

# EMMAUS AQUATIC CLUB

## FALL A/BB/C INVITATIONAL

NOVEMBER 12-14, 2010

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1113 A

<b>LOCATION</b>	Emmaus High School Natatorium 500 Macungie Ave. Emmaus, PA 18049  Day of meet ONLY - emergency phone #610-533-3966
<b>FACILITIES</b>	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Turning Depth 4 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hy-Tek Software, Spectator seating is separate balcony seating for 450, Parking capacity 1000, Snack Bar will be available. Pool is not currently USA Swimming certified.
<b>MEET DIRECTOR</b>	Mike Seip / John Kline 610-965-5800 <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a>
<b>SAFETY DIRECTOR</b>	Mike Seip / John Kline 610-965-5800
<b>OFFICIALS</b>	Kelly Woltornist, 610-965-5800 <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a>
<b>ELIGIBILITY</b>	Open to any swimmers 9 & older currently registered with USA Swimming for 2010-11. Swimmer's age is as of 11/12/10.
<b>ENTRY LIMITATIONS</b>	Swimmer may swim a maximum of 4 individual events in his/her age category per day.  The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/Teams eliminated from the meet due to time or space constraints will be given a refund.

<p><b>ORDER OF EVENTS</b></p> <p><b>WARM-UP &amp; START TIMES</b></p>	<p>Please see attached order of events. All events are pre-seeded timed finals, except events 1-4 &amp; 69-70 which require positive check-in. <b>Session 1 – Warm Up 5:00 PM, Meet 6:00 PM; <u>POSITIVE CHECK-IN IS REQUIRED BY 5:15 PM !!</u></b></p> <p><b>Sessions 2 &amp; 4 – Warm Up 7:30 AM, Meet 9:00 AM</b></p> <p><b>Sessions 3 &amp; 5 – Warm Up 1:00 PM, Meet 2:00 PM; <u>POSITIVE CHECK-IN FOR the 500 FREE IS REQUIRED BY 1:30 PM!!</u></b></p> <p>No diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted the swimmer must enter from the starting blocks and exit from the opposite end of the pool. All entries must be feet-first other than the above-mentioned.</p>
<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 the meet at the cost of \$8.00 per event. Swimmers not already entered in the meet must provide proof of 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. <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><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups. <i>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.</i></p>
<p><b>HOW TO ENTER</b></p>	<p>Entries must be submitted using Hy-Tek software and must be submitted in the course in which they were achieved. Supporting paperwork and recap sheet must accompany all entries. Non-electronic entries must be on the enclosed entry forms.</p>

<b>ENTRY FEES</b>	\$4.00 per event.
<b>SEND ENTRIES TO</b>	<p>Mail entries to EMAC, PO Box 3304, Allentown, PA 18106-0304. Phone 610-965-5800, Fax 610-965-7704</p> <p>Entries may be emailed to <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a></p> <p>Make checks payable to Emmaus Aquatic Club</p>
<b>ENTRY DEADLINE</b>	<p>Friday, November 1, 2010 by 6:00 PM.</p> <p>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. We will be using ‘Fly-over’ starting procedures 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. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p><b><u>For Positive Check-in Events:</u> Swimmers not swimming in an event for which they have been positively checked in will be prohibited from swimming in their next individual event.</b></p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</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.</p>
<b>SCORING &amp; AWARDS</b>	<p>“A” Individual Events – Medals 1<sup>st</sup> to 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 6<sup>th</sup>. “BB” Individual Events – Ribbons 1<sup>st</sup> to 6<sup>th</sup>. “C” Individual Events – Ribbons 1<sup>st</sup> to 6<sup>th</sup>. Current short course yards time standards published by USA Swimming will be used to award times achieved at this meet. Awards are based on entry times.</p>
<b>PROGRAMS &amp; ADMISSION</b>	<p>Programs \$6.00 Admission \$3.00 per day. Children under 5 admitted free. Free admission to all volunteers.</p>
<b>RESULTS</b>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> and on the EMAC website <a href="http://www.emacswim.org">www.emacswim.org</a></p>

<b>DIRECTIONS</b>	From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East or West to 309 South to Cedar Crest Blvd. Turn right at bottom of ramp; stay on Cedar Crest approx. 4 miles, high school football stadium will be on left, turn left onto North St. Use entrance located near the tennis courts, the words “Sports Center” are directly above these doors.
<b>ACCOMODATIONS</b>	Holiday Inn Express 3620 Hamilton Blvd. Allentown, PA 610-437-9255  Comfort Suites 3712 Hamilton Blvd. Allentown, PA 610-437-9100

Session: 1 Friday PM – November 12, 2010

Day of Meet: 1 Starts at 06:00PM Heat Interval: 20 seconds

<b>Event #</b>	<b>Timed Finals</b>
<b>1</b>	Women 11 & Over 400 IM
<b>2</b>	Men 11 & Over 400 IM
<b>3</b>	Women 11 & Over 1650 Freestyle
<b>4</b>	Men 11 & Over 1650 Freestyle

Session: 2 Saturday AM – November 13, 2010

Day of Meet: 2 Starts at 09:00AM Heat Interval: 20 seconds

<b>Event #</b>	<b>Timed Finals</b>
<b>5</b>	Women 13-14 100 Freestyle
<b>6</b>	Men 13-14 100 Freestyle
<b>7</b>	Women Senior 100 Freestyle
<b>8</b>	Men Senior 100 Freestyle
<b>9</b>	Women 13-14 200 Breaststroke
<b>10</b>	Men 13-14 200 Breaststroke
<b>11</b>	Women Senior 200 Breaststroke
<b>12</b>	Men Senior 200 Breaststroke
<b>13</b>	Women 13-14 200 Backstroke
<b>14</b>	Men 13-14 200 Backstroke

<b>Event #</b>	<b>Timed Finals</b>
<b>15</b>	Women Senior 200 Backstroke
<b>16</b>	Men Senior 200 Backstroke
<b>17</b>	Women 13-14 100 Butterfly
<b>18</b>	Men 13-14 100 Butterfly
<b>19</b>	Women Senior 100 Butterfly
<b>20</b>	Men Senior 100 Butterfly
<b>21</b>	Women 13-14 200 IM
<b>22</b>	Men 13-14 200 IM
<b>23</b>	Women Senior 200 IM
<b>24</b>	Men Senior 200 IM

Session: 3 Saturday PM – November 13, 2010

Day of Meet: 2 Starts at 02:00PM Heat Interval: 20 seconds

<b>Event #</b>	<b>Timed Finals</b>
<b>25</b>	Women 9-10 50 Freestyle
<b>26</b>	Men 9-10 50 Freestyle
<b>27</b>	Women 11-12 50 Freestyle
<b>28</b>	Men 11-12 50 Freestyle
<b>29</b>	Women 9-10 100 Breaststroke
<b>30</b>	Men 9-10 100 Breaststroke
<b>31</b>	Women 11-12 100 Breaststroke
<b>32</b>	Men 11-12 100 Breaststroke
<b>33</b>	Women 9-10 100 IM
<b>34</b>	Men 9-10 100 IM
<b>35</b>	Women 11-12 100 IM
<b>36</b>	Men 11-12 100 IM

<b>Event #</b>	<b>Timed Finals</b>
<b>37</b>	Women 9-10 50 Backstroke
<b>38</b>	Men 9-10 50 Backstroke
<b>39</b>	Women 11-12 200 Backstroke
<b>40</b>	Men 11-12 200 Backstroke
<b>41</b>	Women 9-10 100 Butterfly
<b>42</b>	Men 9-10 100 Butterfly
<b>43</b>	Women 11-12 100 Butterfly
<b>44</b>	Men 11-12 100 Butterfly
<b>45</b>	Women 9-10 200 Freestyle
<b>46</b>	Men 9-10 200 Freestyle
<b>47</b>	Women 11-12 200 Freestyle
<b>48</b>	Men 11-12 200 Freestyle

Session: 4 Sunday AM – November 14, 2010

Day of Meet: 3 Starts at 09:00AM Heat Interval: 20 seconds

<b>Event #</b>	<b>Timed Finals</b>
<b>49</b>	Women 13-14 50 Freestyle
<b>50</b>	Men 13-14 50 Freestyle
<b>51</b>	Women Senior 50 Freestyle
<b>52</b>	Men Senior 50 Freestyle
<b>53</b>	Women 13-14 100 Breaststroke
<b>54</b>	Men 13-14 100 Breaststroke
<b>55</b>	Women Senior 100 Breaststroke
<b>56</b>	Men Senior 100 Breaststroke
<b>57</b>	Women 13-14 100 Backstroke
<b>58</b>	Men 13-14 100 Backstroke

<b>Event #</b>	<b>Timed Finals</b>
<b>59</b>	Women Senior 100 Backstroke
<b>60</b>	Men Senior 100 Backstroke
<b>61</b>	Women 13-14 200 Butterfly
<b>62</b>	Men 13-14 200 Butterfly
<b>63</b>	Women Senior 200 Butterfly
<b>64</b>	Men Senior 200 Butterfly
<b>65</b>	Women 13-14 200 Freestyle
<b>66</b>	Men 13-14 200 Freestyle
<b>67</b>	Women Senior 200 Freestyle
<b>68</b>	Men Senior 200 Freestyle

Session: 5 Sunday PM – November 14, 2010

Day of Meet: 3 Starts at 02:00PM Heat Interval: 20 seconds

<b>Event #</b>	<b>Timed Finals</b>
<b>69</b>	Women 9-12 500 Freestyle
<b>70</b>	Men 9-12 500 Freestyle
<b>71</b>	Women 9-10 100 Freestyle
<b>72</b>	Men 9-10 100 Freestyle
<b>73</b>	Women 11-12 100 Freestyle
<b>74</b>	Men 11-12 100 Freestyle
<b>75</b>	Women 9-10 50 Breaststroke
<b>76</b>	Men 9-10 50 Breaststroke
<b>77</b>	Women 11-12 200 Breaststroke
<b>78</b>	Men 11-12 200 Breaststroke
<b>79</b>	Women 9-10 100 Backstroke

<b>Event #</b>	<b>Timed Finals</b>
<b>80</b>	Men 9-10 100 Backstroke
<b>81</b>	Women 11-12 100 Backstroke
<b>82</b>	Men 11-12 100 Backstroke
<b>83</b>	Women 9-10 50 Butterfly
<b>84</b>	Men 9-10 50 Butterfly
<b>85</b>	Women 11-12 50 Butterfly
<b>86</b>	Men 11-12 50 Butterfly
<b>87</b>	Women 9-10 200 IM
<b>88</b>	Men 9-10 200 IM
<b>89</b>	Women 11-12 200 IM
<b>90</b>	Men 11-12 200 IM

**EMMAUS AQUATIC CLUB – Fall A/BB/C MEET  
November 12-14, 2010  
MEET SUMMARY SHEET**

**This form MUST accompany team entries.**

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

Head Coach \_\_\_\_\_

Coach or Club Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Mail Entries to: EMAC  
PO Box 3304  
Allentown, PA 18106-0304

Entry Deadline: Friday, November 1, 2010 No late entries accepted!

Please make checks payable to EMAC.

Entry Fees: \_\_\_\_\_ Individual Events @ \$4.00 \$ \_\_\_\_\_

Manual Processing Fee \$5.00 per swimmer  
for non-disk entries \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

**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



