

PCAC "TRICK OR TREAT" MINI MEET

Sunday Oct 31, 2010

Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 1158M

MEET DIRECTOR: Stephanie Rozick, bcatmeet@comcast.net, (814) 404-5824

SAFETY DIRECTOR: Allen Garner (215) 849-7701

INQUIRIES: Questions should be referred to Ryan Kafer at pcac@penncharter.com.

MEET LOCATION: William Penn Charter School
3000 West School House Lane
Philadelphia, PA 19144

EMERGENCY PHONE NUMBER: (Day of Meet Only) 215-844-3460, ext. 179

FACILITY: 6 Lane, 25 Yard pool, Daktronics timing system and scoreboard. 12'9" depth at starting end, 5' depth at opposite end. Spectator seating for 200, Free parking for 200 Vehicles, Refreshments available at Concession Stand. The competition course has not been certified in accordance with 104.2.2C(4).

MEET FORMAT: Pre-Seeded, Timed Finals, One Session

Warm-up: 7:15 am **Start:** 8:00 am

OFFICIALS: All USA Certified Officials and Trainees are invited to work the meet. Please contact the PCAC office by phone at 215-844-3460, ext. 179 or e-mail Greg Cowhey at GCowhey@cbiz.com .

ELIGIBILITY: Open to all registered USA Swimming athletes eight (8) years of age or younger. Swimmer's age as of day of meet governs age group entry. The meet will be conducted according to current USA Swimming rules. On-site registrations will not be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.

RACING START CERTIFICATION: 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 the requirement.

ENTRIES: Swimmers may enter a maximum of **5 Individual** events. Swimmers must enter best time in each event. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for an event. Penalties may include fines or suspension set by Middle Atlantic.

E-MAILED HYTEK ENTRIES: Entries attached to an E-mail, using Hy-Tek Team Manager software are preferred. Email "subject" = "(Your team) Trick or Treat Entries". Email body = Team name/ Number of entries/ Number of swimmers. Email attachments = TM entry report (.doc)/ TM entry file. The electronic data will be the official version of the meet entries.

MANUAL ENTRIES: Submit manual entries on the "Manual Meet Entry Form", along with "Meet Entry Summary Form" and payment to address below. Please legibly print the athlete's current 2010 or 2011 USA Registration ID. There will be a **\$15.00 per swimmer surcharge** for any team submitting manually - any entries not sent using Hy-Tek software. We encourage

individuals to use the free TM –Lite or purchase Hy-Tek Personal Swim Manager to enter meets. TM-Lite is available for download at <http://www.hy-tek.com/downloads.html>.

PCAC reserves the right to limit entries to comply with Middle Atlantic rules and space availability of the facility. Refunds will be given to eliminated swimmers. **No post entries** will be accepted.

DECK ENTRIES: Deck entries will be accepted if they are approved by the Meet Director and provided there is lane availability within existing heats. Swimmers not already in the meet must provide proof of current USA Swimming registration (**2010 or 2011 USA Swimming Registration Card**) in order to deck-enter an event. Fees for deck entries will be paid prior to the event(s).

ENTRY FEES: \$4.00 per event. \$6.00 Deck Entries. \$15.00 per Swimmer surcharge for submitting entries manually.

Make Check Payable to: Penn Charter School

Mail Entry Payments to: PCAC c/o Kevin Berkoff
3000 W. School House Ln
Philadelphia, PA 19144

E-Mail Entries to: Stephanie Rozick, bcatmeet@comcast.net

ENTRY CLOSE: All Entries must be received by 5:00pm on Friday Oct 22, 2010.

RULES: This meet will be conducted according to current USA Swimming and MA Swimming rules. USA Swimming and MA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. This meet will be conducted using horn start and whistle commands, supplemented with verbal commands, and no-recall false start procedures. **No Diving** in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up. Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.

AWARDS: Awards will be presented to the following finishers. **Please pick up ribbons at the conclusion of the meet.**

Individual Events: Rosettes 1st to 3rd Ribbons 4th to 12th **Heat Awards:** Ribbons 1st

RESULTS: Results will be posted on the Middle Atlantic Swimming web site at www.maswim.org. Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that provides an E-Mail address with their entries.

ADMISSION: Adults \$4.00 for program and admission, children under 15 are free.

UNATTACHED & SWIMMERS WITHOUT COACHES:

Swimmers who are unaccompanied by a team coach will be supervised by a PCAC coach. Please report to the Meet Director on deck when you arrive.

DIRECTIONS:

From Center City Philadelphia, Southern New Jersey, Central and Western Pennsylvania

Take the Schuylkill Expressway (I-76) to the Lincoln Drive, Exit 340A. Follow Lincoln Drive to Gypsy Lane (first right - police station on corner.) Gypsy Lane will end at School House Lane. Turn left on School House Lane and cross Henry Avenue. Penn Charter will be on the right side of the road approximately 200 yards past Henry Avenue. Turn right into the driveway and head to the stop sign. Turn right at the stop sign and proceed through the parking lot to the next parking lot, please park here. The pool is located in the Activities Building (the large stone box-like building with windows at the base).

From Delaware County

Take City Line Avenue (Rt. 1 North) to Lincoln Drive. Follow directions from Center City Philadelphia.

From the Northeast Extension - Pennsylvania Turnpike

Exit Turnpike at Norristown, Plymouth Meeting (Exit #333). Go right after the exit and head east on Germantown Pike to first traffic light. Make a right onto Chemical Road. Go through three lights and at your fourth light, make a left at the five point intersection onto Ridge Pike. Make a left and take Ridge Pike to the Henry Avenue cutoff (bear left). (You'll be on Ridge Pike for approximately 3.5 miles.) Take Henry Avenue about 6 miles to School House Lane and turn left. Penn Charter will be on the right side of the road approximately 200 yards after making the turn. Turn right into the driveway and head to the stop sign. Turn right at the stop sign and proceed through the parking lot to the next parking lot, please park here. The pool is located in the Activities Building (the large stone box-like building with windows at the base).

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>

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EVENTS

Girls	Stroke/Distance	Event	Boys
1	25 Free	6 & Under 25 Free	2
3	25 Free	7 Year Olds 25 Free	4
5	25 Free	8 Year Olds 25 Free	6
7	50 Free	8 & Under 50 Free	8
9	25 Back	6 & Under 25 Back	10
11	25 Back	7 Year Olds 25 Back	12
13	25 Back	8 Year Olds 25 Back	14
15	50 Back	8 & Under 50 Back	16
17	25 Breast	6 & Under 25 Breast	18
19	25 Breast	7 Year Olds 25 Breast	20
21	25 Breast	8 Year Olds 25 Breast	22
23	50 Breast	8 & Under 50 Breast	24
25	25 Fly	6 & Under 25 Fly	26
27	25 Fly	7 Year Olds 25 Fly	28
29	25 Fly	8 Year Olds 25 Fly	30
31	50 Fly	8 & Under 50 Fly	32
33	100 IM	7 & Under 100 IM	34
35	100 IM	8 Year Olds 100 IM	36

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Manual Meet Entry Form

Contact Information (circle one): Coach - Team Representative - Parent

Contact Name: _____

Contact Address: _____

Contact E-Mail: _____ Phone: __ (____) _____
(results will be sent to this email)

Swimmer's Information

Last Name: _____ First Name: _____ Initial: _____

Birthdate: _____ USA# _____ M/F: _____

Event #	Age Group	Event Description	Time
1			
2			
3			
4			
5			

Swimmer's Information

Last Name: _____ First Name: _____ Initial: _____

Birthdate: _____ USA# _____ M/F: _____

Event #	Age Group	Event Description	Time
1			
2			
3			
4			
5			

*****Please reproduce this form to accommodate the total number of swimmers for your team.***

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MEET ENTRY SUMMARY FORM
This Form Must Accompany the Payment

Team Name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Team Contact Number _____

Number of Individual Events: _____ @ \$4.00 \$ _____

Manual Entry Processing Fee _____ swimmers @ \$15.00 \$ _____
(For Non-Hytek Entry Swimmers Only)

Total \$ _____

I certify that all swimmers from this team entered in the PCAC Mini Meet are current members of USA Swimming and that all on deck coaches who attend the meet hold current coaching credentials.

Head Coach _____ Date _____