



**MIDDLE
ATLANTIC
SWIMMING**

Fall Classic Senior Meet

OCTOBER 25-26, 2008

**LaSalle University
20th and Olney Avenues,
Philadelphia, PA 19142**

**SANCTIONED BY THE MIDDLE ATLANTIC LSC OF USA
SWIMMING SANCTION # MA 0954 S**

HOSTED BY MIDDLE ATLANTIC SWIMMING SENIOR COMMITTEE

GENERAL CHAIR	Michael Seip	MEET DIRECTOR	Michael Gobrecht Stephanie Rozick
ADMIN CHAIR	Fred Frank	MEET REFEREE	_____
SENIOR CHAIR	Michael Gobrecht Stephanie Rozick	SAFETY DIRECTOR	Patric Mills Ruthann Joyce
OFFICIALS CHAIR	Fred Killian		

**MIDDLE ATLANTIC SWIMMING
2150 New Castle Ave
New Castle, DE 19720
office@maswim.org
302/429-6288 (voice) 302/658-5666 (fax)**

QUALIFYING TIMES – FALL CLASSIC 2008

Saturday Afternoon, October 25, 2008

Warm-Up – 3:30pm Meet Starts – 4:30 PM

WOMEN

MEN

#	SCM	LCM	SCY	Event	SCY	LCM	SCM	#
1	2:41.99	2:47.59	2:26.59	200 Yard Backstroke	2:12.69	2:34.89	2:26.59	2
3	1:24.79	1:27.79	1:16.79	100 Yard Breaststroke	1:09.19	1:20.59	1:16.49	4
5	2:42.79	2:44.69	2:27.29	200 Yard Butterfly	2:14.59	2:32.19	2:28.69	6
7	2:44.09	2:48.09	2:28.59	200 Yard Ind Medley	2:15.69	2:37.19	2:29.89	8
9	5:06.29	5:12.89	5:49.89	500 Yard Freestyle	5:25.29	4:53.29	4:44.69	10

Sunday Morning, October 26, 2008

Warm-Up – 8am Meet Starts – 9:30am

#	SCM	LCM	SCY	Event	SCY	LCM	SCM	#
11	2:26.39	2:29.39	2:12.49	200 Yard Freestyle	2:00.79	2:19.19	2:13.49	12
13	1:15.29	1:18.69	1:08.09	100 Yard Backstroke	1:01.79	1:11.99	1:08.29	14
15	31.29	32.39	28.39	50 Yard Freestyle	25.49	29.39	28.19	16
17	5:47.09	5:57.59	5:14.09	400 Yard Ind Medley	4:49.09	5:29.99	5:19.49	18

Sunday Afternoon, October 26, 2008

Warm-Up – 2pm Meet Starts – 3pm

#	SCM	LCM	SCY	Event	SCY	LCM	SCM	#
19	1:07.89	1:10.09	1:01.39	100 Yard Freestyle	55.39	1:04.09	1:01.19	20
21	3:02.59	3:08.49	2:45.29	200 Yard Breaststroke	2:30.09	2:54.29	2:45.89	22
23	1:14.29	1:16.09	1:07.29	100 Yard Butterfly	1:00.79	1:09.09	1:07.19	24
				<i>15 minute break</i>				
25	19:51.99	20:28.49	19:58.89	1650 Yard Freestyle*	18:47.99	19:22.99	18:41.39	26
27	10:26.49	10:41.89	11:55.89	1000 Yard Freestyle*	11:12.19	10:04.59	9:48.29	28

*Swimmers for the 1650 and 1000 Freestyles must provide their own timer and counter.

GENERAL INFORMATION

FACILITY: LaSalle University has a 6 lane heated 25 yard pool with Kiefer non-turbulent lane lines, and an 8 foot starting end. There is seating capacity for 800. **Deck area has seating for swimmers and registered coaches only.** Electronic timing with a six lane scoreboard will be used.

ENTRIES: ALL EVENTS WILL BE TIMED FINALS. The meet is open to all swimmers registered with USA Swimming who meet the listed qualifying times and will be conducted according to current USA Swimming Rules. A swimmer shall be permitted to compete in **three (3) events per session, with a maximum of five (5) events per day.** The entry fee is \$4.00 for each individual event entered. There will be no relays. Entries must be received **NO LATER THAN 5:00 PM MONDAY, OCTOBER 13, 2008.** Entries submitted after this date will be rejected. All meet entries should be submitted electronically using a HY-TEK compatible program. Teams may either (a) send an electronic computer disk containing the entry information, a Hy-Tek entry report, the Meet Summary Sheet and check to the address below, or (b) send the entry information and entry report via E-mail to Senior@maswim.org; then send the Meet Summary Sheet and check to the address below. **Include the number of swimmers, events and relays in the text of your e-mail.** Please waive the 'signature required' if your entry is sent via a Postal Service that provides one. Do not send a disk if you e-mail your entries.

All clubs are encouraged to enter electronically, regardless of the number of swimmers entered. If this is not possible, the official entry form must be used. If entering more than five (5) swimmers (per Club) on this form, a processing fee of \$5.00 per swimmer must be included.

Send one check per club, payable to Middle Atlantic Swimming (Please do not send individual checks for each swimmer.) **Email entries should be sent to senior@maswim.org**

Mail entries to:

MA Swimming Fall Classic

Attn: Michael Gobrecht

410 Fallowfield Road

Camp Hill, PA 17011-4900 FAX (717) 728-3561

Deck entries will be accepted at the discretion of the Meet Director and Meet Referee. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Swimmers wishing to deck-enter an event must do so thirty (30) minutes before the start of that event and will be seeded in the slowest heats. The fee for a deck-entered event is \$8.00.

MEET ENTRY LIMITATIONS: The Meet Director reserves the right to make any changes that become necessary to ensure the meet complies with Middle Atlantic guidelines. Any teams/swimmers eliminated due to time or space constraints will be given a full refund.

ACCORDING TO USA-S/MA RULES, ALL ENTRIES MUST BE MADE WITH THE SWIMMER'S BEST TIME IN AN EVENT:

A penalty of \$50 per event will be assessed on any Middle Atlantic swimmer who fails to swim the qualifying time in any event unless proof of time can be provided. Notice will be sent to each Club for those swimmers not swimming the Qualifying time, and the Club will be required to pay the penalties or provide proof of time. Enforcement of this rule will be done on a basis to be determined by the Senior Committee.

EVENT SEEDING: All events, except the 500 Freestyle, 1000 Freestyle, 1650 Freestyle and 400 IM will be pre-seeded and will swim slow to fast. Times for swimmers entered with a long or short course meter time will be converted by Meet Manager and will be seeded as conforming times, EXCEPT the 500 Freestyle, 1000 Freestyle, and 1650 Freestyle. Meter times should NQT be converted for entry to this meet.

The 500 Freestyle, 1000 Freestyle, 1650 Freestyle and 400 IM events will be deck-seeded, and will swim fast-to-slow, alternating women and men. Competitors in the 1000 and 1650 Free must provide their own timers and counters.

STARTING PROCEDURE: This meet will be conducted using the 'No Recall' false start rule and 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.

SCRATCH RULE: Any swimmer who does not swim an event for which they have positively checked in will be barred

from their next individual event, whether on the same or the next meet day.

COACHES INFORMATION: The Meet Director or Meet Referee may call a Coach's meeting twenty (20) minutes before the start of the first session. Coaches are responsible for the good behavior of their swimmers and the avoidance of vandalism. Swimmers must not enter posted areas. Teams are responsible for maintaining cleanliness in their areas during and after the meet sessions. **Coaches must have and display their current USA coach's cards. No coach will be permitted on deck without this identification.**

IMPORTANT SAFETY NOTICE

WARM-UPS: USA Swimming and Middle Atlantic Swimming rules for safety during warm-ups will be in effect at all times. This includes the use of the warm-up pool during the competition. Diving and backstroke starts will be prohibited in any part of the pools, except in sprint lanes when designated. Violators of these rules will be subject to removal from the remainder of the warm-up period.

MEET WARM-UP SCHEDULE:

	<u>Time</u>	<u>Lanes</u>	<u>Warm-Up</u>
Saturday PM	3:30-4:15pm	all lanes	General circle swim
	4:15-4:30pm	1&6	Pace lanes
	4:15-4:30pm	2&5	Sprint lanes
Sunday AM	8-9:10am	all lanes	General circle swim
	9:10-9:25am	1&6	Pace lanes
	9:10-9:25am	2&5	Sprint lanes
Sunday PM	2-2:40pm	all lanes	General circle swim
	2:40-2:55pm	1&6	Pace lanes
	2:40-2:55pm	2&5	Sprint lanes

Meet starts at 4:30 pm, 9:30 AM, and 3PM, respectively.

A warm-up and warm-down pool will be available during the meet. USA-Swimming Safety Rules will apply in both pools at all times. Swimmers without a coach should report to the meet director before start of warm-up.

AWARDS: None

SCORING: The meet will not be scored.

ADMISSION: Each session admission will be \$3.00.

RESULTS: The results will be posted on the Middle Atlantic website (www.maswim.org).

VOLUNTEER WORKERS: MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS for this Meet: Each Middle Atlantic Club must submit the name and telephone number of a Contact Person with their entry form. The Senior Committee will contact those individuals after the entries are submitted to arrange for the necessary workers to run the meet. **No entries will be accepted without a designated contact for workers. Middle Atlantic Clubs are responsible for fulfilling their obligations.**

Officials willing to work at this meet should contact the Officials Chair (Fred Killian) at officials@maswim.org, or by calling (302) 994-3389 prior to the meet. Officials who have not given prior notice are welcome at the meet and should report to the Meet Referee prior to the start of each session. If you have any questions about officiating, please contact the Officials Chair. **All officials on the deck must display their USA Swimming membership cards. No other people, except essential meet personnel, will be allowed on deck.**

Directions to LaSalle...

From NY, Northern NJ, New England I-95 South to NJ Turnpike South to Exit 6 (connection to PA Turnpike); follow PA Turnpike to Exit 339 (old exit 26) (Ft. Washington exit); to Route 309 South; 309 South becomes Ogontz Avenue. Do not bear left when Rt. 309 South splits at Ogontz Avenue. Follow Ogontz Avenue, continuing on Ogontz Avenue for about 5 miles. Right on Olney Avenue to first light (20th Street). Go straight through the light. Enter campus. From The North I-95 South to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West.

From The South I-95 North to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West. From The East Route 42 West to Walt Whitman Bridge; from the bridge, follow Route 76 West to US 1 North (Roosevelt Expressway). To continue, see directions from Route 76 West.

From The West PA Turnpike East to Exit 326 (old exit 24 - Route 76 East, Valley Forge). To continue, see directions from Route 76 East.

From Route 76 East to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

From Route 76 West to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light.

Parking at LaSalle – Parking will not be available in the pool parking lot. Parking for the event is available in a 24 hour guarded lot within short walking distance to the Hayman Center where the pool is located. Continue past the pool (on your left.) Proceed on Olney Avenue to one of two parking lots: Lot J (on your left on Penn Blvd) and Lot G (on the right just past Wister Street).

Hotel: www.gophila.com

MIDDLE ATLANTIC FALL CLASSIC SUMMARY

October 25-26, 2008

THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANK.

Team Name _____ Club Code _____

Head Coach _____ Email: _____

Address _____

City _____ State _____ Zip Code _____

Telephone: Home () _____ Office () _____

ENTRY FEES: Individual Events _____ @ \$4.00 \$ _____

Manual Entry Processing fee _____ swimmers @ \$5.00 \$ _____
(For non-disk entry swimmers only)

Total \$ _____

TOTAL NUMBER OF SWIMMERS _____	TOTAL NUMBER INDIVIDUAL EVENTS _____
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WORKER CONTACT PERSON: This person will be responsible for obtaining the workers for your club for this meet. The senior committee will contact them after the entries are submitted. No entries will be accepted without this information.

NAME: _____ TELEPHONE: _____

FAX PHONE: _____ EMAIL: _____

- Did you?**
- _____ include print-out from Team Manager (hard copy with check or attached to e-mail)
 - _____ check qualifying times (TM will show an * on any that do not qualify)
 - _____ enclose completed summary
 - _____ enclose disk or e-mail the entry
 - _____ enclose check **with this form** so that you will receive credit for payment

ENTRY DEADLINE: Received by 5:00 PM, Monday, October 13, 2008. No entries will be accepted after that date. Please make checks payable to Middle Atlantic Swimming. One check per club, please. **Email entries should be sent to senior@maswim.org**

Mail entries to: **MA Fall Classic 2007**
Attn: Michael Gobrecht
410 Fallowfield Road
Camp Hill, PA 17011

<i>I certify that all swimmers from this team entered in the Fall Classic are current members of USA Swimming and that all coaches from this team who will attend the meet hold <u>current</u> coaching credentials.</i>
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Head Coach _____
