

FIVE STAR CUP CLOSED INVITATIONAL FEBRUARY 14 AND 15, 2009

**Held under the sanction of Middle Atlantic Swimming
Sanction # MA 0908 CI**

Participating Teams : All swimmers of invited teams must be members of USA Swimming.
Swimmer's age on February 14, 2009 determines age group for this meet

Site: Lititz Community Center, 301 W. Maple St., Lititz, PA 17543; phone (717) 626-5096. 25 yards; 8 lanes with non-turbulent lane lines and Colorado Timing System with 8-lane scoreboard. The water depth at the starting end of the pool is 12 feet. Emergency calls the weekend of the meet only may be made to (717) 626-5096.

Awards: Top 8 finishers by time receive medals, 9th through 16th place receive ribbons. The coach, or a parent representative, at the conclusion of the meet, must pick up all awards. No awards will be mailed.

Award Ceremonies: There will be an awards ceremony after the following events: Saturday – 26, 6, 12, and 22; Sunday – 54, 32, 38, and 48.

Entry Fees: \$1,800 per team. All entry fees should be paid with one check payable to **Five Star Swim Club**.

Officials: Anyone wishing to volunteer or officiate, please contact meet referee **Dan Griest at (717) 625-3018 email – dgriest@ptd.net**. All officials and coaches on deck must wear their official USA Swimming Membership badge. Meet workers will be identified with a special badge. No other people will be allowed on deck.

Safety: USA Swimming and MA Swimming Rules and Warm-up Procedures will be in effect at this meet. Swimmers must be under the direct supervision of a currently registered coach. All swimmers will need to enter the pool feet first from the starting end of the pool. No racing starts or diving in lanes other than those designated for diving. Swimmers violating safety procedures will be removed from the 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. Safety Director for the meet is **Jackie Schouten (717) 626-9119**.

Starting procedure: '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.

Events: The meet will be conducted according to current USA Swimming Rules. Swimmer's age is as of the first day of the meet. Swimmers may compete in up to **three (3) individual events** per day and **one (1) relay per day**. **All relay events are Timed Finals. Each team may enter an A, B and a C relay in free and medley. The top eight (8) relays will compete at the finals session, all others will compete at the preliminary session.** All prelim events will be

preseeded. Meet director reserves the right to limit the number of heats to conform to the 4-hour rule. This meet will use the No Recall false start rule and the whistle command procedure. Any swimmer qualifying for finals who fails to compete in said event, and does not scratch during the allotted time, will be barred from further competition in the meet. Should a swimmer scratch, alternates will be contacted through the coach. If a swimmer does not appear for a final heat, the Referee shall fill the heat with the next qualified swimmer. Alternates will be announced with qualifiers during the trials session. Alternates shall not be penalized if unavailable to swim in finals.

Warm-up: Warm-up for trials is from **7:30-8:55**. The meet will begin at **9:00 AM**. Lane assignments and times, according to team size, will be emailed to team contact one week before the meet.

Warm-up for finals is from 5:00-5:55. Teams will be assigned lanes according to team size. Finals will begin at 6:00 PM.

Finals: The fastest 8 swimmers will qualify for finals.

Spectators: Admission - \$4.00 per person/per day for the Cup; Prelim Program - \$6.00 for both days. A Finals program will be available for \$1.00. Spectators also attending the Mini Cup Sunday afternoon will be charged a nominal admission fee for this separate meet. All spectators will view the meet from a 250-seat balcony. A concession stand will be available. **Parking is available on adjacent school parking lots.**

Entry Information: Entries must be received by **8:00 PM on Friday, January 30, 2009**. Entries must be emailed and include an attached Word document of "swimmers by event". No late or phone entries will be accepted. Swimmers with incomplete or illegible USS numbers will be rejected. All entries must be the swimmers best times and are subject to MA penalties. If any corrections need to be made with entries, they will only be accepted from a coach or the team representative listed on the entry form. **Deck entries will be accepted at the meet at director's discretion prior to the start of that session.** Swimmers not already entered in the meet must provide proof of current USA Swimming registration. The cost will be \$8.00 per event. Deck entered swimmers are not eligible to score and compete in finals. Times are official.

Final Results: Results will be posted at the Middle Atlantic website. Meet Manager result files will be emailed to team representatives.

Email entries to: Meet Director: Heidi Cicala Email: hcicala@fidevia.com
2 Breezy Knoll
Lititz, PA 17543

Hotels

NEW: Holiday Inn Express – 101 Crosswinds Dr Lititz (behind Pizza Hut on 501)
717.625.2366 Hotel is five minutes from the pool.

Warwick Inn & Suites – 613 Furnace Hills Pike (Rt. 501 N) 717-627-7500

Country Inn & Suites – Rt. 72 N; 717-665-5440;

Fairfield Inn by Marriott – Rt. 72 N; 717-581-8122; Hilton Garden - Rt. 72 N; 717-560-0880

Directions to the pool are available at www.fivestarswimming.com

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Swimmers may participate in up to 3 individual events per day and 1 relay per day.
Teams may enter an A, B and C team in each relay event.

Saturday

Girls	Event	Boys
1	11 & 12 50 Breast	2
3	13 & 14 100 Breast	4
5	9 & 10 50 Breast	6
7	11 & 12 100 IM	8
9	13 & 14 200 IM	10
11	9 & 10 100 IM	12
13	11 & 12 50 Free	14
15	13 & 14 50 Free	16
17	9 & 10 50 Free	18
19	11 & 12 200 Free	20
21	9 & 10 200 Free Relay*	22
23	11 & 12 200 Free Relay*	24
25	13 & 14 200 Free Relay*	26

Sunday

Girls	Event	Boys
27	11 & 12 50 Back	28
29	13 & 14 100 Back	30
31	9 & 10 50 Back	32
33	11 & 12 50 Fly	34
35	13 & 14 100 Fly	36
37	9 & 10 50 Fly	38
39	11 & 12 100 Free	40
41	13 & 14 100 Free	42
43	9 & 10 100 Free	44
45	11 & 12 200 IM	46
47	13 & 14 200 Free	48
49	9 & 10 200 Medley Relay*	50
51	11 & 12 200 Medley Relay*	52
53	13 & 14 200 Medley Relay*	54

***Note: Relays are timed finals. Top eight (8) relays will be swum at the beginning of the finals session each day, all other heats will be swum at the end of the AM prelim session.**

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February 14 and 15, 2009

Team Name: _____ Team Code: _____

Head Coach: _____

Deck Coach: _____

Team Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Contact Person for entries: _____

Email: _____ Phone: _____

Mail Check to: Heidi Cicala
2 Breezy Knoll
Lititz, PA 17543

All entries must be received by 8:00 PM Friday, January 30, 2009. Please make check payable to "Five Star Swim Club".

I attest that the entered athletes are properly registered with USA Swimming and that they have achieved the seed times recorded.

Head Coach or team representative Signature: _____

This form must accompany team entries.

