

PARKLAND AQUATIC CLUB

1st ANNUAL SPRING THAW SCM IMX

April 24-25, 2010

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

Sanction # MA 1004 X

LOCATION	Parkland High School Aquatic Center 2700 Cedar Crest Blvd Allentown, PA 18104 Day of meet ONLY emergency phone: 610-698-4392
FACILITIES	The PHS pool is a new indoor Paddock, 25 meter, 8 lane pool with non-turbulent lane markers, Colorado Timing system with 8 line scoreboard display. Water depth at the starting end is 12 feet. An adjacent warm-up and warm-down pool is available for swimmers. Free parking, large seating capacity, concessions stand and swim equipment vendor are available.
MEET DIRECTOR	Lisa Amann/Barb Poland: paacmeetdirector@hotmail.com 484-397-4092 (PAAC Office)
SAFETY DIRECTOR	Deb Bren: dbrendo@pol.net
OFFICIALS	Bill Trussell is the officials coordinator. btrussell@aol.com Bill Trussell is the meet referee. btrussell@aol.com
ELIGIBILITY	This meet is open to all swimmers registered with USA Swimming. Swimmer's age as of April 24, 2010 will apply for the entire meet.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Prompt notification will be made to swimmers or teams if changes impact their entries. A swimmer may swim in six individual events in the 2 day time period. NT entries will be accepted if time permits.
ORDER OF EVENTS	See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.
WARM-UP & START TIMES	Team lane assignments, warm-up schedule, and positive check in times will be emailed out or posted on the MA swimming website. Circle swimming only during warm-up until sprint lanes are opened. No diving is permitted during warm-up, except supervised diving in designated sprint lanes. When diving is permitted, swimmer must enter from the starting blocks and exit from the opposite end of the pool.

DECK ENTRIES	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 each session, at the cost of \$8.00 per event. Swimmers not previously entered in the meet must provide proof of current 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.
SWIMMERS WITHOUT A COACH	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.
SEEDING	400 Free and 400 IM are Positive Check-In. All other events are pre-seeded timed finals.
HOW TO ENTER	<p>Electronic entries in a Hy-Tek Team Manager entry file are preferred.</p> <p><u>Entries may be sent via e-mail.</u> Include with your entry file a Team Manager report by entry (saved in Word for Windows format). In the body of your e-mail, provide the number of girls, boys and entries. Include contact information (name, address, phone and cell phone). Send to paacmeetdirector@hotmail.com. Send entry check separately. It must arrive by Friday April 9, 2010</p> <p><u>Entries may be sent on a CD.</u> Include a Team Manager report by entry (saved in Word for Windows format); the PAAC Meet Summary Form and your payment. No floppies!</p> <p><u>If a Hy-Tek file is not possible,</u> entries may be sent in using the PAAC Meet Entry Form(s). As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting manual entries for more than 5 swimmers. We have information on the final page of this meet information about a Hy-tek product that is FREE (TM –Lite). This product will assist you in completing your electronic entry.</p> <p>A completed Meet Summary Sheet MUST accompany each team's entry.</p> <p>Times must be submitted in the course in which they were achieved, non-conforming times will be seeded according to USA Swimming rules. Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.</p>

ENTRY FEES	Entry fee is \$4.00 per individual event and \$8.00 for a relay. There is a \$15 per swimmer surcharge for any entry not submitted electronically. There is a \$25 per swimmer surcharge for submission of 5 or more swimmers on a manual entry.
SEND ENTRIES TO	Make entry fee payable to PAAC. Send entries to: Parkland Aquatic Club (PAAC) # 1 Tekpark / Suite 120 9999 Hamilton Boulevard Breinigsville, PA 18031 paacmeetdirector@hotmail.com Request signature waiver for UPS, Fed Ex or Express Mail
ENTRY DEADLINE	Entries must be received no later than Friday, April 9, 2010 at 6:00 PM. No late entries will be accepted.
RULES	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. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures. 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 Entries submitted must be swimmer's best verifiable USA Swimming time. Entry of time other than swimmer's best for any event may result in the swimmer's suspension from competition for a minimum of 3 months, but not more than 1 year. Any swimmer who is positively checked in for an event, and then does not swim that event, will be scratched from their next individual event. '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.
SCORING & AWARDS	Ribbons 1 st -8 th except 15 & Over events. Awards are based on times achieved at this meet.
PROGRAMS & ADMISSION	Program is \$10.00 for the entire meet. No admission fee is charged. A free heat sheet will be given to non-PAAC volunteers, if the meet director requests help in running the meet.
RESULTS	Results will be posted on the Middle Atlantic website at www.maswim.org .

DIRECTIONS	From the PA turnpike, Exit 33, take Route 22 east, exit onto Cedar Crest Blvd north. Travel north on Cedar Crest Blvd for approximately 1.9 miles. Parkland High School is on the left. The pool is on the left hand side of the complex. Park in the parking lot in front of the school, closest to the Athletics door. Walk through the Athletics entrance to admissions. Follow the signs inside the school.
ACCOMODATIONS	<p>Courtyard by Marriott 2160 Motel Drive Bethlehem, PA 18018 610-317-6200</p> <p>Fairfield Inn 2140 Motel Drive Bethlehem, PA 18018 610-867-8681</p> <p>Residence Inn 2180 Motel Drive Bethlehem, PA 18018 610-317-2662</p>
CANCELLATION DUE TO BAD WEATHER	In case of delays or cancellation due to bad weather, call the PAAC office at 484-397-4092 or check website www.paacswim.com

2010 PAAC Spring Thaw SCM IMX

All events are timed finals

Saturday AM – April 24, 2010

8:00AM (Warm up 6:30AM) Positive Check-In Required

GIRLS NUMBER	EVENT			BOYS NUMBER
1	OPEN	400 METER	FREESTYLE	2
3	13 & 14	400 METER	FREESTYLE	4
5	11 & 12	400 METER	FREESTYLE	6

Saturday PM – April 24, 2010

1:00PM (Warm-up 12:00PM)

GIRLS NUMBER	EVENT			BOYS NUMBER
7	15 & OVER	200METER	BREAST	8
9	13 & 14	200 METER	BREAST	10
11	11 & 12	100 METER	BREAST	12
13	9 & 10	100 METER	BREAST	14
15	15 & OVER	200 METER	INDIVIDUAL MEDLEY	16
17	13 & 14	200 METER	INDIVIDUAL MEDLEY	18
19	11 & 12	200 METER	INDIVIDUAL MEDLEY	20
21	9 & 10	200 METER	INDIVIDUAL MEDLEY	22

Sunday AM – April 25, 2010

8:00AM (Warm up 6:30AM) Positive Check-In Required

GIRLS NUMBER	EVENT			BOYS NUMBER
23	OPEN	400 METER	INDIVIDUAL MEDLEY	24
25	13 & 14	400 METER	INDIVIDUAL MEDLEY	26

Sunday PM – April 25, 2010

1:00PM (Warm up 12:00PM)

GIRLS NUMBER	EVENT			BOYS NUMBER
27	9 & 10	200 METER	FREE	28
29	15 & OVER	200 METER	BACK	30
31	13 & 14	200 METER	BACK	32
33	11 & 12	100 METER	BACK	34
35	9 & 10	100 METER	BACK	36
37	15 & OVER	200METER	FLY	38
39	13 & 14	200 METER	FLY	40
41	11 & 12	100 METER	FLY	42
43	9 & 10	100 METER	FLY	44

2010 PAAC SPRING THAW SCM IMX – Meet Summary Form
APRIL 24-25, 2010

Team Name: _____ Team Code: _____
 Head Coach: _____
 Team Contact: _____
 Home Phone: _____ Office Phone: _____ Cell Phone: _____
 Team E-Mail Address: _____
 Team Mailing Address: _____
 City: _____ State: _____ ZIP: _____

Mail Entries To:

Parkland Aquatic Club (PAAC)
 # 1 Tekpark / Suite 120
 9999 Hamilton Boulevard
 Breinigsville, PA 18031

paacmeetdirector@hotmail.com

Teams using Hy-Tek's Team Manager are asked to submit an entry file on a CD or via e-mail along with a Team Manager report of meet entries:

Entry Deadline: Received by 6:00 p.m. Friday, April 9, 2010.
Please make checks payable to: PAAC

	Number of Entries	Cost per Entry	Amount
Individual Entries		\$4.00	
Relay Entries		\$8.00	
Surcharge 1*	-----	\$15.00	
Surcharge 2**	-----	\$25.00	
		TOTAL	

*There is a \$15 per swimmer surcharge for submission of manual entry.

**There is a \$25 per swimmer surcharge for submission of 5 or more swimmers on a manual entry.

<p>I ATTEST THAT THE ENTERED ATHLETE SARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.</p> <p align="center"><i>Signature of head coach or authorized team representative</i></p>
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This form must accompany the official entry blanks.

PAAC Individual Entry Form 2010 SPRING THAW SCM IMX

Team Code: _____

Team Name: _____

Saturday

Swimmers Name (First, MI, Last)	DOB	USS ID	Event/Time	Event/Time	Event/Time

Sunday

Swimmers Name (First, MI, Last)	DOB	USS ID	Event/Time	Event/Time	Event/Time

Individual Events _____ @ \$4.00= _____ = \$ _____

TEAM MANAGER Lite is basically **TEAM MANAGER** with the following features enabled:

- * Standard Set-Up and Options Features
- * Enter Teams, Athletes, Relays, Meets and Browser
- * Specifying Meet Entry Custom Times by Event or by Name
- * Import of Meet Events from a MEET MANAGER Database
- * Export of Meet Entries to send to the meet host by diskette or over the Internet
- * Meet Entry Report

Please note that TM Lite is supported only by email.

To input entries you will need Hy-Tek's Team Manager Lite installed on your computer. Download TM Lite by clicking on the following link or copying it and pasting it into your browser <http://www.hytekltd.com/downloads.html> Then from the Hy-Tek web page double click the **Lite** option (illustrated below) and install it on your computer. If you need further assistance, please contact the meet director for detailed instructions.

