



UPPER DUBLIN AQUATIC CLUB

PRESENTS

“ROCKTOBERFEST” A/BB/C SWIM MEET

October 16 & 17, 2010

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc. MA SANCTION# MA 1140 A

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| LOCATION | Upper Dublin High School (UDHS), 800 Loch Alsh Avenue, Fort Washington, PA 19034 Google Map . Approximately 20 min from King of Prussia, 30 min from Philadelphia; 50 min from Wilmington, DE; 50 min. from Cherry Hill, NJ; 2 hrs from Harrisburg; 5 hrs from Pittsburgh. |
| FACILITIES | Upper Dublin High School Natatorium. New (2010) 40 yd, 10-lane Wallover-designed pool with moveable Stark bulkhead, non-turbulent Competitive lane lines, Colorado Timing System with 10-lane display. Water depth is 13 feet at the start end and is 7 feet at the turn end. 5-lane 25-yard warm-up/warm-down area available throughout competition. This pool has not yet been certified according to the USA Swimming Rules & Regulations. Balcony seating for approximately 400 spectators. Food concession available in lobby. Parking in lots surrounding Upper Dublin High School Athletic Complex and Upper Dublin Township Building Site and Parking Information . |
| MEET DIRECTOR | Stephanie Rozick, 8312 Sentinel Ridge, Eagleville, PA 19403 (814) 404-5824 e-mail: bcatmeet@comcast.net Please direct all questions to the Meet Director |
| SAFETY DIRECTOR | Stephanie Rozick, 8312 Sentinel Ridge, Eagleville, PA 19403 (814) 404-5824 e-mail: bcatmeet@comcast.net Meet day only pool emergency phone number: 215-643-8900 ext. 2283 |
| OFFICIALS | Meet Referee: Jim Leigh jim.leigh@comcast.net 215-572-0787 Anyone interested in helping with the meet as a USA Swimming-certified official should contact the meet referee. |
| ELIGIBILITY | The Meet Director will accept entries until the meet fills. Open to all 2010-2011 USA Swimming registered swimmers. Swimmers age as of October 16, 2010 will apply for the entire meet. The 2010 USA Swimming rules will apply. 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. |

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| | 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. | | | | | | | | | | | | | | | | |
| ENTRY LIMITATIONS | <p>The meet director reserves the right to change the meet format if necessary to conduct each meet session in a four-hour time span. If the meet should fill, all unprocessed entries will be returned with a full refund.</p> <p>Swimmers may enter a maximum of four (4) events per day.</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> | | | | | | | | | | | | | | | | |
| WARM-UP & START TIMES QUALIFYING TIMES | <p>Warm-up times and lanes will be assigned. Sprint and pace lanes will be assigned during warm-ups. 5-lane 25-yard warm-up/warm-down area available throughout meet.</p> <p>We will follow USA swimming and MA Swimming policies and procedures for warm-up.</p> <p>Dates and times:</p> <table> <tr> <td>Sat, Oct 16</td> <td>Session 1</td> <td>Warm-up 7:00am</td> <td>Meet starts 8:00 am</td> </tr> <tr> <td></td> <td>Session 2</td> <td>Warm-up 12:30pm</td> <td>Meet starts 1:30pm</td> </tr> <tr> <td>Sun, Oct 17</td> <td>Session 3</td> <td>Warm-up 7:00am</td> <td>Meet starts 8:00 am</td> </tr> <tr> <td></td> <td>Session 4</td> <td>Warm-up 12:30pm</td> <td>Meet starts 1:30pm</td> </tr> </table> | Sat, Oct 16 | Session 1 | Warm-up 7:00am | Meet starts 8:00 am | | Session 2 | Warm-up 12:30pm | Meet starts 1:30pm | Sun, Oct 17 | Session 3 | Warm-up 7:00am | Meet starts 8:00 am | | Session 4 | Warm-up 12:30pm | Meet starts 1:30pm |
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| | Session 4 | Warm-up 12:30pm | Meet starts 1:30pm | | | | | | | | | | | | | | |
| DECK ENTRIES /TIME TRIALS | Deck entries, if time permits, are \$8.00 per event for swimmers. Please see the Meet Director for deck entries. Deck entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. Swimmers not already entered in the meet must provide proof current of USA Swimming registration. | | | | | | | | | | | | | | | | |
| SWIMMERS WITHOUT A COACH | Swimmers without a coach should report to the meet director before the warm-up of each session. | | | | | | | | | | | | | | | | |
| SEEDING | All events are pre-seeded. | | | | | | | | | | | | | | | | |
| HOW TO ENTER | <p>Electronic entries (Hy-Tek Team Manager) entry file are preferred.</p> <p>Entries may be sent via e-mail to the meet director. Include with your entry file a Team Manager report by entry (saved in Word for Windows format). In the body of your e-mail, provide the number of girls, boys and entries. Include contact information (name, address, phone and cell phone).</p> <p>Swimmers failing to enter best times will result in MA Swimming imposed penalties.</p> <p>Entries and fees must be accompanied by the MASTER ENTRY FORMS with hard copy print out. No entries will be processed until fees are received. No entries will be accepted if they do not have the hard copy print out.</p> <p>We request each club remit <u>ONE</u> check made payable to "UDAC" to cover team entry fees.</p> <p>Email entries supersede all other forms of entry.</p> | | | | | | | | | | | | | | | | |

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| ENTRY FEES | <p>Entry fees are \$4.00 per individual event.</p> <p>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</p> |
| SEND ENTRIES TO | <p>Stephanie Rozick, e-mail: bcatmeet@comcast.net</p> <p>8312 Sentinel Ridge, Eagleville, PA 19403 cell: (814) 404-5824</p> <p>Request signature waiver if needed.</p> |
| ENTRY DEADLINE | <p>Last day to submit entries October 6, 2010. No late entries will be accepted.</p> <p>As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically.</p> <p>All clubs are encouraged to enter electronically, regardless of the number of swimmers entered. If this is not possible, the official entry form must be used. If entering more than five (5) swimmers (per Club) on this form, a processing fee of \$15.00 per swimmer must be included.</p> <p>A download of Team Manager Lite is available here: http://www.hy-tekLtd.com/downloads.html</p> <p>Instructions are here: http://maswim.org/0910/TM%20Lite%20Instructions.pdf</p> |
| RULES | <p>USA Swimming / Middle Atlantic Swimming rules shall 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 the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>All events are timed finals.</p> <p>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.</p> |
| SCORING & AWARDS | <p>Awards to be given to 12 and under swimmers only.</p> <p>Award levels will be determined by entry times.</p> <p>"A" Awards: Medals 1st-3rd Ribbons 4th-6th</p> <p>"BB" Awards: Rosettes 1st-3rd Ribbons 4th-6th</p> <p>"C" Awards: Ribbons 1st-6th</p> <p>Fun prizes for Hot Heats (one per event)</p> <p>All awards must be picked up by the end of the meet. Awards will not be available after the last day of the meet.</p> |
| PROGRAMS & ADMISSION | <p>\$5 per session, includes heat sheet</p> |
| RESULTS | <p>Results will be posted on the Middle Atlantic Swimming website, www.maswim.org.</p> |
| DIRECTIONS | <p>PA Turnpike to exit 339 (Fort Washington). After toll, bear right onto Route 309 North to the first exit (Highland Avenue) and bear right. Immediately make a left at the first traffic light onto Fort Washington</p> |

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| | <p>Avenue past Fort Washington Elementary and athletic fields. Turn left onto Loch Alsh Ave, past UDHS on right, and turn right on Spark Drive. UDHS Athletic Complex will be on your right. Site and Parking Information</p> |
| <p>ACCOMODATIONS</p> | <p>Lodging in Fort Washington: Best Western, 285 Commerce Drive, Ft. Washington 215-542-7930 Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington 215-646-4637 Holiday Inn, 432 Pennsylvania Ave., Ft. Washington 215-643-3000</p> <p>Lodging in surrounding area: Courtyard Marriott, 2350 Easton Road Route 611, Willow Grove, 215-830-0550 Residence Inn Marriott, 3 Walnut Grove Drive, Horsham, 215-443-7330 Philadelphia Marriott West, 111 Crawford Ave., W. Conshohocken, 610-941-5600 Residence Inn Marriott, 191 Washington St., Conshohocken, 610-828-8800 Courtyard Marriott, 651 Fountain Rd., Plymouth Meeting, 610-238-0695 Spring Hill Suites, 430 Plymouth Rd., Plymouth Meeting, 610-940-0400 Comfort Inn, 678 Bethlehem Pike, Montgomeryville, 215-361-3600 Joseph Ambler Inn, 1005 Horsham Rd., North Wales, 215-362-7500</p> <p>Restaurants: Fireside Bar and Grill, 1211 S. Bethlehem Pike, Ft. Washington 215-643-6540 Friendly's Restaurant, 325 Pennsylvania Ave. Ft. Washington 215-646-1944 Mama's Pizza, 1704 Susquehanna Road., Dresher, 215-540-8280 Nick's Pizza, Dreshertown Plaza, 1650 Limekiln Pike, Dresher, 215-628-3775 Luciani's Pizza, 471 Pinetown Road, Fort Washington, 215-643-3433 Saladworks, Dreshertown Plaza, 1650 Limekiln Pike, Dresher 215-654-7500 Subway, 285 Commerce Drive, Ft. Washington, 215-643-5560 Little Italy Pizza, 416 S. Bethlehem Pike, Ft. Washington 215-628-3845 Rich's Deli, 430 S. Bethlehem Pike, Ft. Washington 215-646-9860 Toner's Beef & Ale Tavern, 101 E. Pennsylvania Ave., Ft. Washington 215-646-5655 Wawa Food Market, 582 S. Bethlehem Pike, Ft. Washington 215-646-2972</p> |

Session 1

1. Women 13 & Over 200 Butterfly
2. Men 13 & Over 200 Butterfly
3. Women 13 & Over 200 Breaststroke
4. Men 13 & Over 200 Breaststroke
5. Women 13 & Over 100 Backstroke
6. Men 13 & Over 100 Backstroke
7. Women 13 & Over 200 IM
8. Men 13 & Over 200 IM
9. Women 13 & Over 100 Freestyle
10. Men 13 & Over 100 Freestyle

Session 2

11. Women 9-10 50 Backstroke
12. Men 9-10 50 Backstroke
13. Women 11-12 100 Backstroke
14. Men 11-12 100 Backstroke
15. Women 11-12 200 Breaststroke
16. Men 11-12 200 Breaststroke
17. Women 9-10 100 Breaststroke
18. Men 9-10 100 Breaststroke
19. Women 11-12 50 Breaststroke
20. Men 11-12 50 Breaststroke
21. Women 9-10 100 Butterfly
22. Men 9-10 100 Butterfly
23. Women 11-12 200 Butterfly
24. Men 11-12 200 Butterfly
25. Women 11-12 50 Butterfly
26. Men 11-12 50 Butterfly
27. Women 9-10 100 IM
28. Men 9-10 100 IM
29. Women 11-12 200 IM
30. Men 11-12 200 IM
31. Women 9-10 100 Freestyle
32. Men 9-10 100 Freestyle
33. Women 11-12 50 Freestyle
34. Men 11-12 50 Freestyle

Session 3

35. Women 13 & Over 200 Freestyle
36. Men 13 & Over 200 Freestyle
37. Women 13 & Over 100 Breaststroke
38. Men 13 & Over 100 Breaststroke
39. Women 13 & Over 200 Backstroke
40. Men 13 & Over 200 Backstroke
41. Women 13 & Over 100 Butterfly
42. Men 13 & Over 100 Butterfly
43. Women 13 & Over 50 Freestyle
44. Men 13 & Over 50 Freestyle

Session 4

45. Women 9-10 100 Backstroke
46. Men 9-10 100 Backstroke
47. Women 11-12 50 Backstroke
48. Men 11-12 50 Backstroke
49. Women 11-12 200 Backstroke
50. Men 11-12 200 Backstroke
51. Women 9-10 50 Breaststroke
52. Men 9-10 50 Breaststroke
53. Women 11-12 100 Breaststroke
54. Men 11-12 100 Breaststroke
55. Women 9-10 50 Butterfly
56. Men 9-10 50 Butterfly
57. Women 11-12 100 Butterfly
58. Men 11-12 100 Butterfly
59. Women 11-12 200 Freestyle
60. Men 11-12 200 Freestyle
61. Women 9-10 200 IM
62. Men 9-10 200 IM
63. Women 11-12 100 IM
64. Men 11-12 100 IM
65. Women 9-10 50 Freestyle
66. Men 9-10 50 Freestyle
67. Women 11-12 100 Freestyle
68. Men 11-12 100 Freestyle

UDAC ROCKTOBERFEST 2010 FINANCIAL SUMMARY

ENTRIES WILL NOT BE PROCESSED
WITHOUT THE FOLLOWING INFORMATION

Team Name: _____ Team Code: _____

Head Coach: _____

Coach's Address: _____

City: _____ State: _____ Zip Code: _____

Phone: Home () _____ Office () _____ e-mail: _____

Person and address designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

(VERY IMPORTANT) e-mail: _____

Mail Entries to: Stephanie Rozick, 8312 Sentinel Ridge, Eagleville, PA 19403

ENTRY DEADLINE: Received by 5:00 pm, October 6, 2010

Please make check payable to UDAC, one check per club.

ENTRY FEES:

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| _____ Women's Individual events @ \$4.00 | \$ _____ |
| _____ Men's Individual events @ \$4.00 | \$ _____ |
| _____ Surcharge @ \$15.00 per swimmer (for non-disk entry of 5 or more swimmers only) | \$ _____ |
| TOTAL | \$ _____ |

NUMBER OF SWIMMERS: 13-Over: Sat _____ Sun. _____

12-Under: Sat _____ Sun. _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

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

