

# GOLDEN RAM AQUATICS

## “FEBRUARY FREEZE”

### A/BB/C MEET

February 3rd, 2012-February 5th, 2012

The distance event in the Friday night session (February 3rd) is the 1000 not the 1650 – REVISED 11/22/11

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1218 A

|                                   |   |
|-----------------------------------|---|
| <b>LOCATION</b>                   | West Chester University, South Campus Pool<br>South New Street<br>West Chester, PA 19380<br>Day of meet ONLY emergency phone 610-436-2127 (pool office) or 484-883-7202 (Meet Director)   |
| <b>FACILITIES</b>                 | Golden Ram Aquatics has a 6 lane, 25 yd. pool, 8 ft. deep at both start and turn ends with Competitor Anti-Wave lane lines. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA swimming. Colorado timing equipment with a 6 lane scoreboard is utilized. There is a separate 6 lane warm-up pool. Seating capacity is 750. Ample, on-site parking is free. Refreshments and snack bar will be available during the meet. There will also be a hospitality room available for coaches, officials and volunteers working the meet. |
| <b>MEET DIRECTOR</b>              | Beth Ann Carozza 484-883-7202 <a href="mailto:bacpc@comcast.net">bacpc@comcast.net</a>  |
| <b>SAFETY DIRECTOR</b>            | Costa Alvanos 610-331-8550  |
| <b>OFFICIALS</b>                  | GRA meet referee is Brian Emerich. We welcome any certified officials interested in working this meet. Please call or email the Meet Director with name, address and telephone number and availability. Walk-ons appreciated.   |
| <b>ELIGIBILITY</b>                | This meet is open to all swimmers who are currently registered with USA Swimming. The swimmer's age as of the first day of the meet governs age group participation for the entire meet. Swimmers must be 9 years of age or older to participate in this meet.  |
| <b>ATHLETES WITH DISABILITIES</b> | 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.<br><br><b>Swimmers may enter a maximum of 4 events each day.</b>  |
| <b>ENTRY LIMITATIONS</b>          | The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Please remember, meet may fill prior to entry deadline.   |
| <b>ENTRY DEADLINE</b>             | <b>No entries will accepted before 6 pm on Sunday, November 13<sup>th</sup>, 2011 in order to avoid confusion with November meet entries. All entries must be received no later than 6PM on Thursday, January 19<sup>th</sup>, 2012.</b><br><br><b>No early or late entries will be accepted.</b>   |

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|------------------------|--|
| <b>ENTRY FEES</b>      | \$4.00 per Individual Event  |
| <b>HOW TO ENTER</b>    | <p>Entries should be submitted via e-mail using Hy-Tek Team Manager. As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting entries for 5 or more swimmers manually. For a free download of Hy-Tek Team Manager Lite and step-by-step instructions on completing your electronic entries, visit the MA website at <a href="http://maswim.org">maswim.org</a>.</p> <p><b>Entry fees are due with entries. The Summary of Events form must accompany all entries. Entries will not be processed without full payment. NO EXCEPTIONS.</b></p> <p>Entries must be e-mailed to: <a href="mailto:grameetentries@gmail.com">grameetentries@gmail.com</a>. When e-mailing entries you must attach the entry file from Team Manager as well as a Team Manager Entries Report. Also include in the text of your e-mail the # of swimmers in the meet, the total # of individual events and the total amount of event fees. <b>Hy-Tek contact: Chris McCormick 610-637-5612(cell).</b></p>  |
| <b>SEND ENTRIES TO</b> | <p><u>Checks should be made payable to <b>GRA Parents Club</b>.</u><br/>Please send <b>one</b> check per Club. Mail entries to:<br/>Golden Ram Aquatics<br/>c/o Chris McCormick<br/>PO Box 548<br/>West Chester, PA 19380</p>  |
| <b>DECK ENTRIES</b>    | <p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$8.00 per event. <u>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</u> Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the meet director at the scorers' table 45 minutes <u>prior</u> to start of the meet.</p> <p>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 the 2011-2012 registration year). This applies to all swimmers attached to a club. Registration must be completed one hour prior to the start of the meet.</p> <p>Please report any scratches to the meet director at the start of warm-ups so empty lanes and the possibility for deck seeds can be determined. No additional heats will be added under any circumstances. No changes will be made within 30 minutes of the start of a session.</p> |
| <b>SCRATCHES</b>       | <p><b>RULES</b></p> <p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA swimming /MA swimming safety guidelines and warm-up procedures will be in effect for the entire meet.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. <b>'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.</b></p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p>  |

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|---|--|
| <p><b>ORDER OF EVENTS</b></p> <p><b>WARM-UP &amp; START TIMES</b></p> | <p>An Order of events page is included with this invitation which should be referred to for the Event #, swimmer's age and Event Name.</p> <p><b>Friday, February 3rd Session 1 (1000 Free)*</b></p> <p><i>*Refer to Seeding Section</i></p> <p>Warm-up 5:30 PM Start 6:30 PM</p> <p><b>Saturday, February 4<sup>th</sup> Session 2 (9&amp;10, 11&amp;12)</b></p> <p>Warm-up 7:15 AM Start 8:30 AM</p> <p><b>Saturday, February 4<sup>th</sup> Session 3 (13&amp;14, 15&amp;O)</b></p> <p>Warm-up 1:15 PM Start 2:30 PM</p> <p><b>Sunday, February 5<sup>th</sup> Session 4 (9&amp;10, 11&amp;12)</b></p> <p>Warm-up 7:15 AM Start 8:30 AM</p> <p><b>Sunday, February 5<sup>th</sup> Session 5 (13&amp;14, 15&amp;O)</b></p> <p>Warm-up 1:15 PM Start 2:30 PM</p> <p>The warm-up period will be divided into 2 sessions. Each session will consist of a general warm-up followed by a short sprint session. The warm-up schedule will be available for coaches and posted in the pool entryway. All entries during warm-up must be from the starting end, feet first, in a cautious manner. NO DIVING off blocks or edge of pool during this time. Sprints will be held in the deep pool only for both sessions. Racing starts only, swim one length of the pool and exit at opposite end. All starts during warm-up begin at starting block end. The warm-up pool will be open during the meet. Absolutely NO DIVING in warm-up pool at any time. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will cause the swimmer to be disqualified for the remainder of the meet.</p> |
| <p><b>SEEDING</b></p>   | <p>All events are pre-seeded, timed finals except the 1000 Free, 200 IM (events 23 and 24 only), 200 Breast (events 41 – 44 only) and 200 Back (events 83 – 86 only) which are deck-seeded, timed finals. All events will swim slowest to fastest except the 1000 free which will swim fastest to slowest. <b>A psych sheet will be included in the program for swimmers in the events that are positive check in. All 1000 Free swimmers need to check-in by 6:00 PM Friday. All others need to check in by the start of the meet.</b></p> <p><b><u>These events will be seeded following the positive check-in period and lane assignments will be posted shortly thereafter. All swimmers in the Friday night events must provide their own timer and they are also required to provide their own lap counter.</u></b></p> <p>“Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has positively checked in for that event, must swim the event unless the swimmer notifies the Referee or Clerk of Course prior to the seeding of the event that the swimmer wishes to scratch. Failure to scratch prior to seeding after positively checking-in and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered whether on the same or later meet day. Deck-seeded events normally close for seeding no earlier than thirty (30) minutes before the scheduled start of the event.”</p>   |

|                                 |  |
|---------------------------------|--|
| <b>SWIMMERS WITHOUT A COACH</b> | <p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups. Meet programs for “non-coached” swimmers will be available at the programs table. Warm-up times for “non-coached” swimmers will be posted along with team warm-up times. There will be a bench designated for “non-coached” swimmers alongside the pool.</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> |
| <b>AWARDS</b>                   | <p>A Entries: 1<sup>st</sup> through 3<sup>rd</sup> Medals, 4<sup>th</sup> through 8<sup>th</sup> Ribbons</p> <p>BB Entries: 1<sup>st</sup> through 3<sup>rd</sup> Rosettes, 4<sup>th</sup> through 8<sup>th</sup> Ribbons</p> <p>C Entries: 1<sup>st</sup> through 3<sup>rd</sup> Rosettes, 4<sup>th</sup> through 8<sup>th</sup> Ribbons</p> <p>Swimmers entered with a No Time are placed in “C” category. Award levels will be determined by the entry times. All awards must be picked up at the meet. No awards will be mailed.</p>  |
| <b>PROGRAMS &amp; ADMISSION</b> | <p>No admission charge.</p> <p>Program cost is \$10.00 (All sessions included)</p>   |
| <b>RESULTS</b>                  | <p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a>.</p> <p>Results will not be mailed to clubs, but will be transmitted by e-mail to any club that provides their entries via e-mail.</p>   |
| <b>DIRECTIONS TO POOL</b>       | <p>From North: PA turnpike to Exit 312/Downingtown, Rte. 100 S. to Rte. 202 S. Continue on 202 S. past High St. exit – Turn right onto Pleasant Grove Rd., which is the 1<sup>st</sup> right after Stetson Middle School (large Presbyterian Church on corner beyond turn) – Turn right at stop sign onto New St. – Follow 1.5 mile past University Farrell Stadium – Turn right into athletic building parking lot – Proceed to back of lot to glass enclosed Natatorium entrance at left rear corner of building.</p> <p>From South: Rte. 202 N. – Turn left onto Rte. 926 – Take 1<sup>st</sup> right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>                |
| <b>ACCOMODATIONS</b>            | <p>Holiday Inn West Chester: 943 S. High St., West Chester, 19382 Phone: 610-692-1900</p> <p>Microtel Inn &amp; Suites: 500 Willow Brook Lane, West Chester, 19382 (off Route 202 at the Matlack St. exit -Kelly’s Sports &amp; Federal Express on corners). Phone: 610-738-9111</p> <p>Comfort Inn Brandywine Valley: 1310 Wilmington Pike/Route 202, West Chester, PA, 19382 just past Dilworthtown Rd. Phone: 610-399-4600</p>  |

# GOLDEN RAM AQUATICS

## A/BB/C MEET

### ORDER OF EVENTS

FEBRUARY 3RD - 5<sup>TH</sup>, 2012

Friday, February 3, 2012-Session 1----ALL SWIMMERS IN THIS SESSION ARE *REQUIRED* TO BRING SOMEONE TO TIME FOR THEM AND SOMEONE TO COUNT LAPS. WATCHES WILL BE PROVIDED.

Warm-up: 5:30 PM Start: 6:30 PM

| Girls Event # | Age    | Event     | Boys Event # |
|---------------|--------|-----------|--------------|
| 1             | Senior | 1000 Free | 2            |

Saturday, February 4, 2012

Session 2

Warm-up: 7:15 AM Start: 8:30 AM

| Girls Event # | Age   | Event      | Boys Event # |
|---------------|-------|------------|--------------|
| 3             | 11&12 | 200 Free   | 4            |
| 5             | 9&10  | 200 Free   | 6            |
| 7             | 11&12 | 50 Breast  | 8            |
| 9             | 9&10  | 100 Breast | 10           |
| 11            | 11&12 | 50 Fly     | 12           |
| 13            | 9&10  | 100 Fly    | 14           |
| 15            | 11&12 | 50 Free    | 16           |
| 17            | 9&10  | 50 Free    | 18           |
| 19            | 11&12 | 100 Back   | 20           |
| 21            | 9&10  | 100 Back   | 22           |
| 23            | 11&12 | 200 IM     | 24           |

Session 3

Warm-up: 1:15 PM Start: 2:30 PM

| Girls Event # | Age    | Event      | Boys Event # |
|---------------|--------|------------|--------------|
| 25            | 13&14  | 200 Free   | 26           |
| 27            | 15&O   | 200 Free   | 28           |
| 29            | 13&14  | 100 Back   | 30           |
| 31            | SENIOR | 100 Back   | 32           |
| 33            | 13&14  | 200 Fly    | 34           |
| 35            | SENIOR | 200 Fly    | 36           |
| 37            | 13&14  | 50 Free    | 38           |
| 39            | 15&O   | 50 Free    | 40           |
| 41            | 13&14  | 200 Breast | 42           |
| 43            | 15&O   | 200 Breast | 44           |

Sunday, February 5, 2012

Session 4

Warm-up: 7:15 AM Start: 8:30 AM

| Girls Event # | Age   | Event      | Boys Event # |
|---------------|-------|------------|--------------|
| 45            | 9&10  | 200 IM     | 46           |
| 47            | 11&12 | 50 Back    | 48           |
| 49            | 9&10  | 50 Back    | 50           |
| 51            | 11&12 | 100 Free   | 52           |
| 53            | 9&10  | 100 Free   | 54           |
| 55            | 11&12 | 100 Breast | 56           |
| 57            | 9&10  | 50 Breast  | 58           |
| 59            | 11&12 | 100 Fly    | 60           |
| 61            | 9&10  | 50 Fly     | 62           |
| 63            | 11&12 | 100 IM     | 64           |
| 65            | 9&10  | 100 IM     | 66           |

Session 5

Warm-up: 1:15 PM Start: 2:30 PM

| Girls Event # | Age    | Event      | Boys Event # |
|---------------|--------|------------|--------------|
| 67            | 13&14  | 200 IM     | 68           |
| 69            | 15&O   | 200 IM     | 70           |
| 71            | 13&14  | 100 Fly    | 72           |
| 73            | 15&O   | 100 Fly    | 74           |
| 75            | 13&14  | 100 Free   | 76           |
| 77            | 15&O   | 100 Free   | 78           |
| 79            | 13&14  | 100 Breast | 80           |
| 81            | 15&O   | 100 Breast | 82           |
| 83            | 13&14  | 200 Back   | 84           |
| 85            | SENIOR | 200 Back   | 86           |

# GOLDEN RAM AQUATICS

## February, 2012 A/BB/C

### MEET ENTRY FORM

**\*\*\*\*\* This form, properly completed, must accompany all manual entries and fees! \*\*\*\*\***  
**IN ADDITION, ALL ENTRIES MUST BE EMAILED TO [grameetentries@gmail.com](mailto:grameetentries@gmail.com)**

|                   |                          |
|-------------------|--------------------------|
| Team Name: _____  | Team Abbreviation: _____ |
| Head Coach: _____ | Phone: _____             |
| Address: _____    |                          |
| City: _____       | State: _____ Zip: _____  |
| Contact: _____    | Phone: _____             |
| E-Mail: _____     |                          |

**Entry Fees:**

|                           |  |                          |  |                       |
|---------------------------|--|--------------------------|--|-----------------------|
| Number of Female Swimmers |  | Number of Female Entries |  |                       |
| Number of Male Swimmers   |  | Number of Male Entries   |  |                       |
| Total Number of Swimmers  |  | Total Number of Entries  |  | X \$4 =               |
|                           |  |                          |  | (A) Total Entry Fees= |
|                           |  |                          |  |                       |

**Additional Fees for Manual Entries\*:** (\*As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted *only* on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting entries for 5 or more swimmers manually (for a total of \$40/swimmer.)) A summary of manual entries must also be emailed to the address below.

|  |  |        |                                   |
|--|--|--------|-----------------------------------|
| (If fewer than 5) Total Number of Swimmers |  | X\$15= |                                   |
| (If 5 or greater) Total Number of Swimmers |  | X\$40= |                                   |
|  |  |        | (B) Total Fee For Manual Entries= |
|  |  |        |                                   |

Total Fees (A)+(B)Included With Form= \_\_\_\_\_

**ENTRY DEADLINE IS THURSDAY, JANUARY 20<sup>th</sup>, 2012 @ 6:00 PM.**

Make check payable to: **GRA PARENTS CLUB. Mail entries to:**

Golden Ram Aquatics  
c/o Chris McCormick  
PO Box 548  
West Chester PA 19380  
610-637-5612 (cell)

**In addition, all entries MUST BE EMAILED to: [grameetentries@gmail.com](mailto:grameetentries@gmail.com)-Please include *the name of the meet* in the subject line and a *contact phone number* with your email!**

**I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.**

\_\_\_\_\_  
Signature of head coach or authorized team representative



