

# GOLDEN RAM AQUATICS

## MINI MEET

**SATURDAY, FEBRUARY 21<sup>ST</sup>, 2009**

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

Sanction # MA 0945 M

<b>LOCATION</b>	West Chester University, South Campus Pool S. New Street West Chester, PA 19380 Day of meet ONLY emergency phone 610-436-2127 (pool office) or 610-662-3436 (meet director)
<b>FACILITIES</b>	Golden Ram Aquatics has a 6 lane, 25 yd. pool, 8 ft. deep at both ends with Competitor Anti-Wave lane lines. Colorado timing equipment with a 6 lane scoreboard is utilized. There is a separate 6 lane warm-up pool. Seating capacity is 750. Ample, 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.
<b>MEET DIRECTOR</b>	Dana Halkowski 610-662-3436
<b>SAFETY DIRECTOR</b>	Debbie McMahon 610-429-4088
<b>OFFICIALS</b>	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.
<b>ELIGIBILITY</b>	This meet is open to all swimmers ages 8 & Under who are currently registered with USA Swimming. The swimmer's age on the day of the meet governs age group participation for the meet. <b>Swimmers may enter a maximum of 5 individual events plus a relay. The Freestyle Relay is a Crescendo Freestyle Relay. The relay may contain any combination of boys and/or girls but must have 2 swimmers ages 6 &amp; Under and 2 swimmers ages 7 and/or 8.</b>
<b>ENTRY LIMITATIONS</b>	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.
<b>ENTRY FEES</b>	\$4.00 per Individual Event
<b>ENTRY DEADLINE</b>	<b>All entries must be received no later than 6PM on Friday, February 6<sup>th</sup>, 2009. No late entries will be accepted.</b>

<p><b>ORDER OF EVENTS</b></p> <p><b>WARMUP &amp; START TIMES</b></p> <p><b>WARMUP RULES</b></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>Warm-Up is 11:30 AM and Start Time is 12:30 PM</p> <p>The warm-up period will be divided into 2 sessions. The first 30 minutes will be a general warm-up. Team lane assignments and warm-up schedule will be distributed on-site in the coach's packets. All entries during general warm-up must be from the starting end, feet first, in a cautious manner. <b>NO DIVING</b> off blocks or edge of pool during this time. During the last 15 minutes of warm-ups, 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. Absolutely <b>NO DIVING</b> 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><b>DECK ENTRIES</b></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 at the cost of \$8.00 per event. <b>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</b> 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 see the meet director before warm-ups. No additional heats will be added under any circumstances. No deck entries will be accepted after 11:30 am.</p>
<p><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. Meet packets will be available for these swimmers at the programs table. Warm-up times for "non-coached" swimmers will be posted along with team warm-up times. There will be a bench designated for "non-coached" swimmers alongside the pool.</p>
<p><b>SEEDING</b></p>	<p>All events are pre-seeded and will swim slowest to fastest.</p>
<p><b>HOW TO ENTER</b></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><b>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.</b></p> <p>Entries should be e-mailed to: <a href="mailto:jpry@seic.com">jpry@seic.com</a>. 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><b>Hy-Tek contact: Joli Pry 610-676-2876</b></p>
<p><b>SEND ENTRIES TO</b></p>	<p><u>Checks should be made payable to <b>GRA Parents Club</b>.</u> Please send <b>one</b> check per Club.</p> <p>Mail entries to:</p> <p>Joli Pry 1480 Birdell Rd Coatesville, PA 19320</p>

<p><b>RULES</b></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 Start, supplemented with verbal commands, and No-Recall False Start procedures.</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>
<p><b>AWARDS</b></p>	<p>Individual Events: 1<sup>st</sup> through 3<sup>rd</sup> Rosettes, 4<sup>th</sup> through 16<sup>th</sup> Ribbons</p> <p>Relay Event: 1<sup>st</sup> through 3<sup>rd</sup> Ribbons</p> <p>Awards must be picked up at the meet. No awards will be mailed.</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>No admission charge.</p> <p>Program cost is \$3.00</p>
<p><b>RESULTS</b></p>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a>.</p> <p>Results will not be mailed to clubs, but will be transmitted by e-mail to any club that provides an e-mail address with their entries.</p>
<p><b>DIRECTIONS</b></p>	<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 1<sup>st</sup> 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 1<sup>st</sup> right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>
<p><b>ACCOMODATIONS</b></p>	<p>Holiday Inn West Chester: 943 S. High St., West Chester, 19382 Phone: 610-692-1900</p> <p>Microtel Inn &amp; Suites: 500 Willow Brook Lane, West Chester, 19382 (off Route 202 at the Matlack St. exit -Spaz Beverage, Kelly's Sports &amp; Federal Express on corners). Phone: 610-738-9111</p> <p>Comfort Inn Brandywine Valley: 1310 Wilmington Pike/Route 202, West Chester, PA, 19382 just past Dilworthtown Rd. Phone: 610-399-4600</p> <p>Holiday Inn Express in Concordville: 1110 Baltimore Pike, Glen Mills, PA 19342 (corner of Routes 202 and 1) Phone 610-358-1700 Email: <a href="mailto:sales@concordvilleexpress.com">sales@concordvilleexpress.com</a></p>

**GOLDEN RAM AQUATICS**  
**MINI MEET**  
**EVENT LIST**  
February 21<sup>st</sup>, 2009

<b>Girls Event #</b>	<b>Event Description</b>	<b>Boys Event #</b>
1	8 & Under 100 Free	2
3	5 & Under 25 Free	4
5	6 Year Old 25 Free	6
7	7 & 8 Year Old 25 Free	8
9	8 & Under 50 Free	10
11	8 & Under 100 Fly	12
13	6 & Under 25 Fly	14
15	7 & 8 Year Old 25 Fly	16
17	8 & Under 50 Fly	18
19	8 & Under 100 Back	20
21	5 & Under 25 Back	22
23	6 Year Old 25 Back	24
25	7 & 8 Year Old 25 Back	26
27	8 & Under 50 Back	28
29	8 & Under 100 Breast	30
31	6 & Under 25 Breast	32
33	7 & 8 Year Old 25 Breast	34
35	8 & Under 50 Breast	36
37	7 & Under 100 IM	38
39	8 Year Old 200 IM	40
41	Crescendo Relay (Any combination of boys and/or girls – (2) 6&U and (2) 7 and/or 8 year olds)	41

# 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 FRIDAY, February 6<sup>th</sup>, 2009 @ 6:00 PM.**

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

Mail entries to:  
**Joli Pry**  
**1480 Birdell Road**  
**Coatesville, PA 19320**  
**610.676.2876**  
[jpri@seic.com](mailto:jpri@seic.com)



