:17.29	1:15.19	13-14 100 Fly	1:03.39	1:11.99	1:10.09	8
9	1:05.99	1:15.19	1:12.89	Senior 100 Fly	1:00.49	1:09.09	1:06.89	10
15	2:14.19	2:32.59	2:28.29	13-14 200 Free	2:05.79	2:24.99	2:18.99	16
17	2:05.09	2:21.99	2:18.29	Senior 200 Free	1:55.79	2:13.19	2:07.89	18
23	5:19.59	6:02.29	5:53.19	13-14 400 IM	5:02.39	5:46.19	5:34.19	24
25	4:59.29	5:40.39	5:30.69	Senior 400 IM	4:37.09	5:16.19	5:06.09	26
31*	---	---	---	13-14 800 Free Relay	---	---	---	32*
33*	---	---	---	15 & O 800 Free Relay	---	---	---	34*
1 [∞]	11:23.89	10:07.59	9:58.49	Senior 1000 Free	10:44.19	9:39.39	9:23.79	2 [∞]

* Events are Timed Finals and will be swum only during Prelim session.

∞ Events are Timed Finals. Fastest heat will swim in Finals Session

Session 3
Friday Afternoon Prelims/Timed Finals
December 12, 2008

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
3	32.69	36.59	36.09	11-12 50 Fly	32.39	36.59	35.79	4
5*	42.99	48.59	47.49	10&U 50 Fly	41.99	46.89	46.39	6*
11	1:03.09	1:14.09	1:09.69	11-12 100 Free	1:02.89	1:11.59	1:09.49	12
13*	1:22.09	1:32.99	1:30.69	10&U 100 Free	1:19.99	1:31.09	1:28.29	14*
19	2:38.59	3:00.19	2:55.19	11-12 200 IM	2:35.89	2:58.09	2:52.29	20
21*	3:19.39	3:47.29	3:40.29	10&U 200 IM	3:18.09	3:44.79	3:38.89	22*
27*	---	---	---	11-12 200 Free Relay	---	---	---	28*
29*	---	---	---	10&U 200 Free Relay	---	---	---	30*

* Events are Timed Finals and will be swum only during Prelim session.

Session 4
Friday Evening Finals
December 12 2008

1	Senior 1000 Free	2
3	11-12 50 Fly	4
7	13-14 100 Fly	8
9	Senior 100 Fly	10
11	11-12 100 Free	12
15	13-14 200 Free	16
17	Senior 200 Free	18
19	11-12 200 IM	20
23	13-14 400 IM	24
25	Senior 400 IM	26

Session 5 and 6
Saturday Morning Prelims – December 13, 2008
Two Pools

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
35	2:20.89	2:41.19	2:35.59	Senior 200 IM	2:09.99	2:30.59	2:23.69	36
37	2:31.29	2:52.39	2:47.19	13-14 200 IM	2:21.89	2:42.79	2:36.69	38
43	26.99	30.79	29.79	Senior 50 Free	24.29	28.09	26.89	44
45	28.69	32.79	31.69	13-14 50 Free	26.59	30.59	29.39	46
51	2:44.79	3:08.59	3:02.09	Senior 200 Breast	2:30.09	2:54.29	2:45.89	52
53	2:47.99	3:11.99	3:05.69	13-14 200 Breast	2:36.29	3:02.39	2:52.69	54
59	1:04.19	1:14.59	1:10.89	Senior 100 Back	58.79	1:08.69	1:04.89	60
61	1:08.69	1:20.09	1:15.89	13-14 100 Back	1:04.89	1:15.09	1:11.69	62
67	5:31.79	4:56.49	4:50.29	Senior 500 Free	5:11.69	4:41.09	4:32.79	68
69	5:38.29	5:03.49	4:55.99	13-14 500 Free	5:25.29	4:52.89	4:44.69	70
75*	---	---	---	15&0 400 Med Relay	---	---	---	76*
77*	---	---	---	13-14 400 Med Relay	---	---	---	78*

* Events are Timed Finals and will be swum only during Prelim session.

Session 7
Saturday Afternoon Prelims/Timed Finals
December 13, 2008

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
39	1:14.09	---	1:21.89	11-12 100 IM	1:12.19	---	1:19.69	40
41*	1:34.39	---	1:44.29	10&U 100 IM	1:31.39	---	1:40.99	42*
47	29.79	33.69	32.89	11-12 50 Free	28.59	32.99	31.59	48
49*	36.19	40.89	39.99	10&U 50 Free	35.59	40.39	39.29	50*
55	1:22.19	1:33.79	1:30.79	11-12 100 Breast	1:21.09	1:33.59	1:29.59	56
57*	1:46.69	2:02.39	1:57.89	10&U 100 Breast	1:44.79	1:59.79	1:55.79	58*
63	34.29	39.19	37.89	11-12 50 Back	33.69	38.79	37.29	64
65*	43.49	49.89	48.09	10&U 50 Back	43.89	50.49	48.49	66*
71*	---	---	---	11-12 200 Med Relay	---	---	---	72*
73*	---	---	---	10&U 200 Med Relay	---	---	---	74*

* Events are Timed Finals and will be swum only during Prelim session.

Session 8
Saturday Evening Finals
December 13, 2008

35	Senior 200 IM	36
37	13-14 200 IM	38
39	11-12 200 IM	40
43	Senior 50 Free	44
45	13-14 50 Free	46
47	11-12 50 Free	48
51	Senior 200 Breast	52
53	13-14 200 Breast	54
55	11-12 200 Breast	56
59	Senior 100 Back	60
61	13-14 100 Back	62
63	11-12 100 Back	64
67	Senior 500 Free	68
69	13-14 500 Free	70

Session 9 and 10
Sunday Morning Prelims – December 14, 2008
Two Pools

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
85	2:27.29	2:51.39	2:42.79	13-14 200 Back	2:19.49	2:41.59	2:34.19	86
87	2:17.89	2:39.39	2:32.39	Senior 200 Back	2:07.09	2:27.89	2:20.49	88
93	1:02.19	1:11.09	1:08.79	13-14 100 Free	57.99	1:06.59	1:04.09	94
95	58.19	1:06.29	1:04.29	Senior 100 Free	53.09	1:01.39	58.69	96
101	1:17.99	1:29.09	1:26.19	13-14 100 Breast	1:12.29	1:23.59	1:19.89	102
103	1:16.39	1:27.59	1:24.39	Senior 100 Breast	1:09.19	1:20.59	1:16.49	104
109	2:28.59	2:49.49	2:44.19	13-14 200 Fly	2:20.79	2:39.89	2:35.59	110
111	2:24.19	2:42.39	2:39.39	Senior 200 Fly	2:14.39	2:32.19	2:28.49	112
117*	---	---	---	13-14 400 Free Relay	---	---	---	118*
119*	---	---	---	15&O 400 Free Relay	---	---	---	120*
79 [∞]	18:58.69	19:26.39	18:52.09	Senior 1650 Free	18:00.99	18:34.49	17:54.69	80 [∞]

* Events are Timed Finals and will be swum only during Prelim session.

[∞]Events are Timed Finals. Fastest heat will swim in Finals Session

Session 11
Sunday Afternoon Prelims/Timed Finals
December 14, 2008

Qualifying Time				Qualifying Time				
Women	SCY	LCM	SCM	Event Description	SCY	LCM	SCM	Men
81	1:14.89	1:26.29	1:22.79	11-12 100 Back	1:12.29	1:23.59	1:19.89	82
83*	1:33.99	1:48.89	1:43.79	10&U 100 Back	1:32.49	1:46.09	1:42.19	84*
89	2:20.19	2:39.19	2:34.89	11-12 200 Free	2:16.59	2:35.69	2:30.89	90
91*	2:58.29	3:23.79	3:16.99	10&U 200 Free	2:50.89	3:13.99	3:08.89	92*
97	37.99	42.09	41.99	11-12 50 Breast	37.59	43.09	41.49	98
99*	47.79	54.89	52.79	10&U 50 Breast	48.19	55.09	53.29	100*
105	1:13.59	1:22.89	1:21.29	11-12 100 Fly	1:12.19	1:22.09	1:19.79	106
107*	1:42.09	1:56.19	1:52.79	10&U 100 Fly	1:40.59	1:53.99	1:51.09	108*
113*	---	---	---	11-12 400 Free Relay	---	---	---	114*
115*	---	---	---	10&U 400 Free Relay	---	---	---	116*

* Events are Timed Finals and will be swum only during Prelim session.

Session 11
Sunday Evening Finals
December 14, 2008

79	Senior 1650 Free	80
81	11-12 100 Back	82
85	13-14 200 Back	86
87	Senior 200 Back	88
89	11-12 200 Free	90
93	13-14 100 Free	94
95	Senior 100 Free	96
97	11-12 50 Breast	98
101	13-14 100 Breast	102
103	Senior 100 Breast	104
105	11-12 100 Fly	106
109	13-14 200 Fly	110
111	Senior 200 Fly	112

2008 TYR/Holiday Classic Meet Summary Sheet

Team Name: _____

Team Code: _____

Head Coach: _____

LSC Code: _____

Entry Contact: _____

Phone Number: _____

Mailing Address: _____

Email Address: _____

Entry Summary:

	Swimmers	Events	Relays
12 & Under			
13 & Older			
Totals			

Fee Summary:

Total Individual Events: _____ X \$4.00 = _____

Total Relay Events: _____ X \$8.00 = _____

Manual Entry Processing _____ X \$5.00 = _____
Fee if over 5 swimmers

Total Due _____

Mail to:
Stephanie Rozick
Trident Swim Club
5249 W. Buffalo
Run Rd.
Port Matilda PA
16870

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

Relay Entry Form

Meet Name: TYR/Holiday Classic – December 12 - 14, 2008

Team:

Team Code:

Age Group:

Please use a separate sheet for each age group and sex.

Relay Name (eg. "TSC A")	Swimmers Names (optional)	Time

Mail to: Stephanie Rozick
Trident Swim Club
5249 W. Buffalo Run Rd
Port Matilda, Pa. 16870

Contact Name: _____ Phone Number: _____

Relay Limits: Each team is limited to **ONE** relay team per 800 Free Relay Event.
Each team is limited to **TWO** relay teams in all other Relay Events.