

EMMAUS AQUATIC CLUB

FALL A/BB/C INVITATIONAL

NOVEMBER 11-13, 2011

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1210 A

LOCATION	Emmaus High School Natatorium 500 Macungie Ave. Emmaus, PA 18049 Day of meet ONLY - emergency phone #610-780-7587
FACILITIES	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Turning Depth 4 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Ht-Tek Software, Spectator seating is separate balcony seating for 450, Parking capacity 1000, Snack Bar will be available. The competition course has not been certified in accordance with 104.2.2C(4).
MEET DIRECTOR	John Kline/ Jon Larson 610-965-5800 emacswim@rcn.com
SAFETY DIRECTOR	John Kline/ Jon Larson 610-965-5800
OFFICIALS	Kelly Woltornist, awoltorn@ptd.net
ELIGIBILITY	Open to any swimmers 9 & older currently registered with USA Swimming for 2011-12. Swimmer's age is as of 11/11/11. 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	Swimmer may swim a maximum of 4 individual events and 1 relay in his/her age category per day. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/Teams eliminated from the meet due to time or space constraints will be given a refund.

<p>ORDER OF EVENTS</p> <p>WARM-UP & START TIMES</p>	<p>Please see attached order of events. All events are pre-seeded timed finals, except events 1-4 & 69-70 which require positive check-in. Session 1 – Warm Up 5:00 PM, Meet 6:00 PM; <u>POSITIVE CHECK-IN IS REQUIRED BY 5:15 PM !!</u></p> <p>Sessions 2 & 4 – Warm Up 7:30 AM, Meet 9:00 AM</p> <p>Sessions 3 & 5 – Warm Up 1:00 PM, Meet 2:00 PM; <u>POSITIVE CHECK-IN FOR the 500 FREE IS REQUIRED BY 1:30 PM!!</u></p> <p>No diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted the swimmer must enter from the starting blocks and exit from the opposite end of the pool. All entries must be feet-first other than the above-mentioned.</p>
<p>DECK ENTRIES /TIME TRIALS</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 the meet at the cost of \$8.00 per event. Swimmers not already entered in the meet must provide proof of USA Swimming registration. 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 MD before or during warm-ups. <i>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 2011-12 registration). This applies to all swimmers attached to a club.</i></p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups. <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>HOW TO ENTER</p>	<p>Entries must be submitted using Hy-Tek software and must be submitted in the course in which they were achieved. Supporting paperwork and recap sheet must accompany all entries. Non-electronic entries must be on the enclosed entry forms.</p>

ENTRY FEES	\$4.00 per event.
SEND ENTRIES TO	<p>Mail entries to EMAC, PO Box 3304, Allentown, PA 18106-0304. Phone 610-965-5800, Fax 610-965-7704</p> <p>Entries may be emailed to emacmeetentry@gmail.com</p> <p>Make checks payable to Emmaus Aquatic Club</p>
ENTRY DEADLINE	<p>Tuesday, November 1, 2011 by 6:00 PM.</p> <p>No late entries will be accepted.</p>
RULES	<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. We will be using ‘Fly-over’ starting procedures 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. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p><u>For Positive Check-in Events:</u> Swimmers not swimming in an event for which they have been positively checked in will be prohibited from swimming in their next individual event.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</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. Swimmers must provide their own timer and counter for the 1650. Counters must be provided for the 500.</p>
SCORING & AWARDS	<p>“A” Individual Events – Medals 1st to 3rd, Ribbons 4th – 6th. “BB” Individual Events – Ribbons 1st to 6th. “C” Individual Events – Ribbons 1st to 6th. Current short course yards time standards published by USA Swimming will be used to award times achieved at this meet. Awards are based on entry times.</p>
PROGRAMS & ADMISSION	<p>Programs \$6.00 Admission \$3.00 per day. Children under 5 admitted free. Free admission to all volunteers.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic website www.maswim.org and on the EMAC website www.emacswim.org</p>

DIRECTIONS	From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East or West to 309 South to Cedar Crest Blvd. Turn right at bottom of ramp; stay on Cedar Crest approx. 4 miles, high school football stadium will be on left, turn left onto North St. Use entrance located near the tennis courts, the words “Sports Center” are directly above these doors.
ACCOMODATIONS	Holiday Inn Express 3620 Hamilton Blvd. Allentown, PA 610-437-9255 Comfort Suites 3712 Hamilton Blvd. Allentown, PA 610-437-9100

Session: 1 Friday PM – November 11, 2011

Day of Meet: 1 Starts at 06:00PM Heat Interval: 20 seconds

Event #	Timed Finals
1	Women 11 & Over 400 IM
2	Men 11 & Over 400 IM
3	Women 11 & Over 1650 Freestyle
4	Men 11 & Over 1650 Freestyle

Session: 2 Saturday AM – November 12, 2011

Day of Meet: 2 Starts at 09:00AM Heat Interval: 20 seconds

Event #	Timed Finals
5	Women 13-14 100 Freestyle
6	Men 13-14 100 Freestyle
7	Women Senior 100 Freestyle
8	Men Senior 100 Freestyle
9	Women 13-14 200 Breaststroke
10	Men 13-14 200 Breaststroke
11	Women Senior 200 Breaststroke
12	Men Senior 200 Breaststroke
13	Women 13-14 200 Backstroke
14	Men 13-14 200 Backstroke

Event #	Timed Finals
15	Women Senior 200 Backstroke
16	Men Senior 200 Backstroke
17	Women 13-14 100 Butterfly
18	Men 13-14 100 Butterfly
19	Women Senior 100 Butterfly
20	Men Senior 100 Butterfly
21	Women 13-14 200 IM
22	Men 13-14 200 IM
23	Women Senior 200 IM
24	Men Senior 200 IM

Session: 3 Saturday PM – November 12, 2011

Day of Meet: 2 Starts at 02:00PM Heat Interval: 20 seconds

Event #	Timed Finals
25	Women 9-10 50 Freestyle
26	Men 9-10 50 Freestyle
27	Women 11-12 50 Freestyle
28	Men 11-12 50 Freestyle
29	Women 9-10 100 Breaststroke
30	Men 9-10 100 Breaststroke
31	Women 11-12 100 Breaststroke
32	Men 11-12 100 Breaststroke
33	Women 9-10 100 IM
34	Men 9-10 100 IM
35	Women 11-12 100 IM
36	Men 11-12 100 IM

Event #	Timed Finals
37	Women 9-10 50 Backstroke
38	Men 9-10 50 Backstroke
39	Women 11-12 200 Backstroke
40	Men 11-12 200 Backstroke
41	Women 9-10 100 Butterfly
42	Men 9-10 100 Butterfly
43	Women 11-12 100 Butterfly
44	Men 11-12 100 Butterfly
45	Women 9-10 200 Freestyle
46	Men 9-10 200 Freestyle
47	Women 11-12 200 Freestyle
48	Men 11-12 200 Freestyle

Session: 4 Sunday AM – November 13, 2011

Day of Meet: 3 Starts at 09:00AM Heat Interval: 20 seconds

Event #	Timed Finals
49	Women 13-14 50 Freestyle
50	Men 13-14 50 Freestyle
51	Women Senior 50 Freestyle
52	Men Senior 50 Freestyle
53	Women 13-14 100 Breaststroke
54	Men 13-14 100 Breaststroke
55	Women Senior 100 Breaststroke
56	Men Senior 100 Breaststroke
57	Women 13-14 100 Backstroke
58	Men 13-14 100 Backstroke

Event #	Timed Finals
59	Women Senior 100 Backstroke
60	Men Senior 100 Backstroke
61	Women 13-14 200 Butterfly
62	Men 13-14 200 Butterfly
63	Women Senior 200 Butterfly
64	Men Senior 200 Butterfly
65	Women 13-14 200 Freestyle
66	Men 13-14 200 Freestyle
67	Women Senior 200 Freestyle
68	Men Senior 200 Freestyle

Session: 5 Sunday PM – November 13, 2011

Day of Meet: 3 Starts at 02:00PM Heat Interval: 20 seconds

Event #	Timed Finals
69	Women 9-12 500 Freestyle
70	Men 9-12 500 Freestyle
71	Women 9-10 100 Freestyle
72	Men 9-10 100 Freestyle
73	Women 11-12 100 Freestyle
74	Men 11-12 100 Freestyle
75	Women 9-10 50 Breaststroke
76	Men 9-10 50 Breaststroke
77	Women 11-12 200 Breaststroke
78	Men 11-12 200 Breaststroke
79	Women 9-10 100 Backstroke

Event #	Timed Finals
80	Men 9-10 100 Backstroke
81	Women 11-12 100 Backstroke
82	Men 11-12 100 Backstroke
83	Women 9-10 50 Butterfly
84	Men 9-10 50 Butterfly
85	Women 11-12 50 Butterfly
86	Men 11-12 50 Butterfly
87	Women 9-10 200 IM
88	Men 9-10 200 IM
89	Women 11-12 200 IM
90	Men 11-12 200 IM

**EMMAUS AQUATIC CLUB – Fall A/BB/C MEET
November 11-13, 2011
MEET SUMMARY SHEET**

This form MUST accompany team entries.

Team Name _____ Team Code _____

Head Coach _____

Coach or Club Address _____

City/State/Zip _____

Phone _____ Email _____

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

Name _____

Phone _____ E-mail _____

Mail Entries to: EMAC
2546 Millrace Road
Emmaus, PA 18049

Entry Deadline: Tuesday, November 1, 2011 No late entries accepted!

Please make checks payable to EMAC.

Entry Fees: _____ Individual Events @ \$4.00 \$ _____

Manual Processing Fee \$15.00 per swimmer
for non-disk entries \$ _____

Total \$ _____

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

