

THE TRIDENT SUMMER STORM

A/BB/C Meet

Hosted by

Trident Swim Club

Sanctioned by Middle Atlantic Swimming

Sanction#: MA 09109 A

Time Trial Sanction#: MA 09109 TT

JUNE 11 - 13, 2009

IMPORTANT	<ul style="list-style-type: none">○ Meet runs Thursday night through Saturday.○ Email entries and questions to meetdirector@tridentswimclub.org○ '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.
LOCATION:	Franklin & Marshall College 929 Harrisburg Pike Lancaster, Pa. 17604-4306 Emergency calls the day(s) of the meet: 717-399-4524
FACILITY:	F&M College, Kunkel Aquatic Center Aquatic Center in the Alumni Sports & Fitness Center, Lancaster, Pa This meet will be run in a 8 lane, 50 meter indoor pool with fully automatic timing. The starting end has a depth of 9 feet. The facility is equipped with Adolph Keiser's Wave Eater lane lines, Colorado Timing System, Aqua Grip electronic pads, and a ten line readout scoreboard. Seating for up to 500 swimmers on deck and balcony seating for up to 400 spectators. Free parking next to the building.
MEET DIRECTOR:	Stephanie Rozick 814-234-8955 Email: meetdirector@tridentswimclub.org Please direct all questions to the Meet Director.
OFFICIALS:	If you are interested in officiating at this meet, please contact Maria Mazzeo at gnmazzeo@comcast.net .

SAFETY DIRECTOR:	Jeff Wilt jlwilt@tridentswimclub.org
ELIGIBILITY:	<p>This meet is open to any swimmer registered in 2009 with USA Swimming for their age group as determined by the swimmer's age on June 11, 2009.</p> <p>Exceptions:</p> <p style="padding-left: 40px;">Swimmers under age 15 entering Senior events 200 meters long and under must have entry times equal to or faster than the BB NAG time standard for the 15 and over age group.</p> <p style="padding-left: 40px;">This meet will be run according to current USA Swimming rules and regulations.</p>
ENTRY LIMITS:	<p>General:</p> <p style="padding-left: 40px;">All swimmers may compete in a maximum of ONE (1) event on Thursday.</p> <p style="padding-left: 40px;">All age groups may compete in a maximum of THREE (3) events per DAY on Friday & Saturday.</p> <p style="padding-left: 40px;">The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit.</p> <p style="padding-left: 40px;">If limits become necessary, teams will be notified through their club contact.</p> <p style="padding-left: 40px;">If limits are imposed, all eliminated swims will receive a full refund.</p> <p>Please note limits on the 1500 Free below.</p> <p>1500 FREE:</p> <p style="padding-left: 40px;">PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".</p> <p style="padding-left: 40px;">The 1500 Free for men & women will be limited to a combined total of four heats.</p> <p style="padding-left: 40px;">Acceptance into the 1500 Free will be based on seed time, fastest to slowest.</p> <p style="padding-left: 40px;">"NT" swimmers that make the cut will be entered in the order their</p>

	<p>entries were received.</p> <p>Following the meet entry deadline, a psych sheet for both the Women's & Men's 1500 Free will be posted on the web site. Teams will not be contacted individually.</p> <p>Refunds will not be given to swimmers who fail to positively check-in for this event.</p> <p>Refunds will be given to positively checked in swimmers who fail to receive a lane assignment.</p> <p>Deck entered swimmers will be entered on a "first come" basis.</p>
WARM-UP:	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <p>The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet.</p> <p>Sprint/Start lanes will be available at the end of each warm-up session.</p> <p>No diving or backstroke starts will be permitted except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.</p> <p>Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. Swimmers without a coach who are 12&Under will swim with and be supervised by the host club during warm-up.</p> <p>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.</p>

START TIMES:	Session Warm Up		Meet Starts
	Thursday Evening – All Ages	4:30 PM	5:30 PM
	Friday Morning – 13 & Older	6:30 AM	8:00 AM
	Friday 400 Free – 13 & Older	12:30 PM	12:45 PM
	Friday Afternoon – 12 & Under	2:30 PM	3:30 PM
	Saturday Morning – 13 & Older	6:30 AM	8:00 AM
	Saturday “Monster Mile” – SENIOR	12:30 PM	12:45 PM
	Saturday Afternoon – 12 & Under	2:30 PM	3:30 PM
DECK ENTRIES:	<p>Deck Entries may be accepted during the meet at the Meet Director's discretion.</p> <p>Deck Entries, if accepted, may only be submitted during the first 30 minutes of each warm-up session. Swimmers not already entered in the meet must provide proof of current USA Swimming registration.</p> <p>Deck Entries, if accepted, will be for available lanes ONLY. Extra heats will not be added.</p> <p>Deck Entries will not be accepted after the start of a session.</p> <p>Swimmers will not be eligible for awards in deck entered events.</p> <p>Swimmers not already in the meet must present proof of current USA Swimming registration.</p>		

CHECK-IN:	<p>All events are Pre-Seeded, Timed Final events except those events requiring a positive check-in.</p> <p>A Positive Check-in is required for the Senior 400 Free, 800, 1500 and the 400 IM.</p> <p>A Positive Check-in is required for the 9-12 400 Free.</p> <p>The 800 & 1500 Free will be seeded Fastest to Slowest and will be swum in alternating heats of Women and then Men.</p> <p>The Senior 400 Free will be seeded fastest to slowest and will be swum</p>
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	<p>as presented in the program.</p> <p>Swimmers in the 9-12 400 Free do not have to supply their own timer.</p> <p>Swimmers in the Senior 400, 800 are responsible for providing their own timer.</p> <p>Swimmers in the 1500 Free are responsible for providing their own lap counter and timer.</p> <p>Check-In closes at::</p> <p>Senior 800 Free 6:30 pm Senior 400 Free 11:30 am Senior 1500 Free 11:30 am</p> <p>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 of later meet day.</p>
<p>TIME TRIALS:</p>	<p>Time Trials are subject to time availability and are at the discretion of the Meet Director.</p> <ul style="list-style-type: none"> ○ Swimmers must sign-up for Time Trials at least 30 minutes before the scheduled end of the session. ○ Swimmers may Time Trial an event only once per day. ○ Swimmers are limited to two Time Trial events per day. ○ Swimmers must be within 0.5 seconds, per 50 meters, of the Sectional Time Standard for the event. ○ <u>Time Trial events will count toward a swimmer's daily maximum event total.</u> <p>\$10.00 per Individual Time Trial \$20.00 per Relay Time Trial</p>

**HOW TO
ENTER:**

Meet will be swum in Long Course Meters.

Entries must be submitted in the course in which they were achieved.

Converted times cannot be used.

All times submitted must be the swimmer's best time.

PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".

Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.

Entries should be submitted using **HY-TEK** software format.

A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the diskette.

If a HY-TEK file is not possible, the [Official Entry Form](#) must be used. 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.

A completed [Meet Summary Sheet](#) MUST accompany each team's entry.

Please WAIVE the Signature Release.

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.

EMAIL Entries – there have been past problems with email entries not being received. Teams should be aware that receipt of emailed entries is the responsibility of the sending team, just as entries via US Mail. Entry check and paperwork of emailed entries must be received by May 30th to hold priority.

Updates – are acceptable per conditions below. Please email meet director.

Update events – Previously entered swimmers can add events as

	<p>space available on the day the update is received</p> <p>Update swimmers – Previously entered teams can add swimmers as space available on the day the update is received</p>
ENTRY FEES:	<p>\$5.00 per Individual Event \$10.00 per Deck Entry</p> <p>Please send ONE check per club, made payable to "TRIDENT SWIM CLUB"</p>
SEND TO:	<p>Mail entries to: Trident Swim Club c/o Stephanie Rozick 5249 W. buffalo Run Rd Port Matilda PA 16870</p> <p>Entry questions? Contact Meet Director</p> <p>NOTE: Entries requiring a signature can be delivered Monday through Friday, there is no Saturday delivery! For notification, please enclose a self-address, stamped postcard/envelope that can be returned. Or just email the Meet Director.</p>
ENTRY DEADLINE:	<p>ALL ENTRIES must be received by June 1, 2009. Teams will be entered in the order in which entries are received.</p> <p>NO LATE or FAXED entries will be accepted!</p> <p>Entries will not be processed without full payment.</p>
EMAIL LIST:	<p>If you are attending this meet, please send me an email message at the address below and I will put you on the Meet E-Mail list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.</p> <p>(Please note, your register email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.)</p> <p>tridentmeet@tridentswimclu.org</p>

START PROCEDURE:	<p>This Meet will be conducted using the No Recall false start rule.</p> <p>This Meet will also use the whistle command starting procedure.</p>
AWARDS:	<p>Awards are presented for each event based on the entry time, not on the time swum during the meet. For example, a swimmer entered into an event with a "A" time or above is eligible to receive a "A" award. A swimmer entered into the meet with a "BB" time is eligible to receive a "BB" award. Swimmers entered into the meet with a time below a "BB" or as "no time" will be eligible to receive a "C" award. Deck entered swims are not be eligible for awards.</p> <p>In the 9-12 400 Free, the 9-10 & 11-12 age groups will be swum together but will be awarded separately.</p> <p>Awards will only be presented for the 9-10, 11-12 & 13-14 age group events only.</p> <p><u>Awards will not be presented for the Senior age groups events.</u></p> <p>"A" Awards: Medals 1st to 3rd Ribbons 4th to 8th</p> <p>"BB" Awards: Rosettes 1st to 3rd Ribbons 4th to 8th</p> <p>"C" Awards: Double Ribbons 1st to 3rd Ribbons 4th to 8th</p>
ADMISSION:	<p>Admission - \$ 3.00 per Session. Children under 12 years of age will be admitted free.</p> <p>Programs - \$ 10.00 per Program. Program includes the entire meet.</p>
RESULTS:	<p>Final Results will be available on the Middle Atlantic Swimming and Trident Swim Club websites in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format.</p> <p>At the conclusion of the meet, upon request, entry disks will be returned with a result file added. Results will not be mailed.</p>

SAFETY:	<p>Current USA Swimming Safety Rules will be in effect and will be strictly enforced.</p> <p>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.</p>
DECK ACCESS:	By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.
HOSPITALITY:	There will be food and drinks available at all sessions for officials and coaches.
TIMERS:	Volunteer Timers may be needed for this meet. Volunteers will receive a refund on their admission and a meal ticket for the concession area.
SPECTATORS:	Balcony seating is available for up to 400 spectators. We also have a large concession area. There will also be a swimming equipment vendor on-site during the meet.
PARKING:	Free parking is available next to the building
WEB SITE:	<p>For meet info, please visit the Trident Swim Club web site at:</p> <p style="text-align: center;">WWW.TRIDENTSWIMCLUB.ORG</p>
HOTELS:	<p>Eden Resort, 222 Eden Rd., Lancaster, Pa., 717-569-6444</p> <p>Comfort Inn, 500 Centerville Rd., Lancaster, Pa., 800-223-8963</p> <p>Quality Inn, 2363 Oregon Pike, Lancaster, Pa., 717-569-0</p> <p>The Sleep Inn, 310 Primrose Lane, Mountville, Pa., 717-285-0444</p> <p>Holiday Inn, 521 Greenfield Rd. Lancaster, Pa., 717-299-2551</p> <p>Hampton Inn, 545 Greenfield Rd., Lancaster, Pa., 717-299-1200</p> <p>Westfield Inn, 2929 Hempland Rd., Lancaster, Pa, 717-397-9300</p> <p>Fairfield Inn, 150 Granite Run Dr., Lancaster, Pa., 717-581-1800</p>

Travel Lodge, 2101 Columbia Ave, Lancaster, Pa, 717-397-4201

Econo Lodge, 2140 US Highway Rt. 30, Lancaster, Pa., 717-397-1900

Days Inn, 30 Keller Ave, Lancaster, Pa., 717-299-5700

Near the Outlets:

Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster, Pa., 717-299-5500

Ramada Inn, 2250 Lincoln Highway East, Lancaster, Pa., 717-393-5499

Super 8 Motel, 2129 Lincoln Highway East, Lancaster, Pa., 717 393-8888

Travel Inn, 2151 Lincoln Highway East, Lancaster, Pa., 717-299-8971

Howard Johnson, 2100 Lincoln Highway East, Lancaster, Pa., 717-397-7781

DIRECTIONS:

From Baltimore, Washington and points south: Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

From Harrisburg, Pittsburgh and points west: Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit onto Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

From Philadelphia, South Jersey and points east: Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

SESSION #1				
THURSDAY EVENING – JUNE 11, 2009 (Warm-up 4:30 p.m. – Start 5:30 p.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
1		Senior 400 IM		2
3		9 - 12 400 Free		4
5	Check-in Required	Senior 800 Free	Check-in Required	6

SESSION #2				
FRIDAY MORNING – JUNE 12, 2009 (Warm-up 6:30 a.m. - Start 8:00 a.m.)				
Women's		Event Description		Men's
7		Senior 200 Back		8
9		13-14 200 Back		10
11		Senior 100 Breast		12
13		13-14 100 Breast		14
15		Senior 200 Fly		16
17		13-14 200 Fly		18
19		Senior 100 Free		20
21		13-14 100 Free		22
23		Senior 200 IM		24
25		13-14 200 IM		26

SESSION #3				
FRIDAY 400 FREE –JUNE 12, 2009 (Warm-up 12:30 p.m. - Start 12:45 p.m.)				
27	Check-in Required	Senior 400 Free	Check-in Required	28

SESSION #4				
FRIDAY AFTERNOON – JUNE 12, 2009 (Warm-up 2:30 p.m. - Start 3:30 p.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
31		9-10 100 Fly		32
33		11-12 100 Fly		34
35		9-10 50 Back		36
37		11-12 50 Back		38
39		9-10 100 Free		40
41		11-12 100 Free		42
43		9-10 50 Breast		44
45		11-12 50 Breast		46
47		9-10 200 IM		48
49		11-12 200 IM		50

SESSION #5				
SATURDAY MORNING – JUNE 13, 2009 (Warm-up 6:30 a.m. - Start 8:00 a.m.)				
<u>Women's</u>		<u>Event</u> <u>Description</u>		<u>Men's</u>
51		Senior 200 Free		52
53		13-14 200 Free		54
55		Senior 100 Fly		56
57		13-14 100 Fly		58
59		Senior 50 Free		60
61		13-14 50 Free		62
63		Senior 100 Back		64
65		13-14 100 Back		66
67		Senior 200 Breast		68
69		13-14 200 Breast		70

SESSION #6				
SATURDAY MONSTER MILE – JUNE 13, 2009 (Warm-up 12:30 p.m. - Start 12:45 p.m.)				
71	Top Two Heats Only --- Check-in Required	Senior 1500 Free	Top Two Heats Only --- Check-in Required	72

SESSION #7**SATURDAY AFTERNOON – JUNE 13, 2009****(Warm-up 2:30 p.m. - Start 3:30 p.m.)**

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
73		9-10 200 Free		74
75		11-12 200 Free		76
77		9-10 50 Fly		78
79		11-12 50 Fly		80
81		9-10 100 Back		82
83		11-12 100 Back		84
85		9-10 50 Free		86
87		11-12 50 Free		88
89		9-10 100 Breast		90
91		11-12 100 Breast		92

2009 SUMMER STORM MEET SUMMARY SHEET

Team Name:

Team Code:

Head Coach:

LSC Code:

Entry Contact:

Phone#:

Mailing Address:

Email Address:

ENTRY SUMMARY:

	Swimmers	Events
12&Under:		
13&Older:		
TOTALS:		

Mail To:
Trident Swim Club
c/o Stephanie Rozick
5249 W. Buffalo Run Rd
Port Matilda PA 16870

FEE SUMMARY:

Total Individual	X \$5.00
Events:	=
TOTAL DUE:	

**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

MEET ENTRY FORM

Meet Name: Summer Storm June 11 - 13, 2009

Team:

Team Code:

Age Group:

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

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

Mail To: Trident Swim Club
c/o Stephanie Rozick
5249 W. Buffalo Run Rd
Port Matilda PA 16870

Contact Name: _____ 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 title 'Mytek Ltd. Sports Software - Download Center - Windows Internet Explorer'. The address bar shows 'http://www.mytek.com/Products/Software/Products.htm'. The page content is divided into two main sections: 'Swimming' and 'Track and Field'. Each section contains a list of software products with columns for 'Update', 'User Guide', 'Getting Started', and 'Demo'. An arrow points from the text 'Click Here' in the previous block to the 'Getting Started' link in the first row of the Swimming table.

Product Name	Update	User Guide	Getting Started	Demo
TEAM MANAGER 5.0	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
Swimming MANAGERS MANAGER 5	Update	User Guide	Getting Started	Demo
Swimming SWIM MANAGER 2.0	Update	User Guide	N/A	Demo
TM 4.0 (TM 4.0) - Not supported by TM Lite	Update	N/A	N/A	N/A
TM 4.0 (TM 4.0) - Not supported by TM Lite	Update	N/A	N/A	N/A

Product Name	Update	User Guide	Getting Started	Demo
TEAM MANAGER 5.0	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
TM 4.0 (TM 4.0) - Not supported by TM Lite	Update	N/A	N/A	N/A
TM 4.0 (TM 4.0) - Not supported by TM Lite	Update	N/A	N/A	N/A

Swimming Time Standard and Record Files