

**2012 Middle Atlantic  
Long Course Junior Olympic Championships**

**July 26 –July 29, 2012**

**Hosted by:**



**NITTANY LION  
AQUATIC CLUB**

Held Under the Sanction of Middle Atlantic Swimming



**MIDDLE  
ATLANTIC  
SWIMMING**

Meet Sanction MA 12119 AG

Trials Sanction MA 12119 TT

**Revised July 17, 2012 – Officials signup,  
order of events, Thursday warmup**

<b>Co-Meet Directors:</b>	<b>Margaret Michels Justine Gible</b>
<b>Safety Director:</b>	<b>Bridget Donnelly</b>
<b>Meet Manager:</b>	<b>Margaret Michels</b>
<b>Meet Referee:</b>	<b>Robert Schailey</b>
<b>General Chair:</b>	<b>Matt Sprang</b>
<b>Age Group Co-Chairs:</b>	<b>Michael Brooks</b>
<b>Administrative Chair:</b>	<b>Mike Seip</b>
<b>Officials Chair:</b>	<b>Kent Steeves</b>
<b>Middle Atlantic Office:</b>	<b>(302) 429-6288</b> <a href="mailto:office@maswim.org">office@maswim.org</a>

<b>LOCATION</b>	The meet will be held at the McCoy Natatorium on the campus of The Pennsylvania State University, Curtin & Bigler Roads, University Park, PA. The Penn State campus is approximately 1-1/2 hr from Harrisburg and 3-1/2 hr from Philadelphia.
<b>FACILITIES</b>	<p>The Natatorium is a 50-meter heated, outdoor 8-Lane facility. Pool depth at the starting end is 12' 6" and at the turn end is 4'-6" feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p> <p>A separate indoor 25yd pool will be available for warm-up and warm-down during the meet. Water depth at the starting end is 10' and at the turn end is 6'. The pool has Non-turbulent lane markers and a CTS 5 Timing System.</p> <p><b>PARKING:</b> Available in parking decks near the Natatorium. <b>Penn State University controls all parking and fees.</b> Additional lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully.</p> <p><b>FOOD:</b> A limited selection of food and swimming apparel will be available throughout the meet.</p> <p><b>SEATING:</b> Tents will be provided for swimmers and coaches. Spectators will be seated in bleachers on the side of the pool opposite the entrance.</p>
<b>CO-MEET DIRECTORS</b>	Margaret Michels, 155 W. Hamilton Ave., State College, PA 16801 814.777.0674 e-mail: <a href="mailto:michels.browne@gmail.com">michels.browne@gmail.com</a> Justine Gibble
<b>SAFETY DIRECTOR</b>	Bridget Donnelly: Emergency phone on day of meet only: 814.360.3259. MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.
<b>OFFICIALS</b>	<p>All certified officials are welcome to officiate at this meet and may sign up at the following link: <a href="http://www2.mysignup.com/cgi-bin/view.cgi?datafile=ma_junior_olympic_champs_2012">http://www2.mysignup.com/cgi-bin/view.cgi?datafile=ma_junior_olympic_champs_2012</a></p> <p>Officials that have not indicated their availability prior to the meet may report to the Referee and attend the briefing session prior to each session. All MA officials are urged to work when present at the Meet. Questions may be sent to <a href="mailto:officials@maswim.org">officials@maswim.org</a></p>
<b>TEAM ASSIGNMENTS</b>	With the Middle Atlantic's endorsement we will be requesting that every team entered in the mee supply timers. <b>Each team's contact person will be provided with their team's timer responsibilities by July 20<sup>th</sup>.</b> Please make sure you have these timer responsibilities assigned prior to the meet to ensure the meet runs as smoothly as possible. Teams with swimmers in finals will be asked to assist in timing the finals sessions.

<p><b>ELIGIBILITY</b></p>	<p>All swimmers must be currently registered with USA Swimming. The meet is limited to Middle Atlantic registered swimmers only. All swimmers, including relay-only swimmers, must be entered into the meet prior to the entry deadline. <i>On-site registration will <b>not</b> be accepted at this meet. Each swimmer must be registered through Middle Atlantic prior to competition.</i></p> <p>Age Group is determined by the swimmer's age as of July 26, 2012.</p> <p>Each swimmer may compete in a maximum of three (3) individual events (including bonus events) and one (1) relay per day; swimmers are limited to ten (10) total individual events in the meet. Bonus events will be allowed in this meet:</p> <p style="padding-left: 40px;">One qualifying time: Swimmer may add ONE bonus event.</p> <p style="padding-left: 40px;">Two qualifying times: Swimmer may add TWO bonus events.</p> <p style="padding-left: 40px;">Three qualifying times: Swimmer may add ONE bonus event.</p> <p style="padding-left: 40px;">Four or more qualifying times: Swimmer may add NO bonus event.</p> <p>Bonus events count toward the daily and total meet entry limitations. You may not enter a bonus event with NT; you must have an entry time. Bonus swims in events 400 meters or longer will be at the discretion of the Meet Director. Qualifying times must have been <b>achieved on or after January 1, 2011.</b></p> <p>Entry times (for non-Bonus events) must be equal to or faster than the Qualifying Times shown below. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet. <b>YMCA and high school times are not acceptable unless that particular meet was granted one of the above statuses.</b> <i>Penalties will be imposed upon the swimmer when any coach, parent or swimmer enters a time other than the swimmer's best time for any particular event, and could cause the swimmer to be suspended from competition for a minimum of three months, but not more than one year. Further violations by a coach or parent could result in that person being forbidden to participate in, or attend, USA Swimming functions.</i></p> <p>Swimmers eight (8) years and younger may enter 10 &amp; Under events if they have achieved the event qualifying time.</p> <p><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.</p>																		
<p><b>ENTRY LIMITATIONS</b></p>	<p>The Meet Director reserves the right to limit the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format, in order to run the meet in a timely manner.</p>																		
<p><b>WARM-UP &amp; START TIMES</b></p>	<table border="0" style="width: 100%;"> <thead> <tr> <th style="width: 60%;"></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Start</th> </tr> </thead> <tbody> <tr> <td><b>Thursday</b></td> <td style="text-align: center;"><b>2:30 pm</b></td> <td style="text-align: center;"><b>3:30 pm</b></td> </tr> <tr> <td><b>Friday-Sunday</b></td> <td></td> <td></td> </tr> <tr> <td style="padding-left: 20px;"><b>13 &amp; over Prelims</b></td> <td style="text-align: center;"><b>6:30 am</b></td> <td style="text-align: center;"><b>8:00 am</b></td> </tr> <tr> <td style="padding-left: 20px;"><b>11-12 Prelims, 10&amp;under Timed Finals</b></td> <td style="text-align: center;"><b>11:30 am</b></td> <td style="text-align: center;"><b>12:30 pm</b></td> </tr> <tr> <td style="padding-left: 20px;"><b>Finals</b></td> <td style="text-align: center;"><b>4:30 pm</b></td> <td style="text-align: center;"><b>5:30 pm</b></td> </tr> </tbody> </table> <p>The afternoon sessions will begin no earlier than the above times, depending on the length of the morning sessions. Finals times may be delayed depending on the length of the afternoon sessions. Breaks may be taken during Finals to present awards.</p>		Warm Up	Start	<b>Thursday</b>	<b>2:30 pm</b>	<b>3:30 pm</b>	<b>Friday-Sunday</b>			<b>13 &amp; over Prelims</b>	<b>6:30 am</b>	<b>8:00 am</b>	<b>11-12 Prelims, 10&amp;under Timed Finals</b>	<b>11:30 am</b>	<b>12:30 pm</b>	<b>Finals</b>	<b>4:30 pm</b>	<b>5:30 pm</b>
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<p><b>RELAYS</b></p>	<p>All Relays are Timed Finals and will be deck seeded. All 10 &amp; Under Relays will swim in the afternoon session. The top eight (8) seeded relays (after check-in) 11-12, 13-14, 15-19 will swim at Finals; all other Relays will swim during the Prelims sessions. The ‘Sunday Relay’ Rule will be in effect for teams wishing to swim their relays in the Prelims Session.</p> <p>A swimmer does not have to be entered in an Individual Event at the Meet in order to swim on a Relay. Each relay must include at least one (1) swimmer entered in the meet in an individual event. <b>You may not enter relays composed entirely of relay only swimmers.</b> Only two (2) Relays from a Team will score in an event, although additional Relays may be entered. <b>All relay cards must be returned to the Admin Referee at a designated time during each Prelims session. Failure to do so will result in a relay not being seeded. Relays seeded in the top-8 are expected to swim at Finals unless an alternate relay is found.</b></p>
<p><b>DECK ENTRIES</b></p> <p><b>TIME TRIALS</b></p>	<p>Deck entries <b>will not</b> be accepted.</p> <p>Time Trials will be available after each session on Friday, Saturday and Sunday, time permitting, or at other times determined by the Meet Referee. \$10.00 per individual swim, \$20.00 per relay. Middle Atlantic Time Trials policy will be followed. Time Trials Events count in the total allowable events to be swum in one day. <b>Time Trial results can be used for entry to the Eastern Zone LC Championship Meet.</b></p>
<p><b>SEEDING &amp; FORMAT</b></p>	<p>Positive check-in will be required for all events 400 meters and longer in order to be seeded. All events 200 meters and shorter will be pre-seeded; however, the Meet Director reserves the right to require positive check-in for certain 200 meter events if it is deemed necessary to keep the Meet within the allowable time limits. Positive check-in events will generally close for seeding thirty minutes before the expected starting time for that event.</p> <p>Entry times must be submitted in the course in which they were achieved. All entries other than LC will be treated as Non-Conforming, and will be seeded according to USA Swimming Rules (i.e., they will not be converted and will be seeded AFTER all LC entry times.)</p> <p>The 11-12 &amp; 13-14 age groups will have a B-Final and A-Final, swum in that order, in all events except those listed as Timed Finals. The 15-19 age group will have an A final only.</p> <p>The 800 Free Relay, 800 Free and the 12 &amp; Under 400 Free events on Thursday will each swim fastest to slowest, alternating Girls and Boys. The 1500 Free on Sunday will swim fastest-to-slowest, alternating Girls and Boys, except for the fastest heat of each gender, which will swim at Finals.</p> <p>The 11-12 400 IM is a Timed Final event. The top eight (8) seeded swimmers after check-in will swim at Finals; all others will swim at Prelims, swimming fastest to slowest.</p> <p>All swimmers in Thursday’s events, including the 800 Free Relay, must provide their own Timer. All swimmers in the preliminary heats of the 1500 Free must provide their own Timer. All swimmers in the 800 and 1500 Freestyle events must provide their own counter.</p>
<p><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session, and will be assigned to a Team for that session.</p> <p>Any swimmer entering the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA member swimming coach as being proficient as 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.</p>

<p><b>HOW TO ENTER</b></p>	<p>All entries should be prepared electronically using software compatible with meet management programs. The entry, including the electronic file, entry report, meet Summary Sheet and your check, should be sent to the Meet Director. An e-mailed entry <b>MUST</b> contain the name of the Team and a contact person, along with the number of swimmers, the number of individual events and the number of relays in the text of the e-mail. The entry file from TM in MS Word document <b>MUST</b> be attached. Entries received without this information will be returned. <b>Bonus events should be marked in the entry file.</b> If using Team Unify you <b>MUST</b> send a word document indicating Bonus events.</p> <p>Please waive the 'signature required' if your entry is sent via a postal service that offers one. <b>Do not send a disk if entries are e-mailed to the Meet Director.</b></p> <p>If use of compatible program is not possible, the attached Entry Form must be used. A fee of \$5.00 per swimmer will be charged if not using a computer entry.</p> <p>Entries sent with 'No Time' will be rejected. All entries must be submitted in the Course in which they were swum. Entries based on SCM or SCY will be seeded as non-conforming; a swimmer may choose which best time in either course to enter.</p>
<p><b>ENTRY FEES</b></p>	<p>\$5.00 per individual event. Relay entries \$10.00 per relay team. \$5 per swimmer surcharge.</p>
<p><b>SEND ENTRIES TO</b></p>	<p>Margaret Michels, 155 W. Hamilton Ave. State College, PA 16801 Phone: 814-777-0674 e-mail <a href="mailto:michels.browne@gmail.com">michels.browne@gmail.com</a></p>
<p><b>ENTRY DEADLINE</b></p>	<p><b>All entries and must be received by 5 PM, Wednesday, July 11, 2012.</b></p> <p>No late entries will be accepted. <u>Entries will not be processed without full payment.</u> <b>Payment for all entries must be received by Friday, July 20, 2012.</b></p>
<p><b>RULES</b></p>	<p>This meet will be conducted according to current USA Swimming Rules and Middle Atlantic Swimming practices. <b>USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</b> Warm-ups are subject to the following procedures: No diving during warm-up except in designated sprint lanes. Pool entry during warm-up must be from the end of lanes only. The Referee may remove anyone from the warm-up for failure to comply with appropriate warm-up rules and procedures.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and registered essential meet personnel will be permitted on deck within 10' of the pool edge. All coaches must display their 2012 USA Swimming Coach Membership Card. Officials and meet personnel must display their 2012 Non-Athlete Membership Card. This requirement will be strictly enforced! This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Fly-over starts will be used in the morning and afternoon sessions.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms or locker rooms.</p>

<p><b>SCRATCH POLICY</b></p>	<p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> <p>Swimmers qualifying for FINALS in a Prelims/Finals event or seeded into a deck-seeded Timed Final heat that swims at Finals, who do not compete, are disqualified from participation in the remainder of the meet; Swimmers who qualify for FINALS on their last meet day and do not compete are subject to a \$50 fine. Such swimmer will be suspended from MA Championship or other MA hosted meets until the fine is paid. These penalties do not apply if the swimmer has appropriately scratched at Prelims, or is listed as an alternate.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event, including deck-seeded events. At Finals, a Declared False Start, deliberate Delay of Meet False Start or other action to non-compete will be subject to the penalty for non-competition.</p>
<p><b>PROOF OF TIME FINES &amp; DEADLINES</b></p>	<p>Middle Atlantic Swimming will notify each Team regarding any swimmer on the Team who does not swim the qualifying time at the meet; those swimmers will be required to prove their entry time. If the entry time cannot be proven, a \$50 fine per event will be levied against the swimmer, to be paid within the time specified by Middle Atlantic. Swimmers not satisfying this requirement will be suspended from further competition in Middle Atlantic sponsored meets until the fine is paid. Bonus events are an exception to this policy.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<p>Individual:        10&amp; Under                    Medals 1-8                                 11-12, 13-14                    Medals 1-8        Relays:            10&amp;U, 11-12, 13-14            Medals 1-3</p> <p style="text-align: center;"><b>High Point</b></p> <p>Team:                1<sup>st</sup> place Combined; 2<sup>nd</sup> place Combined; 3<sup>rd</sup> place Combined        Individual:        For each gender and age group</p> <p>Scoring for individual events    20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p> <p>Scoring for relays                    40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2</p> <p style="text-align: center;">(a maximum of two relays per team per age group will score)</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Admission \$5.00 per day. Spectators 8 years of age and under will be admitted free. Finals- Free Admission. Finals Heat Sheets -- \$2 Programs: 3 1/2 Day- \$10.00 per program. Included in the program will be a coupon redeemable for a finals heat sheet.</p>
<p><b>RESULTS</b></p>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> and realtime on the MA website as well. Real time results are also available at:  <a href="http://results.teamunify.com/masbca/">http://results.teamunify.com/masbca/</a></p>
<p><b>DIRECTIONS</b></p>	<p>Take Rt. 322 to the Penn State Exit (Park Ave). Turn onto Park Ave going toward State College, follow to third light (past stadium) at Bigler Rd. Turn left onto Bigler Rd. Pool is past the first stop sign, on the left.</p>

<b>ACCOMODATIONS</b>	<p><b>COMFORT SUITES:</b> 132 Village Drive State College, PA 16801 Phone: 814-235-1900. <b>Mention “Nittany Lion Aquatics”</b> when making reservation. <a href="http://www.comfortsuites.com/hotel-state_college-pennsylvania-PA276">http://www.comfortsuites.com/hotel-state_college-pennsylvania-PA276</a></p> <p><b>COUNTRY INN &amp; SUITES:</b> 1357 East College Avenue, State College PA 16801 Phone 814-234-6000 <b>Mention “Nittany Lion Aquatics”</b> when making reservation. <a href="http://www.countryinns.com/state-college-hotel-pa-16801/pastate">http://www.countryinns.com/state-college-hotel-pa-16801/pastate</a></p> <p><b>RAMADA CONFERENCE CENTER,</b> 1450 South Atherton St., State College, PA 16801 Phone: 814-238-3001 <b>Ask for Nittany Lion Aquatic Meet, Group code: NLA3</b> <a href="http://www.ramadasc.com/">http://www.ramadasc.com/</a></p> <p><b>SLEEP INN GROUP BLOCKS:</b> Address: 111 Village Drive State College, PA 16801 Phone : 814-235-1020 <b>Mention “Nittany Lion Aquatics”</b> when making reservation. <a href="http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421">http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421</a></p> <p>Information about additional lodging is available at: <a href="http://www.visitpennstate.org/">http://www.visitpennstate.org/</a></p>
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### ORDER OF EVENTS and QUALIFYING TIMES

THURSDAY, JULY 26, 2012- Timed Finals								
Warm up 3:30 PM – Start 4:30 PM								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
1	12:07.59	10:36.69	10:47.99	13-14 800 Free	10:31.29	10:15.99	11:43.89	2
	11:55.89	10:26.49	10:41.89	15-19 800 Free	10:04.59	9:48.19	11:12.19	
3	6:49.39	5:54.39	6:05.39	10/U 400 Free	6:06.59	5:15.79	6:50.59	4
	5:59.29	5:13.79	5:32.29	11-12 400 Free	5:30.89	5:15.79	6:01.09	
5				13-14 800 Free Relay				6
				15-19 800 Free Relay				

Age groups will swim combined in the 800 Free, 400 Free and the 800 Free Relay and will be scored separately. All events will swim fast to slow, alternating girls and boys.

All Thursday evening swimmers and relays must provide their own Timers; swimmers in the 800 Free must provide their own counter.

## ORDER OF EVENTS and QUALIFYING TIMES

### FRIDAY, JULY 27, 2012- Morning Prelims

#### Warm up 6:30 AM – Start 8:00 AM

GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
7	1:06.79	1:14.59	1:18.39	15-19 100 Back	1:11.99	1:10.69	1:03.29	8
9	1:07.69	1:15.09	1:19.69	13-14 100 Back	1:15.59	1:11.69	1:04.89	10
11	2:05.49	2:19.99	2:25.39	15-19 200 Free	2:17.39	2:08.79	1:55.39	12
13	2:08.59	2:23.69	2:28.59	13-14 200 Free	2:24.99	2:17.89	2:03.59	14
15	1:05.29	1:12.89	1:16.09	15-19 100 Fly	1:09.09	1:06.79	59.79	16
17	1:06.69	1:14.29	1:17.59	13-14 100 Fly	1:12.69	1:10.79	1:04.09	18
19	5:14.09	5:57.09	5:57.59	15-19 400 IM	5:29.99	5:19.49	4:49.09	20
21	5:17.49	5:54.79	6:03.19	13-14 400 IM	5:46.79	5:34.19	5:02.39	22
23				15-19 400 Free Relay				24
25				13-14 400 Free Relay				26

Fastest heat of each Friday Morning Relay will swim at Finals.

### FRIDAY, JULY 27, 2012- Afternoon Timed Finals

#### Warm up 11:30 AM – Start 12:30 PM

GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
27	1:20.79	1:30.19	1:33.79	11-12 100 Breast	1:33.89	1:29.79	1:21.29	28
29	1:33.39	1:43.19	1:47.49	10/U 100 Breast	1:46.99	1:44.49	1:34.09	30
31	2:14.49	2:30.39	2:39.69	11-12 200 Free	2:36.19	2:31.19	2:16.89	32
33	2:36.39	2:52.79	2:59.89	10/U 200 Free	3:00.39	2:53.79	2:37.39	34
35	31.59	35.19	36.79	11-12 50 Fly	36.79	35.29	31.89	36
37	36.99	41.19	42.09	10/U 50 Fly	41.49	40.49	36.69	38
39	2:35.09	2:51.59	3:00.69	11-12 200 Back	3:01.59	2:49.99	2:33.79	40
41				10/U 200 Free Relay				42
43				11-12 200 Free Relay				44

Fastest heat of 11-12 Relay will swim at Finals.



## ORDER OF EVENTS and QUALIFYING TIMES

<b>SATURDAY, JULY 28, 2012 - Morning Prelims</b>								
<b>Warm up 6:30 AM – Start 8:00 AM</b>								
GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
45	2:26.49	2:43.49	2:47.59	15-19 200 Back	2:34.89	2:26.59	2:13.59	46
47	2:24.69	2:41.69	2:50.99	13-14 200 Back	2:42.99	2:35.99	2:19.49	48
49	1:15.79	1:24.59	1:29.79	15-19 100 Breast	1:20.59	1:16.49	1:09.19	50
51	1:16.49	1:24.89	1:30.09	13-14 100 Breast	1:23.59	1:19.89	1:12.29	52
53	2:28.00	2:42.79	2:44.69	15-19 200 Fly	2:32.19	2:28.69	2:14.59	54
55	2:28.59	2:44.19	2:49.59	13-14 200 Fly	2:41.59	2:37.19	2:22.29	56
57	26.99	32.39	31.89	15-19 50 Free	28.79	26.89	24.09	58
59	27.19	30.19	31.59	13-14 50 Free	30.69	28.49	25.49	60
61	5:44.99	5:01.89	5:12.89	15-19 400 Free	4:53.29	4:40.29	5:20.29	62
63	5:46.19	5:02.49	5:14.59	13-14 400 Free	5:06.29	5:07.49	5:33.09	64
65				15-19 400 Med Relay				66
67				13-14 400 Med Relay				68

Fastest heat of each Relay will swim at Finals.

## SATURDAY, JULY 28, 2012 - Afternoon Timed Finals

Warm up 11:30 AM – Start 12:30 PM

GIRLS	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	BOYS
69	2:34.69	2:52.89	3:00.19	11-12 200 IM	2:58.09	2:52.59	2:35.19	70
71	2:54.99	3:14.29	3:22.59	10/U 200 IM	3:20.89	3:16.09	2:56.29	72
73	37.09	41.29	43.19	11-12 50 Breast	43.69	41.39	37.59	74
75	41.99	46.49	48.79	10/U 50 Breast	48.99	47.79	42.99	76
77	1:11.39	1:20.49	1:26.29	11-12 100 Back	1:24.09	1:19.69	1:12.09	78
79	1:21.19	1:29.89	1:35.49	10/U 100 Back	1:34.69	1:30.19	1:21.69	80
81	28.29	31.69	33.29	11-12 50 Free	33.09	31.19	28.09	82
83	31.99	35.79	38.49	10/U 50 Free	36.79	35.69	31.89	84
85	2:44.69	3:01.99	3:07.89	11-12 200 Fly	3:02.19	2:54.89	2:38.29	86
87				10/U 200 Med Relay				88
89				11-12 Med Relay				90

Fastest heat of 11-12 Med Relay will swim at Finals.

## ORDER OF EVENTS and QUALIFYING TIMES

<b>SUNDAY, July 29, 2012- Morning Prelims</b>								
<b>Warm up 6:30 AM – Start 8:00 AM</b>								
<b>GIRLS</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>EVENT</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>BOYS</b>
91	2:47.29	3:06.79	3:08.49	15-19 200 Breast	2:54.29	2:45.89	2:30.09	92
93	2:45.99	3:03.69	3:11.99	13-14 200 Breast	3:02.39	2:52.69	2:36.29	94
95	58.39	1:04.89	1:08.09	15-19 100 Free	1:03.09	58.59	52.49	96
97	58.59	1:04.89	1:09.29	13-14 100 Free	1:06.39	1:01.89	55.59	98
99	2:24.99	2:43.29	2:46.09	15-19 200 IM	2:37.19	2:33.39	2:17.39	100
101	2:23.49	2:40.19	2:47.39	13-14 200 IM	2:44.59	2:35.19	2:18.99	102
103	19:59.89	19:51.99	20:28.49	15-19 1500 Free	19:22.99	18:41.39	18:47.49	104
103	20:12.19	20:05.09	20:39.79	13-14 1500 Free	20:14.39	19:32.59	19:39.49	104

Fastest heat of 1500 Free will swim at finals; remaining heats will swim at prelims, fast to slow, alternating girls and boys. Swimmers at Prelims must provide their own timer and counter.

<b>SUNDAY, July 29, 2012 - Afternoon Timed Finals</b>								
<b>Warm up 11:30 AM – Start 12:30</b>								
<b>GIRLS</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>EVENT</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>BOYS</b>
105	5:38.09	6:15.39	6:20.09	11-12 400 IM	6:24.29	6:11.99	5:36.69	106
107	32.99	36.69	39.09	11-12 50 Back	38.79	36.79	33.29	108
109	37.49	41.69	43.69	10/U 50 Back	44.69	42.09	37.79	110
111	1:12.39	1:20.79	1:24.09	11-12 100 Fly	1:23.09	1:20.19	1:12.49	112
113	1:25.79	1:34.19	1:39.69	10/U 100 Fly	1:38.19	1:36.29	1:26.69	114
115	1:01.19	1:08.39	1:13.59	11-12 100 Free	1:11.59	1:08.09	1:01.19	116
117	1:10.39	1:18.29	1:21.89	10/U 100 Free	1:21.59	1:17.59	1:10.19	118
119	2:57.29	3:15.89	3:23.69	11-12 200 Breast	3:21.19	3:11.09	2:52.99	120
121				10/U 400 Free Relay				122
123				11-12 400 Free Relay				124

Fastest heat of 11-12 400 IM will swim at Finals; remaining heats will swim in afternoon session, fast to slow.  
Fastest heat of each 11-12 Relay will swim at finals

## Friday Finals, order of events

43	11-12 200 free relay – fastest heat	44
7	15-19 100 Back	8
9	13-14 100 Back	10
27	11-12 100 Breast	28
11	15-19 200 Free	12
13	13-14 200 Free	14
31	11-12 200 Free	32
15	15-19 100 Fly	16
17	13-14 100 Fly	18
35	11-12 50 Fly	36
19	15-19 400 IM	20
21	13-14 400 IM	22
39	11-12 200 Back	40
23	15-19 400 Free Relay - fastest heat	24
25	13-14 400 Free Relay - fastest heat	26

## Saturday Finals, order of events

89	11-12 200 Medley Relay – fastest heat	90
45	15-19 200 back	46
47	13-14 200 Back	48
<b>77</b>	<b>11-12 100 Back</b>	<b>78</b>
49	15-19 100 Breast	50
51	13-14 100 Breast	52
73	11-12 50 Breast	74
53	15-19 200 Fly	54
55	13-14 200 Fly	56
85	11-12 200 Fly	86
57	15-19 50 Free	58
59	13-14 50 Free	60
81	11-12 50 Free	82
61	15-19 400 Free	62
63	13-14 400 Free	64
<b>69</b>	<b>11-12 200 IM</b>	<b>70</b>
65	15-19 400 Medley Relay – fastest heat	66
67	13-14 400 Medley Relay – fastest heat	68

## Sunday Finals, order of events

123	11-12 400 Free Relay – fastest heat	124
103	13-19 1500 Free	104
105	11-12 400 IM	106
107	11-12 50 Back	108
91	15-19 200 Breast	92
93	13-14 200 Breast	94
111	11-12 100 Fly	112
95	15-19 100 Free	96
97	13-14 100 Free	98
115	11-12 100 Free	116
99	15-19 200 IM	100
101	13-14 200 IM	102
119	11-12 200 Breast	120

LONG COURSE JOs – SUMMARY SHEET  
THIS SHEET MUST ACCOMPANY THE OFFICIAL ENTRY BLANK

TEAM \_\_\_\_\_

TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_

PHONE# \_\_\_\_\_

ADDRESS \_\_\_\_\_

E-MAIL \_\_\_\_\_

Person designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail Entries To: Margaret Michels 155 West Hamilton Ave, State College, PA 16801,  
814-777-0674

e-mail: [michels.browne@gmail.com](mailto:michels.browne@gmail.com)

**ENTRY DEADLINE: 5PM Wednesday JULY 11<sup>th</sup> No entries accepted after this date.**

**Please make checks payable to: Nittany Lion Aquatic Club, one check per team, please.**

ENTRY FEES:

_____ Individual Events @ \$5.00	\$ _____
_____ Relay Teams @ \$10.00	\$ _____
_____ Swimmer Surcharge @ \$5.00	\$ _____ (everybody pays this)

**Total Swimmers Entered in Meet \_\_\_\_\_**

**Total: \$ \_\_\_\_\_**

**Payment to be received by Friday, July 20, 2012.**

I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.

**Head Coach's Signature \_\_\_\_\_**

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