

Friends' Central Aquatics 1650 & 4x5 "Distance Challenge"

January 10th & 11th 2009

Sanctioned by Middle Atlantic Swimming
Sanction#: **MA 0973 L**

MEET DIRECTOR: Jim Turley
610-574-0346
(day of meet only)
fcamd_turley@verizon.net

MEET REFEREE: TBD
Phone#
Email:

SAFETY DIRECTOR: Allen Garner
Email: Jesse.garner@att.net

INQUIRIES: Questions should be referred to Jim Turley at fcamd_turley@verizon.net.

MEET LOCATION: Friends' Central School, 1101 City Avenue, Wynnewood. PA 19096-3490
Emergency Phone Number (day of meet only) 610-658-5609 or 610-574-0346

FACILITY: The pool is located in the Shimada Athletic Center at Friends' Central School. The pool is a 6-lane, 25-yard pool with a Colorado Timing System scoreboard, and touch pads at both ends of the pool. The depth of the pool at the starting end is 12'. There is balcony seating for 125 spectators. Free parking is available in the school lot.

ELIGIBILITY: This meet is open to 11 & Up swimmers registered in 2009 with USA Swimming. Age groups are determined by the swimmer's age on January 10th, 2009. This meet will be run according to current USA Swimming rules and regulations.

MEET FORMAT: Pre-Seeded Timed Finals: Two sessions
FCA reserves the right to combine sessions if the numbers of entries warrant it.

START TIMES:

Session 1: Saturday	Warm-up: 1:00pm / Start: 2:00pm	1650 Free
Session 2: Sunday	Warm-up: 9:00am / Start: 10:00am	400 IM & 500 Free

WARM-UP: USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- The warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be made available to coaches at the meet.
- Sprint/Start lanes will be available at the end of each warm-up session.
- No diving or backstroke starts will be permitted except in sprint lanes, when designated.
- The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.
- **Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.**

Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.

ENTRIES:

- **Middle Atlantic** team entries received by **11:59 PM, Saturday, January 3rd, 2009** will be entered in the order in which they are received.
- **All Non-Middle Atlantic** team entries will be entered, after the MA team entries, in the order in which they were received.
- **ALL ENTRIES must be received by January 3rd, 2009.**
- Entries must be submitted in the course in which they were achieved.
- Converted time should NOT be used.
- All times submitted must be the swimmer's best time.
- Swimmers without a valid USA time in an event must be submitted as a "NT" in that event.
- Entries should be submitted using **HY-TEK** software format. NO FLOPPIES!
- If a HY-TEK file is not possible, the **Official Entry Form** must be used.
- **A completed Meet Summary Sheet MUST accompany each teams entry.**

- If entering 5 or more swimmers using this form, a processing fee of **\$2.00** per swimmer must be included.

Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.

ENTRY LIMITS:

- All swimmers may compete in all of the events offered.
- The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit, **OR** combine sessions.
- If limits become necessary, teams will be notified through their club contact.
- If limits are imposed, all eliminated swimmers/teams will receive a full refund.

ENTRIES DUE:

- **All entries must be received by: 11:59 PM, Friday, January 3rd, 2009.**
- NO LATE, FAXED, or PHONED entries will be accepted!
- Entries will not be processed without full payment.

Please send one check per club, made payable to "**Friends' Central School**"

Mail entries to: **Friends' Central Aquatics
c/o Friends' Central School
1101 City Avenue
Wynnewood, PA 19096-3490**

NOTE: Please do not send entries **REQUIRING** a signature. These entries risk being late! For notification, please enclose a self-addressed, stamped postcard/envelope that can be returned, or **email the Meet Director.**

**MEET
UPDATES:**

If you are attending this meet, please send an email message to fcamd_turley@verizon.net and you will be put on the Meet email list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.

(Please note: your update email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.)

**ENTRY FEES: \$4.00 per Individual Event
\$8.00 per Deck Entry**

Please send **ONE** check per club, made payable to "**Friends' Central School.**"

DECK ENTRIES:

Deck Entries may be accepted during the meet at the Meet Director's discretion. If accepted Deck Entries:

- May only be submitted during the first **30 minutes** of each warm-up session.
- Will be for available lanes **ONLY**. Extra heats will not be added.
- Will not be accepted after the start of a session.
- **Swimmers will not be eligible for awards in deck-entered events.**
- **Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.**

A Positive Check-in is required for **ALL EVENTS**, which will be seeded slowest to fastest and swum in alternating heats of Women and then Men.

CHECK IN:

Swimmers **do not** have to supply their own timer but **are** responsible for providing their own lap counter.

Check-In closes at:

Saturday: 1:30 pm

Sunday: 9:30 am

Scratch Policy:

Failure to swim an event after making a "positive check-in" will result in the Swimmer's disqualification from their next individual event of the meet.

SAFETY:

Current USA Swimming Safety Rules will be in effect and will be strictly enforced.

DECK CHAIRS: Due to space limitations and facilities requirements, swimmers will not be permitted to bring "chairs" on deck. This rule does NOT apply to coaches.

AWARDS:

Awards will be presented to the following finishers. Please pick up ribbons at the conclusion of the meet.

Individual Events: 1st thru 6th

DECK ACCESS:

By USA Swimming ruling, deck access is limited to swimmers, coaches, officials, and meet volunteers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.

START PROCEDURES:

- This Meet will be conducted using the **No Recall** false start rule.
- This Meet will also use the whistle command start.

OFFICIALS:

All USA Certified Officials and Trainees are invited to work the meet. Please contact the FCA office at 610-658-5632 ext 2 or Meet Director Jim Turley at 610-574-0346.

ADMISSION:

Admission - \$ 2.00 per Session. Children under 12 years of age will be admitted free.

Programs - A psych sheet will be included with the price of admission. As soon as the events are seeded, the events will be posted outside the balcony area.

FINAL RESULTS:

- Final Results will be available on the Friends' Central Aquatics website:
www.friendscentral.org/fca in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will also be posted on the Middle Atlantic Swimming website:
<http://www.maswim.org/>
- Results will not be mailed.

SPECTATORS:

Balcony seating is available for up to 125 spectators. We also have a concession area in the lobby. There will also be a swimming equipment vendor on-site during the meet.

VOLUNTEERS: **Volunteer Timers** will be needed for this meet. Volunteers will receive a refund on their admission and access to the hospitality area.

HOSPITALITY: There will be food and drinks available for officials and coaches.

HOTELS: **Holiday Inn City Line**
4100 Presidential Blvd., Philadelphia, Pennsylvania, USA, 19131
215-477-0200 Toll-free: 800-465-4329

North American Motor Inn
4444 City Line Ave, Philadelphia, Pennsylvania, USA, 19131
215-878-3100

Marriott Philadelphia West
111 Crawford Avenue, West Conshohocken, Pennsylvania, USA, 19428 (off of Rt.76)
610-941-5600 Toll-free: 800-237-3639

Hotel Windsor
1700 Ben Franklin Pkwy, Philadelphia, Pennsylvania, USA, 19103
215-981-5678
<http://www.windsorhotel.com>

DIRECTIONS: [Click here for a MapQuest.com map of our location.](#)

From 95:
Take 95 to 76 West to Exit 339 (old 33) (City Line Avenue/Route 1).
Go south on City Line Avenue 2 miles.
Cross over Lancaster Avenue (Route 30)
1/2 mile on your right is entrance to campus.

From NJ Turnpike:
NJ Turnpike to Exit 6. Pennsylvania Turnpike. Follow directions for PA Turnpike.

From PA Turnpike:
Get on PA Turnpike to Exit 326 (old 24) (Valley Forge)
After toll; proceed on 76 East (approximately 8 miles)
to Exit 339 (old 33) (City Line Avenue/Route 1).
Go south on City Line Avenue 2 miles.
Cross over Lancaster Avenue (Rt. 30).
1/2 mile on your right is entrance to campus.

SATURDAY – JANUARY 10, 2009

SESSION #1

(Warm-up: 1:00 p.m. – Start: 2:00 p.m.)

Girls		Event Description	Boys	
1	11 & Up	1650 Free	11 & Up	2

The 1650 will be limited to a total of 10 heats, entries will be done on a first come first serve basis, as noted in the entries section above. This event will be run fastest to slowest with alternating heats of boys and girls. Swimmers need their own lap counters. Swimmers **do not** have to supply their own timer but **are** responsible for providing their own lap counter.

SUNDAY – JANUARY 11, 2009

SESSION #2

(Warm-up: 9:00 a.m. – Start: 10:00 a.m.)

Girls		Event Description	Boys	
3	11 - 12	400 IM	11 - 12	4
5	13 & Up	400 IM	13 & Up	6
7	11 - 12	500 Free	11 - 12	8
9	13 & Up	500 Free	13 & Up	10

PLEASE NOTE: THERE WILL BE A FIFTEEN MINUTE WARM UP BETWEEN 11 & 12 AND 13 & OVER EVENTS ON SUNDAY.

PLEASE NOTE: **Check-In** closes on Saturday at 1:30 pm and on Sunday at 9:30 am

FCA 1650 & 4x5 “Distance Challenge” Meet

MEET ENTRY FORM

January 10th and 11th, 2009

Team: _____ Team Code: _____

Head Coach: _____ Email: _____

PLEASE USE A SEPARATE SHEET FOR EACH AGE GROUP & SEX.

Name (Last, First, MI)	Age	Sex	USS#	Event#	Time	Event#	Time

Contact Name: _____

Phone#: _____

Address: _____

email: _____

Mail entries to:

**Friends' Central Aquatics
c/o Friends' Central School
1101 City Avenue
Wynnewood, PA 19096-3490**

DEADLINE: Saturday, January 3rd, 2009

FCA 1650 & 4x5 "DISTANCE CHALLENGE" SUMMARY SHEET

Team Name: _____ Team Code: _____
Head Coach: _____ LSC Code: _____
Entry Contact: _____ Phone#: _____
Mailing Address: _____
Email Address: _____

SUMMARY:

<u>Number of:</u>	<u>Swimmers</u>	<u>Individual Entries</u>
Girls' totals:	_____	_____
Boys' totals:	_____	_____
TOTALS:	_____	_____

FEE SUMMARY:

Total # of Swimmers _____
Total Individual Events: _____ X \$4.00 = _____
Non-Disk Surcharge _____ X \$2.00 = _____ (For manual entries of 5 or more swimmers, per swimmer)

TOTAL: _____

Make checks payable to **Friends' Central School**

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

Mail entries to:
Friends' Central Aquatics
c/o Friends' Central School
1101 City Avenue
Wynnewood, PA 19096-3490
DEADLINE: Saturday, January 3rd, 2009