

Deck entries will be accepted upon discussion with the Meet Director and provided there is lane availability within existing heats. Swimmers not already in the meet must provide proof of current USA Swimming registration (**2008 or 2009 USA Registration Card**) in order to deck-enter an event. Fees for deck entries will be paid prior to the event(s).

ENTRY FEES: \$4.00 per Event \$8.00 per Relay. \$5.00 Deck Entries. \$2.00 per Swimmer surcharge for submitting entries manually.

Make check payable to: **NRG Swimming**
Mail Entries to: 629 Continental Road Hatboro PA 19040
E-Mail Entries to: mcarter@nrgswim.com

ENTRY CLOSE: **All Entries** must be received by 6:00pm on Friday October 24th, 2008

RULES: This meet will be conducted according to current USA Swimming and MA Swimming rules. USA Swimming and MA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet.

This meet will be conducted using the Whistle command, supplemented with verbal commands, and No-Recall False Start procedures.

No Diving in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up.

All relay starts from the **shallow end** of the pool will **start from the water.**

Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes.

Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.

AWARDS: Individual Events Rosettes 1st through 3rd and Ribbons 4th through 24th
Relays Ribbons 1st through 3rd
Heat Winner Ribbons

RESULTS: Results will be posted on the Middle Atlantic Swimming web site @ (www.maswim.org)

Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that provides an E-Mail address with their entries.

ADMISSION: Adults only \$4.00 for program and admission per session.

DIRECTIONS: **From I-95:** Take I-95 North to Newtown-Yardley exit. Make a left onto Rt. 332 (towards Newtown) to Rt. 413. Make a left onto Rt. 413. The school will be the first light about a ½ mile ahead across from St. Mary's Hospital. Make a right into the school. Park in lot behind the school. Enter through doors marked pool.

From PA Turnpike: Take the PA Turnpike to Rte. 1 - Phila. Take Rt. 1 North to Rt. 413. Exit at the Langhorne Rt. 413 exit. Go North on Rt. 413 for 4 lights. School will be on your left, across from St. Mary's Hospital. Park in lot behind the school. Enter through doors marked pool.

UNATTACHED & SWIMMERS WITHOUT COACHES:

An NRG coach will supervise swimmers unaccompanied by their team coach. Please report to the Meet Director on deck when you arrive.

NRG Mini Invitational Meet

Saturday, November 8, 2008

EVENTS

Girls		Boys		
1	25 Free	5 & Under	25 Free	2
3	25 Free	6 Year Olds	25 Free	4
5	25 Free	7 Year Olds	25 Free	6
7	25 Free	8 Year Olds	25 Free	8
9	50 Free	8 & Under	50 Free	10
11	25 Back	5 & Under	25 Back	12
13	25 Back	6 Year Olds	25 Back	14
15	25 Back	7 Year Olds	25 Back	16
17	25 Back	8 Year Olds	25 Back	18
19	25 Brst	6 & Under	25 Brst	20
21	25 Brst	7 Year Olds	25 Brst	22
23	25 Brst	8 Year Olds	25 Brst	24
25	25 Fly	6 & Under	25 Fly	26
27	25 Fly	7 Year Olds	25 Fly	28
29	25 Fly	8 Year Olds	25 Fly	30
31	100 IM	7 & Under	100 IM	32
33	100 IM	8 Year Olds	100 IM	34
35	100 Fr. Relay	6 & Under	100 Fr. Relay	36
37	100 Fr. Relay	7 Year Olds	100 Fr. Relay	38
39	100 Fr. Relay	8 Year Olds	100 Fr. Relay	40

All relay starts from the shallow end of the pool will start from the water.

NRG SWIMMING
Mini Invitational Meet
November 8, 2008

This Form Must Accompany the Official Entries

Team Name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Telephone () _____

Individual Event Fees: _____ @ \$4.00 \$ _____

Relay Event Fees: _____ @ \$8.00 \$ _____

Manual Entry Processing Fee _____ swimmers @ \$2.00 \$ _____

(For Non-Disk Entry Swimmers Only)

Total \$ _____

I certify that all swimmers from this team entered in the NRG Mini Invitational are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach _____

NRG SWIMMING

November 8, 2008

Meet Entry Form

Reproduce this form to accommodate the total number of swimmers for your team.

Team Information: Fill out Summary Form.

Contact Information: Coach - Team Representative - Parent
(Please Circle One)

Contact Address if different from Team Address: _____

Contact E-Mail Address: _____ (Results will be sent E-mail)

Contact Phone Number: _____ (Include Area Code)

Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2008 or 2009 year)

Male or Female: (Please Circle One)

Event Information:

	Event #	Age Group	Event Description	Time
Example	2	5 & Under	25 Free	31.72
1				
2				
3				
4				
5				

Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2008 or 2009 year)

Male or Female: (Please Circle One)

Event Information:

	Event #	Age Group	Event Description	Time
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