

# CBST

## Inaugural

### January 17-18, 2009

Held under the Sanction of Middle Atlantic Swimming, Sanction # MA 0953 A  
**MEET DIRECTOR:** Brian McMillin [bjmcmillin@verizon.net](mailto:bjmcmillin@verizon.net)  
**SAFETY DIRECTOR:** Roberta Lichter (267) 893-5709  
**MEET REFEREE:** Dale Carmody

**Eligibility:** This meet is open to all swimmers registered with USA Swimming and will be conducted according to current USA Swimming Rules & Regulations. The age of the swimmer on the first day of the meet will determine the age group of competition. The meet director reserves the right to limit entries to conform with MA rules. Notification will be provided to swimmers teams concerning limitation or elimination of any heats/events. Meet fees will be refunded to teams/swimmers who do not participate in any event due to limitations.

**Rules:** Current USA and Middle Atlantic LSC rules will govern the meet. The whistle start and no recall false start rules will be in use. USA Swimming/Middle Atlantic Swimming Safety Guidelines and warm-up procedures will be in effect for the entire meet. Only currently credentialed coaches, USA Swimming registered athletes and meet personnel will be permitted on deck.

**'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.**

**Entries:** Swimmers may enter a maximum of 5 (five) individual events per day. Penalties will be imposed upon any swimmer when any coach, parent, swimmer enters any time other than the swimmer's best time for any event and could result in the swimmer's suspension from competition for a minimum of three months, but not more than one year. Further violation by a coach, parents or swimmer could result in that person being forbidden to participate in or attending USA Swimming functions.

**Deck Access:** Deck access will be limited to coaches, officials and essential meet personnel displaying proper current credentials

**Bulkhead Safety:** Any swimmer observed swimming **under or through the bulkhead** by an Official or Safety Monitor at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be strictly enforced. **Only officials are allowed on the bulkhead during the meet.**

**Entry fee:** \$4.00 per individual event, make checks payable to: Central Bucks Community School.

**Entries due:** All entries must be received by **January 3rd**, 2009. No late or phone entries will be accepted.

**Mail to:** Brian McMillin  
125 Markley Road  
Schwenksville, PA 19473  
[bjmcmillin@verizon.net](mailto:bjmcmillin@verizon.net)

**Facility:** Central Bucks South High School, 1100 Folly Road, Warminster, PA. An 8 lane, 25 yard pool with electronic timing, judging system and 8 lane readout scoreboard. Depth of the pool at the starting end is 5'. 20 yard Warm-up/Warm-down pool will be open during the entire meet. Snack bar will be available.

**Directions:**

*From 611 N-* Make a left onto Bristol Rd. At the 1<sup>st</sup> light make a left onto Folly Rd. The school is on your right.

*From 611 S* – Make a right onto Bristol Rd. and then follow the directions above.

**Program & Admission:** \$5. program & admission /\$3. admission only per session (no charge for children under 8).

**Entry Information:** All entries must be filled out on the official entry blank OR entries must be sent electronically. (If you have Hy-Tek Team Manager, submit a printout of the meet entries by swimmer.) You must complete the summary form and mail with the entry whether you use the disk entry or the non-computer entry form. A club contact person must be listed on the entry summary form. A \$2.00 manual processing fee/per swimmer will be charged for all non-disk entries of 5 or more swimmers (see entry form). Any questions on entry forms should be directed to Brian McMillin at [bjmcmillin@verizon.net](mailto:bjmcmillin@verizon.net).

**Start Times:**

**Saturday Morning - 12&Under**

Warm-up – 7:30am, Meet Starts – 8:30am

**Saturday Distance:**

Warm-up – in warm-up pool, Meet Starts – no earlier than 12:30

**Saturday Afternoon – 13 & Over**

Warm-up – no earlier than 2:00pm, Meet Starts – no earlier than 2:50

**Sunday Morning – 12 & Under**

Warm-up – 7:30am, Meet Starts – 8:30am

**Sunday IM's:**

Warm-up – in warm-up pool, Meet Starts – no earlier than 12:30

**Sunday Afternoon – 13 and Over**

Warm-up – no earlier than 2:00pm, Meet Starts – no earlier than 2:50

**Warm-up Rules:** All MA and USA Swimming safety regulations will be in effect. All entries into the pool during the warm-up session will be feet first. The first 45 minutes of each warm-up will be circle swimming, then officials will designate sprint lanes during the last 15 minutes of each session.

Any changes will be posted on the Middle Atlantic web site  
[www.maswim.org](http://www.maswim.org)

Warm-ups will be open. 20 yard diving well will be available for warm-up and warm-down during the meet.

**Seeding:** All events with the exception of the 500 free (11-18), 400 IM (11-18), 200 free (9-12) and 200 IM (9-12) are pre-seeded timed finals.

**Check In:** A Positive Check-in is required for the 500 Free (11-18), 400 IM (11-18), 200 Free (9-12) and the 200 IM (9-12). Positive Check-in for these events will close at the beginning of warm-ups.

**Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event**

**Deck Entries:** Subject to space availability, deck entries will be accepted on the day of the meet, (prior to the start of each session, if applicable) at the cost of \$8.00 per event. **Swimmers not already entered in the meet must provide proof of current USA Swimming registration.** Deck entered swimmers will compete unofficially. You must see the meet director prior to the start of the meet if you wish to deck enter a swimmer.

**Officials:** All USA Certified officials and trainees are invited to officiate at this meet. Contact Lynn Collester at [collester@comcast.net](mailto:collester@comcast.net).

**Results:** Results will be posted on the Middle Atlantic website [www.maswim.org](http://www.maswim.org)

**Accommodations:**

Comfort Inn Montgomeryville, 678 Bethlehem Pike, 1 877-477-5817  
Hampton Inn Doylestown, 1570 Easton Road, 215 343-8400

**Parking:** Plenty of on site parking is available

**Seating:** 350+ spectators.

**Emergency phone day of meet:** (215) 651-7349.

**Please note that US Swimming and MA Swimming Regulations will be in effect.**

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## 2009 A/BB/C Meet

### Session 1 - Saturday January 17, 2009

Girls Event	Event	Boys Event
1	9/10 100 IM	2
3	11/12 100 IM	4
5	9/10 50 Free	6
7	11/12 50 Free	8
9	9/10 100 Back	10
11	11/12 100 Back	12
13	9/10 50 Breast	14
15	11/12 50 Breast	16
17	9/10 100 Fly	18
19	11/12 100 Fly	20

### Session 2 - Saturday January 17, 2009

Girls Event	Event	Boys Event
21	9-12 200 IM	22
23	11-18 500 Free	24

### Session 3 - Saturday January 17, 2009

Girls Event	Event	Boys Event
25	15/18 200 IM	26
27	13/14 200 IM	28
29	15/18 100 Back	30
31	13/14 100 Back	32
33	open 200 Fly	34
35	13/14 200 Fly	36
37	15/18 50 Free	38
39	13/14 50 Free	40
41	open 200 Breast	42
43	13/14 200 Breast	44

# CBST INAUGURAL

## 2009 A/BB/C Meet

### Session 4 – Sunday January 18, 2009

Girls Event	Event	Boys Event
45	9/10 50 Back	46
47	11/12 50 Back	48
49	9/10 100 Free	50
51	11/12 100 Free	52
53	9/10 50 Fly	54
55	11/12 50 Fly	56
57	9/10 100 Breast	58
59	11/12 100 Breast	60

### Session 5 – Sunday January 18, 2009

Girls Event	Event	Boys Event
61	9-12 200 Free	62
63	11-18 400 IM	64

### Session 6 – Sunday January 18, 2009

Girls Event	Event	Boys Event
65	15/18 200 Free	66
67	13/14 200 Free	68
69	15/18 100 Fly	70
71	13/14 100 Fly	72
73	open 200 Back	74
75	13/14 200 Back	76
77	15/18 100 Breast	78
79	13/14 100 Breast	80
81	15/18 100 Free	82

# CBST MEET ENTRY SUMMARY FORM

This form must accompany any manual entries

Team Name: \_\_\_\_\_ Club Code \_\_\_\_\_

Head Coach: \_\_\_\_\_ E-Mail \_\_\_\_\_

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

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Club Entry Person Contact: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email \_\_\_\_\_

Individual Fees: \_\_\_\_\_ @ \$4.00 \$ \_\_\_\_\_

Manual Entry Processing Fee \_\_\_\_\_ @ \$2.00 \$ \_\_\_\_\_

(for manual entry swimmers only)

Total \$ \_\_\_\_\_

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

Head Coach \_\_\_\_\_

# INDIVIDUAL EVENTS FORM

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Contact: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Name \_\_\_\_\_

Last

First

USA Swimming ID # \_\_\_\_\_

Event # \_\_\_\_\_

Event # \_\_\_\_\_

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