

THE TRIDENT MAY MAELSTROM

A/BB/C Meet

Hosted by

Trident Swim Club

Sanctioned by Middle Atlantic Swimming

Sanction#: MA 09106 A

Time Trial Sanction#: MA 09106 TT

MAY 1-3, 2009

IMPORTANT	<p>New E-mail address</p> <ul style="list-style-type: none">○ E-mail entries and questions to meetdirector@tridentswimclub.org
LOCATION:	<p>Franklin & Marshall College 929 Harrisburg Pike Lancaster, Pa. 17604-4306</p> <p>Emergency calls the day(s) of the meet: 717-399-4524</p>
FACILITY:	<p>F&M College, Kunkel Aquatic Center</p> <p>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 Keiffer'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.</p>
MEET DIRECTOR:	<p>Stephanie Rozick 814-234-8955 Email: meetdirector@tridentswimclub.org</p> <p>Please direct all questions to the Meet Director.</p>
OFFICIALS:	<p>If you are interested in officiating at this meet, please contact, Maria Mazzeo at gnmazzeo@comcast.net.</p>
SAFETY DIRECTOR:	<p>Jeff Wilt jlwilt@tridentswimclub.org</p>
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 May 1, 2009.</p> <p>Exceptions:</p> <ol style="list-style-type: none">1. 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 15-16 age group. <p>This meet will be run according to current USA Swimming rules and regulations.</p>

ENTRY LIMITS:

General:

All swimmers may compete in a maximum of ONE (1) event on Friday.

All age groups may compete in a maximum of THREE (3) events per DAY on Saturday & Sunday.

The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit.

If limits become necessary, teams will be notified through their club contact.

If limits are imposed, all eliminated swims will receive a full refund.

Please note limits on the 1500 Free below.

1500 FREE:

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

The 1500 Free for men & women will be limited to a combined total of four heats.

Acceptance into the 1500 Free will be based on seed time, fastest to slowest.

"NT" swimmers that make the cut will be entered in the order their entries were received.

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.

Refunds will not be given to swimmers who fail to positively check-in for this event.

Refunds will be given to positively checked in swimmers who fail to receive a lane assignment.

Deck entered swimmers will be entered on a "first come" basis.

WARM-UP:

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

The warm-up 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.

Sprint/Start lanes will be available at the end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes, when designated.

The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.

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.

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.

START TIMES:	Session Warm Up		Meet Starts						
	Friday Evening – All Ages	4:30 PM	5:30 PM						
	Saturday Morning – 13 & Older	6:30 AM	8:00 AM						
	Saturday 400 Free – 13 & Older	12:30 PM	12:45 PM						
	Saturday Afternoon – 12 & Under	2:30 PM	3:30 PM						
	Sunday Morning – 13 & Older	6:30 AM	8:00 AM						
	Sunday “Monster Mile” - SENIOR	12:30 PM	12:45 PM						
	Sunday 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.</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 provide 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, 800, 1500 Free 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 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> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Senior 800 Free</td> <td style="text-align: right;">6:30 pm</td> </tr> <tr> <td>Senior 400 Free</td> <td style="text-align: right;">11:30 am</td> </tr> <tr> <td>Senior 1500 Free</td> <td style="text-align: right;">11:30 am</td> </tr> </table> <p>Scratch Policy:</p> <p style="text-align: center;">Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same or next meet day</p>			Senior 800 Free	6:30 pm	Senior 400 Free	11:30 am	Senior 1500 Free	11:30 am
Senior 800 Free	6:30 pm								
Senior 400 Free	11:30 am								
Senior 1500 Free	11:30 am								

<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</p>
<p>HOW TO ENTER:</p>	<p>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".</p> <p>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.</p> <p>A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the diskette.</p> <p>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.</p> <p>A completed Meet Summary Sheet <u>MUST</u> accompany each team's entry.</p> <p>Please WAIVE the Signature Release.</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 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.</p> <p>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. <u>Entry check and paperwork of emailed entries must be received by April 20th to hold priority.</u></p>

	<p><u>Updates</u> – are acceptable per conditions below. Please email meet director.</p> <p>Update times – send anytime after lower qualifying time achieved, but before 4/18/08</p> <p>Update events – Previously entered swimmers can add events as 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 APRIL 20, 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>meetdirector@tridentswimclub.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.</p> <p>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. In the Senior 400 Free, all swimmers will swim together, but 13-14 age group 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.</p> <p>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:	<p>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.</p>
HOSPITALITY:	<p>There will be food and drinks available at all sessions for officials and coaches</p>
TIMERS:	<p>Volunteer Timers may be needed for this meet. Volunteers will receive a refund on their admission and a meal ticket for the concession area.</p>
SPECTATORS:	<p>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.</p>
PARKING:	<p>Free parking is available next to the building</p>

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 Comfort Inn, 500 Centerville Rd., Lancaster, Pa., 800-223-8963 Quality Inn, 2363 Oregon Pike, Lancaster, Pa., 717-569-0 The Sleep Inn, 310 Primrose Lane, Mountville, Pa., 717-285-0444 Holiday Inn, 521 Greenfield Rd. Lancaster, Pa., 717-299-2551 Hampton Inn, 545 Greenfield Rd., Lancaster, Pa., 717-299-1200 Westfield Inn, 2929 Hempland Rd., Lancaster, Pa, 717-397-9300 Fairfield Inn, 150 Granite Run Dr., Lancaster, Pa., 717-581-1800 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</p>
DIRECTIONS:	<p>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, McGuinness Pool is located in the Alumni Sports & Fitness Center to your left.</p> <p>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, McGuinness Pool is located in the Alumni Sports & Fitness Center to your left.</p> <p>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, McGuinness Pool is located in the Alumni Sports & Fitness Center to your left.</p>

SESSION #1**FRIDAY EVENING – MAY 1, 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**SATURDAY MORNING – MAY 2, 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**SATURDAY 400 FREE –MAY 2, 2009**

(Warm-up 12:30 p.m. - Start 12:45 p.m.)

27	Check-in Required	Senior 400 Free	Check-in Required	28
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SESSION #4**SATURDAY AFTERNOON – MAY 2, 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**SUNDAY MORNING – MAY 3, 2009**

(Warm-up 6:30 a.m. - Start 8:00 a.m.)

<u>Women's</u>		<u>Event 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				
SUNDAY MONSTER MILE – MAY 3, 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				
SUNDAY AFTERNOON – MAY 3, 2009 (Warm-up 2:30 p.m. - Start 3:30 p.m.)				
<u>Women's</u>		<u>Event</u> <u>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 MAY MAELSTROM 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 Events: _____ X \$5.00 =

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

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.

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	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
Sports BUSINESS MANAGER 5.1	Update	User Guide	Getting Started	Demo
Personal SWIM MANAGER 2.1	Update	User Guide	N/A	Demo
TM 4.0Sm - Not supported by HY-TEK	Update	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	Update	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	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
TM 1.2Kd - Not supported by HY-TEK	Update	N/A	N/A	N/A
MM 1.2Lb - Not supported by HY-TEK	Update	N/A	N/A	N/A

[Swimming Time Standard and Record Files](#)