

Friends' Central Aquatics Fall Mini

Sunday November 7th, 2010

Held under the sanction of USA Swimming and Middle Atlantic Swimming

Sanction#: **MA 1127 M**

MEET DIRECTOR: Jim Turley: 610-574-0346 (day of meet only)
Email: fcamd_turley@verizon.net

MEET REFEREE: Meet Referee: TBD
REFeree: Email:

SAFETY DIRECTOR: Safety Director: Jeff Hyde
Email:
Phone: 215-542-9095

INQUIRIES: Questions should be referred to Jim Turley, fcamd_turley@verizon.net.

MEET LOCATION: Friends' Central School, 1101 City Avenue, Wynnewood. PA 19096-3490
Emergency Phone Number (day of meet only) 610-658-5609 or 610-574-0346

FACILITY: The pool is located in the Shimada Athletic Center at Friends' Central School. The pool is a 6-lane 25-yard pool with a Colorado Timing System scoreboard, and touch pads at both ends of the pool. The depth of the pool at the starting end is 12' and the shallow end is 4'. There is balcony seating for 125 spectators. Free parking is available in the school lot.
The competition course has not been certified in accordance with 104.2.2C(4).

ELIGIBILITY: This meet is open to 8 & Under swimmers registered in 2010 with USA Swimming. Age groups are determined by the swimmer's age on November 7th, 2010. This meet will be run according to current USA Swimming rules and regulations.

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.

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.

Swimmers may compete in a maximum of FOUR (4) individual events and TWO (2) relays.

MEET FORMAT Pre-Seeded – Timed Finals – Two sessions

The Meet Director reserves the right to modify sessions if numbers of entries warrant it.

START TIMES:

Session 1: Girls	Warm-up: 8:15am / Start: 9:00am
Session 2: Boys	Warm-up: 12:15pm / Start: 1:00pm

WARM-UP: USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- The warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be made available to coaches at the meet.
- Sprint/Start lanes will be available at the end of each warm-up session.
- No diving or backstroke starts will be permitted except in sprint lanes, when designated.
- The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.
- **Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.**

Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.

- ENTRIES:**
- **Middle Atlantic** team entries received by October 23rd, 2010 will be entered in the order in which they are received.
 - **All Non-Middle Atlantic** team entries will be entered after October 23rd, 2010 in the order in which they were received.
 - **ALL ENTRIES must be received by October 23rd, 2010.**
 - Entries must be submitted in the course in which they were achieved.
 - Converted time should NOT be used.
 - All times submitted must be the swimmer's best time.
 - Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.
 - Entries must be submitted using **HY-TEK** software format. No Floppies!
 - A hard copy printout or attached MS Word document listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the entry file.
 - If a **HY-TEK** file is not possible, the **Official Entry Form** must be used.
 - If entering 5 or more swimmers using this form, a processing fee of **\$2.00** per swimmer must be included.
 - **A completed Meet Summary Sheet MUST accompany each team's entry.**

Notice: As per Middle Atlantic regulations, failure to enter a swimmer's 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.

- ENTRY LIMITS:**
- All swimmers may compete in a maximum of Four (4) individual and two (2) relays.
 - The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit, **OR** separate sessions.
 - If limits become necessary, teams will be notified through their club contact.
 - If limits are imposed, all eliminated swimmers/teams will receive a full refund.

- ENTRIES DUE:**
- **All entries must be received by: 11:59PM, Saturday, October 23rd, 2010**
 - NO LATE, FAXED, or PHONED entries will be accepted!
 - Entries will not be processed without full payment.
 - **Please WAIVE the Signature Release.**

Please send one check per club, made payable to "**Friends' Central School**"

Mail entries to: **Friends' Central Aquatics**
c/o Friends' Central School
1101 City Avenue
Wynnewood, PA 19096-3490

NOTE: Please do not send entries **REQUIRING** a signature. These entries risk being late! For notification, please enclose a self-addressed, stamped postcard/envelope that can be returned, or **email the Meet Director.**

- MEET UPDATES:** If you are attending this meet, please send an email message to fcamd_turley@verizon.net and you will be put on the Meet email list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.

(Please note, your update email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.)

- ENTRY FEES:**
- \$4.00 per Individual Event**
 - \$8.00 per Relay Entry**
 - \$8.00 per Individual Deck Entry (cash or check accepted)**
 - \$16.00 per Relay Deck Entry (cash or check accepted)**

Please send **ONE** check per club, made payable to "**Friends' Central School**"

- DECK ENTRIES:** Deck Entries may be accepted during the meet at the Meet Director's discretion. If accepted Deck Entries:
- May only be submitted during the first **30 minutes** of each warm-up session.
 - Will be for available lanes **ONLY**. Extra heats will not be added.
 - Will not be accepted after the start of a session.
 - **Swimmers will not be eligible for awards in deck entered events.**
 - **Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.**
- SAFETY:** Current USA Swimming Safety Rules will be in effect and will be strictly enforced.
- DECK CHAIRS:** Due to space limitations and facilities requirements, swimmers will not be permitted to bring "chairs" on deck. This rule does NOT apply to coaches.
- AWARDS:** Awards will be presented to the following finishers. **Please pick up ribbons at the conclusion of the meet.**
- | | | |
|---|--|-------------------------|
| Individual Events: | Relay Events: | Heat Awards: |
| Ribbons 1 st to 12 th | Ribbons 1 st to 3 rd | Ribbons 1 st |
- DECK ACCESS:** By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.
- START PROCEDURES:**
- This Meet will be conducted using the **No Recall** false start rule.
 - This Meet will also use the whistle command start, supplemented with verbal commands.
- OFFICIALS:** All USA Certified Officials and Trainees are invited to work the meet. Please contact the FCA office at 610-658-5632 ext 2 or Meet Director Jim Turley at fcamd_turley@verizon.net.
- ADMISSION:**
- | | |
|------------------|--|
| Admission | \$ 2.00 per Session. Children under 12 years of age will be admitted free. |
| Programs | \$ 3.00 per Program. The program includes the entire meet. |
- FINAL RESULTS:**
- Final Results will be available on the Friends' Central Aquatics website: www.friendscentral.org/fca in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will also be posted on the Middle Atlantic Swimming website: <http://www.maswim.org/>
 - Results will **not** be mailed or emailed.
- SPECTATORS:** Balcony seating is available for up to 125 spectators. We have a concession area in the lobby.
- VOLUNTEERS:** **Volunteer Timers** will be needed for this meet. Volunteers will receive a refund on their admission and access to the hospitality area.
- HOSPITALITY:** There will be food and drinks available for volunteers, officials and coaches.

HOTELS:**Holiday Inn City Line**

4100 Presidential Blvd., Philadelphia, Pennsylvania, USA, 19131
215-477-0200 Toll-free: 800-465-4329

North American Motor Inn

4444 City Line Ave, Philadelphia, Pennsylvania, USA, 19131
215-878-3100

Marriott Philadelphia West

111 Crawford Avenue, West Conshohocken, Pennsylvania, USA, 19428 (off of Rt.76)
610-941-5600 Toll-free: 800-237-3639

Hotel Windsor

1700 Ben Franklin Pkwy, Philadelphia, Pennsylvania, USA, 19103
215-981-5678

<http://www.windsorhotel.com>

DIRECTIONS:

[Click here for a MapQuest.com map of our location.](#)

From I-95:

Take I-95 to I-76 West to Exit 339 (old 33) (City Line Avenue/Route 1).

Go south on City Line Avenue (Rt 1) for appx. 2 miles.

Cross over Lancaster Avenue (Route 30)

1/2 mile on your right is entrance to campus.

From NJ Turnpike:

NJ Turnpike to Exit 6. Pennsylvania Turnpike. Follow directions for PA Turnpike.

From PA Turnpike:

Get on PA Turnpike to Exit 326 (old 24) (Valley Forge)

After toll proceed on I-76 East (approximately 8 miles)

to Exit 339 (old 33) (City Line Avenue/Route 1).

Go south on City Line Avenue (Rt 1) for appx. 2 miles.

Cross over Lancaster Avenue (Route 30)

1/2 mile on your right is entrance to campus.

SUNDAY – NOVEMBER 7, 2010

SESSION #1 – Girls			SESSION #2 - Boys	
Warm-up: 8:15 a.m. – Start: 9:00 a.m.			Warm-up: 12:15 p.m. – Start: 1:00 p.m.	
Girls		Event Description	Boys	
1	6 & Under	100 Medley Relay	6 & Under	2
3	7 Year Olds	100 Medley Relay	7 Year Olds	4
5	8 Year Olds	100 Medley Relay	8 Year Olds	6
7	6 & Under	25 Freestyle	6 & Under	8
9	7 Year Olds	25 Freestyle	7 Year Olds	10
11	8 Year Olds	25 Freestyle	8 Year Olds	12
13	8 & Under	50 Freestyle	8 & Under	14
15	6 & Under	25 Backstroke	6 & Under	16
17	7 Year Olds	25 Backstroke	7 Year Olds	18
19	8 Year Olds	25 Backstroke	8 Year Olds	20
21	6 & Under	25 Breaststroke	6 & Under	22
23	7 Year Olds	25 Breaststroke	7 Year Olds	24
25	8 Year Olds	25 Breaststroke	8 Year Olds	26
27	6 & Under	25 Butterfly	6 & Under	28
29	7 Year Olds	25 Butterfly	7 Year Olds	30
31	8 Year Olds	25 Butterfly	8 Year Olds	32
33	7 & Under	100 IM	7 & Under	34
35	8 Year Olds	100 IM	8 Year Olds	36
37	6 & Under	100 Freestyle Relay	6 & Under	38
39	7 Year Olds	100 Freestyle Relay	7 Year Olds	40
41	8 Year Olds	100 Freestyle Relay	8 Year Olds	42

FRIENDS' CENTRAL AQUATICS SUMMER MINI MEET SUMMARY SHEET

Team Name: _____ Team Code: _____
 Head Coach: _____ LSC Code: _____
 Entry Contact: _____ Phone#: _____
 Mailing Address: _____
 Email Address: _____

SUMMARY:

Number of:	Swimmers	Individual Entries	Relay Entries
Girls' totals:	_____	_____	_____
Boys' totals:	_____	_____	_____
TOTALS:	_____	_____	_____

FEE SUMMARY:

Total # of Swimmers _____

Total Individual Events: _____ X \$4.00 = _____

Total Relay Events: _____ X \$8.00 = _____

Deck Entries:

Individual Events _____ X \$8.00 = _____

Relay Events _____ X \$16.00 = _____

Non-Disk Surcharge _____ X \$2.00 = _____ (For manual entries of 5 or more swimmers, per swimmer)

TOTAL: _____

Make checks payable to **Friends' Central School**
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

Mail entries to:
Friends' Central Aquatics
c/o Friends' Central School
1101 City Avenue
Wynnewood, PA 19096-3490
DEADLINE: Saturday, October 23rd, 2010