

# PARKLAND AQUATIC CLUB

## SPRING THAW SCM IMX

May 21 & 22, 2011

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1130 CX

<b>LOCATION</b>	Parkland High School Aquatic Center 2700 Cedar Crest Blvd Allentown, PA 18104 Day of meet <b>ONLY</b> emergency phone: 610-698-4392
<b>FACILITIES</b>	The PHS pool is an indoor 25 meter, 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 with a turn depth of 5 ½ 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. The PHS pool is currently an uncertified pool by USA standards.
<b>MEET DIRECTOR</b>	Lisa Amann/Matt Beckwith: paacmeetdirector@hotmail.com 484-397-4092 (PAAC Office)
<b>SAFETY DIRECTOR</b>	Deb Bren: d.brendo@yahoo.com
<b>OFFICIALS</b>	Bill Trussell is the officials coordinator: btrussell@aol.com
<b>ELIGIBILITY</b>	This meet is open to all swimmers registered with USA Swimming. Swimmer's age as of May 21, 2011 will apply for the entire meet.  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. Unattached athlete registration is \$60.
<b>ENTRY LIMITATIONS</b>	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. <b>A swimmer may swim in three individual events/day. NT entries will be accepted if time permits.</b>
<b>ORDER OF EVENTS</b>	See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.
<b>WARM-UP &amp; START TIMES</b>	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.
<b>DECK ENTRIES</b>	<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. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</p> <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. Unattached athlete registration is \$60.</p> <p>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.</p>
<b>SWIMMERS WITHOUT A COACH</b>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p> <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>
<b>SEEDING</b>	400 Free and 400 IM are Positive Check-In. All other events are pre-seeded timed finals.
<b>HOW TO ENTER</b>	<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. 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 Friday, May 6, 2011.</p> <p><u>Entries may be sent on a CD.</u> Include a Team Manager report by entry, the PAAC Meet Summary Form and your payment.</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</p>

	<p>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>
<b>ENTRY FEES</b>	<p>Entry fee is \$4.00 per individual event and \$8.00 for a relay. <b>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.</b></p>
<b>SEND ENTRIES TO</b>	<p>paacmeetdirector@hotmail.com</p> <p>Make entry fee payable to PAAC. Send entries to:  Parkland Aquatic Club ( PAAC )  # 1 Tekpark / Suite 120  9999 Hamilton Boulevard  Breinigsville, PA 18031</p> <p><b>Request signature waiver</b> for UPS, Fed Ex or Express Mail</p>
<b>ENTRY DEADLINE</b>	<p>Entries must be received no later than Friday, May 6, 2011 at 6:00 PM. No late entries will be accepted.</p>
<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. 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.</p>

	<b>'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.</b>
<b>SCORING &amp; AWARDS</b>	Ribbons 1 <sup>st</sup> - 8 <sup>th</sup> except 15 & Over events. Awards are based on times achieved at this meet.
<b>PROGRAMS &amp; ADMISSION</b>	Heat Sheets will be available for \$3/session. 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.
<b>RESULTS</b>	Results will be posted on the Middle Atlantic website at <a href="http://www.maswim.org">www.maswim.org</a> .
<b>DIRECTIONS</b>	From the PA turnpike, Exit 56, 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.
<b>ACCOMODATIONS</b>	<p>PAAC Preferred Hotels:</p> <p>Holiday Inn Conference Center 7736 Adrienne Drive Breinigsville, PA 18031 610-391-1000 <a href="http://www.hilehighvalley.com">www.hilehighvalley.com</a></p> <p>Courtyard by Marriott 2160 Motel Drive Bethlehem, PA 18018 610-317-6200</p> <hr/> <p>Other area hotels:</p> <p>Allentown Comfort Suites 3712 Hamilton Boulevard Allentown, PA 18103 610-437-9100/ Sharon Dickinson, General Manager</p> <p>Hawthorn Suites By Wyndham Hotels 7720 Main St.&amp; I-78 @ Exit 49-B Fogelsville/Allentown , PA 18051 Hotel phone 610.366.9422 Hotel Fax 610.366.9445</p>
<b>CANCELLATION DUE TO BAD WEATHER</b>	In case of delays or cancellation due to bad weather, call the PAAC office at 484-397-4092 or check the website <a href="http://www.paacswim.com">www.paacswim.com</a> .

# 2011 PAAC Spring Thaw SCM IMX

All events are timed finals

## Saturday AM – May 21, 2011 8:00AM (Warm up 6:30AM)

GIRLS NUMBER	EVENT			BOYS NUMBER
1	15 & OVER	200METER	BREAST	2
3	13 & 14	200 METER	BREAST	4
5	11 & 12	100 METER	BREAST	6
7	9 & 10	100 METER	BREAST	8
9	15 & OVER	200 METER	INDIVIDUAL MEDLEY	10
11	13 & 14	200 METER	INDIVIDUAL MEDLEY	12
13	11 & 12	200 METER	INDIVIDUAL MEDLEY	14
15	9 & 10	200 METER	INDIVIDUAL MEDLEY	16

**Saturday PM – May 21, 2011 - Positive check-in required**  
**Warm up will begin immediately following the end of the morning session.**  
**Session will start 30 minutes after the start of warm-ups. Exact start times and positive check-in times will be emailed to teams prior to meet weekend.**

GIRLS NUMBER	EVENT			BOYS NUMBER
17	OPEN	400 METER	FREESTYLE	18
19	13 & 14	400 METER	FREESTYLE	20
21	11 & 12	400 METER	FREESTYLE	22

## Sunday AM – May 22, 2011 8:00AM (Warm up 6:30AM)

GIRLS NUMBER	EVENT			BOYS NUMBER
23	9 & 10	200 METER	FREE	24
25	15 & OVER	200 METER	BACK	26
27	13 & 14	200 METER	BACK	28
29	11 & 12	100 METER	BACK	30
31	9 & 10	100 METER	BACK	32
33	15 & OVER	200METER	FLY	34
35	13 & 14	200 METER	FLY	36
37	11 & 12	100 METER	FLY	38
39	9 & 10	100 METER	FLY	40

**Sunday PM – May 22, 2011 - Positive check-in required**  
**Warm up will begin immediately following the end of the morning session.**  
**Session will start 30 minutes after the start of warm-ups. Exact start times and positive check-in times will be emailed to teams prior to meet weekend.**

GIRLS NUMBER	EVENT			BOYS NUMBER
41	OPEN	400 METER	INDIVIDUAL MEDLEY	42
43	13 & 14	400 METER	INDIVIDUAL MEDLEY	44

# 2011 PAAC SPRING THAW SCM IMX – Meet Summary Form

## May 21 & 22, 2011

**Team Name:** \_\_\_\_\_ **Team Code:** \_\_\_\_\_  
**Head Coach:** \_\_\_\_\_  
**Team Contact:** \_\_\_\_\_  
**Home Phone:** \_\_\_\_\_ **Office Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_  
**Team E-Mail Address:** \_\_\_\_\_  
**Team Mailing Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Mail Entries To:**

Parkland Aquatic Club ( PAAC )  
 # 1 Tekpark / Suite 120  
 9999 Hamilton Boulevard  
 Breinigsville, PA 18031

[paacmeetdirector@hotmail.com](mailto: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. Friday, May 6, 2011**

**Please make checks payable to: PAAC**

	Number of Entries	Cost per Entry	Amount
<b>Individual Entries</b>		<b>\$4.00</b>	
<b>Relay Entries</b>		<b>\$8.00</b>	
<b>Surcharge 1*</b>	-----	<b>\$15.00</b>	
<b>Surcharge 2**</b>	-----	<b>\$25.00</b>	
		<b>TOTAL</b>	

\*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 2011 SPRING THAW SCM IMX

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

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

## Saturday

Swimmers Name (First, MI, Last)	DOB	USS ID	Event/Time	Event/Time	Event/Time

## Sunday

Swimmers Name (First, MI, Last)	DOB	USS ID	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.

The screenshot shows a web browser window with the URL <http://www.hy-tekltd.com/downloads.html>. The page content is as follows:

### Swimming

- TEAM MANAGER:** Please Note that the TM 5.0 FREE Service Pack is not available for TM 2.1, TM 3.0, or TM 4.0 Customers. [Click Here](#) for information about upgrading to TM 5.0.
- MEET MANAGER:** Please Note that the MM 2.0 FREE Service Pack is not available for MM 1.4 Customers. [Click Here](#) for information about upgrading to MM 2.0.

TEAM MANAGER 5.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Lite</a>
MEET MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Sports BUSINESS MANAGER 5.1	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
Personal SWIM MANAGER 2.1	<a href="#">Update</a>	<a href="#">User Guide</a>	N/A	<a href="#">Demo</a>
TM 4.0Sm - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A
MM 1.4Qe - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A

### Track and Field

- TEAM MANAGER:** Please Note that the Track TM 2.0 FREE Service Pack is not available for Track TM 1.2 Customers. [Click Here](#) for information about upgrading to the Track TM 2.0 CD.
- MEET MANAGER:** Please Note that the Track MM 2.0 FREE Service Pack is not available for Track MM 1.2 Customers. [Click Here](#) for information about upgrading to the Track MM 2.0 CD.

TEAM MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Lite</a>
MEET MANAGER 2.0	<a href="#">Update</a>	<a href="#">User Guide</a>	<a href="#">Getting Started</a>	<a href="#">Demo</a>
TM 1.2Kd - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A
MM 1.2Lb - Not supported by HY-TEK	<a href="#">Update</a>	N/A	N/A	N/A

[Swimming Time Standard and Record Files](#)