

PCAC LET IT SNOW MINI MEET

Sunday December 6, 2009

Sanctioned by Middle Atlantic Swimming, Inc.
Sanction #: MA 1080 M

MEET DIRECTOR: Stephanie Rozick, bcatmeet@comcast.net, (814) 404-5824

SAFETY DIRECTOR: Allen Garner (215) 849-7701

INQUIRIES: Questions should be referred to Ryan Kafer at rkafer@penncharter.com.

MEET LOCATION: William Penn Charter School
3000 West School House Lane
Philadelphia, PA 19144

EMERGENCY PHONE NUMBER: (Day of Meet Only) 215-844-3460, ext. 179

FACILITY: 6 Lane, 25 Yard pool, Daktronics timing system and scoreboard.
12'9" Depth at Starting End, Spectator Seating for 200, Free parking for 200 Vehicles,
Refreshments available at Concession Stand.

MEET FORMAT: Pre-Seeded, Timed Finals, One Session

Warm-up: 7:15 am **Start:** 8:00 am

OFFICIALS: All USA Certified Officials and Trainees are invited to work the meet. Please contact the PCAC office by phone at 215-844-3460, ext. 179 or e-mail at rkafer@penncharter.com.

ELIBILITY: Open to all registered USA Swimming athletes eight (8) years of age or younger. Swimmer's age as of day of meet governs age group entry. The meet will be conducted according to current USA Swimming rules.

ENTRIES: Swimmers may enter a maximum of **5 Individual** events. Swimmers must enter best time in each event. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for an event. Penalties may include fines or suspension set by Middle Atlantic.

E-MAILED HYTEK ENTRIES: Entries attached to an E-mail, using Hy-Tek Team Manager software are preferred. The e-mail should include the number of entries and swimmers, coach and team contact, their addresses and telephone numbers to enable resolution of any discrepancies in the entries as soon as possible. The electronic data will be the official version of the meet entries.

MANUAL ENTRIES: Submit entries on the official entry form, legibly printed with current USA registration numbers for each athlete. Indicate any meter times with designation of "**S**" for short course meter or "**L**" for long course meter. There will be a \$5.00 per swimmer surcharge for any team submitting 5 or more swimmer's entries manually. PCAC reserves the right to limit entries to comply with Middle Atlantic rules and space availability of the facility. Refunds will be given to eliminated swimmers. **No post entries** will be accepted.

Deck entries will be accepted if they are approved by 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 (**2009-2010 USA Swimming 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. \$6.00 Deck Entries. \$5.00 per Swimmer surcharge for submitting entries manually.

Make check payable to: Penn Charter

Mail Entries to: Stephanie Rozick
5249 W. Buffalo Run Rd.
Port Matilda, PA 16870

E-Mail Entries to: bcatmeet@comcast.net

ENTRY CLOSE: All Entries must be received by 5:00pm on Friday Nov, 20 2009.

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 horn start and whistle commands, 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. 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: Awards will be presented to the following finishers. **Please pick up ribbons at the conclusion of the meet.**

Individual Events: Rosettes 1st to 3rd Ribbons 4th to 12th

Heat Awards: Ribbons 1st

RESULTS: Results will be posted on the Middle Atlantic Swimming web site at 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 \$4.00 for program and admission, children under 15 are free.

DIRECTIONS:

From Center City Philadelphia, Southern New Jersey, Central and Western Pennsylvania

Take the Schuylkill Expressway (I-76) to the Lincoln Drive, Exit 340A. Follow Lincoln Drive to Gypsy Lane (first right - police station on corner.) Gypsy Lane will end at School House Lane. Turn left on School House Lane and cross Henry Avenue. Penn Charter will be on the right side of the road approximately 200 yards past Henry Avenue. Turn right into the driveway and head to the stop sign. Turn right at the stop sign and proceed through the parking lot to the next parking lot, please park here. The pool is located in the Activities Building (the large stone box-like building with windows at the base).

From Delaware County

Take City Line Avenue (Rt. 1 North) to Lincoln Drive. Follow directions from Center City Philadelphia.

From the Northeast Extension - Pennsylvania Turnpike

Exit Turnpike at Norristown, Plymouth Meeting (Exit #333). Go right after the exit and head east on Germantown Pike to first traffic light. Make a right onto Chemical Road. Go through three lights and at your fourth light, make a left at the five point intersection onto Ridge Pike. Make a left and take Ridge Pike to the Henry Avenue cutoff (bear left). (You'll be on Ridge Pike for approximately 3.5 miles.) Take Henry Avenue about 6 miles to School House Lane and turn left. Penn Charter will be on the right side of the road approximately 200 yards after making the turn. Turn right into the driveway and head to the stop sign. Turn right at the stop sign and proceed through the parking lot to the next parking lot, please park here. The pool is located in the Activities Building (the large stone box-like building with windows at the base).

UNATTACHED & SWIMMERS WITHOUT COACHES:

Swimmers who are unaccompanied by a team coach will be supervised by a PCAC coach. Please report to the Meet Director on deck when you arrive.

HOTELS:

Holiday Inn City Line

4100 Presidential Blvd., Philadelphia, Pennsylvania, USA, 19131
215-477-0200 Toll-free: 800-465-4329

North American Motor Inn

4444 City Line Ave, Philadelphia, Pennsylvania, USA, 19131
215-878-3100

Marriott Philadelphia West

111 Crawford Avenue, West Conshohocken, Pennsylvania, USA, 19428 (off of Rt.76)
610-941-5600 Toll-free: 800-237-3639

Hotel Windsor

1700 Ben Franklin Pkwy, Philadelphia, Pennsylvania, USA, 19103
215-981-5678 <http://www.windsorhotel.com>

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EVENTS

Girls	Stroke/Distance	Event	Boys
1	25 Free	6 & Under 25 Free	2
3	25 Free	7 Year Olds 25 Free	4
5	25 Free	8 Year Olds 25 Free	6
7	50 Free	8 & Under 50 Free	8
9	25 Back	6 & Under 25 Back	10
11	25 Back	7 Year Olds 25 Back	12
13	25 Back	8 Year Olds 25 Back	14
15	50 Back	8 & Under 50 Back	16
17	25 Breast	6 & Under 25 Breast	18
19	25 Breast	7 Year Olds 25 Breast	20
21	25 Breast	8 Year Olds 25 Breast	22
23	50 Breast	8 & Under 50 Breast	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	50 Fly	8 & Under 50 Fly	32
33	100 IM	7 & Under 100 IM	34
35	100 IM	8 Year Olds 100 IM	36

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This Form Must Accompany the Official Entries

Team Name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Team Contact Number _____

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

Manual Entry Processing Fee _____ swimmers @ \$5.00 \$ _____
(For Non-Disk Entry Swimmers Only)

Total \$ _____

I certify that all swimmers from this team entered in the PCAC Mini Meet are current members of USA Swimming and that all on deck coaches who attend the meet hold current coaching credentials.

Head Coach _____ Date _____

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Meet Entry Form

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 2009-2010 year)

Male or Female: (Please Circle One)

Event Information:

Event #	Age Group	Event Description	Time
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 2009-2010 year)

Male or Female: (Please Circle One)

Event Information:

Event #	Age Group	Event Description	Time
1			
2			
3			
4			
5			

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