

## Five Star Swim Club Winter Carnival

A/BB/C Meet with Relays - **Closed Invitational**

**January 7-8, 2012**

Held under the sanction of Middle Atlantic Swimming  
MA Sanction # MA 1211 CI

<b>PURPOSE</b>	The purpose of the meet is for coaches to bring their team together to evaluate midseason times in a wide variety of events.
<b>LOCATION</b>	Lititz Rec 301 W. Maple St. Lititz, PA 17543 <b>Emergency calls the day(s) of the meet may be made to (717) 626-5096.</b>
<b>FACILITY</b>	<ul style="list-style-type: none"><li>• 25 yards pool; 8 lanes with non-turbulent lane lines and Colorado Timing System with 8 line score board display.</li><li>• The water depth at the starting end of the pool is 12 feet and the water depth at the turn end is 3 ½ feet.</li><li>• Spectators view meet from a 250 seat balcony.</li><li>• Refreshments available via vending machines. Free parking is available in the Rec parking lots and on adjacent school parking lots.</li></ul>
<b>POOL CERTIFICATION</b>	The competition course has not been certified in accordance with the USA Swimming Rules and Regulations, 104.2.2C(4).
<b>MEET DIRECTOR</b>	Heidi Cicala: <a href="mailto:hcicala@fidevia.com">hcicala@fidevia.com</a>
<b>OFFICIALS</b>	<ul style="list-style-type: none"><li>• Anyone wishing to volunteer or officiate should contact the Meet Referee Dan Griest <a href="mailto:dgriest@ptd.net">dgriest@ptd.net</a> or 717-625-3018.</li><li>• All officials and coaches must wear their official USA Swimming Membership Badge.</li><li>• Meet Workers will be identified with a special badge. No others will be permitted on deck.</li></ul>
<b>SAFETY &amp; RULES</b>	<b>Safety Director: Jackie Schouten 717-626-9119.</b> <ul style="list-style-type: none"><li>• Middle Atlantic Swimming Rules and Warm-up Procedures will be in effect at this meet. Coaches, parents, and every swimmer should become familiar with the rules and procedures.</li><li>• Swimmers must be under the direct supervision of a currently registered coach.</li><li>• All swimmers must enter the water feet first from the starting end of the pool. No diving in lanes other than those designated for diving. A swimmer could be suspended from the meet for non-compliance.</li><li>• Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event.</li><li>• This meet will be conducted using the Whistle command and No-Recall False Start procedures. '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.</li></ul>

<b>ELIGIBILITY</b>	This meet is open to all <b>9 and over swimmers</b> from invited teams registered with USA Swimming for 2012. The 2012 United States Swimming Rules will apply. Swimmer's age as of January 7, 2012 governs the entire meet.
<b>ENTRY LIMITATIONS</b>	Swimmers may compete in up to five (5) individual events and one (1) relay per day.
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• <b>The 1000 and 1650 will be positive check-in events. Positive check-in closes at 9:00 am both days: Saturday-1000 free; Sunday-1650 free.</b></li> <li>• <b><u>The 1000 and 1650 will be swum fastest to slowest, alternating women's and men's heats.</u></b></li> <li>• Swimmers must provide their own timer and lap counter for the 1000 and the 1650 Free.</li> <li>• Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event.</li> <li>• All other events are pre-seeded timed finals.</li> </ul>
<b>ORDER OF EVENTS</b>	See attached page listing the order of events and event numbers.
<b>WARM-UP &amp; START TIMES</b>	<ul style="list-style-type: none"> <li>• <u>First Session Each Day:</u> warm-ups from 7:00 AM to 7:55 AM with a start time of 8:00 AM.</li> <li>• <u>Second Session Each Day:</u> warm-ups from 12:00 PM to 1:20 PM, to be divided into two-40 minute sessions, with a meet start time of 1:30 PM.</li> <li>• Lane assignments, according to team size, will be emailed to the team representative one week prior to the meet.</li> </ul>
<b>ATHLETES WITH DISABILITIES</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

<b>ENTRIES</b>	<ul style="list-style-type: none"> <li>• All entries should be made using Hy-Tek software. If Hy-Tek software is unavailable, there is a \$15 per swimmer surcharge for any entry not submitted electronically. There is a \$25 surcharge for submission of 5 or more swimmers on manual entry.</li> <li>• All entries are to be emailed. Please attach a Word document of “Entries by Event” and the “Meet Entry Fee” report.</li> <li>• Swimmers with incomplete or illegible USS members will be rejected, <b>please check your TM database before sending entries!</b></li> <li>• All entries must be swimmers’ best times. Swimmers without a valid USS time in an event must be submitted as a “NT” in that event. Entries not in compliance will be subject to Middle Atlantic penalties.</li> <li>• Entry corrections will be accepted only from the coach or team representative listed on the entry form.</li> <li>• Deck entries will be accepted at the Meet Director’s discretion. <b>Swimmers not already entered in the meet must provide proof of current USA Swimming registration.</b> The deck entry cost is \$8 per individual entry and \$16 per relay entry, to be paid at the time of the deck entry. Deck entries will not be eligible for awards. All deck entries will be handled by the Meet Director <b>prior</b> to the start of that session. <b><u>No deck entries for a session will be accepted after the start of that session.</u></b></li> <li>• The Meet Director reserves the right to limit the number of heats/events in order to comply with the 4 hour rule, USA Swimming Rules and Regulations Section 205.3.1 (F).</li> <li>• <b>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.</b></li> </ul>
<b>ON-SITE REGISTRATION</b>	<p>On-site registrations for USS Swimming will NOT be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.</p>
<b>ENTRY FEE &amp; DEADLINE</b>	<p>\$4 per individual event; \$8 per relay. Entries must be received by 8:00 PM on Thursday, December 22, 2011.</p>
<b>WHERE TO SEND ENTRIES</b>	<ul style="list-style-type: none"> <li>• Make check payable to Five Star Swim Club</li> <li>• Mail check to: Heidi Cicala, 2 Breezy Knoll, Lititz, PA 17543.</li> <li>• Email entries to <a href="mailto:hcicala@fidevia.com">hcicala@fidevia.com</a>.</li> </ul>

<b>SCORING AND AWARDS</b>	<ul style="list-style-type: none"> <li>• The meet will be scored on each level (A, BB, C) for each event.</li> <li>• The top eight (8) times in each level (12 and younger) will receive awards.</li> <li>• <b>A entries:</b> medals 1<sup>st</sup> to 3<sup>rd</sup>, ribbons 4<sup>th</sup> to 8<sup>th</sup>;</li> <li>• <b>BB entries:</b> large rosettes 1<sup>st</sup> to 3<sup>rd</sup>, ribbons 4<sup>th</sup> to 8<sup>th</sup>;</li> <li>• <b>C entries:</b> regular ribbons 1<sup>st</sup> to 8<sup>th</sup>.</li> <li>• <b>Relay awards:</b> ribbons 1<sup>st</sup> to 3<sup>rd</sup>.</li> <li>• There will be no awards for 13 and over swimmers. <u>Awards will not be given to 12 and younger who swim Senior events.</u></li> <li>• Award levels will be determined by the entry times. All awards must be picked up by a coach or parent representative at the conclusion of the last session or after the last event in which your team has a swimmer participating.</li> <li>• No awards will be mailed.</li> </ul>
<b>PROGRAM &amp; ADMISSIONS</b>	Admission:\$5 per person/per day. Program:\$6 (includes the entire meet). Children, age 5 and under, are free.
<b>RESULTS</b>	Final results will be emailed to teams and posted on the Middle Atlantic website.
<b>DIRECTIONS</b>	Directions to the pool are available at <a href="http://www.fivestarswimming.com">www.fivestarswimming.com</a>
<b>ACCOMODATIONS</b>	<b>Holiday Inn Express</b> – 101 Crosswinds Dr Lititz (behind Pizza Hut on 501) 717.625.2366 (hotel is five minutes from the pool). <b>Warwick Inn &amp; Suites</b> – 613 Furnace Hills Pike (Rt. 501 N) (717) 627-7500 <b>Country Inn &amp; Suites</b> – Rt. 72 N (717) 665-5440 <b>Fairfield Inn by Marriott</b> – Rt. 72 N (717) 581-8122 <b>Hilton Garden</b> – Rt. 72 N (717) 560-0880

**Five Star Swim Club Winter Carnival Entry Summary  
January 7-8, 2012**

TEAM NAME: \_\_\_\_\_ TEAM CODE: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

TEAM MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

TELEPHONE: HOME (\_\_\_\_) \_\_\_\_\_ OFFICE (\_\_\_\_) \_\_\_\_\_

CONTACT PERSON FOR QUESTIONS ON ENTRIES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

TELEPHONE: HOME (\_\_\_\_) \_\_\_\_\_ OFFICE (\_\_\_\_) \_\_\_\_\_

EMAIL: \_\_\_\_\_

\*Number or Individual entries \_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Number of Relay entries \_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

\*If using Hy-Tek software, please include an "Entry Fee Report".

I attest that the entered athletes are properly registered with USA Swimming and that they have achieved the seed times recorded.

**Head Coach or team representative Signature:** \_\_\_\_\_

**THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANKS**

**FSSC Winter Carnival**  
**Saturday, January 7, 2012**

**Session 1**

**Warm-up 7:00-7:55; Start 8:00**

<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
1	Senior 50 Freestyle	2
3	Senior 100 Breaststroke	4
5	Senior 200 Backstroke	6
7	Senior 100 Freestyle	8
9	Senior 200 IM	10
11	Senior 200 Butterfly	12
13	13 & Over 200 Freestyle Relay*	14
15	Senior 1000 Freestyle	16

**Session 2**

**Warm-up 12:00; Start 1:30**

17	11/12 200 IM	18
19	9/10 200 IM	20
21	11/12 50 Freestyle	22
23	9/10 50 Freestyle	24
25	11/12 100 Breaststroke	26
27	9/10 100 Breaststroke	28
29	11/12 50 Backstroke	30
31	9/10 50 Backstroke	32
33	11/12 100 Butterfly	34
35	9/10 100 Butterfly	36
37	11/12 200 Freestyle Relay*	38
39	9/10 200 Freestyle Relay*	40

\*NOTE: Relays will be swum at the BEGINNING OF THE MEET both days.

**FSSC Winter Carnival**  
**Sunday, January 8, 2012**

**Session 3**

**Warm-up 7:00-7:55; Start 8:00**

<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
41	Senior 400 IM	42
43	Senior 200 Breaststroke	44
45	Senior 200 Freestyle	46
47	Senior 100 Backstroke	48
49	Senior 100 Butterfly	50
51	13 & Over 200 Medley Relay*	52
53	Senior 1650	54

**Session 4**

**Warm-up 12:00; Start 1:30**

55	11/12 200 Freestyle	56
57	9/10 200 Freestyle	58
59	11/12 100 IM	60
61	9/10 100 IM	62
63	11/12 50 Breaststroke	64
65	9/10 50 Breaststroke	66
67	11/12 100 Backstroke	68
69	9/10 100 Backstroke	70
71	11/12 50 Butterfly	72
73	9/10 50 Butterfly	74
75	11/12 100 Freestyle	76
77	9/10 100 Freestyle	78
79	11/12 200 Medley Relay*	80
81	9/10 200 Medley Relay*	82

\*NOTE: Relays will be swum at the BEGINNING OF THE MEET both days.

