

GAAC LAST DITCH MEET AND TIME TRIALS

February 26, 2012

Held under the sanctions of Middle Atlantic Swimming
Last Ditch sanction MA 1251 CI
Time Trial sanction MA 1251 TT

MEET DIRECTOR: Brian McMillin—610-287-3515
bjmcmillin@verizon.net

SAFETY DIRECTOR: Jeff Hyde--215.542.9095

Location: LaSalle University, Kirk Natatorium, 20th Street & Olney Avenue, Philadelphia, PA 19141--215.951.1554

Facility: 25 yard, 6 lane pool, entry depth 5 feet, turn end depth 5 feet, Daktronics Timing system, non-turbulent lane lines, balcony seating for spectators, ample free parking at pool site, nearby lodging and restaurants.

Pool Certification: The competition course has not been certified in accordance with 104.2.2C(4). A certification is, however, on file with NISCA.

Entries: \$4.00/event entered. Make checks payable to Germantown Academy. Time Trial fee will be \$10.00/event, \$20.00/relay. E-Mail entries compatible with Hy-tek Meet Manager with hard copy with meet recap. **ENTRIES MUST BE RECEIVED BY WEDNESDAY, FEBRUARY 15, 2012. Entries should be e-mailed to Brian McMillin at bjmcmillin@verizon.net** or send entries to Last Ditch Meet, c/o Brian McMillin, 125 Markley Road, Schwenksville, PA 19473. Deck entries will be accepted at a cost of \$8.00/entry. This meet is a deck-seeded, timed final meet. Time trials will be deck seeded.

Warm-up---7:30AM

Meet starts---8:30AM

Athletes With Disabilities: 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.

Eligibility: All 2012 USA registered swimmers who appear on the entry form for the 2012 E.I.S.M. may enter this meet. Also, if a school has a USA Club Team any USA registered member of the Club Team may swim. This also applies to Time Trials. Swimmers must provide proof of current USA Swimming registration. Swimmers' age as of the day of the meet governs the age for the meet. Any swimmer who is not accompanied by a coach will be assigned to a team area with a coach. Entry limitation of 5 events/day includes time trials. Swimmers must enter with their best times or be subject to penalties set by Middle Atlantic Swimming. (These penalties could include a swimmer's suspension from competition for a minimum of 3 months, but not more than one year.) Entries with no time will not be accepted. **Failure to swim in a deck-seeded event after checking in will result in the swimmer being disqualified from his/her next individual event.** Meet Director reserves the right to limit the number of entries in order to conduct a fair meet. If this is necessary, those affected will be notified prior to the date of the meet. The meet will be conducted according to current USA Swimming Code of Regulation and Middle Atlantic safety procedures.

On-site Registration: 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 this requirement.

Warm-up: USA Swimming and MA Safety Regulations will be in effect

First half hour

Circle Swimming in all lanes

Second half hour

Lanes 3 and 4 - Circle Swimming

Lanes 1, 2, 5, 6 - Sprint Lanes - dive in sprints from starting end - one way

Start procedure: '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.

Awards: No awards will be given at this meet.

Admission: No admission or program costs.

Meet Results: Will not be mailed to each participating club. They will be posted to the Middle Atlantic website at www.maswim.org or emailed to participants who request them.

Only 2012 USA Certified Coaches and Officials will be allowed on deck. You must wear your card at all times.

EVENTS: (Suggested qualifying times)

WOMEN'S EVENT #	QUALIFYING TIME	EVENT	QUALIFYING TIME	MEN'S EVENT #
1	4:59.00	400 YD IM	4:39.00	2
3	2:23.00	200 YD FLY	2:09.00	4
5	2:26.00	200 YD BACK	2:11.00	6
7	2:47.00	200 YD BREAST	2:26.00	8
9	19:00.00	1650 YD FREE	17:31.00	10

TIME TRIALS FOR ANY EVENT WILL FOLLOW THE MEET. (see below.)

A swimmer may swim one Time Trial per day in a given event; maximum of two Time Trials per day. Entry Limitation of 5 events/day includes the Last Ditch Meet.

Any questions please e-mail Brian McMillin at bjmcmillin@verizon.net

TIME TRIALS

- Time Trials are separate from the Last Ditch Meet
- The cost is \$10.00 per entry
- No refunds if swimmer scratches
- Swimmers must sign in on deck by 10:30am
- The meet will be run after the Last Ditch Meet
- Seeding will be done on deck
- All money will be collected on deck or a check (made payable to GAAC) can be mailed with meet entry
- Swimmers must supply timers and counters
- Time Trials sheet and information will be at the scorer's table on deck

*****If you are interested in officiating or timing at the meet please contact Jeff Hyde
215.540.9766 or the meet director at email addresses above.**

