

Five Swim Club Winter Carnival A/BB/C Meet With Relays Closed Invitational
January 9-10, 2010
Held under the sanction of Middle Atlantic Swimming - MA Sanction # MA 1006 CI

This meet is open to all **9 and over swimmers** from the invited teams registered with USA Swimming for 2010. The 2010 United States Swimming Rules will apply. Swimmer's age as of January 9, 2010 governs the entire meet.

Purpose: The purpose of the meet is for coaches to bring their entire team together to evaluate midseason times in a wide variety of events. Our goal is to conduct the meet so that it is a pleasurable event for all who attend. In keeping with this spirit, all of our sessions will be conducted in a maximum time span of 4 hours in length.

Site: Lititz Rec Center, 301 W. Maple St., Lititz, PA; 25 yards; 8 lanes with non-turbulent lane lines and Colorado Timing System with score board. The water depth at the starting end of the pool is 12 feet.

Emergency calls the day(s) of the meet may be made to (717) 626-5096.

Awards: This is a timed finals meet. The meet will be preseeded except for 1000 and 1650 freestyle and scored on each level (A, BB, C) for each event. The top eight (8) times in each level (12 and younger) will receive awards. A entries: medals 1st to 3rd, ribbons 4th to 8th; BB entries: large rosettes 1st to 3rd, ribbons 4th to 8th; C entries: regular ribbons 1st to 8th. Relay awards: ribbons 1st to 3rd. There will be no awards for 13 and over swimmers. Awards will not be given to 12 and younger who swim Senior events. Award levels will be determined by the entry times. All awards must be picked up by a coach or parent representative at the conclusion of the last session or after the last event in which your team has a swimmer participating. No awards will be mailed.

Entry Fees: \$4.00 per individual event and \$8.00 per relay. **Entries must be received by 8:00 PM on Thursday, December 24, 2009. No late or phone entries will be accepted. One check per club made payable to "Five Star Swim Club".**

Entry Limitations: Swimmers may compete in up to five (5) individual events and one (1) relay per day. **The 1000 and 1650 will be positive check-in events. Positive check-in closes at 9:00 am both days: Saturday-1000 free; Sunday-1650 free. The 1000 and 1650 will be swum fastest to slowest, alternating women's and men's heats.** Swimmers must provide their own timer and lap counter for the 1000 and the 1650 Free. Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event.

Officials: Any one wishing to volunteer or officiate, please contact the meet referee, **Dan Griest, at (717) 625-3018 (email dgriest@ptd.net)**. All officials and coaches on deck must wear their official USA Swimming Membership Badge. Meet workers will be identified with a special badge. No other people will be allowed on deck.

Safety and Rules: Middle Atlantic Swimming Rules and Warm-up Procedures will be in effect at this meet. Coaches, parents, and every swimmer should become familiar with the rules and procedures. Swimmers must be under the direct supervision of a currently registered coach. All swimmers must enter the water feet first from the starting end of the pool. No diving in lanes other than those designated for diving. A swimmer could be suspended from the meet for non-compliance. Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event. Safety Director for the meet is **Jackie Schouten (717) 626-9119**. This meet will be conducted using the Whistle command and No-Recall

Five Star Swim Club Winter Carnival Entry Summary January 9-10, 2010

TEAM NAME: _____ TEAM CODE: _____

HEAD COACH: _____

TEAM MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: HOME (____) _____ OFFICE (____) _____

CONTACT PERSON FOR QUESTIONS ON ENTRIES: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

TELEPHONE: HOME (____) _____ OFFICE (____) _____

EMAIL: _____

MAIL ENTRIES TO: Heidi Cicala
2 Breezy Knoll
Lititz, PA 17543

ENTRY DEADLINE: 8:00 PM Thursday, DECEMBER 24, 2009
Please make check payable to: FIVE STAR SWIM CLUB

*Number or Individual entries ____ x \$4.00 = \$ _____

Number of Relay entries ____ x \$8.00 = \$ _____

TOTAL = \$ _____

*If using Hy-Tek software, please include an "Entry Fee Report".

I attest that the entered athletes are properly registered with USA Swimming and that they have achieved the seed times recorded.

Head Coach or team representative Signature:

THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANKS

FSSC Winter Carnival
Saturday, January 9, 2010

Session 1

Warm-up 7:00-7:55; Start 8:00

Girls	EVENT	Boys
1	Senior 50 Freestyle	2
3	Senior 100 Breaststroke	4
5	Senior 200 Backstroke	6
7	Senior 100 Freestyle	8
9	Senior 200 IM	10
11	Senior 200 Butterfly	12
13	13 & Over 200 Freestyle Relay	14
15	Senior 1000 Freestyle	16

Session 2

Warm-up 12:00; Start 1:20

17	11/12 200 IM	18
19	9/10 200 IM	20
21	11/12 50 Freestyle	22
23	9/10 50 Freestyle	24
25	11/12 100 Breaststroke	26
27	9/10 100 Breaststroke	28
29	11/12 50 Backstroke	30
31	9/10 50 Backstroke	32
33	11/12 100 Butterfly	34
35	9/10 100 Butterfly	36
37	11/12 200 Freestyle Relay	38
39	9/10 200 Freestyle Relay	40

**FSSC Winter Carnival
Sunday, January 10, 2010**

**Session 3
Warm-up 7:00-7:55; Start 8:00**

Girls	EVENT	Boys
41	Senior 400 IM	42
43	Senior 200 Breaststroke	44
45	Senior 200 Freestyle	46
47	Senior 100 Backstroke	48
49	Senior 100 Butterfly	50
51	13 & Over 200 Medley Relay	52
53	Senior 1650	54

**Session 4
Warm-up 12:00; Start 1:20**

55	11/12 200 Freestyle	56
57	9/10 200 Freestyle	58
59	11/12 100 IM	60
61	9/10 100 IM	62
63	11/12 50 Breaststroke	64
65	9/10 50 Breaststroke	66
67	11/12 100 Backstroke	68
69	9/10 100 Backstroke	70
71	11/12 50 Butterfly	72
73	9/10 50 Butterfly	74
75	11/12 100 Freestyle	76
77	9/10 100 Freestyle	78
79	11/12 200 Medley Relay	80
81	9/10 200 Medley Relay	82

FSSC Meet Entry Information

January 9-10, 2010

Please use this entry form (duplicate if necessary) if you are not using electronic entry.

Must include Meet Summary Form with entries.

NAME: _____ Birth-date: _____ USS#: _____ M/F

EVENT #	EVENT DESCRIPTION	TIME

Reproduce this form as necessary to accommodate the number of swimmers for you team if you are not using electronic or disc entry.

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