

GAAC LAST DITCH MEET AND TIME TRIALS

March 1, 2009

Held under the sanctions of Middle Atlantic Swimming

Last Ditch sanction MA 0913 CI
Time Trial sanction MA 0913 TT

MEET DIRECTOR: Brian McMillin—610-287-3515
bjmcmillin@verizon.net

SAFETY DIRECTOR: Jeff Hyde--215.542.9095

Location: LaSalle University, Kirk Natatorium, 20th Street & Olney Avenue, Philadelphia, PA 19141--215.951.1554

Facility: 25 yard, 6 lane pool, entry depth 5' feet, Daktronics Timing system, non-turbulent lane lines, balcony seating for spectators, ample free parking at pool site, nearby lodging and restaurants.

Entries: \$4.00/event entered. Make checks payable to Germantown Academy. Time Trial fee will be \$10.00/event, \$20.00/relay. E-Mail entries compatible with Hy-tek Meet Manager with hard copy with meet recap. **ENTRIES MUST BE RECEIVED BY WEDNESDAY, FEBRUARY 11, 2009. Entries should be e-mailed to Brian McMillin at bjmcmillin@verizon.net** or send entries to Last Ditch Meet, c/o Brian McMillin, 125 Markley Road, Schwenksville, PA 19473. Deck entries will be accepted at a cost of \$8.00/entry. This meet is a deck-seeded, timed final meet. Time trials will be deck seeded.

Warm-up---7:30AM

Meet starts---8:30AM

Eligibility: All 2009 USA registered swimmers who appear on the entry form for the 2009 E.I.S.M. may enter this meet. Also, if a school has a USA Club Team any USA registered member of the Club Team may swim. This also applies to Time Trials. Entry limitation of 5 events/day includes time trials. Swimmers must enter with their best times or be subject to penalties set by Middle Atlantic Swimming. (These penalties could include a swimmer's suspension from competition for a minimum of 3 months, but not more than one year.) Entries with no time will not be accepted. **Failure to swim in a deck-seeded event after checking in will result in the swimmer being disqualified from his/her next individual event.** Meet Director reserves the right to limit the number of entries in order to conduct a fair meet. If this is necessary, those affected will notified prior to the date of the meet. The meet will be conducted according to current USA Swimming Code of Regulation and Middle Atlantic safety procedures.

Start procedure: '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.

Awards: No awards will be given at this meet.

Admission: No admission or program costs.

Meet Results: Will not be mailed to each participating club. They will be posted to the Middle Atlantic website at www.maswim.org or emailed to participants who request them.

Only 2009 USA Certified Coaches and Officials will be allowed on deck. You must wear your card at all times.

EVENTS: (Suggested qualifying times)

WOMEN'S EVENT #	QUALIFYING TIME	EVENT	QUALIFYING TIME	MEN'S EVENT #
1	4:59.00	400 YD IM	4:39.00	2
3	2:23.00	200 YD FLY	2:09.00	4
5	2:26.00	200 YD BACK	2:11.00	6
7	2:47.00	200 YD BREAST	2:26.00	8
9	19:00.00	1650 YD FREE	17:31.00	10

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TIME TRIALS FOR ANY EVENT WILL FOLLOW THE MEET. (see below)

To swim a Time Trial, a swimmer must be within 0.5 seconds per 50YD or 50M distance of the Junior Championships Time Standard for that event. A swimmer may swim one Time Trial per day in a given event; maximum of two Time Trials per day. Entry Limitation of 5 events/day includes the Last Ditch Meet.

Any questions please e-mail Brian McMillin at bjmcmillin@verizon.net

TIME TRIALS

- Time Trials are separate from the Last Ditch Meet
- The cost is \$10.00 per entry
- No refunds if swimmer scratches
- Swimmers must sign in on deck by 10:30am
- The meet will be run after the Last Ditch Meet
- Seeding will be done on deck
- All money will be collected on deck or a check (made payable to GAAC) can be mailed with meet entry
- Swimmers must supply timers and counters
- Time Trials sheet and information will be at the scorer's table on deck

GAAC MEET SUMMARY

March 1, 2009

THIS FORM MUST ACCOMPANY THE TEAM MANAGER HARD COPY AND CHECK

Team Name: _____ Club Code: _____

Head Coach: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: Home () _____ Office: () _____

Email address: _____ for results and other information.

Primary method of correspondence

ENTRY FEES: Girls events _____ @ \$4.00 \$ _____

Boys events _____ @ \$4.00 \$ _____

Total \$ _____

Checks made payable to GAAC

Club contact person: If there is a problem with this entry, who may we call that will be available to assist us.

Name: _____

Phone #:() _____

Email: _____

ALL ENTRIES MUST BE VIA E-MAIL BY Noon (12PM) Wednesday, February 11, 2009. Please make checks payable to GAAC. One check per club, please mail entries to:

**Brian McMillin
125 Markley Road
Schwenksville, PA 19473-2840**

All payments should include a Meet Summary and PRINTED COPY of the entry (from Team Manager SORTED BY Name).

****Please send all entries via e-mail. If you do not have access to Hytek please e-mail your entries with the following information:

Last name, First name, birth date, club affiliation, USS number, Sex, events, time. Please provide contact information and mail meet summary with the check to Brian McMillin at the address above.