

# THE GREATER PHILADELPHIA AQUATIC CLUB

PRESENTS:

## THE 1<sup>ST</sup> ANNUAL GPAC LONG COURSE DERBY

Friday, Saturday and Sunday, May 1-3, 2009

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 09104 A

<b>LOCATION</b>	Gloucester County Institute of Technology  1360 Tanyard Road  Sewell, NJ 08080  Day of meet ONLY emergency phone # 856-468-1445 ext. 2304
<b>FACILITIES</b>	The Aquatic Center at the Gloucester County Institute of Technology is an 8 lane 50 meter pool separated into two 25 yard competition pools by a moveable bulkhead. The starting depth in the deep end (Pool A) is 10 feet and the starting depth in the shallow end (Pool B) is 5 feet. Each pool is equipped with non-turbulent lane lines, Paragon starting blocks and a Colorado 6 Timing System with separate scoreboards. There is a separate mezzanine with seating for 450 spectators and unlimited parking. Concessions will be available for purchase during the meet.
<b>MEET DIRECTOR</b>	Matt Sprang. <a href="mailto:adminpac@gmail.com">adminpac@gmail.com</a>
<b>ENTRY COORDINATOR</b>	BE Smartt, Inc will be the Entry Coordinator for this meet. <b>All entries are to be sent to Be Smartt!</b> <ul style="list-style-type: none"><li>• E-Mail address: <a href="mailto:entries1@juno.com">entries1@juno.com</a></li><li>• 1.609.558.0988</li><li>• Best time to call after 8:00PM and weekends</li></ul>
<b>SAFETY DIRECTOR</b>	Bob Taffet: <a href="mailto:robodoc920@aol.com">robodoc920@aol.com</a>
<b>MEET OFFICIALS</b>	Bob Taffet: <a href="mailto:robodoc920@aol.com">robodoc920@aol.com</a>

<b>ELIGIBILITY</b>	<p>This meet is open to all USA Swimming registered swimmers. Swimmer's age is as of the first day of the meet. <b>All swimmers may participate in a maximum of two (2) events on Friday and three (3) events on Saturday and Sunday regardless of how many sessions they participate in each day.</b></p>
<b>ENTRY LIMITATIONS</b>	<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; the four hour session rule will be strictly enforced. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>
<b>ORDER OF EVENTS</b>  <b>WARM-UP &amp; START TIMES</b>	<p>Attached is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up times will be assigned by the meet director once all entries have been received. Sprints will be conducted within each assigned warm-up session as the last five minutes of the session.</p>
<b>DECK ENTRIES</b>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet at the cost of \$10 per event. <b>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</b> Deck entries will be accepted only until 30 minutes prior to the start of each session. <b>Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards.</b> To enter, please see the Meet Director before or during warm-ups. <b>Deck entries must be paid for at the time of entry with cash and exact change.</b></p>
<b>SWIMMERS WITHOUT A COACH</b>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. <b>It is requested that teams sending swimmers without a coach notify the Meet Director via email upon submitting entries for the meet.</b></p>
<b>SEEDING</b>	<p><b>Entry times must be submitted in the course they were achieved. Meet Management will convert all entry times to long course meters for the purpose of seeding the meet. The meet will be swum entirely in long course meters.</b> All events for this meet will be deck seeded. Check-in sheets will be available prior to the start of each warm-up session and must be returned to the Admin Desk at least 30 minutes prior to the start of that session.</p> <p>Psych sheets will be available once the meet is closed.</p>
<b>CHECK-IN</b>	<p>This meet will be entirely deck seeded. All check-in sheets must be turned into the scoring table 30 minutes before the start of each session. Swimmers who are swimming will have a line through their name. Swimmers who are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through his/her name and the event number circled with "SCR" next to the circle.</p>

<p><b>HOW TO ENTER</b></p>	<p>All entries should be submitted using Hy-Tek's Team Manager Program. Entries submitted manually will be assessed a \$15 per swimmer fee in addition to regular event entry fees. Also, any team submitting manual entries for more than five athletes must submit a surcharge of \$25 per athlete. <b>Entries must be submitted in the course they were achieved. Upon receipt of all entries the meet director will convert all non-conforming times to long course meters for the purposed of seeding the meet.</b> All entries must be submitted with an entry summary report.</p> <p>NO POST ENTRIES WILL BE ACCEPTED.</p>
<p><b>ENTRY FEES</b></p>	<p>\$5 Per Event. Teams should send one check to cover the cost of all meet entries for their team. <b>All checks should be made payable to Greater Philadelphia Aquatics.</b></p>
<p><b>SEND ENTRIES TO</b></p>	<p>All entries will be accepted on a first come basis. Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. <b>Team entries will not be considered as accepted unless the waiver and entry fees have been received...NO FEES RECEIVED MEANS NO PARTICIPATION.</b> Email is the preferred manner for sending in entries. Email entries to: <a href="mailto:entries1@juno.com">entries1@juno.com</a>.</p> <p>Entry Deadline Date: <b>Wednesday, April 22, 2009</b></p> <p>Paper Entries and Entry Fees Can Be Mailed to: BE SMARTT INC., 604 Paxson Avenue, Mercerville, NJ 08619</p> <p>If you choose to send your entries via express mail, be sure to waive the signature requirement.</p> <ul style="list-style-type: none"> <li>• IT IS REQUESTED THAT ALL ENTRIES ARE CREATED USING TEAM MANAGER AND SENT TO THE ENTRY COORDINATOR VIA EMAIL.</li> <li>• DO NOT SEND A 3.5" FLOPPY DISK.</li> <li>• TEAM OR UNATTACHED SWIMMERS WISHING TO ENTER THE MEET WHO DO NOT HAVE ACCESS TO TEAM MANAGER ARE ENCOURAGED TO DOWNLOAD AND USE TEAM MANAGER LITE AT <a href="http://www.besmarttinc.com">www.besmarttinc.com</a>.</li> </ul>
<p><b>MANUALLY SUBMITTED ENTRIES</b></p>	<p>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.</p>
<p><b>RULES</b></p>	<p>This is a timed finals meet.</p> <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</p>

	<p>THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. <b>YOU MUST PROVIDE EITHER CURRENT USA SWIMMING CREDENTIALS OR WRITTEN PROOF THAT YOU ARE CURRENTLY CERTIFIED BY USA SWIMMING TO BE ON THE POOL DECK. THERE WILL BE ABSOLUTELY NO DECK ACCESS FOR PERSONS NOT CREDENTIALLED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.</b></p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 20 second heat interval.</p> <p><b>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.</b></p> <p><b>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the Meet will be disqualified from that swimmer's next Individual Event or from the remainder of the Meet, as determined by the Meet Referee. This policy will be strictly enforced.</b></p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension at the discretion of the Middle Atlantic Swimming Board of Directors.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<p>There will be no scoring at this meet.</p> <p><b>Awards will be based on the swimmer's time achieved at the meet.</b> Ribbons will be awarded 1<sup>st</sup> through 8<sup>th</sup> place in the A, BB, and C Divisions in the 9-10, 11-12, and 13-14 age groups. There will be no awards for Senior/Open.</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>One program containing psych sheets for the entire meet will be for sale for \$10. Admission is \$5 per person per session. Children ages 5 and under will be admitted free of charge. Free admission and a heat sheet for that day's session will be given to any persons assisting in the running of the meet as necessary. Programs and admissions will be sold by the Gloucester County Swim Team Parents Association (GCSTPA).</p> <p>Once a session is seeded, heat sheets will be provided to coaches, officials and timers. Heat sheets will not be sold to spectators but will be posted throughout the spectator area and the rest of the venue.</p>

<b>RESULTS</b>	<p>Results will be posted on the Middle Atlantic Swimming web site <a href="http://www.maswim.org">www.maswim.org</a> as well as the GPAC Swim Team web site <a href="http://www.swimgpac.org">www.swimgpac.org</a>. A results file will also be emailed to each club providing a valid email address (1 per club) upon entering the meet.</p> <p>THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from numbers on the board sticking or from the swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Referee when a discrepancy occurs. COACHES ONLY should notify the meet referee of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director within 24 hours of the meet results being distributed via email.</p>
<b>DIRECTIONS</b>	<p>For Directions please visit our website at <a href="http://www.gcitswimming.org">www.gcitswimming.org</a>.</p>
<b>ACCOMODATIONS</b>	<p>Information on accommodations can be provided upon request made to the Meet Director via email.</p>

**SESSION #1**  
**FRIDAY EVENING – May 1, 2009**  
(Warm-up 4:00 p.m. – Start 5:00 p.m. )

<b>Women's</b>	<b>Event Description</b>	<b>Men's</b>
1	Open 400 IM	2
3	9 - 12 400 Free	4
5	Open 800 Free	6

Positive Check-in required for all events. The 800 Free may be limited to no more than the top 3 heats (24 swimmers max) per gender.

**SESSION #2**  
**SATURDAY MORNING – May 2, 2009**  
(Warm-up 6:30 a.m. - Start 8:00 a.m.)

<b>Women's</b>	<b>Event Description</b>	<b>Men's</b>
7	Open 200 Back	8
9	13-14 200 Back	10
11	Open 100 Breast	12
13	13-14 100 Breast	14
15	Open 200 Fly	16
17	13-14 200 Fly	18
19	Open 100 Free	20
21	13-14 100 Free	22
23	Open 200 IM	24
25	13-14 200 IM	26

Positive check-in required for all events.

**SESSION #3**  
**SATURDAY 400 FREE – May 2, 2009**  
(Starts 20 minutes after the conclusion of Session # 2)

<b>Women's</b>	<b>Event Description</b>	<b>Men's</b>
27	13 & Over 400 Free	28

The 400 Free may be limited to no more than the fastest 5 heats (40 swimmers max) for each gender.

**SESSION #4**  
**SATURDAY AFTERNOON – May 2, 2009**  
(Warm-up no earlier than 1:00 pm; Meet no earlier than 2:00 pm)

<b>Women's</b>	<b>Event Description</b>	<b>Men's</b>
29	9-10 100 Fly	30
31	11-12 100 Fly	32
33	9-10 50 Back	34
35	11-12 50 Back	36
37	9-10 100 Free	38
39	11-12 100 Free	40
41	9-10 50 Breast	42
43	11-12 50 Breast	44
45	9-10 200 IM	46
47	11-12 200 IM	48

**SESSION #5**  
**SUNDAY MORNING – May 3, 2009**  
(Warm-up 6:30 a.m. - Start 8:00 a.m.)

<b>Women's</b>	<b>Event Description</b>	<b>Men's</b>
49	Open 200 Free	50
51	13-14 200 Free	52
53	Open 100 Fly	54
55	13-14 100 Fly	56
57	Open 50 Free	58
59	13-14 50 Free	60
61	Open 100 Back	62
63	13-14 100 Back	64
65	Open 200 Breast	66
67	13-14 200 Breast	68

**SESSION #6**  
**SUNDAY MILE – May 3, 2009**  
(Session Begins 20 minutes after the end of Session #5)

<b>Women's</b>	<b>Event Description</b>	<b>Men's</b>
69	Open 1500 Free	70

The 1500 Free may be limited to the top 2 heats (16 swimmers max) for each gender.

**SESSION #7**  
**SUNDAY AFTERNOON – May 3, 2009**  
(Warm-up no earlier than 1:00 pm; Meet no earlier than 2:00 pm)

<b>Women's</b>	<b>Event Description</b>	<b>Men's</b>
71	9-10 200 Free	72
73	11-12 200 Free	74
75	9-10 50 Fly	76
77	11-12 50 Fly	78
79	9-10 100 Back	80
81	11-12 100 Back	82
83	9-10 50 Free	84
85	11-12 50 Free	86
87	9-10 100 Breast	88
89	11-12 100 Breast	90

## GPAC Long Course Derby Individual Meet Entry Form\*

### May 1-3, 2009

TEAM: \_\_\_\_\_

COACH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

FULL LEGAL NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USAS REGISTRATION: \_\_\_\_\_

TOTAL # ENTRIES: \_\_\_\_\_ M/F: \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	TIME

\*As per Middle Atlantic rule, any entry submitted manually will be assessed a \$15 per athlete fee. In addition, any team submitted manual entries for more than 5 swimmers will be charged an additional \$25 per athlete.

# GPAC LC Derby 2009

## ENTRY SUMMARY

Team: \_\_\_\_\_ USA-S CLUB CODE: \_\_\_\_\_

Name(s) of Coach(es) \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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Contact Person Responsible for Entries: \_\_\_\_\_

Phone #: \_\_\_\_\_

Fax #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Contact Person Regarding Timers and Officials: \_\_\_\_\_

Phone #: \_\_\_\_\_

Fax #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

## ENTRY FEE SUMMARY

Total # of Individual Entries \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Total # of Manual Entries\* \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

Team Manual Entry Fee\* \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

Total Amount of Entry \$ \_\_\_\_\_

Total # of Swimmers \_\_\_\_\_

## MAKE CHECKS PAYABLE TO: Greater Philadelphia Aquatics

\*As per Middle Atlantic rules, any entry submitted manually is subject to a \$15 per athlete fee. In addition, any team submitting manual entries for more than 5 swimmers will be charged an additional fee of \$25 per swimmer.

*I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.*

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Signature of Head Coach or Authorized Team Representative