



NITTANY LION AQUATIC CLUB

PRESENTS

Winter Splash

A/BB/C/Mini December

2-4, 2011

Held under the Sanction of USA Swimming,
Sanction # MA 1276 (9 & over) and MA 1277 (8 & under)

LOCATION	The McCoy Natatorium at the Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs from Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh. Corner of Bigler Road and Curtain Road, State College
FACILITIES	Penn State University, McCoy Natatorium, State College, PA, 25 yd, 6 lane pool, non-turbulent lane lines, Colorado Timing System with a 6 lane display. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Water depth at the starting end is 10 feet and at the turn end is 6 feet. Seating available for approximately 900 spectators. FOOD: A limited selection of food and Penn State apparel will be available throughout the meet. PARKING: Available in lots close to the Natatorium. Penn State University controls all parking and fees.
CO -MEET DIRECTORS	Justine Gible, 1282 Chestnut Ridge Drive, State College, PA 16803 Phone: 814-571-5764 Email: nlacjgible@gmail.com Margaret Michels
SAFETY DIRECTOR	Bridget Donnelly Meet day pool emergency phone number: 814-360-3259
OFFICIALS	Anyone interested in helping with the meet as a USA Swimming certified official should contact Scott Etter at setter@mkclaw.com . Free admission and hospitality for all volunteers.
ELIGIBILITY	Open to all USA Swimming registered swimmers. Swimmers age as of December 2, 2011 (December 3 rd for 8 & under) will apply for the entire meet. The 2011 United States 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 2011-12 registration). This applies to all swimmers attached to a club. Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted
ENTRY LIMITATIONS	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>Swimmers may enter a maximum of 4 events per day and 2 events during the Friday distance session. If the meet is undersubscribed and at the discretion of the meet director, deck entries will be accepted for participants to swim 5 events.</p> <p>'Fly-over' starts will be used at this meet for all 9 & over session, but not mini sessions. For 'Fly-over' all swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p>																																			
<p>WARM-UP & START TIMES QUALIFYING TIMES</p>	<p>Warm up times and lanes will be assigned. Sprint and pace lanes will be assigned during warm ups. Warm down lanes will be available in the 25 meter pool during the 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>Fri</td> <td>Dec.2</td> <td>Session 1</td> <td>Warm up 5:30 pm</td> <td>Meet starts 6:30pm</td> </tr> <tr> <td>Sat</td> <td>Dec. 3</td> <td>Session 2</td> <td>Warm up 6:30 am</td> <td>Meet starts 8:00am</td> </tr> <tr> <td>Sat</td> <td>Dec. 3</td> <td>Session 3</td> <td>Warm up 12:00pm</td> <td>Meet Starts 12:30pm</td> </tr> <tr> <td>Sat</td> <td>Dec. 3</td> <td>Session 4</td> <td>Warm up 2:45 pm</td> <td>Meet starts 3:30pm</td> </tr> <tr> <td>Sun</td> <td>Dec. 4</td> <td>Session 5</td> <td>Warm up 6:30 am</td> <td>Meet starts 8:00am</td> </tr> <tr> <td>Sun</td> <td>Dec. 4</td> <td>Session 6</td> <td>Warm up 12:00pm</td> <td>Meet Starts 12:30p</td> </tr> <tr> <td>Sun</td> <td>Dec. 4</td> <td>Session 7</td> <td>Warm up 2:45 pm</td> <td>Meet starts 3:30pm</td> </tr> </table>	Fri	Dec.2	Session 1	Warm up 5:30 pm	Meet starts 6:30pm	Sat	Dec. 3	Session 2	Warm up 6:30 am	Meet starts 8:00am	Sat	Dec. 3	Session 3	Warm up 12:00pm	Meet Starts 12:30pm	Sat	Dec. 3	Session 4	Warm up 2:45 pm	Meet starts 3:30pm	Sun	Dec. 4	Session 5	Warm up 6:30 am	Meet starts 8:00am	Sun	Dec. 4	Session 6	Warm up 12:00pm	Meet Starts 12:30p	Sun	Dec. 4	Session 7	Warm up 2:45 pm	Meet starts 3:30pm
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<p>DECK ENTRIES /TIME TRIALS</p>	<p>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.</p>																																			
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers without a coach should report to the meet director before the warm-up of each session.</p> <p><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>SEEDING</p>	<p>All events are pre-seeded, timed finals with the exception of the 500 Freestyle and the 400 IM. Positive check in is required for the 500 Freestyle and the 400 IM. We will swim both events fastest to slowest, alternating one heat of girls then one heat of boys. Swimmers must provide their own timer and counter for the 500 Free and timer only for the 400 IM</p> <p>The MA Scratch policy will be enforced. Policy stated below under Rules.</p>																																			
<p>HOW TO ENTER</p>	<p>ENTRIES/FEES: 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 ONE check made payable to "NLAC" to cover team entry fees.</p> <p>Email entries supersede all other forms of entry.</p>																																			
<p>ENTRY FEES</p>	<p>Entry fees are \$4.00 per individual event. Deck entries, if accepted, are \$8.00. Deck entries must be submitted to the meet director prior to the start of each session.</p>																																			
<p>SEND ENTRIES TO</p>	<p>Justine Gibble, 1282 Chestnut Ridge Drive, State College, PA 16803</p> <p>Request signature waiver if needed.</p>																																			

ENTRY DEADLINE	<p>Last day to submit entries November 24, 2011. No late entries will be accepted. 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. The whistle command will be replaced by a verbal command for all mini events.</p> <p>MA Swimming Scratch Policy: Deck Seeded Events: Any swimmer who has positively checked in for a deck seeded event and then does not swim that event will be barred from swimming the next individual event in which the swimmer is entered, whether on the same or later meet day.</p>
SCORING & AWARDS	<p>Awards to be given to 12 and under swimmers only. Award levels will be determined by entry times. “BB” Awards: Ribbons 1st- 6th “C” Awards: Ribbons 1st-6th 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>US Route 322 to the Penn State Exit (Park Ave). Turn onto Park Ave, follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left.</p>
ACCOMODATIONS	<p>COMFORT SUITES: 132 Village Drive State College, PA 16801 Phone: 814-235-1900. Mention “Nittany Lion Aquatics” when making reservation. http://www.comfortsuites.com/hotel-state_college-pennsylvania-PA276</p> <p>COUNTRY INN & SUITES: 1357 East College Avenue, State College PA 16801 Phone 814-234-6000 Mention “Nittany Lion Aquatics” when making reservation. http://www.countryinns.com/state-college-hotel-pa-16801/pastate</p> <p>RAMADA CONFERENCE CENTER, 1450 South Atherton St., State College, PA 16801 Phone: 814-238-3001 Ask for Nittany Lion Aquatic Meet, Group code: NLA3 http://www.ramadasc.com/</p> <p>SLEEP INN GROUP BLOCKS: Address: 111 Village Drive State College, PA 16801 Phone : 814-235-1020 Mention “Nittany Lion Aquatics” when making reservation. http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421 Information about additional lodging is available at: http://www.visitpennstate.org/</p>

Friday

Session: 1 Friday PM 13 and Older 500 free and 400 IM

Day of Meet: 1 Starts at 06:30 PM

Girls	Boys
1 13 & over 500 freestyle	2
3 13 & over 400 IM	4

Saturday

Session: 2 Saturday AM 13 and Older

Day of Meet: 1 Starts at 08:00 AM

Girls	Boys
5 13-14 200 Butterfly	6
7 15 & Over 200 Butterfly	8
9 13-14 200 Freestyle	10
11 15 & Over 200 Freestyle	12
13 13-14 200 Breaststroke	14
15 15 & Over 200 Breaststroke	16
17 13-14 100 Backstroke	18
19 15 & Over 100 Backstroke	20
21 13-14 50 Freestyle	22
23 15 & Over 50 Freestyle	24

Session: 3 Saturday Mid-Day Minis

Day of Meet: 1 Starts at 12:30 PM

Girls	Boys
201 8 & Under 100 Freestyle	202
203 8 & Under 25 Breaststroke	204
205 8 & Under 50 Backstroke	206
207 8 & Under 50 Butterfly	208
209 8 & Under 25 Freestyle	210

Session: 4 Saturday Afternoon 9-12 year olds

Day of Meet: 1 Starts at 03:00 PM

Girls	Boys
25 11-12 200 Backstroke	26
27 9-10 100 Freestyle	28
29 11-12 100 Freestyle	30
31 9-10 50 Backstroke	32
33 11-12 50 Backstroke	34
35 11-12 200 Butterfly	36
37 9-10 100 Breaststroke	38
39 11-12 100 Breaststroke	40
41 9-10 50 Butterfly	42
43 11-12 50 Butterfly	44
45 9-10 200 IM	46
47 11-12 200 IM	48

Sunday

Session: 5 Sunday Morning 13 and Older + Senior 500free

Day of Meet: 2 Starts at 08:00 AM

Girls		Boys
49	13-14 100 Freestyle	50
51	15 & Over 100 Freestyle	52
53	13-14 100 Breaststroke	54
55	15 & Over 100 Breaststroke	56
57	13-14 200 Backstroke	58
59	15 & Over 200 Backstroke	60
61	13-14 100 Butterfly	62
63	15 & Over 100 Butterfly	64
65	13-14 200 IM	66
67	15 & Over 200 IM	68

Session: 6 Sunday Mid-Day Minis

Day of Meet: 2 Starts at 12:30 PM

Girls		Boys
211	8 & Under 50 Freestyle	212
213	8 & Under 25 Backstroke	214
215	8 & Under 25 Butterfly	216
217	8 & Under 50 Breaststroke	218
219	8 & Under 100 IM	220

Session: 7 Sunday Afternoon 9-12 year olds

Day of Meet: 2 Starts at 03:00 PM

Girls		
69	11-12 200 Breaststroke	70
71	9-10 50 Freestyle	72
73	11-12 50 Freestyle	74
75	9-10 100 Backstroke	76
77	11-12 100 Backstroke	78
79	9-10 50 Breaststroke	80
81	11-12 50 Breaststroke	82
83	9-10 100 Butterfly	84
85	11-12 100 Butterfly	86
87	9-12 200 Freestyle	88
89	9-10 100 IM	90
91	11-12 100 IM	92

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: Justine Gible, 1282 Chestnut Ridge Drive, State College, PA 16803

ENTRY DEADLINE: Received by 5:00 pm, November 24, 2011

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

ENTRY FEES:

_____ 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

STANDARD ENTRY FORM FOR INDIVIDUAL EVENTS \$4.00 PER INDIVIDUAL EVENT
AND RELAYS

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USE A SEPARATE SHEET FOR EACH AGE-GROUP & SEX.

USE A SEPARATE SHEET FOR
RELAYS.

MEET: _____	EVENT NR:													
TEAM: _____	NAME:													
TEAM INITIALS: _____	QT:													
DATES: _____														
AGE GROUP: _____														

NAME		AGE	USS #	SEED TIME														
LAST, MI	First,																	

PLEASE TALLY IN EACH _____

ATTEST THAT THE ATHLETES LISTED ABOVE ARE PROPERLY REGISTERED WITH UNITED STATES SWIMMING ANT THAT THEY
IF YOU HAVE ANY QUESTIONS REGARDING THESE ENTRIES, PLEASE CONTACT THE MEET

TOTAL ENTRIES THIS PAGE _____ X _____ =\$ _____

ENTRIES WILL NOT BE PROCESSED WITHOUT THIS INFORMATION

TEAM REPRESENTATIVE'S NAME	SIGNATURE	TEAM REPRESENTATIVE'S ADDRESS	PHONE