

**GREATER PHILADELPHIA AQUATICS PRESENTS:
2011 Middle Atlantic Regional Silver Championships**

Saturday and Sunday April 2-3, 2011

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1188 B

LOCATION	<p>Gloucester County Institute of Technology 1360 Tanyard Road Sewell, NJ 08080</p> <p>Day of meet ONLY emergency phone # 856-468-1445 ext. 2659</p>
FACILITIES	<p>The Aquatic Center at the Gloucester County Institute of Technology is an 8 lane 50 meter pool separated into two 25 yard competition pools by a moveable bulkhead. The starting and turn depths in the deep end (Pool A) are 10 feet and the starting and turn depths in the shallow end (Pool B) are 5 feet. Each pool is equipped with non-turbulent lane lines, Paragon starting blocks and a Colorado 6 Timing System with separate scoreboards.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p> <p>There is a separate mezzanine with seating for 450 spectators and unlimited parking. Concessions will be available for purchase during the meet.</p>
MEET DIRECTOR	Matthew Sprang, gpacentries@gmail.com ; 856-580-0912
SAFETY DIRECTOR	Bob Taffet, gpacentries@gmail.com
MEET OFFICIALS	Felicia Seigel gpacentries@gmail.com
EMAIL ENTRIES TO:	gpacentries@gmail.com
ELIGIBILITY	<p>This meet is open to all USA Swimming registered swimmers ages 9 and older who have not meet the qualifying time in a particular event for the Middle Atlantic Winter Junior Olympics or Middle Atlantic Winter Senior Championship meets . Swimmer's age is as of the first day of the meet.</p> <p>Swimmers are limited to a total of 5 individual events and 1 relay event per day regardless of how many sessions they participate in each day.</p>
ENTRY LIMITATIONS	<p>The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic and GCIT facility rules. As this is a Middle Atlantic Championship meet, the four hour rule does not apply. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>

ORDER OF EVENTS WARM-UP & START TIMES	<p>Attached is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up times for each team will be assigned by the meet director once all entries have been received.</p>
DECK ENTRIES	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet at the cost of \$8 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck entries will be accepted only until 30 minutes prior to the start of each session. 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 Meet Director before or during warm-ups. Deck entries must be paid for at the time of entry with cash and exact change.</p>
On Site Registration	<p>Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2010-11 registration). This applies to all swimmers attached to a club.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. It is requested that teams sending swimmers without a coach notify the Meet Director via email upon submitting entries for the meet. A team sending at least three swimmers to the meet is requested to send a coach with those swimmers for safety reasons.</p>
SEEDING	<p>This meet will be pre-seeded for all events with the exception of the 500 freestyle and 400 IM events.</p> <p>The 500 Freestyle and 400 IM will be seeded and swum fastest to slowest.</p>
HOW TO ENTER	<p>All entries should be submitted using Hy-Tek's Team Manager Program. Entries submitted manually will be assessed a \$15 per swimmer fee in addition to regular event entry fees. Also, any team submitting manual entries for more than five athletes must submit a surcharge of \$25 per athlete. Entries must be submitted in the course they were achieved. Upon receipt of all entries the meet director will convert all non-conforming times to short course yards for the purpose of seeding the meet. All entries must be submitted with an entry summary report.</p> <p>NO POST ENTRIES WILL BE ACCEPTED.</p>
ENTRY FEES	<p>\$4 Per Individual Event. \$8 per Relay Event.</p>
SEND ENTRIES TO	<p>Email is the preferred manner to send your entries in. Please send emailed entries (including entry report) to gpacentries@gmail.com. Please include the number of athletes and entries in the body of the</p>

	<p>email as well as a contact number for the person responsible for your team's entries. Entries can also be mailed to: Silver Championships 2011; c/o GPAC; PO Box 293; Sewell, NJ 08080. Team must submit one check or money order to cover the cost of their collective entries. Make all checks payable to "Greater Philadelphia Aquatics".</p>
<p>ENTRY DEADLINE</p>	<p>All entries must be received by 5 pm on Monday, March 14, 2011. If sending the entries by express mail, be sure to waive the signature requirement. Entries received after 5 pm on March 14th will be treated as deck entries and subject to the deck entry requirements and stipulations.</p> <p>PAYMENT FOR ALL ENTRIES MUST BE RECEIVED BY MONDAY, March 28, 2011.</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.</p> <p>All events will be conducted as timed finals.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. YOU MUST PROVIDE EITHER CURRENT USA SWIMMING CREDENTIALS OR WRITTEN PROOF THAT YOU ARE CURRENTLY CERTIFIED BY USA SWIMMING TO BE ON THE POOL DECK. THERE WILL BE ABSOLUTELY NO DECK ACCESS FOR PERSONS NOT CREDENTIALLED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.</p> <p>Positive check-in is required for the 500 Freestyle and 400 IM. The check-in table will close one hour after the start of the morning session each day. Swimmers who check in for the event and fail to swim will be scratched from their next individual event with no refund provided.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. Coaches of swimmers needing special accommodations should speak with the deck referee at each session of the meet. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 20 second heat interval.</p> <p>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>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.</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 at the discretion of the Middle Atlantic Swimming Board of Directors.</p>

RACING START CERTIFICATION	<p>Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
SCORING & AWARDS	<p>Awards will be based on the swimmer's seed time for the meet. Rosettes will be awarded 1st through 3rd place and ribbons will be awarded for 4th through 8th place in the BB, and C Divisions in all age groups. Relay awards will be for 1st through 3rd place for each event.</p> <p>A High Point Award will be given to the highest scoring male and female swimmer in each of the following age groups: 9-10, 11-12, 13-14, & 15-19.</p> <p>A Team Spirit Award will be given to the team who demonstrates the best level of team spirit and sportsmanship throughout the meet. This award will be decided by a pre-selected meet jury consisting of coaches, officials, and meet volunteers from different teams. The meet jury will not be permitted to vote for the team they represent.</p>
PROGRAMS & ADMISSION	<p>One program for the entire meet will be on sale for \$12. Admission is \$5 per person per session. Children ages 5 and under will be admitted free of charge. Free admission and a heat sheet for that day's session will be given to any persons assisting in the running of the meet as necessary.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic Swimming web site www.maswim.org. A results file will also be emailed to each club providing a valid email address (1 per club) upon entering the meet.</p> <p>THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from numbers on the board sticking or from the swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Referee when a discrepancy occurs. COACHES ONLY should notify the meet referee of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director within 24 hours of the meet results being distributed via email.</p>
DIRECTIONS	<p>For Directions please visit our website at www.swimgpac.org.</p>
ACCOMODATIONS	<p>HOLIDAY INN/RUNNEMEDE 856-939-4200</p>

Session 1
Saturday, April 2, 2011
Warm up 6:45 am, Events 7:45 am

Girls Event#	Event Description	Boys Event #
1	11-12 200yd Free Relay	2
3	13-14 200yd Free Relay	4
5	11-12 200yd Freestyle	6
7	13-14 200yd Freestyle	8
9	11-12 50 yd Breast	10
11	13-14 200 yd breast	12
13	11-12 100yd Backstroke	14
15	13-14 100yd Backstroke	16
17	11-12 50yd Butterfly	18
19	13-14 200yd Butterfly	20
21	11-12 50yd Freestyle	22
23	13-14 50yd Freestyle	24

Session 2
Saturday April 2, 2011
Warm-up 5 min after end of session 1, not before 11:45am
Meet Start 35 min after the end of session 1, not before 12:20 pm

Girls Event #	Event Description	Boys Event #
25	13 & Over 500yd Freestyle	26

Session 3
Saturday, April 2, 2011
Warm-up no later than 3:00 pm; Meet no later than 4:00 pm

Girls Event #	Event Description	Boys Event #
27	15 & Over 200yd Free Relay	28
29	9-10 200yd Free Relay	30
31	15 & Over 100yd Free	32
33	9-10 100yd Free	34
35	15 & Over 200yd Breast	36
37	9-10 50 yd Breast	38
39	15 & Over 100 yd Back	40
41	9-10 100 yd Back	42
43	15 & Over 200yd Butterfly	44
45	9-10 50yd Butterfly	46
47	15 & Over 200yd Free	48
49	9-10 200yd IM	50

There are no qualifying standards for relays.

Session 4
Sunday, April, 3, 2011
Warm-up 6:45 am; Meet 7:45 am

Girls Event #	Event Description	Boys Event #
51	11-12 200yd Medley Relay	52
53	13-14 200yd Medley Relay	54
55	11-12 100yd Individual Medley	56
57	13-14 200yd Individual Medley	58
59	11-12 100yd Breaststroke	60
61	13-14 100yd Breaststroke	62
63	11-12 50yd Backstroke	64
65	13-14 200yd Backstroke	66
67	11-12 100yd Butterfly	68
69	13-14 100yd Butterfly	70
71	11-12 100yd Freestyle	72
73	13-14 100yd Freestyle	74
75	11-12 200yd Individual Medley	76

Session 5
Sunday April 3, 2011
Warm-up 5 minutes after Session 4, no earlier than 11:45 am
Meet 35 minutes after Session 4, no earlier than 12:20 am

Girls Event #	Event Description	Boys Event #
77	13 & Over 400yd IM	78

Session 6
Sunday April 3, 2011
Warm-up no later than 3:00 pm; Meet no later than 4:00 pm

Girls Event #	Event Description	Boys Event #
79	15 & Over 200yd Medley Relay	80
81	9-10 200yd Medley Relay	82
83	15 & Over 50yd Freestyle	84
85	9-10 50yd Freestyle	86
87	15 & Over 100yd Breast	88
89	9-10 100yd Breaststroke	90
91	15 & Over 200yd Back	92
93	9-10 50yd Back	94
95	15 & Over 100yd Fly	96
97	9-10 100yd Butterfly	98
99	15 & Over 200yd IM	100
101	9-10 100yd IM	102
103	9-10 200yd Freestyle	104

There are no qualifying standards for relays.

**2011 Middle Atlantic Regional Silver Championships
MAXIMUM QUALIFYING TIMES**

GIRLS				BOYS		
LCM	SCM	SCY	Event	SCY	SCM	LCM
2:39.69	2:30.39	2:14.49	11-12 200 Free	2:16.89	2:31.19	2:36.19
2:28.59	2:23.69	2:08.59	13-14 200 Free	2:03.59	2:17.89	2:24.99
43.19	41.29	37.09	11-12 50 Breast	37.59	41.39	43.69
3:11.99	3:03.69	2:45.99	13-14 200 Breast	2:36.29	2:52.69	3:02.39
1:26.29	1:20.49	1:11.39	11-12 100 Back	1:12.09	1:19.69	1:24.09
1:19.69	1:15.09	1:07.69	13-14 100 Back	1:04.89	1:11.69	1:15.59
36.79	35.19	31.59	11-12 50 Fly	31.89	35.29	36.79
2:49.59	2:44.19	2:28.59	13-14 200 Fly	2:22.29	2:37.19	2:41.59
33.29	31.69	28.29	11-12 50 Free	28.09	31.19	33.09
31.59	30.19	27.19	13-14 50 Free	25.49	28.49	30.69
5:14.59	5:02.49	5:46.19	13-14 400/500 Free	5:33.09	4:51.49	5:06.29
5:12.89	4:52.29	5:34.09	15& Up 400/500 Free	5:14.29	4:34.99	4:44.39
2:44.89	2:39.59	2:22.99	15-& Up 200 IM	2:15.39	2:31.19	2:37.19
1:21.89	1:18.29	1:10.39	9-10 100 Free	1:10.19	1:17.59	1:21.59
3:08.49	3:06.79	2:47.29	15 & Up 200 Breast	2:30.09	2:45.89	2:54.29
48.79	46.49	41.99	9-10 50 Breast	42.99	47.79	48.99
1:18.29	1:14.49	1:06.29	15 & Up 100 Back	1:02.59	1:09.89	1:11.99
1:35.49	1:29.89	1:21.19	9-10 100 Back	1:21.69	1:30.19	1:34.69
2:44.69	2:42.79	2:27.69	15 & Up 200 Fly	2:14.59	2:28.69	2:32.19
42.09	41.19	36.99	9-10 50 Fly	36.69	40.49	41.49
31.89	32.39	26.99	15 & Up 50 Free	24.09	26.89	28.79
38.49	35.79	31.99	9-10 50 Free	31.89	35.69	36.79
N/A	1:18.99	1:11.09	11-12 100 IM	1:11.39	1:19.39	N/A
2:47.39	2:40.19	2:23.49	13-14 200 IM	2:18.99	2:35.19	2:44.59
1:33.79	1:30.19	1:20.79	11-12 100 Breast	1:21.29	1:29.79	1:33.89
1:30.09	1:24.89	1:16.49	13-14 100 Breast	1:12.29	1:19.89	1:23.59
39.09	36.69	32.99	11-12 50 Back	33.29	36.79	38.79
2:50.99	2:41.69	2:24.69	13-14 200 Back	2:19.49	2:35.99	2:42.99
1:24.09	1:20.79	1:12.39	11-12 100 Fly	1:12.49	1:20.19	1:23.09
1:17.59	1:14.29	1:06.69	13-14 100 Fly	1:04.09	1:10.79	1:12.69
1:13.59	1:08.39	1:01.19	11-12 100 Free	1:01.19	1:08.09	1:11.59
1:09.29	1:04.89	58.59	13-14 100 Free	55.59	1:01.89	1:06.39
3:00.19	2:52.89	2:34.69	11-12 200 IM	2:35.19	2:52.59	2:58.09
6:03.19	5:54.79	5:17.49	13-14 400 IM	5:02.39	5:34.19	5:46.79
5:53.89	5:41.59	5:06.09	15 & Up 400 IM	4:49.09	5:19.49	5:29.99
2:22.09	2:19.49	2:04.99	15 & Up 200 Free	1:54.89	2:08.19	2:12.79
N/A	1:30.39	1:21.29	9-10 100 IM	1:21.49	1:29.79	N/A
1:29.79	1:24.59	1:15.79	15 & Up 100 Breast	1:09.19	1:16.49	1:20.59
1:47.49	1:43.19	1:33.39	9-10 100 Breast	1:34.09	1:44.49	1:46.99
2:44.29	2:41.29	2:24.49	15 & Up 200 Back	2:13.59	2:26.59	2:34.89
43.69	41.69	37.49	9-10 50 Back	37.79	42.09	44.69
1:16.09	1:12.89	1:05.29	15 & Up 100 Fly	59.79	1:06.79	1:09.09
1:39.69	1:34.19	1:25.79	9-10 100 Fly	1:26.69	1:36.29	1:38.19
1:06.59	1:04.89	58.19	15 & Up 100 Free	52.49	58.59	1:00.79
2:59.89	2:52.79	2:36.39	9-10 200 Free	2:37.39	2:53.79	3:00.39

Middle Atlantic Regional Silver Championships

ENTRY SUMMARY

Team: _____ **USA-S CLUB CODE:** _____

Name of Club: _____

USA Club Code: _____

Name(s) of Coach(es) _____

Address: _____

Phone #: _____ E-Mail: _____

Contact Person Responsible for Entries: _____

Phone #: _____

Fax #: _____

E-Mail: _____

Contact Person Regarding Timers and Officials: _____

Phone #: _____

Fax #: _____

E-Mail: _____

ENTRY FEE SUMMARY

Total # of Individual Entries _____ x \$4.00 = \$ _____

Total # of Manual Entries* _____ x \$15.00 = \$ _____

Team Manual Entry Fee* _____ x \$25.00 = \$ _____

Total # of Relay Entries _____ x \$8.00 = \$ _____

Total Amount of Entry \$ _____

Total # of Swimmers _____

MAKE CHECKS PAYABLE TO: Greater Philadelphia Aquatics

*As per Middle Atlantic rules, any entry submitted manually is subject to a \$15 per athlete fee. In additional, any team submitting manual entries for more than 5 swimmers will be charged an additional fee of \$25 per swimmer.

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative