



Psych Sheets can now be found at [www.bigcatswim.com](http://www.bigcatswim.com)

Please contact me at [bcatmeet@comcast.net](mailto:bcatmeet@comcast.net) for tent prices and sizes.

# BIG CAT AQUATICS

PRESENTS

## SWIM FEST 2009

A/BB/C

June 25 – June 28, 2009

Pennsylvania State University  
State College, Pennsylvania

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction MA 09108 A

LOCATION	The Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs. From Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh
FACILITIES	50 meter heated outdoor 8-Lane facility. Pool depth at the starting end is 12'-6". Separate indoor pool for warm-up and swim down during meet. Non-turbulent lane markers. Colorado System 5 Timing System. <b>PARKING:</b> Available in parking decks near the Natatorium. <b>Penn State University controls all parking and fees.</b> Lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully. <b>FOOD:</b> A limited selection of food and swimming apparel will be available throughout the meet.
MEET DIRECTOR	Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 234-8955, e-mail <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a>
SAFETY DIRECTOR	Stephanie Rozick, Meet day pool emergency phone number, (814) 865-1433
OFFICIALS	Anyone interested in helping with the meet as a USA Swimming certified official should contact Grant Forrest at <a href="mailto:grant.forrest@comcast.net">grant.forrest@comcast.net</a> Free admission and hospitality for all volunteers.
ELIGIBILITY	Open to all 2009 USA Swimming registered swimmers.

ENTRY  
LIMITATIONS

Swimmers age as of June 25, 2009 will apply for entire meet. The 2009 United States Swimming Rules will apply.

The meet director reserves the right to change the meet format if necessary, to conduct each meet session in a four hour time span for 13& over.

**Positive check in and/or scratch policy for all events may be implemented if the meet is over subscribed.**

If necessary the 800 Freestyle will be swum in a separate session scheduled to begin after Sunday's AM session.

If the meet should fill before the entry deadline all unprocessed entries will be returned with a full refund.

Penalties will be imposed on swimmers (in accordance with USA/MA LSC rules) when any coach, parent, or swimmer enters a time other than a best time, for any event.

WARM-UP

General warm-up will be held. During the final 10 - 15 minutes, lanes 1 and 8 will be pace lanes and lanes 2 and 7 will be sprint lanes. Warm-down lanes will be available during the meet, in the 25 yard racing pool, in McCoy Natatorium, adjacent to the outdoor 50 meter pool.

WARM-UP &  
START TIMES

**Thursday, June 25:**

**Warm up 5:00 PM. Meet begins at 6:30 PM**

**Friday, June 26: AM Session (Senior, 13 & 14)**

**Warm-up at 7:00 AM, Meet begins at 8:30 AM**

**Friday, June 26: PM Session (9&10, 11&12)**

**Warm-up at 4:30 PM, Meet begins at 5:15 PM**

**Saturday, June 27: AM Session (Senior, 13&14)**

**Warm-up at 7:00 AM, Meet begins at 8:30 AM**

**Saturday, June 27: PM Session (9&10, 11&12)**

**Warm-up at 4:30 PM, Meet begins at 5:15 PM**

**Sunday, June 28: AM Session (Senior, 13&14)**

**Warm-up at 7:00 AM, Meet begins at 8:30 AM.**

## DECK ENTRIES

Deck entries, if time permits, are \$10.00 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards.

## SWIMMERS WITHOUT A COACH

Swimmers without a coach should report to the meet director before the warm-up of each session.

## SEEDING

All events are pre-seeded, timed finals **EXCEPT** the **400 Freestyle, 800 Freestyle and the 400 IM. Positive check in is required. Swimmers must have own timers and counter for the 400 and 800 Freestyle.**

**We will swim the 13 & over 400 and 800 Freestyle fastest to slowest heats, alternating one heat of girls then one heat of boys.**

**Swimmers must provide own timer and counter for the 800 Free.**

**9 - 12 400 Freestyle will swim slow to fast, girls followed by boys.**

**400 IM will swim as follows: Top 4 heats women swim slowest to fastest followed by top 4 heats of men, slowest to fastest. The remainder of heats will swim fastest to slowest alternating one heat of women, then one heat of men.**

The MA Scratch policy will be enforced. Policy stated below under Rules.

Non-conforming times will be seeded in accordance with Middle Atlantic Swimming policy. Entry times from alternate course venues shall be converted by the Meet Host and seeded together, except for the 400 and 800 freestyles. SCY and SCM times submitted for these two events will be treated as non-conforming and seeded in the slowest heats.

## HOW TO ENTER

As a minimum, the 40 fastest times for each event will be accepted for entry. However, we may permit more than 40 entries in a given event provided some of the other events are not filled.

### **LIMITATIONS:**

**9 - 12 swimmers are permitted four events per day. 13 and over swimmers are permitted three events per day.**

## ENTRY FEES

Entry fees are \$5.00 per individual event, \$8.00 per relay. Deck entries, if time permits, are \$10.00 per event. Entries and fees must be accompanied by the Financial Recap form. No phone entries will be accepted.

As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting manual entries for more than 5 swimmers. We have information on the final page of this meet information about a Hy-tek product that is FREE (TM –Lite). This product will assist you in completing your electronic entry.

## SEND ENTRIES TO

Stephanie Rozick, 5249 W. Buffalo Run Rd. Port Matilda, PA 16870, (814-234-8955),

E-mail: [bcatmeet@comcast.net](mailto:bcatmeet@comcast.net) **Request signature waiver if needed.**

## ENTRY DEADLINE

All entries must be received by: 5:00 PM JUNE 15, 2009. No late entries will be accepted.

**Fees must be received within 7 days of entry.**

## RULES

USA Swimming / Middle Atlantic Swimming rules shall apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.

### **MA Swimming Scratch Policy:**

Any swimmer who has positively checked in for a deck seeded event and then does not swim that

event will be barred from swimming the next individual event in which the swimmer is entered, whether on the same or later meet day.

**SCORING &  
AWARDS**

Awards will be based on time achieved.  
Individuals-Medals: 1st-3rd, Ribbons: 4th-8th.  
Relays-Medals: 1st, Ribbons: 2<sup>nd</sup> - 3<sup>rd</sup>

**PROGRAMS &  
ADMISSION**

\$4 admission includes heat sheet.  
Children 12 and under admitted free. Spectators bring your favorite lawn chair/beach blanket for general poolside seating.

**RESULTS**

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

**DIRECTIONS**

322 to the Penn State Exit (Park Ave). Turn onto Park Ave, follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left.

**ACCOMODATIONS**

Days Inn Penn State (814-238-8454) POC Ainslie Mclane

800-258-3297 240 Pugh St, State College

Motel 6 (814-234-1600), 1274 N. Atherton St., State College.

Hampton Inn (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.

Holiday Inn Express (814-867-1800) 1925 Waddle Rd., State College

Hampton Inn Suites (814-231-1899), 1955 Waddle Rd., State College

Courtyard By Marriott (814-238-1881) or (800-321-2211), 1730 University Dr. State College.

Autoport (814-237-7666) Business Route 322, State College.

State College Inn (814-237-8005) S. Atherton St. & Branch Rd. State College.

Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.

Nittany Lion Inn (814-231-7500), 200 West Park Ave., State.

Nittany Budget Motel (814-237-7638), 1274 N. Atherton St., State College, \$39.95.

Sleep Inn (814-235-1020), 111 Village Dr., State College.

The Penn Stater, (Formerly Scanticon (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.

Residence Inn (814) 235-6960 1555 University Dr State College, PA 16801

**Please see State College information at <http://www.happyvalley.com/>**

### **Coaches, Parents and Swimmers**

**Please be considerate of our facility. We are asking that each team clean up their trash after each session. Our pool opens to the public in between sessions. All tents set up by teams must be removed after each AM session.**

<b>GIRLS</b>	<b>THURSDAY Session 1</b>	<b>BOYS</b>
<b>1</b>	<b>15&amp; OVER</b>	<b>2</b>
	<b>13&amp;14 400 FREESTYLE</b>	
	<b>FRIDAY AM Session 2</b>	
<b>3</b>	<b>15&amp; OVER</b>	<b>4</b>
	<b>13&amp;14 200 BACKSTROKE</b>	
<b>5</b>	<b>15 &amp; OVER</b>	<b>6</b>
	<b>13&amp;14 100 FREESTYLE</b>	
<b>7</b>	<b>15 &amp; OVER</b>	<b>8</b>
	<b>13&amp;14 200 BUTTERFLY</b>	
<b>9</b>	<b>15 &amp; OVER</b>	<b>10</b>
	<b>13&amp;14 200 BREASTSTROKE</b>	
	<b>FRIDAY PM Session 3</b>	
<b>11</b>	<b>9&amp;10 200 FREESTYLE</b>	<b>12</b>
<b>13</b>	<b>11&amp;12 200 FREESTYLE</b>	<b>14</b>
<b>15</b>	<b>9&amp;10 100 BACKSTROKE</b>	<b>16</b>
<b>17</b>	<b>11&amp;12 100 BACKSTROKE</b>	<b>18</b>
<b>19</b>	<b>9&amp;10 100 BREASTSTROKE</b>	<b>20</b>
<b>21</b>	<b>11&amp;12 100 BREASTSTROKE</b>	<b>22</b>
<b>23</b>	<b>9&amp;10 50 FREESTYLE</b>	<b>24</b>
<b>25</b>	<b>11&amp;12 50 FREESTYLE</b>	<b>26</b>
<b>27</b>	<b>9&amp;10 50 BUTTERFLY</b>	<b>28</b>
<b>29</b>	<b>11&amp;12 50 BUTTERFLY</b>	<b>30</b>
<b>31</b>	<b>9&amp;10 200 IM</b>	<b>32</b>
<b>33</b>	<b>11&amp;12 200 IM</b>	<b>34</b>

	<b>SATURDAY AM Session 4</b>	
<b>35</b>	<b>15 &amp; OVER</b>	<b>36</b>
	<b>13&amp;14 100 BUTTERFLY</b>	
<b>37</b>	<b>15 &amp; OVER</b>	<b>38</b>
	<b>13&amp;14 200 FREESTYLE</b>	
<b>39</b>	<b>15 &amp; OVER</b>	<b>40</b>
	<b>13&amp;14 100 BREASTSTROKE</b>	
<b>41</b>	<b>15 &amp; OVER</b>	<b>42</b>
	<b>13&amp;14 400 IM</b>	
	<b>SATURDAY PM Session 5</b>	
<b>43</b>	<b>9 - 12 400 FREESTYLE</b>	<b>44</b>
<b>45</b>	<b>9&amp;10 50 BACKSTROKE</b>	<b>46</b>
<b>47</b>	<b>11&amp;12 50 BACKSTROKE</b>	<b>48</b>
<b>49</b>	<b>9&amp;10 50 BREASTSTROKE</b>	<b>50</b>
<b>51</b>	<b>11&amp;12 50 BREASTSTROKE</b>	<b>52</b>
<b>53</b>	<b>9&amp;10 100 BUTTERFLY</b>	<b>54</b>
<b>55</b>	<b>11&amp;12 100 BUTTERFLY</b>	<b>56</b>
<b>57</b>	<b>9&amp;10 100 FREESTYLE</b>	<b>58</b>
<b>59</b>	<b>11&amp;12 100 FREESTYLE</b>	<b>60</b>
	<b>Sunday AM Session 6</b>	
<b>61</b>	<b>15 &amp; OVER</b>	<b>62</b>
	<b>13&amp;14 100 BACKSTROKE</b>	
<b>63</b>	<b>15 &amp; OVER</b>	<b>64</b>
	<b>13&amp;14 200 IM</b>	
<b>65</b>	<b>15 &amp; OVER</b>	<b>66</b>
	<b>13&amp;14 50 FREESTYLE</b>	
<b>67</b>	<b>13 &amp; OVER 800 FREESTYLE</b>	<b>68</b>

FINANCIAL SUMMARY  
ENTRIES WILL NOT BE PROCESSED  
WITHOUT THE FOLLOWING INFORMATION

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

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

Coach's Address: \_\_\_\_\_

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

Phone: Home (    ) \_\_\_\_\_ Office (    ) \_\_\_\_\_ e-mail: \_\_\_\_\_

Person and address designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

(VERY IMPORTANT) e-mail: \_\_\_\_\_

**ENTRY DEADLINE: Monday, June 25,2009**

**Mail Entries To: Stephanie Rozick 5249 W Buffalo Run RD  
Port Matilda PA 16870**

Please make check payable to BCAT. One check per club, please.

**TENTS: Limited space available: Contact Meet Director for sizes and prices**

ENTRY FEES:

\_\_\_\_\_ **Women's Individual events @ \$5.00**

\_\_\_\_\_ **Men's Individual events @ \$5.00**

\_\_\_\_\_ **Relays @ \$8.00**

\_\_\_\_\_ **Surcharge @ \$15 per athlete per manual entry**

**Subtotal for Entries = \$ \_\_\_\_\_**

**Subtotal for Tent(s) = \$ \_\_\_\_\_**

**GRAND TOTAL \$ \_\_\_\_\_**

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

**I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.**

\_\_\_\_\_  
Signature of head coach or authorized team representative



ENTRIES WILL NOT BE PROCESSED WITHOUT  
THIS INFORMATION

TOTAL ENTRIES THIS PAGE \_\_\_\_\_ X \_\_\_\_\_ = \$ \_\_\_\_\_

TEAM  
REPRESENTATIVE'S  
NAME

SIGNATURE

TEAM REPRESENTATIVE'S e-mail

TEAM REPRESENTATIVE'S ADDRESS

PHONE

**TEAM MANAGER Lite** is software designed for a **meet host to distribute to teams** entering the meet so that those teams can send their meet entries to the meet host electronically by disk or over the Internet. **TM Lite** is provided **FREE** to a meet host using **MEET MANAGER** to distribute to the teams entering the meet. The meet host can create TM Lite product CDs to distribute to the participating teams or purchase additional TM Lite CDs from our Sales Office. The participating teams can also download and install TM Lite right from our web site - [Click Here](#) to download TM Lite.

**TEAM MANAGER Lite** is basically **TEAM MANAGER** with the following features enabled:

- \* Standard Set-Up and Options Features
- \* Enter Teams, Athletes, Relays, Meets and Browsers
- \* Specifying Meet Entry Custom Times by Event or by Name
- \* Import of Meet Events from a MEET MANAGER Database
- \* Export of Meet Entries to send to the meet host by diskette or over the Internet
- \* Meet Entry Report

**Please note that TM Lite is supported only by email.**

[Click Here](#) to view the **TM Lite Instructions** in Acrobat format.

The screenshot shows a web browser window with the URL <http://www.hy-tektd.com/downloads.html>. The page content is as follows:

### Swimming

- TEAM MANAGER:** Please Note that the TM 5.0 FREE Service Pack is not available for TM 2.1, TM 3.0, or TM 4.0 Customers. [Click Here](#) for information about upgrading to TM 5.0.
- MEET MANAGER:** Please Note that the MM 2.0 FREE Service Pack is not available for MM 1.4 Customers. [Click Here](#) for information about upgrading to MM 2.0.

TEAM MANAGER 5.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Lite</a>
MEET MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Sports BUSINESS MANAGER 5.1	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Personal SWIM MANAGER 2.1	<a href="#">Update</a>	<a href="#">User Guide</a>	N/A	<a href="#">Demo</a>
TM 4.0Sm - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A

### Track and Field

- TEAM MANAGER:** Please Note that the Track TM 2.0 FREE Service Pack is not available for Track TM 1.2 Customers. [Click Here](#) for information about upgrading to the Track TM 2.0 CD.
- MEET MANAGER:** Please Note that the Track MM 2.0 FREE Service Pack is not available for Track MM 1.2 Customers. [Click Here](#) for information about upgrading to the Track MM 2.0 CD.

TEAM MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Lite</a>
MEET MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
TM 1.2Kd - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A
MM 1.2Lb - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A

[Swimming Time Standard and Record Files](#)