

Emmaus Aquatic Club 13th Annual A/BB/C MEET

FEBRUARY 5-7, 2010

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1018 A

LOCATION	Emmaus High School 500 Macungie Ave. Emmaus, PA 18049 Day of meet ONLY emergency phone #610-533-3966
FACILITIES	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hy-Tek Software, Spectator seating is separate balcony seating for 420, Parking capacity 1000, Snack Bar will be available.
MEET DIRECTOR	Mike Seip / John Kline 610-965-5800, emacswim@rcn.com
SAFETY DIRECTOR	Mike Seip / John Kline 610-965-5800
OFFICIALS	Kelly Woltornist, 610-965-5800, emacswim@rcn.com
ELIGIBILITY	Open to any swimmers 9 & older currently registered with USA Swimming for 2010. Swimmer's age is as of 2/5/09.
ENTRY LIMITATIONS	Swimmer may swim a maximum of 4 individual events and 1 relay in his/her age category per day, except Friday night where swimmers may only swim 2 events. 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 full refund.
ORDER OF EVENTS WARM-UP & START TIMES	Please see attached order of events. All events are pre-seeded timed finals, except events 1-6 which are positive check-in. Session 1 – Warm Up 5:00 pm, Meet 6:00 pm POSITIVE CHECK IN REQUIRED BY 5:30 PM!! All events on Friday night will be swum fastest to slowest. Sessions 2 & 4 – Warm Up 7:00 am, Meet 8:15 am Sessions 3 & 5 – Warm Up 12:00 pm, Meet 1:00 pm. Any swimmer who does not swim an event that they have positively checked in will be barred from their next individual event.

<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 each day of the meet, prior to the start of each session, 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.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
<p>SEEDING</p>	<p>Sessions 2 thru 5 are pre-seeded timed finals events. Friday night's Session 1 is positive check-in, after which the events will be seeded and heat sheets printed.</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 <u>and recap sheet</u> must accompany all entries. If disk entry is not possible, use the attached entry form.</p>
<p>ENTRY FEES</p>	<p>\$4.00 per individual event; \$8.00 per relay.</p>
<p>SEND ENTRIES TO</p>	<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 emacswim@rcn.com</p> <p>Make checks payable to Emmaus Aquatic Club</p>
<p>ENTRY DEADLINE</p>	<p>Friday, January 22, 2010 by 6:00 PM.</p> <p>No late entries will be accepted.</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. We will be using "Fly-over" starting procedures at this meet. All swimmers (except backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>Positive check-in required for all Friday night events. 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,</p>

	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 timers and counters for the 500 & 1000.
SCORING & AWARDS	<p>A – Individual events receive medals 1st thru 3rd.; Ribbons 4th thru 6th. Relays – medals for 1st; Ribbons for 2nd & 3rd.</p> <p>BB – Individual events receive ribbons 1st thru 6th; Relays – ribbons 1st thru 3rd.</p> <p>C – Individual events receive ribbons 1st thru 6th; Relays – ribbons 1s to 3rd. All awards are based on entry times.</p>
PROGRAMS & ADMISSION	Programs \$6.00. Admission \$3.00 per day. Children under 5 admitted free. Free admission to all volunteers.
RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org and on EMAC's website www.emacswim.org
DIRECTIONS	From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East 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	<p>Holiday Inn Express 3620 Hamilton Blvd. Allentown, PA 610-437-9255</p> <p>Comfort Suites 3712 Hamilton Blvd. Allentown, PA 610-437-9100</p>

Session: 1 FRIDAY PM - FEBRUARY 5, 2010
 Day of Meet: 1 Starts at 06:00 PM Heat Interval: 20 Seconds

Round	Event	
Finals	1	Women 11 & Over 400 IM
Finals	2	Men 11 & Over 400 IM
Finals	3	Women 9-12 500 Freestyle
Finals	4	Men 9-12 500 Freestyle

Round	Event	
Finals	5	Women 11-Over 1000 Freestyle
Finals	6	Men 11-Over 1000 Freestyle

Session: 2 SATURDAY AM - FEBRUARY 6, 2010
 Day of Meet: 2 Starts at 08:15 AM Heat Interval: 20 Seconds

Round	Event	
Finals	7	Women 13-14 100 Freestyle
Finals	8	Men 13-14 100 Freestyle
Finals	9	Women Senior 100 Freestyle
Finals	10	Men Senior 100 Freestyle
Finals	11	Women 13-14 200 Breaststroke
Finals	12	Men 13-14 200 Breaststroke
Finals	13	Women Senior 200 Breaststroke
Finals	14	Men Senior 200 Breaststroke
Finals	15	Women 13-14 200 Backstroke
Finals	16	Men 13-14 200 Backstroke
Finals	17	Women Senior 200 Backstroke
Finals	18	Men Senior 200 Backstroke

Round	Event	
Finals	19	Women 13-14 100 Butterfly
Finals	20	Men 13-14 100 Butterfly
Finals	21	Women Senior 100 Butterfly
Finals	22	Men Senior 100 Butterfly
Finals	23	Women 13-14 200 IM
Finals	24	Men 13-14 200 IM
Finals	25	Women Senior 200 IM
Finals	26	Men Senior 200 IM
Finals	27	Women 13-14 200 Freestyle Relay
Finals	28	Men 13-14 200 Freestyle Relay
Finals	29	Women Senior 400 Freestyle Relay
Finals	30	Men Senior 400 Freestyle Relay

Session: 3 SATURDAY PM - FEBRUARY 6, 2010
 Day of Meet: 2 Starts at 01:00 PM Heat Interval: 20 Seconds

Round	Event	
Finals	31	Women 11-12 50 Freestyle
Finals	32	Men 11-12 50 Freestyle
Finals	33	Women 9-10 50 Freestyle
Finals	34	Men 9-10 50 Freestyle
Finals	35	Women 11-12 100 Breaststroke
Finals	36	Men 11-12 100 Breaststroke
Finals	37	Women 9-10 100 Breaststroke
Finals	38	Men 9-10 100 Breaststroke
Finals	39	Women 11-12 100 IM
Finals	40	Men 11-12 100 IM
Finals	41	Women 9-10 100 IM
Finals	42	Men 9-10 100 IM
Finals	43	Women 11-12 200 Backstroke
Finals	44	Men 11-12 200 Backstroke

Round	Event	
Finals	45	Women 9-10 50 Backstroke
Finals	46	Men 9-10 50 Backstroke
Finals	47	Women 11-12 100 Butterfly
Finals	48	Men 11-12 100 Butterfly
Finals	49	Women 9-10 100 Butterfly
Finals	50	Men 9-10 100 Butterfly
Finals	51	Women 11-12 200 Freestyle
Finals	52	Men 11-12 200 Freestyle
Finals	53	Women 9-10 200 Freestyle
Finals	54	Men 9-10 200 Freestyle
Finals	55	Women 11-12 200 Freestyle Relay
Finals	56	Men 11-12 200 Freestyle Relay
Finals	57	Women 9-10 200 Freestyle Relay
Finals	58	Men 9-10 200 Freestyle Relay

Session: 4 SUNDAY AM - FEBRUARY 7, 2010
 Day of Meet: 3 Starts at 08:15 AM Heat Interval: 20 Seconds

Round	Event	
Finals	59	Women 13-14 50 Freestyle
Finals	60	Men 13-14 50 Freestyle
Finals	61	Women Senior 50 Freestyle
Finals	62	Men Senior 50 Freestyle
Finals	63	Women 13-14 100 Breaststroke
Finals	64	Men 13-14 100 Breaststroke
Finals	65	Women Senior 100 Breaststroke
Finals	66	Men Senior 100 Breaststroke
Finals	67	Women 13-14 100 Backstroke
Finals	68	Men 13-14 100 Backstroke
Finals	69	Women Senior 100 Backstroke
Finals	70	Men Senior 100 Backstroke

Round	Event	
Finals	71	Women 13-14 200 Butterfly
Finals	72	Men 13-14 200 Butterfly
Finals	73	Women Senior 200 Butterfly
Finals	74	Men Senior 200 Butterfly
Finals	75	Women 13-14 200 Freestyle
Finals	76	Men 13-14 200 Freestyle
Finals	77	Women Senior 200 Freestyle
Finals	78	Men Senior 200 Freestyle
Finals	79	Women 13-14 200 Medley Relay
Finals	80	Men 13-14 200 Medley Relay
Finals	81	Women Senior 400 Medley Relay
Finals	82	Men Senior 400 Medley Relay

Session: 5 SUNDAY PM - FEBRUARY 7, 2010
 Day of Meet: 3 Starts at 01:00 PM Heat Interval: 20 Seconds

Round	Event	
Finals	83	Women 11-12 100 Freestyle
Finals	84	Men 11-12 100 Freestyle
Finals	85	Women 9-10 100 Freestyle
Finals	86	Men 9-10 100 Freestyle
Finals	87	Women 11-12 200 Breaststroke
Finals	88	Men 11-12 200 Breaststroke
Finals	89	Women 9-10 50 Breaststroke
Finals	90	Men 9-10 50 Breaststroke
Finals	91	Women 11-12 100 Backstroke
Finals	92	Men 11-12 100 Backstroke
Finals	93	Women 9-10 100 Backstroke
Finals	94	Men 9-10 100 Backstroke

Round	Event	
Finals	95	Women 11-12 200 Butterfly
Finals	96	Men 11-12 200 Butterfly
Finals	97	Women 9-10 50 Butterfly
Finals	98	Men 9-10 50 Butterfly
Finals	99	Women 11-12 200 IM
Finals	100	Men 11-12 200 IM
Finals	101	Women 9-10 200 IM
Finals	102	Men 9-10 200 IM
Finals	103	Women 11-12 200 Medley Relay
Finals	104	Men 11-12 200 Medley Relay
Finals	105	Women 9-10 200 Medley Relay
Finals	106	Men 9-10 200 Medley Relay

**EMMAUS AQUATIC CLUB – 13th ANNUAL A/BB/C MEET
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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
PO Box 3304
Allentown, PA 18106-0304

Entry Deadline: Friday, January 22, 2010 No late entries accepted!

Please make checks payable to EMAC.

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

_____ Relays @ \$8.00 \$ _____

Manual Processing Fee \$5.00 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

Relay Entry Form for EMAC February A/BB/C Meet

Team Initials: _____

Team Name: _____

Event # & Name:	Relay A or B, etc.:	Seed Time:	Swimmers:	

Total Entries on this page: _____ x \$8.00 = \$ _____