

PARKLAND AQUATIC CLUB

Winter A/BB/C Invitational Meet

January 8- 10, 2010

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 1003 A

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 an indoor Paddock, 25 yard, 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 January 8, 2010 will apply for the entire meet.
ENTRY LIMITATIONS	<p>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 four individual events and 1 relay per day.</p> <p>Entries for the 1650 are limited to the first 16 male and first 16 female swimmers with times. NT entries will be accepted if we don't have full heats of swimmers with times. We will only run 2 heats of each unless we only have 8 swimmers in an event and we will run 3 heats of the other. Swimmers in the mile will need their own timers and counter.</p>
ORDER OF EVENTS	See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Swimmers in the 500 Free will need to provide their own counter.
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	The 500 free & 400IM on Friday night and the 1650 free on Saturday are Positive Check-In. All other events will be pre-seeded based on entry time.

<p>HOW TO ENTER</p>	<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 Wednesday, December 23, 2009.</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>
<p>ENTRY FEES</p>	<p>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.</p>
<p>SEND ENTRIES TO</p>	<p>Make entry fee payable to PAAC. Send entries to:</p> <p>Parkland Aquatic Club (PAAC) # 1 Tekpark / Suite 120 9999 Hamilton Boulevard Breinigsville, PA 18031 paacmeetdirector@hotmail.com</p> <p><u>Request signature waiver for UPS, Fed Ex or Express Mail.</u></p>
<p>ENTRY DEADLINE</p>	<p>Entries must be received no later than December 23, 2009 at 6:00 PM. No late entries will be accepted.</p>
<p>RULES</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. 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.</p>
<p>SCORING & AWARDS</p>	<p>This meet will be scored at each level: A, BB and C for each event. The top eight times in each level will receive awards except for the Open events. 'A' individual entries: medals 1st - 3rd, ribbons 4th - 8th. 'BB' individual entries: rosettes 1st - 3rd, ribbons 4th - 8th. 'C' individual entries: ribbons 1st - 8th. Relays entries: medals to 1st, ribbons 2nd & 3rd. Award levels determined by entry time.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Program is \$12.00 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.</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website at www.maswim.org</p>

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	Courtyard by Marriott 2160 Motel Drive Bethlehem, PA 18018 610-317-6200 Residence Inn 2180 Motel Drive Bethlehem, PA 18018 610-317-2662 Fairfield Inn 2140 Motel Drive Bethlehem, PA 18018 610-867-8681
CANCELLATION DUE TO BAD WEATHER	In case of delays or cancellation due to bad weather, check the PAAC website www.paacswim.com or call the PAAC office at 484-397-4092

PAAC Winter Invitational Swim Meet
All events are timed finals

Friday PM - January 8, 2010

6:30PM (Warm up 5:30PM)

Positive Check-in required for the 500Free & 400IM.

GIRLS NUMBER	EVENT			BOYS NUMBER
1	9 & 10	200 YARD	FREESTYLE	2
3	OPEN	500 YARD	FREESTYLE	4
5	OPEN	400 YARD	INDIVIDUAL MEDLEY	6

Saturday AM - January 9, 2010

7:30AM (Warm up 6:00AM)

GIRLS NUMBER	EVENT			BOYS NUMBER
7	13 & 14	100 YARD	FREESTYLE	8
9	OPEN	100 YARD	FREESTYLE	10
11	13 & 14	200 YARD	BREAST	12
13	OPEN	200 YARD	BREAST	14
15	13 & 14	200 YARD	BACK	16
17	OPEN	200 YARD	BACK	18
19	13 & 14	100 YARD	FLY	20
21	OPEN	100 YARD	FLY	22
23	13 & 14	200 YARD	INDIVIDUAL MEDLEY	24
25	OPEN	200 YARD	INDIVIDUAL MEDLEY	26
27	OPEN	400 YARD	MEDLEY RELAY	28

Saturday Mid - January 9, 2010

12:00PM (Warm up 11:30AM)

Positive Check-in required.

Swimmer must provide own timer & counter.

GIRLS NUMBER	EVENT			BOYS NUMBER
29	OPEN	1650 YARD	FREESTYLE	30

Saturday PM - January 9, 2010

2:30PM (Warm up 1:30PM)

GIRLS NUMBER	EVENT			BOYS NUMBER
31	11 & 12	100 YARD	INDIVIDUAL MEDLEY	32
33	9 & 10	100 YARD	INDIVIDUAL MEDLEY	34
35	11 & 12	50 YARD	BACK	36
37	9 & 10	50 YARD	BACK	38
39	11 & 12	200 YARD	FREESTYLE	40
41	9 to 12	200 YARD	BACK	42
43	11 & 12	100 YARD	BREAST	44
45	9 & 10	100 YARD	BREAST	46
47	11 & 12	100 YARD	FLY	48
49	9 & 10	100 YARD	FLY	50
51	11 & 12	50 YARD	FREESTYLE	52
53	9 & 10	50 YARD	FREESTYLE	54
55	11 & 12	200 YARD	MEDLEY RELAY	56
57	9 & 10	200 YARD	MEDLEY RELAY	58

Sunday AM - January 10, 2010

8:00AM (Warm up 6:30AM)

GIRLS NUMBER	EVENT			BOYS NUMBER
59	13 & 14	200 YARD	FREESTYLE	60
61	OPEN	200 YARD	FREESTYLE	62
63	13 & 14	100 YARD	BREAST	64
65	OPEN	100 YARD	BREAST	66
67	13 & 14	100 YARD	BACK	68
69	OPEN	100 YARD	BACK	70
71	13 & 14	200 YARD	FLY	72
73	OPEN	200 YARD	FLY	74
75	13 & 14	50 YARD	FREESTYLE	76
77	OPEN	50 YARD	FREESTYLE	78
79	OPEN	400 YARD	FREE RELAY	80

Sunday PM - January 10, 2010 1:30PM (Warm up 12:00PM)

GIRLS NUMBER	EVENT			BOYS NUMBER
81	9 to 12	200 YARD	BREAST	82
83	9 to 12	200 YARD	FLY	84
85	11 & 12	100 YARD	FREESTYLE	86
87	9 & 10	100 YARD	FREESTYLE	88
89	11 & 12	100 YARD	BACK	90
91	9 & 10	100 YARD	BACK	92
93	11 & 12	50 YARD	BREAST	94
95	9 & 10	50 YARD	BREAST	96
97	11 & 12	50 YARD	FLY	98
99	9 & 10	50 YARD	FLY	100
101	11 & 12	200 YARD	INDIVIDUAL MEDLEY	102
103	9 & 10	200 YARD	INDIVIDUAL MEDLEY	104
105	11 & 12	200 YARD	FREESTYLE RELAY	106
107	9 & 10	200 YARD	FREESTYLE RELAY	108

2010 PAAC Winter Invitational Meet Summary Form

TEAM NAME:		TEAM CODE:
HEAD COACH:		
TEAM CONTACT:		PHONE NUMBER:
TEAM EMAIL ADDRESS:		
TEAM MAILING ADDRESS:		

Mail Entries: Parkland Aquatic Club (PAAC) 484-397-4092
 # 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. December 23, 2009.
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.

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

This form must accompany the official entry blanks.

PAAC Individual Entry Form 2010 Winter Invitational

Team Code: _____

Team Name: _____

Friday

Swimmers Name	DOB	USS ID	Event/Time	Event/Time	Event/Time	Event/Time

Saturday

Swimmers Name	DOB	USS ID	Event/Time	Event/Time	Event/Time	Event/Time

Sunday

Swimmers Name	DOB	USS ID	Event/Time	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 Browsers
- * 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.

