

# Distance Meet

Sunday January 4, 2009

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction #MA 0995 L

<b>LOCATION</b>	McKean High School 301 McKennan's Church Road Wilmington, DE 19808 (302) 379-5496
<b>FACILITIES</b>	Thomas McKean High School has a 25 yard six lane pool. The depth at the starting end is 12 feet. An electronic timing system and scoreboard will be used. Balcony seating is available for spectators.  Ample parking is available in the school lot. A snack bar will be available for refreshments.
<b>MEET DIRECTOR</b>	Michele Santer, <a href="mailto:mmsanter@aol.com">mmsanter@aol.com</a> .
<b>SAFETY DIRECTOR</b>	Dimitar Petrov, <a href="mailto:mitkoswim@hotmail.com">mitkoswim@hotmail.com</a>
<b>OFFICIALS</b>	Interested officials should contact Michele Santer, <a href="mailto:mmsanter@aol.com">mmsanter@aol.com</a>
<b>ELIGIBILITY</b>	This meet is open to all swimmers registered with USA Swimming for 2009. Age group for the entire meet will be dictated by the swimmer's age as of January 4, 2009. Each swimmer may enter no more than 3 events.
<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 notified immediately. Entry fees will be refunded to teams/swimmers affected by these constraints.

## WARM-UP & START TIMES

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet.

No diving or backstroke starts will be permitted except in sprint lanes when designated.

- Sprint/Start lanes will be available during each warm-up session.
- Swimmers violating procedures will be removed from warm-up for the remainder of the session.

<u>Session</u>	<u>GENERAL WARM-UP</u>	<u>MEET START</u>
Session 1	7:30 AM	8:30 AM
Session 2	12:00 Noon	1:00 PM

## DECK ENTRIES /TIME TRIALS

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 each session, at the cost of **\$8.00** per event. **Any athlete not previously entered in the meet must provide proof of current USA Swimming Membership.** Deck-entered swimmers will compete unofficially. The achieved time is official, but will not score in the meet for awards. To enter, please see the Meet Director before or during warm-ups.

## SWIMMERS WITHOUT A COACH

Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.

## SEEDING

**All events are positive check-in and will be deck seeded.**

Positive check-in for session one will close at 8:00 AM.

Positive check-in for session two will close at 12:15 PM.

**Swimmers must provide their own timers and counters.**

## HOW TO ENTER

Entry times should be submitted in the course in which they were achieved. All times will be converted to SCY by meet director and seeded as conforming.

All entries should be submitted using Hytek software.

A completed **Meet Summary Form** should accompany all emailed and mailed entries.

**E-mailed entries are preferred.**

<b>ENTRY FEES</b>	<p>\$4.00 per individual event as well as a \$5.00 per athlete surcharge. Please send <u>one</u> check per club.</p> <p>Checks should be made payable to “<b>Brandywine Delaware YMCA</b>”</p>
<b>SEND ENTRIES TO</b>	<p>Michele Santer 1409 N Union St Wilmington De 19806</p> <p>mmsanter@aol.com</p>
<b>ENTRY DEADLINE</b>	<p>Entry deadline is December 27, 2008. No late entries will be accepted.</p>
<b>RULES</b>	<p>This meet will be conducted in accordance with 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>Sessions will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Fly-over starts will be used at this meet. All swimmers should remain in the water at the completion of their race until the next race begins.</p> <p>Penalties will be imposed upon a swimmer when any coach, parent or swimmer enters any time other than the swimmer’s best time for an event. Penalties may include fines or suspension.</p>
<b>AWARDS</b>	
<b>PROGRAMS &amp; ADMISSION</b>	<p>Admission will be \$3.00 per day. Heat sheets will be posted on deck and in the spectator area.</p> <p>Children 10 and under will be admitted free.</p>
<b>RESULTS</b>	<p>Results will be posted on the Middle Atlantic website: <a href="http://www.maswim.org">www.maswim.org</a>.</p>

<p><b>DIRECTIONS</b></p>	<p>From Philadelphia: Take I-95 South to exit 5, 141N, toward Newport.</p> <p>Continue on 141N to Exit 6. Take Exit 6 onto Rt 2W, Newark/Lancaster. Stay on Rt 2 for 0.5 mile. Turn right onto Rt 41, Newport Gap Pike. Follow Rt 41 for 1.5 miles to the third light which is Hercules Rd. Turn left onto Hercules/Milltown Rd. At the next light turn right on McKennan's Church Road. McKean High School is a half mile from the light on the right at the flashing light.</p> <p>From New Jersey: Take I295 over the Delaware Memorial Bridge. Stay to the left after the toll plaza. Take Exit 5 for 141N Newport/Lancaster. Follow directions above.</p> <p>From the West: Take Rt. 41S to McKennan's Church Rd. Turn right on McKennan's Church Rd. McKean High School will be on your right at the flashing light.</p>
<p><b>ACCOMODATIONS</b></p>	<p>Hilton Wilmington/Christiana (302) 454-1500</p> <p>Fairfield Inn Wilmington Newark/Christiana (302) 292-1500</p> <p>Country Inn and Suites (302) 266-6400</p>

2009 Distance Meet  
ORDER OF EVENTS

**Sunday January 4, 2009**

**SESSION 1**

**Warm-Up 7:30 AM**

**Meet Start 8:30 AM**

WOMEN'S  
EVENT #

EVENT

MEN'S EVENT #

1	11/12 400 IM	2
3	13 & Over 400 IM	4
5	9/12 500 Free	6
7	13 & Over 500 Free	8

**SESSION 2**

**Warm-Up 12:00 Noon**

**Meet Start 1:00 PM**

WOMEN'S  
EVENT #

EVENT

MEN'S EVENT #

9	OPEN 1650 Free	10
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## DISTANCE MEET ENTRY FORM

Team: \_\_\_\_\_ USA-S Club Code: \_\_\_\_\_  
Coach: \_\_\_\_\_ Contact: \_\_\_\_\_  
Contact Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Swimmer Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
USAS#: \_\_\_\_\_ Gender (M/F) \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	TIME

Swimmer Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
USAS#: \_\_\_\_\_ Gender (M/F) \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	TIME

Swimmer Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
USAS#: \_\_\_\_\_ Gender (M/F) \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	TIME

Swimmer Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
USAS#: \_\_\_\_\_ Gender (M/F) \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	TIME

## Distance Meet Summary Form

**Team:** \_\_\_\_\_ **USA-S Club Code:** \_\_\_\_\_

### COACH:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### TEAM CONTACT FOR ENTRIES

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### PERSON TO BE CONTACTED CONCERNING TIMERS AND OFFICIALS

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### *ENTRY FEE SUMMARY*

Total # of Individual Entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Total # of Athletes \_\_\_\_\_ x \$5.00= \$ \_\_\_\_\_

Total Entry Fees \$ \_\_\_\_\_

### *ATHLETE SUMMARY*

# Male Athletes \_\_\_\_\_ Entries \_\_\_\_\_

# Female Athletes \_\_\_\_\_ Entries \_\_\_\_\_

Total Athletes \_\_\_\_\_ Total Entries \_\_\_\_\_

Individuals or clubs will be billed in the event that all proper fees are not received. Failure to submit entry fees will result in rejection of entries.

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

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Signature of Head Coach or authorized Team Representative