

GOLDEN RAM AQUATICS

“HIGH SCHOOL CLOSED INVITATIONAL”

MARCH 4TH, 2012

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1222 CI / Time Trials Sanction # MA 1222 TT

LOCATION	West Chester University, South Campus Pool South New Street West Chester, PA 19380 Day of meet ONLY emergency phone 610-436-2127 (pool office) or 484-883-7202 (Meet Director)
FACILITIES	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 rate 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.
MEET DIRECTOR	Beth Ann Carozza 484-883-7202 bacpc@comcast.net
SAFETY DIRECTOR	Costa Alvanos 610-331-8550
OFFICIALS	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.
ELIGIBILITY	This meet is open to all swimmers age 14 and over who are currently registered with USA Swimming and are members of the invited teams. The swimmer's age as of the first day of the meet governs age group participation for the entire meet. Swimmers may enter a maximum of 2 events.
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.
ENTRY LIMITATIONS	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.
ENTRY DEADLINE	All entries must be received no later than 6 pm Wednesday, February 22, 2012.
ENTRY FEES	\$4 per Individual Event
HOW TO ENTER	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

	<p>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 maswim.org. Entry fees are due with entries. The Summary of Events form found at the back of this invitation must accompany all entries. Entries will not be processed without full payment. NO EXCEPTIONS.</p> <p><i>Entries must be e-mailed to: grameetentries@gmail.com.</i> 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. Hy-Tek contact: Chris McCormick 610-637-5612(cell).</p>
<p>SEND ENTRIES TO</p>	<p>Checks should be made payable to GRA Parents Club. Please send one check per Club. Mail entries to: Golden Ram Aquatics c/o Chris McCormick PO Box 548 West Chester, PA 19380</p>
<p>DECK ENTRIES</p>	<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 <u>prior</u> to the beginning of warm-ups.</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>RULES</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. 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. '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.</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>

<p>ORDER OF EVENTS</p> <p>WARM-UP & START TIMES</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>Sunday, March 5th, 2012</p> <p>Warm-up 11:00 AM Start 12:00 PM</p>
<p>TIME TRIALS</p>	<p>Time Trials</p> <p>Any swimmer entered in the meet may participate in Time Trials.</p> <p><i>Time Trials shall be swum as follows:</i></p> <p>Time trials will be held in the 50 free, 100 free, back, breast and fly, and 200 IM. Any change will be announced at the beginning of the time trial session. Swimmers are limited to a maximum of 1 time trial for the meet.</p>
<p>SEEDING</p> <p>SCRATCHES</p>	<p>All events are positive check-in, timed finals.</p> <p>Any swimmer who has positively checked in for a deck-seeded individual event and then does not swim that event will be barred from the next individual event in which the swimmer is entered, whether on the same or later meet day, unless the swimmer has notified the Referee or Clerk of Course prior to the closing of the event that the swimmer wishes not to be seeded.</p> <p>Following the first session there will be a time trial session for swimmers who are previously entered in the meet.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<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>
<p>AWARDS</p>	<p>No awards will be given at this meet.</p>
<p>PROGRAMS & ADMISSION</p>	<p>\$2 admission charge for adults. Seeded heat sheets will be posted prior to events. There will be no program.</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org.</p>
<p>DIRECTIONS TO POOL</p>	<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 1st 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 1st right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>

GOLDEN RAM AQUATICS
HIGH SCHOOL CLOSED INVITATIONAL
ORDER OF EVENTS
SUNDAY, MARCH 4TH, 2012

#	Event Name
1	Womens 400IM
2	Mens 400 IM
3	Womens 200 Back
4	Mens 200 Back
5	Womens 200 Breast
6	Mens 200 Breast
7	Womens 200 Fly
8	Mens 200 Fly
9	Womens 1000 Free
10	Mens 1000 Free

GOLDEN RAM AQUATICS

March 4, 2012 Closed HS Invite

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

Team Name: _____
 Head Coach: _____
 Address: _____
 City: _____
 Contact: _____
 E-Mail: _____

Team Abbreviation: _____
 Phone: _____
 State: _____ Zip: _____
 Phone: _____

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 WEDNESDAY, FEBRUARY 23rd, 2011 @ 6:00 PM.

Make check payable to: **GRA PARENTS CLUB** and Mail to:
 Golden Ram Aquatics
 c/o Chris McCormick
 PO Box 548
 West Chester PA 19380
 610-637-5612 (cell)

In addition, entries MUST BE EMAILED to: 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

MANUAL MEET ENTRY FORM

GIRLS

Name (first, middle initial, last)	Age	USS ID #	Event # Time	Event # Time	Event # Time	Event# Time	Event # Time
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Please print neatly.

If you do not know your swimmer's USS ID#, it is constructed by using birth date (mmddy) + first 3 letters of first name + middle initial + first four letters of last name. For example, Mary Q. Public with a birth date of 11/24/1994 would have a USS ID# of 112494MARQPUBL. Use an "*" for any letter that is not present; for example, Jane Doe with a birth date of 3/15/1999 would be 031599JAN*DOE*.

This should match the registration form sent to Middle Atlantic Swimming.

Number of GIRL swimmers: _____

Female Individual Entries: _____ x \$4.00 = Page 1 Fees: _____

MANUAL MEET ENTRY FORM

BOYS

Name (first, middle initial, last)	Age	USS ID #	Event # Time	Event # Time	Event # Time	Event# Time	Event # Time
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Please print neatly.

If you do not know your swimmer's USS ID#, it is constructed by using birth date (mmddyy) + first 3 letters of first name + middle initial + first four letters of last name. For example, Mary Q. Public with a birth date of 11/24/1994 would have a USS ID# of 112494MARQPUBL. Use an "*" for any letter that is not present; for example, Jane Doe with a birth date of 3/15/1999 would be 031599JAN*DOE*.

This should match the registration form sent to Middle Atlantic Swimming.

Number of BOY swimmers: _____

Male Individual Entries: _____ x \$4.00 = Page 2 Fees: _____