

Five Swim Club Fall Festival A/BB/C Meet

November 1-2, 2008

Held under the sanction of Middle Atlantic Swimming - MA Sanction # MA0906 A

This meet is open to all **9 and over swimmers** registered with U.S. Swimming for 2008. The 2008 USA Swimming Rules will apply. Swimmer's age as of November 1, 2008 governs the entire meet.

Purpose: The purpose of the meet is for coaches to bring their entire team together to evaluate times in a variety of events. Our goal is to conduct the meet so that it is a pleasurable event for all who attend. In keeping with this spirit, all of our sessions will be conducted in a maximum time span of 4 hours in length.

Site: Lititz Recreation Center, 301 W. Maple St., Lititz, PA; 25 yards; 8 lanes with non-turbulent lane lines and Colorado Timing System with score board. The water depth at the starting end of the pool is 12 feet.

Emergency calls the day(s) of the meet may be made to (717) 626-5096.

Awards: This is a timed finals meet. The meet will be preseeded and scored on each level (A, B, C) for each event. The top eight (8) times in each level (12 and younger) will receive awards. A entries: medals 1st to 3rd, ribbons 4th to 8th; BB entries: rosettes 1st to 3rd, ribbons 4th to 8th; C entries: regular ribbons 1st to 8th. There will be no awards for 13 and older swimmers. Awards will not be given to 12 and younger swimmers who swim Senior events. Award levels will be determined by the entry times. All awards must be picked up by a coach or parent representative at the conclusion of the last session or after the last event in which your team has a swimmer participating. No awards will be mailed.

Entry Fees: \$4.00 per individual. Entries must be received by 8:00 PM on **FRIDAY, OCTOBER 17, 2008**. No late or phone entries will be accepted. One check per club made payable to "Five Star Swim Club". **Meet summary sheet must accompany the entry fee check.**

Entry Limitations: Swimmers may compete in up to five (5) individual events per day.

Officials: Any one wishing to volunteer or officiate, please contact **Dan Griest, Meet Referee, at (717) 625-3018 (email dgriest@ptd.net)**. All officials and coaches on deck must wear their official USA Swimming Membership Badge. Meet workers will be identified with a special badge. No other people will be allowed on deck.

Safety and Rules: Middle Atlantic Swimming Rules and Warm-up Procedures will be in effect at this meet. Coaches, parents, and every swimmer should become familiar with the rules and procedures. Swimmers must be under the direct supervision of a currently registered coach. All swimmers must enter the water feet first from the starting end of the pool. No diving in lanes other than those designated for diving. A swimmer could be suspended from the meet for non-compliance. Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event. Safety Director for the meet is **Jackie Schouten (717) 626-9119**. This meet will be conducted using the Whistle command and No-Recall False Start procedures. '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.

Warm-ups: First Session Each Day: General Warm-ups from 7:30am to 8:30am. Second Session Each Day: General Warm-ups from 12:00pm to 1:00pm. Lanes assignments, according to team size, will be sent to the team representative's email address a week prior to the meet. Warm-up times are subject to change depending upon the number of swimmers entered in the session.

Five Star Swim Club Fall Festival Meet Summary November 1-2, 2008

TEAM NAME: _____ TEAM CODE: _____

HEAD COACH: _____

TEAM MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: HOME (____) _____ OFFICE (____) _____

CONTACT PERSON FOR QUESTIONS ON ENTRIES: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: HOME (____) _____ OFFICE (____) _____

EMAIL: _____

MAIL CHECK TO: Karen Eiding
10 Cordell Drive
Stevens, PA 17578

ENTRY DEADLINE: 8:00 PM Friday, October 17, 2008
Please make check payable to: FIVE STAR SWIM CLUB

*Number or Individual entries ___ x \$4.00 = \$ _____

*If using Hy-Tek software, please include an "Entry Fee Report".

I attest that the entered athletes are properly registered with USA Swimming and that they have achieved the seed times recorded.

Head Coach or team representative Signature:

**FSSC Winter Carnival
Saturday, November 1, 2008**

**Session 1
Warm-up 7:30; Start 8:30**

Girls	EVENT	Boys
1	Senior 400 IM	2
3	Senior 50 Freestyle	4
5	Senior 100 Butterfly	6
7	Senior 200 Backstroke	8
9	Senior 100 Breaststroke	10
11	Senior 200 Freestyle	12

**Session 2
Warm-up 12:00; Start 1:00**

13	11/12 200 IM	14
15	9/10 200 IM	16
17	11/12 50 Butterfly	18
19	9/10 50 Butterfly	20
21	11/12 100 Backstroke	22
23	9/10 100 Backstroke	24
25	11/12 50 Breaststroke	26
27	9/10 50 Breaststroke	28
29	11/12 100 Freestyle	30
31	9/10 100 Freestyle	32

FSSC Winter Carnival
Sunday, November 2, 2008

Session 3
Warm-up 7:30; Start 8:30

Girls	EVENT	Boys
33	Senior 200 IM	34
35	Senior 200 Butterfly	36
37	Senior 100 Backstroke	38
39	Senior 200 Breaststroke	40
41	Senior 100 Freestyle	42

Session 4
Warm-up 12:00; Start 1:00

43	11/12 100 IM	44
45	9/10 100 IM	46
47	11/12 100 Butterfly	48
49	9/10 100 Butterfly	50
51	11/12 50 Backstroke	52
53	9/10 50 Backstroke	54
55	11/12 100 Breaststroke	56
57	9/10 100 Breaststroke	58
59	11/12 50 Freestyle	60
61	9/10 50 Freestyle	62

