

# Lehigh Valley Aquatics

## Last Chance Meet

February 27,2011

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1164B – Time Trial Sanction # MA 1164TT

<b>LOCATION</b>	Liberty High School Pool  1115 Linden Street  Bethlehem, PA , 18018  Day of meet ONLY emergency phone # 732-513-8158
<b>FACILITIES</b>	Indoor competition pool is 25 yards; 8 lanes, non-turbulent lane lines. Water depth is 12 feet at the starting end. Water depth at the turning end of the pool is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado electronic timing system. Free parking is available adjacent to the pool. Hospitality will be at all sessions for Coaches and Officials. A food stand will be provided for spectators. A vendor will be on site to sell suits and equipment. Spectator seating provided.
<b>MEET DIRECTOR</b>	David Billings, 610-923-7235. E-mail entries and any questions to <a href="mailto:entries@lehighvalleyaquatics.org">entries@lehighvalleyaquatics.org</a> . Please put LVA Last Chance on subject line. Please refer all questions to the above e-mail address.
<b>SAFETY DIRECTOR</b>	Jim Lawless, 610-610-868-0498. MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.
<b>OFFICIALS</b>	Any USA swimming official who would like to officiate this meet should contact, Jay Watlington, 610-923-6842.  e-mail: <a href="mailto:jaywatlington@gmail.com">jaywatlington@gmail.com</a> .
<b>ELIGIBILITY</b>	The objective of this meet is to provide a quality event for swimmers who have not qualified for MA Junior Olympics Meet or Middle Atlantic Senior Championship Meet. This meet is open to swimmers registered with USA Swimming for 2011, age 9 years and older. Age group is determined by the swimmers age as of February 27, 2011. Each swimmer may compete in a maximum of 5 individual events per day. There are no relays.

<p><b>ENTRY LIMITATIONS</b></p>	<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.</p> <p>Swimmers are limited to 5 events per day.</p> <p>The 500 freestyle will be deck seeded and will swim fastest to slowest. Positive check-in for this event will close at 10:30am. This event may be limited due time constraints. Swimmers cut from the 500 free will be refunded entry fees.</p> <p>The 500 freestyle swimmers must provide their own timer and lap counter. The 500 Free will be limited to 8 heats.</p> <p>Swimmers entry times must be slower than the 2010/2011 Middle Atlantic Junior Olympic time standard or Middle Atlantic Senior Championship Time standard for your age group.</p>												
<p><b>WARM-UP &amp; START TIMES</b></p>	<p>Warm up session will be divided into periods of equal length depending on the number of swimmers entered in each session. Sprint/start lanes will be available at the end of each warm up session for the last 15 minutes. . Feet first entry only except in sprint lanes when designated. Lane 1 &amp; 8 will continue to be general warm up during sprint time.</p> <table border="1" data-bbox="505 978 1159 1241"> <thead> <tr> <th><u>Session</u></th> <th><u>Warm-up</u></th> <th><u>Meet Start</u></th> </tr> </thead> <tbody> <tr> <td>One, Sun</td> <td>6:45AM</td> <td>8:00AM</td> </tr> <tr> <td>Two, Sun</td> <td>12:15PM</td> <td>1:00PM</td> </tr> <tr> <td>Three, Sun</td> <td>2:15PM</td> <td>3:30PM</td> </tr> </tbody> </table>	<u>Session</u>	<u>Warm-up</u>	<u>Meet Start</u>	One, Sun	6:45AM	8:00AM	Two, Sun	12:15PM	1:00PM	Three, Sun	2:15PM	3:30PM
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<p><b>DECK ENTRIES /TIME TRIALS</b></p>	<p>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. 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 not previously entered in the meet must provide proof of current USA Swimming registration.</p>												
<p><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. "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>												

<b>SEEDING</b>	This is a pre seeded timed final meet except for the 500 free which requires a positive check-in.
<b>HOW TO ENTER</b>	<p>No converted times will be accepted. Entry times must be submitted in the course in which they were achieved.</p> <p>Swimmers without a valid USA swimming time should be entered as "NT".</p> <p>Entries should be submitted using HY-TEK software.</p> <p>A word or pdf file listing each swimmer alphabetically, with each swimmers' events, and entry times must accompany the meet entry file.</p> <p>If using HY-Tek is not possible: the Official Entry Form must be used.</p> <p>A completed meet summary sheet must accompany each team's entry.</p> <p>Please waive the signature release for priority/overnight mail.</p> <p>No phone entries will be accepted. No meet entries will be made prior to receipt of fees, by posted deadline.</p> <p><i>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.</i></p> <p>A \$5.00 surcharge per swimmer will be added for each team with 5 or more entries that does not submit entries using Hy-Tek software. Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Failure to remit payment will result in rejection of the entries. Hy-tek TM Lite can be downloaded for free on the Middle Atlantic website. Complete instructions are there.</p> <p><u>We request each club submit one check payable to "Lehigh Valley Aquatics".</u></p> <p>Notice: As per Mid Atlantic regulations, failure to enter a swimmers best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA swimming functions.</p>
<b>ENTRY FEES</b>	<p>\$4.00 per individual event. Deck entries \$8.00</p> <p>\$5.00 per swimmer surcharge for teams of 5 or more submitting entries manually. See above.</p>
<b>SEND ENTRIES TO</b>	Jaci Hendricks, 450 E Walnut, Unit 102, Nazareth, PA 18064.

	<p>e-mail: <a href="mailto:entries@lehighvalleyaquatics.org">entries@lehighvalleyaquatics.org</a>.</p> <p>Phone: 610-248-0332</p> <p>Make checks payable to "Lehigh Valley Aquatics". Waive signature.</p> <p>In order to receive updates and current information regarding this meet, a team representative, should send an e-mail to <a href="mailto:entries@lehighvalleyaquatics.org">entries@lehighvalleyaquatics.org</a> to be added to the distribution list.</p>
<b>ENTRY DEADLINE</b>	All entries must be received by 5pm on February 12, 2011. No late entries will be accepted.
<b>RULES</b>	<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>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</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>Failure to swim an event after a positive check-in will result in the swimmer being disqualified from their next individual event. Per Middle Atlantic regulations, 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.</p>
<b>SCORING &amp; AWARDS</b>	Level BB: Rosettes 1 <sup>st</sup> – 3 <sup>rd</sup> , Ribbons 4 <sup>th</sup> – 6 <sup>th</sup> , Level C: Ribbons 1 <sup>st</sup> – 6 <sup>th</sup>
<b>PROGRAMS &amp; ADMISSION</b>	<p>Admission: Free</p> <p>Programs: \$10 per day.</p> <p>Meet volunteers will be admitted free of charge.</p>
<b>RESULTS</b>	Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> .
<b>DIRECTIONS</b>	From the East: Take Route 22 West. Continue to the Route 191 (Nazareth

	<p>Pike/Linden Street) Exit. Make a left at the end of the ramp. Go South. 3.8 miles to the School. Continue straight to Fairview St. Turn Right. Turn Right again into parking area. Pool Area will be thru the doors in the athletic center.</p> <p>From the West: Take Route 22 East to the Bethlehem Exit (Route 512). Make a left at the end of the exit ramp toward Bethlehem. Go south on Center Street 2.3 miles to Elizabeth Ave., turn Left. Next traffic light, turn right onto Linden. Follow directions above.</p> <p>From the South (Via Route 309 north): Take Route 309 North to Center Valley. Follow 378 North for approximately 6 miles. Coming off of the Hill to Hill bridge, bear right toward downtown Bethlehem (Large hotel and church/ off to right of bridge). The exit ramp will bring you to Main Street. Continue on Main Street .9 miles to Elizabeth Avenue. Turn right onto Elizabeth Avenue. Continue to the third Light, turn right onto Linden Street. Follow directions above.</p>
<p><b>ACCOMODATIONS</b></p>	<p><b>Courtyard Allentown Bethlehem/Lehigh Valley Airport</b></p> <p><b>2160 Motel Drive</b></p> <p><b>Bethlehem, PA, 18018-1066</b></p> <p><b>(610) 317-6200</b></p> <p><b>Discounted sleeping rooms available: \$89 Kings / \$89 Doubles</b></p> <p><b>To reserve a discounted sleeping room please contact Marriott reservations at (800) 321-2211 or the hotel directly at (610) 317-6200 and reference "Lehigh Valley Aquatics - Last Chance Meet Room Block" Reservations need to be confirmed by Friday, February 18th.</b></p>

# LVA Last Chance Meet

## Official Meet Entry Form

Team: \_\_\_\_\_

Team Code \_\_\_\_\_

Coach: \_\_\_\_\_

Phone# \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

USS#: \_\_\_\_\_

M/F

Event #

Event Description

Entry Time

Duplicate as needed

Page # \_\_\_\_\_ OF \_\_\_\_\_

Order of Events – Sunday Session 1 –  
Start Time– 8:00am, warm-up 6:45am

**Event**

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- 1 Girls 13 & Over 200 Freestyle
- 2 Boys 13 & Over 200 Freestyle
- 3 Girls 13 & Over 50 Freestyle
- 4 Boys 13 & Over 50 Freestyle
- 5 Open Girls 200 Breaststroke
- 6 Open Boys 200 Breaststroke
- 7 Girls 13 & Over 100 Backstroke
- 8 Boys 13 & Over 100 Backstroke
- 9 Girls 13 & Over 100 Butterfly
- 10 Boys 13 & Over 100 Butterfly
- 11 Open Girls 200 Butterfly
- 12 Open Boys 200 Butterfly
- 13 Girls 13 & Over 100 Breaststroke
- 14 Boys 13 & Over 100 Breaststroke
- 15 Open Girls 200 Backstroke
- 16 Open Boys 200 Backstroke
- 17 Open Girls 200 IM
- 18 Open Boys 200 IM
- 19 Girls 13 & Over 100 Freestyle
- 20 Boys 13 & Over 100 Freestyle

Order of Events – Sunday Session 2-  
Start Time – 1pm

**Event**

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- 21 Open Girls 500 Freestyle
- 22 Open Boys 500 Freestyle

Order of Events – Sunday Session 3 –  
Start time:3:30

**Event**

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- 23 Girls 9-12 200 Freestyle
- 24 Boys 9-12 200 Freestyle
- 25 Girls 9-12 50 Backstroke
- 26 Boys 9-12 50 Backstroke
- 27 Girls 9-12 100IM
- 28 Boys 9-12 100 IM
- 29 Girls 9-12 50 Freestyle
- 30 Boys 9-12 50 Freestyle
- 31 Girls 9-12 100 Butterfly
- 32 Boys 9-12 100 Butterfly
- 33 Girls 9-12 50 Breaststroke
- 34 Boys 9-12 50 Breaststroke
- 35 Girls 9-12 100 Backstroke
- 36 Boys 9-12 100 Backstroke
- 37 Girls 9-12 100 Breaststroke
- 38 Boys 9-12 100 Breaststroke
- 39 Girls 9-12 50 Butterfly
- 40 Boys 9-12 50 Butterfly
- 41 Girls 9-12 100 Freestyle
- 42 Boys 9-12 100 Freestyle

Lehigh Valley Aquatics Last Chance Meet  
**Hosted by Lehigh Valley Aquatics**  
Meet Summary Sheet to be included with entry

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_  
Head Coach: \_\_\_\_\_ LSC Code: \_\_\_\_\_  
Entry Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_

**Mailing Address:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**ENTRY SUMMARY:**

**Swimmers**

**Events**

**12&Under:**

**13&Older:**

**TOTALS:**

**Mail To:**  
**Jaci Hendricks**  
**Lehigh Valley Aquatics**  
450 E Walnut, Unit 102,  
Nazareth, PA 18064

**FEE SUMMARY:**

**Total**  
**Individual**  
**Events:** \_\_\_\_\_ X \$4.00 =  
**TOTAL DUE:**

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