

# PDR SWIMMING

## 1<sup>ST</sup> ANNUAL CULLEN JONES SPRINT FESTIVAL

SATURDAY, OCTOBER 18, 2008

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0971 A

<b>LOCATION</b>	LaSalle University Kirk Natatorium 1900 West Olney Avenue Philadelphia, PA 19141  Day of meet ONLY emergency phone #267.784.8267  #610.805.8770
<b>FACILITIES</b>	6 Lane, 25 Yd. Indoor Pool,, Anti-Wave Lane Lines, Daktronics Timing System, Hy-Tek Software, Spectator seating is separate balcony seating for 1500, Snack Bar will be available.
<b>MEET DIRECTOR</b>	Pete Crippen 267.784.8267, <a href="mailto:pcrippen4@verizon.net">pcrippen4@verizon.net</a>
<b>SAFETY DIRECTOR</b>	Jeff Hyde
<b>OFFICIALS</b>	Officials Coordinator: Jeff Hyde  Jwhyde50@yahoo.com
<b>ELIGIBILITY</b>	Open to any swimmers 9 & older currently registered with USA Swimming for 2008-09. Swimmer's age is as of 10/18/08.
<b>ENTRY LIMITATIONS</b>	Swimmer may swim a maximum of 4 events in his/her age category.  The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/Teams eliminated from the meet due to time or space constraints will be given a refund.
<b>ORDER OF EVENTS</b>	Please see attached order of events. All events are pre-seeded timed finals. Warm Ups begin at 7:30 am, Meet at 9:00 am. No

<b>WARM-UP &amp; START TIMES</b>	diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted the swimmer must enter from the starting blocks and exit from the opposite end of the pool. All entries must be feet-first other than the above-mentioned.
<b>DECK ENTRIES</b>	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of the meet at the cost of \$8.00 per event. Swimmers not already entered in the meet must provide proof of USA Swimming registration. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups.
<b>SWIMMERS WITHOUT A COACH</b>	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups.
<b>SEEDING</b>	All events are pre-seeded timed finals.
<b>HOW TO ENTER</b>	Entries must be submitted using Hy-Tek software, and must be submitted in the course in which they were achieved. Supporting paperwork and recap sheet must accompany all entries. Non-electronic entries must be on enclosed entry forms.
<b>ENTRY FEES</b>	\$4.00 per event
<b>SEND ENTRIES TO</b>	Mail entries to Pete Crippen, 301 E 8 <sup>th</sup> Ave, Conshohocken, PA. Phone 267.784.8267  Entries may be emailed to <a href="mailto:pcrippen4@verizon.net">pcrippen4@verizon.net</a>  Make checks payable to PDR Swimming
<b>ENTRY DEADLINE</b>	October 10, 2008 by 6:00 PM. No late entries will be accepted.

<p><b>RULES</b></p>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. We will be using "Fly-over" starting procedures at this meet. All swimmers (except backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<p>T-shirts signed by Olympian given to top three finishers in each event.</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Admission: \$5.00 per spectator; Children under 5 yrs. admitted free. Volunteer workers admitted free.</p> <p>Programs \$3.00</p>
<p><b>RESULTS</b></p>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a></p>
<p><b>DIRECTIONS</b></p>	<p><b>From NY, Northern NJ, New England</b>  I-95 South to NJ Turnpike South to Exit 6 (connection to PA Turnpike); follow PA Turnpike to Exit 339 (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 for about 5 miles until intersection of Ogontz and Olney Ave. Right on Olney Avenue to first light (20th Street). Go straight through the light. At the next light make a left into the parking lot. At the Security Booth make a left and the security personnel will direct you to the designated visitor parking spaces. Enter campus.</p> <p><b>From The North</b>  I-95 South to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West.</p>

**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 (Route 76 East, Valley Forge). To continue, see directions from Route 76 East.

**From Route 76**

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. At the next light make a left into the parking lot. At the Security Booth make a left and the security personnel will direct you to the designated visitor parking spaces. Enter campus.

**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. At the next light make a left into the parking lot. At the Security Booth make a left and the security personnel will direct you to the designated visitor parking spaces. Enter campus.

**ACCOMMODATIONS**

Crowne Plaza Philadelphia Main Line Hotel  
4100 Presidential Boulevard  
Philadelphia, Pennsylvania 19131

Phone: (215) 477-0200  
Fax: (215) 473-5510  
Toll Free: (800) 642-8982

## Order of Events – Sprint Meet

1	Girls 15 & Over 50 Freestyle
2	Boys 15 & Over 50 Freestyle
3	Girls 13-14 50 Freestyle
4	Boys 13-14 50 Freestyle
5	Girls 11-12 50 Freestyle
6	Boys 11-12 50 Freestyle
7	Girls 9-10 50 Freestyle
8	Boys 9-10 50 Freestyle
9	Girls 15 & Over 50 Backstroke
10	Boys 15 & Over 50 Backstroke
11	Girls 13-14 50 Backstroke
12	Boys 13-14 50 Backstroke
13	Girls 11-12 50 Backstroke
14	Boys 11-12 50 Backstroke
15	Girls 9-10 50 Backstroke
16	Boys 9-10 50 Backstroke
17	Girls 15 & Over 50 Breaststroke
18	Boys 15 & Over 50 Breaststroke
19	Girls 13-14 50 Breaststroke
20	Boys 13-14 50 Breaststroke
21	Girls 11-12 50 Breaststroke
22	Boys 11-12 50 Breaststroke
23	Girls 9-10 50 Breaststroke
24	Boys 9-10 50 Breaststroke
25	Girls 15 & Over 50 Butterfly

26	Boys 15 & Over 50 Butterfly
27	Girls 13-14 50 Butterfly
28	Boys 13-14 50 Butterfly
29	Girls 11-12 50 Butterfly
30	Boys 11-12 50 Butterfly
31	Girls 9-10 50 Butterfly
32	Boys 9-10 50 Butterfly
33	Girls 15 & Over 100 IM
34	Boys 15 & Over 100 IM
35	Girls 13-14 100 IM
36	Boys 13-14 100 IM
37	Girls 11-12 100 IM
38	Boys 11-12 100 IM
39	Girls 9-10 100 IM
40	Boys 9-10 100 IM
41	Girls 9-10 100 Freestyle Relay
42	Boys 9-10 100 Freestyle Relay
43	Girls 11-12 200 Freestyle Relay
44	Boys 11-12 200 Freestyle Relay
45	Girls 13-14 200 Freestyle Relay
46	Boys 13-14 200 Freestyle Relay
47	Girls 15 & Over Freestyle Relay
48	Boys 15 & Over Freestyle Relay

**1<sup>ST</sup> ANNUAL CULLEN JONES SPRINT FESTIVAL  
OCTOBER 18, 2008  
MEET SUMMARY SHEET  
This form MUST accompany team entries.**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

Coach or Club  
Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Mail Entries to: Pete Crippen, 301 East 8th ave, Conshohocken PA

Entry Deadline: Friday, October 10, 2008 No late entries accepted!

Please make checks payable to PDR Swimming

Entry Fees: \_\_\_\_\_ Individual Events @ \$4.00 \$ \_\_\_\_\_

Manual Processing Fee \$5.00 per swimmer  
for non-disk entries of 5 or more swimmers \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

**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

