

North Penn Aquatic Club

Rick Carroll Classic Meet 2008

November 1-2, 2008

Held under the Sanction of USA Swimming and sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0940 A

LOCATION	North Penn High School Rick Carroll Natatorium 1340 Valley Forge Road Lansdale, PA 19446 Day of Meet ONLY emergency phone # 215-368-3340
FACILITIES	The Rick Carrol Natatorium is an 8 lane 25 yard pool with non-turbulent lane lines, Daktronics timing system and 8 lane display. Starting depth is 4 ½ feet
MEET DIRECTOR	Maria Kolokithias, Maria.E.Kolokithias@usace.army.mil
SAFETY DIRECTOR	Sandy Hartmann, sandyh01@comcast.net MA Safety rules and warm up procedures will be in effect. All swimmers should be familiar with these rules. Any swimmer disregarding the rules may be suspended from the meet.
OFFICIALS	USA Swimming officials and trainees who would like to work this meet should contact: Maria Kolokithias at Maria.E.Kolokithias@usace.army.mil
ELIGIBILITY	This meet is open to any swimmer registered in 2008 with USA Swimming, aged 9 and older. Swimmer's age as of November 1, 2008 determines the age group in which swimmers will compete at this meet. The meet is a pre-seeded, timed finals meet.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit events, the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format, in order to run the meet in a timely manner. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.

WARM-UP & START USA Swimming and Middle Atlantic safety guidelines and warm up procedures will be enforced throughout the meet. Swimmers must be under the direct supervision of a currently registered USA coach.

Warm up sessions will be divided into periods of equal length depending on the number of swimmers entered. Sprint/start lanes will be available at the end of each session. Feet first entry only except in sprint lanes, when designated.

STARTING PROCEDURES

This Meet will be conducted using the No Recall false start rule. This Meet will also use the whistle command starting 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. Current USA and Middle Atlantic LSC rules will govern the meet.

BULKHEAD SAFETY

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. Only USA officials are allowed on the bulkhead during the meet.**

DECK ACCESS:

Deck access will be limited to USA coaches, USA officials and essential meet personnel displaying proper current credentials. **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.**

SAFETY

No food or glass is permitted on the **pool deck**.

Children not swimming must be accompanied by an adult at all times.

Smoking is not permitted anywhere on school property.

SWIMMERS WITHOUT A COACH

Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.

HOW TO ENTER

All entries should be submitted using Hy-Tek's Team Manager Program. Any team submitting entries for more than five athletes and not using Team Manager must submit a surcharge of \$5 per athlete. **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 short course yards for the purpose of seeding the meet. **All entries must be submitted with an entry summary report.**

DECK ENTRIES

Subject to space availability and at the discretion of the Meet Director, deck entries may be accepted on the day of the meet, only until 30 minutes prior to the start of each session, at the cost of \$8.00 per event. Deck entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for awards. Swimmers not already entered in the meet must provide proof of current USA Swimming registration. To enter, please see the Meet Director before or during warm-up.

ENTRY DEADLINE

All entries and payments must be received by 5pm October 20, 2008. If sending the entries by express mail, be sure to waive the signature requirement. Entries will not be processed without full payment. **NO LATE ENTRIES WILL BE ACCEPTED.**

SEEDING

This meet will be pre-seeded for all events with the exception of the 500 Free (11-18), 400 IM (11-18), 200 Free (9-12) and the 200 IM (9-12). A check-in table will be set up on deck and will close one hour after the start of the **morning** session each day.

POSITIVE CHECK-IN:

A Positive Check-in is required for the 500 Free (11-18), 400 IM (11-18), 200 Free (9-12) and the 200 IM (9-12). Positive Check-in for these events will close one hour after the start of the **morning** session each day.

Swimmers/teams must provide their own timers for the 500 Free and the 400 IM events.

Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event.

ENTRY FEES

\$4 Per Event. 5 events max, per swimmer per day.

SEND ENTRIES TO

Email is preferred. Please send email entries to Lisa Shema at dogs4oncathill@peoplepc.com DO NOT SEND ENTRIES TO THE MEET DIRECTOR. Please include the number of total athletes, the number of girls, boys and entries in the body of your email as well as a contact number for the person responsible for your team's entries. Entries may also be mailed to: **NPAC USA Meet c/o Lisa Shema, 2020 Cathill Road, Telford, PA 18969.** Team must submit one check or money order to cover the cost of their entries. Make all checks payable to: **"NPAC"**

AWARDS

Awards are presented for each event based on the entry time

A times Medals 1st-3rd, Ribbons 4th-8th
BB times Rosettes 1st-3rd, Ribbons 4th-8th
C times Ribbons 1st-8th

Awards will be available after Event # 82

Please pick up AWARDS before you leave.

**PROGRAM &
ADMISSION**

\$5 program and admission or \$3 admission only per session
(no charge for children under 8)

RESULTS

Results will be posted on the Middle Atlantic Swimming web site as well as the NPAC website

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 (time or awards).

CONCESSIONS:

Food and beverage will be on sale in the lobby. Swim apparel will be on sale. No food allowed in the pool area!

PARKING:

Plenty of free on site parking is available

SEATING:

400 + spectators.

ACCOMODATIONS

Homewood Suites by Hilton - Lansdale
1200 Pennbrook Parkway, Lansdale, Pennsylvania, 19446
Tel: 1-215-362-6400 Fax: 1-215-362-2425

Best Western The Inn At Towamencin
1750 Sumneytown Pike, P.O. Box 314
Kulpsville, PA 19443

DIRECTIONS:

From the North : Take I-476 S to Exit 31 Lansdale (Toll). Turn Left onto Sumneytown Rd (PA 63) go 1.9 mi. Turn Left on Valley Forge Rd. go 0.3 mi. School is on the left side. Turn Left into the high school, proceed down driveway. Pool is located on the left side of the parking lot and school building.

From the West: Take I-76 toward Phila go 39.7 mi. Take I-276 East go 7.8 mi Take the Northeast Extension/Allentown exit onto I-476 North, go 10.6 miles to Exit 31 Lansdale. Turn Left onto Sumneytown Rd (PA 63) go 1.9 mi. Turn Left on Valley Forge Rd. go 0.3 mi. School is on the left side. Turn Left into the high school, proceed down driveway. Pool is located on the left side of the parking lot and school building.

From South Jersey: Rt 73 North, bear left onto Rt 90 W toward Betsy Ross Bridge, go 3.4 mi, continue onto Betsy Ross Bridge. Take I-95 ramp toward Center City Philadelphia go 4.2 miles. Take exit #22/Central Phila. Independence Hall onto I-676 W toward Central Phila/US 30 W. Merge onto 76 W. Take exit #331B/Plymouth Meeting onto I-476 N. Take exit #31/Lansdale toward Lansdale. Follow directions from above.

From Central Jersey: Take Pa Turnpike, I-276 to exit 339 Fort Washington/Ambler onto PA 309 N toward Ambler. Take Springhouse/Norristown Rd exit. Turn left onto Norristown Rd, turn right onto Sumneytown Pike. Continue until Vally Forge rd (PA 63) Turn right. School is on the left side. Turn Left into the high school, proceed down driveway. Pool is located on the left side of the parking lot and school building.

2008 NPAC Rick Carroll Classic

Session 1 - Saturday November 1, 2008

Warm-up 7:00 AM

Start 8:00 AM

Girls Event#	Event	Boys Event#
1	9/10 100 IM	2
3	11/12 100 IM	4
5	9/10 50 Free	6
7	11/12 50 Free	8
9	9/10 100 Back	10
11	11/12 100 Back	12
13	9/10 50 Breast	14
15	11/12 50 Breast	16
17	9/10 100 Fly	18
19	11/12 100 Fly	20

Session 2 - Saturday November 1, 2008

Warm up: Begins 5 Minutes after the completion of session 1

Start: 45 minutes after the completion of session 1

Girls Event#	Event	Boys Event#
21	9-12 200 Free	22
23	11-18 500 Free	24

Session 3 - Saturday November 1, 2008

Warm up: 30 minutes after the end of session 2, no earlier than 1PM

Start: No earlier than 2PM

Girls Event#	Event	Boys Event#
25	15/18 200 IM	26
27	13/14 200 IM	28
29	15/18 100 Back	30
31	13/14 100 Back	32
33	15-18 200 Fly	34
35	13/14 200 Fly	36
37	15/18 50 Free	38
39	13/14 50 Free	40
41	15-18 200 Breast	42
43	13/14 200 Breast	44

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Session 4 – Sunday November 2, 2008

Warm-up 7:00 AM

Start 8:00 AM

Girls Event#	Event	Boys Event#
45	9/10 50 Back	46
47	11/12 50 Back	48
49	9/10 100 Free	50
51	11/12 100 Free	52
53	9/10 50 Fly	54
55	11/12 50 Fly	56
57	9/10 100 Breast	58
59	11/12 100 Breast	60

Session 5 – Sunday November 2, 2008

Warm up: Begins 5 Minutes after the completion of session 4

Start: 45 minutes after the completion of session 4

Girls Event #	Event	Boys Event#
61	9-12 200 IM	62
63	11-18 400 IM	64

Session 6 – Sunday November 2, 2008

Warm up: Begins 30 minutes after the end of session 5, no earlier than 1PM

Start: No earlier than 2PM

Girls Event#	Event	Boys Event#
65	15/18 200 Free	66
67	13/14 200 Free	68
69	15/18 100 Fly	70
71	13/14 100 Fly	72
73	15-18 200 Back	74
75	13/14 200 Back	76
77	15/18 100 Breast	78
79	13/14 100 Breast	80
81	15/18 100 Free	82
83	13/14 100 Free	84

NPAC RICK CARROLL CLASSIC 2008 MEET ENTRY SUMMARY FORM

This form must accompany all entries.

Team Name: _____ USA-S Club Code _____
Head Coach: _____ E-Mail _____
Address: _____
City: _____ State _____ Zip Code _____

Contact Person Responsible for Meet Entries: _____
Telephone: _____ Email _____
Fax# _____

ENTRY FEE SUMMARY :

Total # of Individual Entries _____ x \$4.00 = \$ _____
Total Amount of Entry \$ _____
Total # of Swimmers _____

Manual Entry Processing Fee _____ @ \$5.00 \$ _____
(for manual entry of 5 or more swimmers from the same team)
Total Manual Entry Fees \$ _____

MAKE CHECKS PAYABLE TO: NPAC

* Any team not submitting their entries electronically will be charged a \$5 per swimmer surcharge. Teams can not get around this by submitting swimmer entries individually. Meet Management will bill each club the proper surcharge fee once they have entered 5 swimmers in the meet. Failure to remit the entry fees or surcharge will result in the rejection of all entries.

I certify that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.
Head Coach _____

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

Signature of Head Coach or Authorized Team Representative

