

# LANCASTER AQUATIC CLUB

## MIGHTY MILE DISTANCE MEET



January 17-18, 2009

Held Under Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0949 L

<b>LOCATION</b>	<p>LAC Swim Center at Workouts 2301 Harrisburg Pike Lancaster, PA 17603</p> <p>Day of meet ONLY emergency phone number: 717-392-3240</p>
<b>FACILITIES</b>	<p>Indoor competition pool is 25 yards; 6 lanes with non-turbulent lane lines. Water depth is 7 feet at the starting end; and 4.0 feet at the turn end. Colorado electronic timing system, with a single line scoreboard. Free parking is available. Hospitality will be available at all sessions for coaches, officials and volunteer workers. A snack bar will be provided for spectators.</p>
<b>MEET DIRECTOR</b>	<p><b>MEET DIRECTOR INFORMATION</b> <b>Barbara LeBoon, 717-201-0519 (cell)</b> Email entries and any questions to <a href="mailto:meetdirector@lancasteraquaticclub.com">meetdirector@lancasteraquaticclub.com</a></p>
<b>SAFETY DIRECTOR</b>	<p>Jody Guokas Kuntz 717-808-8118 or <a href="mailto:jody@lancasteraquaticclub.com">jody@lancasteraquaticclub.com</a> MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.</p>
<b>OFFICIALS</b>	<p>Any USA Swimming official who would like to work this meet should contact Anthony Nguyen at 717-438-8617 or <a href="mailto:nhamngocthu@hotmail.com">nhamngocthu@hotmail.com</a></p>
<b>ELIGIBILITY</b>	<p>This meet is open to swimmers registered with USA Swimming for 2009. The 2009 USA Swimming rules will apply. Swimmer's age is as of the first day of the meet. <b>Age Group is determined by the swimmer's age as of January 17, 2009. Each swimmer may compete in a maximum of THREE individual events.</b></p>

<p><b>ENTRY LIMITATIONS</b></p>	<p>The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules.</p> <p><b>Due to limited deck space, this meet may be limited to 130 total swimmers per session.</b></p> <p>Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>
<p><b>ORDER OF EVENTS</b></p> <p><b>WARM-UP &amp; START TIMES</b></p>	<p>See the attached sheet listing the order of events, and event numbers.</p> <p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet.</p> <p><b>Warm ups –Session one : 7:00 AM Session two: 12 noon</b></p> <p><b>Session three: 7:00 AM; all general warm up</b></p> <p>Sprint lanes will be opened 20 minutes before the start of the meet.</p> <p><b>Meet start Session one 8:00 AM, Session two 1:00 PM.</b></p> <p>Feet first entry until sprint lanes opened. The meet referee may remove any swimmer from the warm up session for failure to comply with the warm up rules.</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, prior to the start of each session, at the cost of \$8.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for awards. Swimmers not already entered in the meet must provide proof of current USA Swimming registration.</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. Swimmers without a coach will swim with and be supervised by the host club during warm-up.</p>
<p><b>SEEDING</b></p>	<p>This is a positive check-in, timed final meet.</p> <p>Positive check-in for Sessions one and three closes at 7:45 AM</p> <p>Positive check-in for Session 2 closes at noon.</p>
<p><b>HOW TO ENTER</b></p>	<p><b>No converted times will be accepted. Entry times must be submitted in the course in which they were achieved. Non conforming times will be seeded in the slowest heats.</b></p> <p>Swimmers without a valid USA Swimming time should be entered as “NT”.</p> <p>Entries should be submitted using HY-TEK software via email to the meet director. A word doc or pdf file must accompany the HY-TEK file.</p> <p>If using HY –TEK is not possible; the Official Entry Form must be used.</p> <p>A completed Meet Summary Sheet must accompany each team’s entry.</p> <p><b>Please waive the Signature release for priority mailings.</b></p>

	<p>No phone entries will be accepted.</p> <p>No meet entries will be made prior to receipt of fees, by the posted deadline.</p> <p>A \$5.00 surcharge per swimmer will be added for each team with 5 or more entries that does not submit entries on HY-TEK disk format.</p> <p>We request each club submit one check payable to “<b>Lancaster Aquatic Club</b>”</p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmer’s best time could result in suspension from competition for a minimum of three 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.</p>
<b>ENTRY FEES</b>	<p>\$4.00 per individual event. Deck entries \$8.00.</p> <p>\$5.00 per swimmer surcharge for teams of 5 or more submitting entries manually.</p>
<b>SEND ENTRIES TO</b>	<p><b>ENTRY INFORMATION</b></p> <p><b>Barbara LeBoon, 1309 Heatherwood DR, Mount Joy, PA 17552</b></p> <p><b>e-mail : <a href="mailto:meetdirector@lancasteraquaticclub.com">meetdirector@lancasteraquaticclub.com</a></b></p> <p><b>Phone : 717-201-0519 (cell)</b></p> <p>Make checks payable to “Lancaster Aquatic Club”. Waive signature.</p> <p><b>In order to receive updates and current information regarding this meet, a team representative should send an email to <a href="mailto:meetdirector@lancasteraquaticclub.com">meetdirector@lancasteraquaticclub.com</a> to be added to the distribution list.</b></p> <p>Meet information and updates will be posted on the LAC website <a href="http://www.lancasteraquaticclub.com">www.lancasteraquaticclub.com</a></p>
<b>ENTRY DEADLINE</b>	<p><b>All entries must be received by 5 PM, January 9, 2009</b></p> <p>No late entries will be accepted.</p> <p>Entries will not be processed without full payment.</p>
<b>RULES</b>	<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 command and No-Recall False Start procedures.</p>

<b>SCORING &amp; AWARDS</b>	Individual Events – Medals 1 <sup>st</sup> – 3 <sup>rd</sup> , Ribbons 4 <sup>th</sup> – 6 <sup>th</sup> . No 15+ awards will be given out.
<b>PROGRAMS &amp; ADMISSION</b>	Adults - \$4.00 admission includes program. Children under 12 – free admission.
<b>RESULTS</b>	Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> and the Lancaster Aquatic Club website, <a href="http://www.lancasteraquaticclub.com">www.lancasteraquaticclub.com</a>  Hard copies of meet results will be available for \$10.00 per copy, see MD to order.  No disks will be copied with final meet results.
<b>DIRECTIONS</b>	<p>From West – Take PA Turnpike to Lancaster exit, (I-283 Exit 247). Just past toll booth bear right onto Rt. 283 East toward Lancaster. Follow Rt. 283 to Pa-722 exit. Turn right at end of off ramp onto State Road. Proceed to the traffic light at Harrisburg Pike. Turn left onto Harrisburg Pike. Pool is 1.3 miles on the left.</p> <p>From North – South via Rt. 81. Take the exit for Harrisburg and follow Rt. 83 South 3 miles until the exit for Rt. 283. Then follow directions from the west.</p> <p>From East – Follow Rt. 30 West, exit at Harrisburg Pike (same exit as Franklin and Marshall). Turn <b>right</b> onto Harrisburg Pike. Follow Harrisburg Pike past the Lancaster Health Campus, cross Rt. 741, pool is 0.3 of a mile on right.</p> <p>From South – Rt. 83 North to US Rt. 30 East. Exit Pa-741. Turn left onto PA-741 Rohrerstown Road. Turn left onto Harrisburg Pike; pool is 0.3 of a mile on right.</p>
<b>ACCOMODATIONS</b>	<p>Heritage Hotel – 5000 Centerville Road, Lancaster, PA 17603 Ph: 717-898-2431</p> <p>Hampton Inn – 545 Greenfield Road, Lancaster, PA Ph: 717-299-1200</p> <p>Hilton Garden Inn – 101 Granite Run Road, Lancaster, PA Ph: 717-560-0880</p> <p>Eden (Best Western) – 222 Eden Road, Lancaster, PA Ph: 717-569-6444</p> <p>Fairfield Inn – 150 Granite Run Road, Lancaster, PA Ph: 717-581-1800</p> <p>Hawthorn Inn and Suites – 2045 Lincoln Hwy East, Lancaster, PA 717-290-7100</p> <p>Holiday Inn – 521 Greenfield Road, Lancaster, PA 717-299-2551</p> <p>Quality Inn and Suites – 2364 Oregon Pike, Lancaster, PA 717-569-0477</p> <p>Country Inn and Suites – 1475 Lancaster Road (Rt. 72) Manheim, PA 17545 717-665-5440</p> <p>Sleep Inn – 310 Primrose Lane, Mountville, PA 17554 717-285-0444</p> <p>Main Stay Suites – 314 Primrose Lane, Mountville, PA 17554 717-285-2500</p> <p>Marriott Court Yard – Lancaster, PA Ph: 717-393-3600</p>

**LANCASTER AQUATIC CLUB SPEEDO MIGHTY MILE DISTANCE MEET**

**SATURDAY, JANUARY 17, 2009  
SESSION ONE  
Warm up 7:00 AM – Start 8:00 AM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
1	11-12	400IM	11-12	2
3	13 & UP	400IM	13 & UP	4
5	9 - 10	500 FREE	9 - 10	6
7	11-12	500 FREE	11-12	8

**LANCASTER AQUATIC CLUB SPEEDO MIGHTY MILE DISTANCE MEET**

**SATURDAY, JANUARY 17, 2009  
SESSION TWO  
Warm up 12:00 PM – Start 1:00 PM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
9	OPEN	1000 Free	OPEN	10

**LANCASTER AQUATIC CLUB SPEEDO MIGHTY MILE DISTANCE MEET**

**SUNDAY, JANUARY 18, 2009  
SESSION THREE- THE MIGHTY MILE  
Warm up 7:00 AM – Start 8:00 AM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
11	OPEN	1650 FREE	OPEN	12

# LAC MIGHTY MILE DISTANCE MEET

## Official Meet Entry Form

TEAM \_\_\_\_\_

TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_

PHONE# \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

NAME \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

USS # \_\_\_\_\_

M/F \_\_\_\_\_

**PLEASE USE A SEPARATE SHEET FOR EACH AGE GROUP AND SEX**

EVENT	EVENT DESCRIPTION	ENTRY TIME

DUPLICATE AS NEEDED.

Page# \_\_\_\_\_ of \_\_\_\_\_

**ENTRY DEADLINE: January 9, 2009**

# LAC SPEEDO MIGHTY MILE DISTANCE MEET

## *Entry Summary*

NAME OF CLUB: \_\_\_\_\_

USS CLUB CODE: \_\_\_\_\_

NAME OF COACH: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

TOTAL # OF SWIMMERS ENTERED: \_\_\_\_\_

TOTAL INDIV. ENTRIES \_\_\_\_\_ @ \$4.00 ea. = \_\_\_\_\_

Manual Entry Processing FEE @\$5.00 swimmer = \_\_\_\_\_  
(non-disk entry 5 or more swimmers only)

TOTAL ENTRY FEE DUE: \_\_\_\_\_

Make checks payable to: Lancaster Aquatic Club

Mail to: LAC

C/O Barbara LeBoon  
1309 Heatherwood DR  
Mount Joy, PA 17552  
717-653-6681

**I certify that all swimmers from this team entered in the LAC SPEEDO Mighty Mile Distance 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 Signature**  
\_\_\_\_\_

**ONLY ONE CHECK PER TEAM (THANKS)**