

SPIRIT SWIMMING SPRING MINI INVITATIONAL MEET

Sunday, February 8, 2009

Held Under the Sanction of Middle Atlantic Swimming
Sanction # MA 0951 M

SITE DIRECTOR: Sue Schmelz (215-579-6687)

SAFETY DIRECTOR: Ernie Steen (215-968-5811)

MEET LOCATION: Pennsbury High School, 705 Hood Blvd, Fairless Hills, PA 19030
(Phone number for emergency use only on the day of the meet – 215-949-6762.)

FACILITY: 6 Lane-25 Yard pool - Wave Eater Lane Lines – Colorado Timing – Paragon Starting Blocks –
12 Ft Depth at Starting End – Spectator Seating for 300 – Parking for 300 Vehicles –
Refreshments Available at Concession Stand.

MEET FORMAT: Pre-Seeded – Timed Finals – Two Sessions
Spirit reserves the right to combine sessions if the meet is small.

Boys Session #1

Warm-up: 10:00 AM
Sprint Lanes 1 & 6 10:00 – 10:25 AM
Start: 10:30 AM

Girls Session #2

Warm-up: 1:00 PM
Sprint Lanes 1 & 6 1:00 – 1:25 PM
Start: 1:30 PM

ELIGIBILITY: Open to all swimmers (aged eight years and under) registered with USA Swimming and will be conducted according to current USA-S rules. Swimmer's age as of day of meet governs age group entry. This is a timed final, pre-seeded meet.

RULES: The meet will be conducted according to current USA and MA safety regulations.

No Diving in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up.

All relay starts from the **shallow end** of the pool will **start from the water.**

Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes.

Deck access is limited to coaches and officials displaying current and proper USA credentials

ENTRIES: Swimmers may enter a maximum of **5 Individual** events and **2 Relays**. Swimmers must enter best time in each event or be subject to penalties set by Middle Atlantic.

Computer Entries: Entries submitted on a 3.5" disk using Hy-Tek Software is preferred, with a print out of the entries accompanying the disk. Entries should be e-mailed to dbtowns@comcast.net.

Manual Entries: Submit entries on official entry form, legibly printed with current USA registration numbers for each athlete. There will be a \$2.00 per swimmer surcharge for any team with 5 or more swimmers that submit their entries manually.

Spirit Swimming reserves the right to limit entries to comply with Middle Atlantic rules and space availability of the facility. Refunds will be given to eliminated swimmers.

No post entries will be accepted. **Deck entries** will be accepted upon discussion with the Meet Director and provided there is lane availability within existing heats. Fees for deck entries will be paid prior to the event(s). Swimmers who are not already in the meet must provide proof of USA Swimming registration.

PROGRAMS/ADMISSION:

Programs will be available at the door for \$3.00/program. Admission is free.

ENTRY FEES: \$4.00 Per Event. \$8.00 Per Relay. \$6.00 Deck Entries. \$2.00 Per Swimmer for any team with 5 or more swimmers that does not submit its entries on disk using Hy-Tek software.

Make check payable to: **Spirit Swimming**
Mail Entries to: Susan Schmelz, 280 Leedom Way, Newtown, PA 18940

ENTRY CLOSE: All entries must be received by **Friday, January 30, 2009**. No late entries will be accepted.

RESULTS: Results will be posted on the Spirit Swimming web site @www.SpiritSwimming.com and Middle Atlantic Swimming web site @ www.maswim.org

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.

AWARDS:

Individual Events	Rosettes 1 st through 3 rd and Ribbons 4 th through 24 th
Relays	Ribbons 1 st through 3 rd
Heat Winner Ribbons	

DIRECTIONS: **Directions to Pennsbury High School**

From NJ:

Take the NJ Turnpike south; you can get on the NJ Turnpike from the Garden State Parkway or where ever you find it convenient.

Take the NJ Turnpike to the first exit in Pennsylvania (Bristol/Levittown exit).

Take Route 13 North when getting off at this exit.

Go past 5 traffic lights staying on Route 13 North. You will pass the Levittown Train Station on your right. Continue on bearing to your left in ascending a small hill, you are still on route 13 North.

Make a right at the Tyburn Road West Exit.

Make another right at the end of the exit onto Tyburn road. Get over into the left hand lane.

Make a left at the first light (New Falls Road) cemetery on the corner.

Go down about a mile and at the first light make a right (Hood Blvd.) Burger King, Texaco, Gulf and Sunoco stations on corners.

Pennsbury High School is on your right hand side.

Go in the second driveway for pool. Pool is on your left.

From Philadelphia (Turnpike)

Take the turnpike (east) and get off at the Philadelphia exit (exit 28).

Take Route 1 North (superhighway) and get off at the Oxford Valley Exit (Sesame Place exit).

Make a right at the exit onto Oxford Valley Road.

Stay on Oxford Valley Road using the middle lane and crossover business Route 1 (Old Lincoln Highway). After crossing business Route 1, stay in left hand lane and make the next left (Arby's will be on your left). Oncoming traffic has a stop sign at the intersection. This is still Oxford Valley Road.

Go down 2 traffic lights. At the second light make a left (Hood Blvd.) Pizza Hut and Blockbuster Video is on the left.

Stay on Hood Blvd. Through 2 traffic lights. Pennsbury High School will be on the left after the second traffic light. Make a left into the first driveway. Pool will be on your left.

From Philadelphia (I-95)

Take I-95 north to the Route 1 North exit (by Sesame Place water tower).

Follow Route 1 north to the Fairless Hills exit – turn left at stop sign and at the first light make a right. You will go under a railroad bridge and at the 3rd light make a right. This is New Falls Road.

Follow New Falls Road down for about a mile. At the first light make a right onto Hood Blvd. Pennsbury High School will be on your right. At the second driveway make a right and the pool will be on your left.

From Newtown Area

Take 413; take the 413 bypass around Newtown.

Pass 3 lights (Clemen's Market will be on your right). Continue straight until you see I-95 south signs. Take I-95 South to the Route 1 North Exit.

Take Route 1 North exit to the Morrisville/Fairless Hills Exit. Make a left at the end of the ramp.

Make a right at the first light. Go under the railroad bridge and at the 3rd light make a right (New Falls Road).

At the first light make a right (Burger King, Texaco, Gulf and Sunoco will be at the corners). Pennsbury High School will be on your right. Go in the second driveway and the pool will be on your left.

UNATTACHED & SWIMMERS WITHOUT THEIR COACHES:

A Spirit coach will supervise swimmers unaccompanied by their team coach. Please report to the Meet Director on deck when you arrive.

OFFICIALS:

All USA Certified Officials and Trainees are invited to work the meet. Please contact the Spirit Swimming Office at 215-579-6687 or Spirit's Head Official, Bruce Townsend at 215-932-1816

INQUIRIES:

Questions should be referred to Sue Schmelz at 215-579-6687

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EVENTS

Girls			Boys	
1	100 Free Relay	8 & Under	100 Free Relay	2
3	25 Free	5 & Under	25 Free	4
5	25 Free	6 Year Olds	25 Free	6
7	25 Free	7 Year Olds	25 Free	8
9	25 Free	8 Year Olds	25 Free	10
11	50 Free	8 & Under	50 Free	12
13	25 Back	5 & Under	25 Back	14
15	25 Back	6 Year Old	25 Back	16
17	25 Back	7 Year Olds	25 Back	18
19	25 Back	8 Year Olds	25 Back	20
21	50 Back	8 & Under	50 Back	22
23	25 Brst	6 & Under	25 Brst	24
25	25 Brst	7 Year Olds	25 Brst	26
27	25 Brst	8 Year Olds	25 Brst	28
29	50 Brst	8 & Under	50 Brst	30
31	25 Fly	6 & Under	25 Fly	32
33	25 Fly	7 Year Olds	25 Fly	34
35	25 Fly	8 Year Olds	25 Fly	36
37	50 Fly	8 & Under	50 Fly	38
39	100 IM	7 & Under	100 IM	40
41	100 IM	8 Year Olds	100 IM	42
43	100 Medley Relay	8 & Under	100 Medley Relay	44

SPIRIT SWIMMING
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This Form Must Accompany all Official Entries

Team name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ Contact Person (entries) _____

Individual Event Fees: _____ @ \$4.00 \$ _____

Relay Event Fees: _____ @ \$8.00 \$ _____

Manual Entry Processing Fee _____ Swimmers @ \$2.00 \$ _____
(For Non-Disk Entry Swimmers Only)

Total \$ _____

I certify that all swimmers from this team entered in the Spirit Mini Invitational are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach _____

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Swimmer Name	Age	USS#	Ev#	Time	Ev#	Time	Ev#	Time	Ev#	Time	Ev#	Time
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
	Team	_____		Contact	_____		Phone #	_____				
				E-Mail	_____							

