



# NITTANY LION AQUATIC CLUB

PRESENTS

‘THE LONG AND THE SHORT OF IT’

Distance / Mini Meet

October 1, 2011

Held under the Sanction of USA Swimming,  
Sanction # MA 1258 L (9 & over) and MA 1259 M (8 & under)

LOCATION	The McCoy Natatorium at the Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs from Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh. Corner of Bigler Road and Curtain Road, State College
FACILITIES	Penn State University, McCoy Natatorium, State College, PA, 25 yd, 6 lane pool, non-turbulent lane lines, Colorado Timing System with a 6 lane display. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Water depth at the starting end is 10 feet and at the turn end is 6 feet. Seating available for approximately 900 spectators. FOOD: A limited selection of food and apparel will be available throughout the meet. PARKING: Available in lots close to the Natatorium. Penn State University controls all parking and fees.
CO -MEET DIRECTORS	Margaret Michels, 155 W. Hamilton Ave., State College, PA 16801 Phone-814-777-0674 email – <a href="mailto:michels.browne@gmail.com">michels.browne@gmail.com</a> Justine Gible
SAFETY DIRECTOR	Bridget Donnelly Meet day pool emergency phone number: 814-360-3259
OFFICIALS	Anyone interested in helping with the meet as a USA Swimming certified official should contact Mark Geleskie at 814-808-7007 or <a href="mailto:mark@geleskie.com">mark@geleskie.com</a> Free admission and hospitality for all volunteers.
ELIGIBILITY	The Meet Director reserves the right to allow teams that have participated in past years first entry into the meet and will accept entries until the meet fills. Open to all 2011 - 2012 USA Swimming registered swimmers. Swimmers age as of October 1, 2011 will apply for the entire meet. The 2011 United States Swimming rules will apply. 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 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.

ENTRY LIMITATIONS	<p>The meet director reserves the right to change the meet format if necessary to conduct each meet session in a four-hour time span. If the meet should fill, all unprocessed entries will be returned with a full refund.</p> <p>8 &amp; under swimmers may enter 5 individual events. 9 &amp; over swimmers may enter 1 distance event.</p> <p>'Fly-over' starts will be used during the distance session of this meet but not the mini session. For the distance session, all swimmers should remain in the water at the completion of their race until the next heat has begun.</p>
WARM-UP & START TIMES	<p>Warm up times and lanes will be assigned. Sprint and pace lanes will be assigned during warm ups. Warm down lanes will be available in the 25 meter pool during the meet</p> <p>We will follow USA swimming and MA Swimming policies and procedures for warm up.</p> <p>Mini Session:  Warm-Up 10:30 a.m.                      Start-Time 11:15 a.m.  <i>If the timeline permits, there will be a 10 minute break after each boy's event.</i></p> <p>Distance Session:  Warm-up 1:30pm                              Start-Time 2:30pm</p>
DECK ENTRIES /TIME TRIALS	<p>Deck entries, if time permits, are \$8.00 per event for swimmers. Please see the Meet Director for deck entries. Deck entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. Swimmers not already entered in the meet must provide proof current of USA Swimming registration.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers without a coach should report to the meet director before the warm-up of each session.</p> <p>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.</p>
SEEDING	<p>All 8 &amp; under events are pre-seeded, timed finals. For the distance session, positive check in is required for each event. We will swim all distance events fastest to slowest, alternating one heat of girls then one heat of boys for each event. Swimmers must provide their own timer and counter for the all distance events. The MA Scratch policy will be enforced. Policy stated below under Rules.</p>
HOW TO ENTER	<p>ENTRIES/FEES: Swimmers failing to enter best times will result in MA Swimming imposed penalties.</p> <p>Entries and fees must be accompanied by the MASTER ENTRY FORMS with hard copy print out. No entries will be processed until fees are received. No entries will be accepted if they do not have the hard copy print out.</p> <p>We request each club remit ONE check made payable to "NLAC" to cover team entry fees.</p> <p>Email entries supersede all other forms of entry.</p>
ENTRY FEES	<p>Entry fees are \$4.00 per individual event. Deck entries, if accepted, are \$8.00. Deck entries must be submitted to the meet director prior to the start of each session.</p>
SEND ENTRIES TO	<p>Margaret Michels, 155 W. Hamilton Ave., State College, PA 16801  Request signature waiver if needed.</p>

ENTRY DEADLINE	<p>Last day to submit entries Sept. 22, 2011. No late entries will be accepted. As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically.</p> <p>All clubs are encouraged to enter electronically, regardless of the number of swimmers entered. If this is not possible, the official entry form must be used. If entering more than five (5) swimmers (per Club) on this form, a processing fee of \$15.00 per swimmer must be included.</p> <p>A download of Team Manager Lite is available here:  <a href="http://www.hy-tek.com/downloads.html">http://www.hy-tek.com/downloads.html</a>  Instructions are here <a href="http://maswim.org/0910/TM%20Lite%20Instructions.pdf">http://maswim.org/0910/TM%20Lite%20Instructions.pdf</a></p>
RULES	<p>USA Swimming / Middle Atlantic Swimming rules shall 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 the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures. The whistle command will be supplemented with a verbal command during the mini session.</p> <p>MA Swimming Scratch Policy:  Deck Seeded Events:  Any swimmer who has positively checked in for a deck seeded event and then does not swim that event will be barred from swimming the next individual</p>
SCORING & AWARDS	<p>Awards to be given to 8 and under swimmers only.  Awards: Ribbons 1st-6th  All awards must be picked up at the end of the meet. Awards will not be sent after the end of the meet.</p>
PROGRAMS & ADMISSION	<p>\$5 per session, includes heat sheet</p>
RESULTS	<p>Results will be posted on the Middle Atlantic Swimming website, <a href="http://www.maswim.org">www.maswim.org</a>.</p>
DIRECTIONS	<p>US Route 322 to the Penn State Exit (Park Ave). Turn onto Park Ave, follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left.</p>
ACCOMODATIONS	<p>COMFORT SUITES: 132 Village Drive State College, PA 16801 Phone: 814-235-1900. Mention "Nittany Lion Aquatics" 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>COUNTRY INN &amp; SUITES: 1357 East College Avenue, State College PA 16801 Phone 814-234-6000 Mention "Nittany Lion Aquatics" 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>RAMADA CONFERENCE CENTER, 1450 South Atherton St., State College, PA 16801 Phone: 814-238-3001 Ask for Nittany Lion Aquatic Meet, Group code: NLA  <a href="http://www.ramadasc.com/">http://www.ramadasc.com/</a></p> <p>SLEEP INN GROUP BLOCKS: Address: 111 Village Drive State College, PA 16801 Phone : 814-235-1020 Mention "Nittany Lion Aquatics" when making reservation. <a href="http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421">http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421</a>  Information about additional lodging is available at: <a href="http://www.visitpennstate.org/">http://www.visitpennstate.org/</a></p>

**Mini Session**

1	Girls 8 & under	100 freestyle
2	Boys 8 & under	100 freestyle
3	Girls 8 & under	50 backstroke
4	Boys 8 & under	50 backstroke
5	Girls 8 & under	50 breaststroke
6	Boys 8 & under	50 breaststroke
7	Girls 8 & under	50 butterfly
8	Boys 8 & under	50 butterfly
9	Girls 8 & under	50 freestyle
10	Boys 8 & under	50 freestyle
11	Girls 8 & under	100 IM
12	Boys 8 & under	100 IM

**Distance Session**

13	Girls 9-10	500 Freestyle
14	Boys 9-10	500 Freestyle
15	Girls 11 & over	1000 freestyle
16	Boys 11 & over	1000 freestyle
17	Girls 13 & over	1650 freestyle
18	Boys 13 & over	1650 freestyle

FINANCIAL SUMMARY

ENTRIES WILL NOT BE PROCESSED  
WITHOUT THE FOLLOWING INFORMATION

Team Name: \_\_\_\_\_, Team Code: \_\_\_\_\_ Head

Coach: \_\_\_\_\_

Coach's Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Office ( ) \_\_\_\_\_ e-mail: \_\_\_\_\_

Person and address designated to receive entry limitation information, if needed:

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

(VERY IMPORTANT) e-mail: \_\_\_\_\_

Mail Entries to: Margaret Michels, 155 W. Hamilton Ave. State College, PA 16801

ENTRY DEADLINE: Received by 5:00 pm, September 22, 2011

Please make check payable to NLAC, one check per club.

ENTRY FEES:

_____ Women's Individual events @ \$4.00	\$ _____
_____ Men's Individual events @ \$4.00	\$ _____
_____ Surcharge @ \$15.00 per swimmer	\$ _____
(For non-disk entry of 5 or more swimmers only)	
TOTAL	\$ _____

NUMBER OF SWIMMERS: 13-Over: Sat. \_\_\_\_\_ Sun. \_\_\_\_\_

12-Under: Sat. \_\_\_\_\_ Sun. \_\_\_\_\_

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: \_\_\_\_\_

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

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Signature of Head Coach or Authorized Team Representative

STANDARD ENTRY FORM FOR INDIVIDUAL EVENTS \$4.00 PER INDIVIDUAL EVENT  
AND RELAYS

NITTANY LION AQUATICS

USE A SEPARATE SHEET FOR EACH AGE-GROUP & SEX.

USE A SEPARATE SHEET FOR  
RELAYS.

MEET: _____	EVENT NR:													
TEAM: _____	NAME:													
TEAM INITIALS: _____	QT:													
DATES: _____														
AGE GROUP: _____														

NAME		AGE	USS #	SEED TIME														
LAST, MI	First,																	

PLEASE TALLY IN EACH \_\_\_\_\_

ATTEST THAT THE ATHLETES LISTED ABOVE ARE PROPERLY REGISTERED WITH UNITED STATES SWIMMING ANT THAT THEY  
IF YOU HAVE ANY QUESTIONS REGARDING THESE ENTRIES, PLEASE CONTACT THE MEET

TOTAL ENTRIES THIS PAGE \_\_\_\_\_ X \_\_\_\_\_ =\$ \_\_\_\_\_

ENTRIES WILL NOT BE PROCESSED WITHOUT THIS INFORMATION

TEAM REPRESENTATIVE'S NAME	SIGNATURE	TEAM REPRESENTATIVE'S ADDRESS	PHONE