

# MIDDLE ATLANTIC SWIMMING

# SENIOR ELITE MEET

**February 6-9, 2003**

**Suburban Swim Center  
3615 Gradyville Road  
Newtown Square, PA  
(610) 325-3175**

**Held under the sanction of Middle Atlantic Swimming  
Sanction # 0364S  
Time Trials # 0364TT**

**General Chair  
Senior Chair**

**George Breen  
Tom Southmayd**

**Admin Chair  
Safety Chair**

**Fred Killian  
Mike  
Ramone/Patric  
Mills**

**Officials Chair**

**Fred Killian**

**302/994-3389**

**Meet director  
Meet referee**

**Tom Southmayd**

**610/892-9611**

**Middle Atlantic Swimming  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810  
302/529-5859 (voice) 302/529-5549 (fax)  
[www.maswim.org](http://www.maswim.org)**

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**Sponsored LSC**

# Middle Atlantic Senior Elite Meet

## February 6-9, 2003

- Eligibility** This Meet is open to all swimmers who are currently registered with USA Swimming and who meet the qualifying time standards. Meet will be conducted according to current USA Swimming rules. Swimmers are limited to no more than three (3) individual events and one (1) relay per day.
- Facility** The Suburban Swim Center has an 8 lane, 25 yard pool equipped with lane lines and starting blocks that is 8 ft deep at starting end tapering to 5 feet deep at the other end. A separate warm-up/warmdown pool will be available throughout the meet. A Colorado timing system with one lane scoreboard display will be used. There is a separate spectator area and parking for 75 cars. There is additional parking close by but teams are encouraged to carpool.
- Entries:** All entries should be prepared using the "Hy-Tek CommLink" or compatible program. You may either (a) send a computer disk containing your entry information, a Hy-Tek entry report, the Meet Summary Sheet and your check to the MA Office, or (b) send the entry information and entry report via E-mail to [Office@maswim.org](mailto:Office@maswim.org); then send the Meet Summary Sheet and your check to the MA Office. Please waive the 'signature required' if your entry is sent via a courier service that requires one. **Do not send a disk if you e-mail your entries to the office.** If use of a Hy-Tek compatible program is not possible, the attached Entry Form must be used. A fee of \$5.00 per swimmer will be charged Teams which enter five or more swimmers and use the manual Entry Form.
- Swimmers must enter their best times. All times submitted must be for the course in which they were achieved; converted times are not acceptable. Non-conforming times will be seeded according to USA Swimming procedure.
- Deck entries will not be accepted at this Meet.
- Proof-of-Time:** Middle Atlantic Swimming will require proof of entry time from any swimmer who does not swim the Qualifying Time at the Meet. Individuals who cannot prove their entry time will be charged a **\$50** fine and be suspended from Middle Atlantic competition until the fine is paid.
- Entry Fee:** \$ 4.00 per individual event.  
\$ 8.00 per relay entry.  
Make checks payable to "Middle Atlantic Swimming"; please submit one check per Club.
- Entry Deadline:** All entries must be received by **5:00 p.m., Wednesday, January 29, 2003**. No late entries will be accepted. Entries will be processed on a 'first come, first served' basis. Middle Atlantic reserves the right to limit the number of entries to keep within a reasonable time limit. Refunds will be given for eliminated events. **Entries will not be processed without payment of the entry fees. No exceptions.**
- Mail to:** Mail entries to: Middle Atlantic Swimming  
Senior Elite Meet Entries  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810
- Electronic entries and/or any entry questions can be sent to the Middle Atlantic Office at [office@maswim.org](mailto:office@maswim.org)
- Finals:** There will be A, B and C Finals for all events except the 1000 Free and 1650 Free which are Timed Finals. The A Final will swim first, then the B Final and then the C Final. All relays will be swum at Prelims, as Timed Finals.
- Scratch policy:** Any swimmer who does not swim a pre-seeded preliminary or a pre-seeded timed-final event will not be penalized. 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. Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for or swim Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has scratched or indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results, and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will be seeded into the event. Swimmers who are initially announced as Alternates for a Finals heat will not be so penalized.

**Seeding:** The 400 IM, 500 Free, 1000 Free and 1650 Free individual events and all Relays will be deck-seeded; all other events will be pre-seeded. Positive check-in is required to be seeded into Deck-seeded events. The 400 IM and 500 Free will swim slow-to-fast; the 1000 and 1650 Free will swim fast-to-slow. The 400 IM and 500 Free are limited five (5) heats of each gender.

**Starting:** This meet will be run using the USA Swimming Whistle commands and “No Recall” False-start rule.

**Time Trials:** Time Trials will be available after Finals on Saturday and Sunday at a fee of \$6.00 per individual swim and \$12.00 per relay. To swim a Time Trial, a swimmer must be within 0.5-sec per 50-yd of the Sectional Championship Time Standard for that event. A swimmer may swim one Time Trial per day in an event; maximum of two Time Trials per day. A Time Trial event counts in the total allowable events to be swum each day (3 individual and 1 relay.) Time Trials are open to any USA Swimming registered swimmer. Time Trials cannot be used as consideration times for the Middle Atlantic Zone All Star team.

		<u>Warm-ups</u>	<u>Meet Starts</u>	
<b>Schedule:</b>	Thursday	Timed finals	5:00pm	6:00pm
	Friday	Prelims	7:30am	9:00am
		Finals	5:00pm	6:00pm
	Saturday	Prelims	7:30am	9:00am
		Finals	5:00pm	6:00pm
	Sunday	Prelims	7:30am	9:00am
		Finals	5:00pm	6:00pm

Order of events for finals will be identical to the order for prelims except on Sunday when the fastest heat of the 1650 Free will be swum as the first event of the Finals session.

**Safety Requirements:** USA Swimming and Middle Atlantic safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: No diving during Warm-up, except in designated sprint lanes. The Referee may remove anyone from the meet for failure to comply with the Warm-up rules. Swimmers without a Coach should report to the Referee prior to entering the pool to obtain a lane assignment for Warm-up.

The Referee will assign sprint and pace lanes at appropriate times.

**Deck ID:** Only SWIMMERS, COACHES, OFFICIALS and MEET VOLUNTEERS are allowed on deck. All coaches must wear their current 2003 USA Swimming Coach’s Membership Card. This requirement will be strictly enforced! Spectators may view the meet from the balcony.

**Admission:** Free

**Programs:** A 3-day Program will be sold for \$10. Included in the program are coupons that can be redeemed for a Finals program at night. Finals Programs can be purchased for \$2.

**Final Results:** Meet Results will not be mailed to the Club. Results will be available on the Middle Atlantic website.

**Team Workers:** This meet is sponsored and administered by Middle Atlantic Swimming. MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET. This requirement is necessary for the smooth running of the Meet. Each Team’s contact person will be notified of their Team’s assignments.

**Hospitality:** A Snack Bar will be available in the lobby.

**T-Shirts:** Elite Invitational 2003 T-shirts will be available for purchase.

**Directions:** **FROM WEST(ROUTE 30):** Take the PA-100 exit towards EXTON/US-202/WEST CHESTER. Turn RIGHT onto POTTSTOWN PIKE, PROCEED FOR 0.56 miles. Take the US-202 S ramp AND PROCEED FOR 3.98 miles. Take the PA-3 E exit towards NEWTOWN SQ. Merge onto W CHESTER PIKE/PA-3 E AND PROCEED FOR 10 6.65 miles. Turn RIGHT onto S NEWTOWN STREET RD/PA-252, 1.06 miles. Turn LEFT onto GRADYVILLE RD. THE SUBURBAN SWIM CENTER WILL BE THE FIRST BUILDING ON YOUR LEFT.

**FROM THE WALT WHITMAN BRIDGE:** TAKE I-95 SOUTH TO I-476 NORTH. Take the US-1 exit- exit number 5- towards LIMA/SPRINGFIELD, 0.27 miles. Keep LEFT at the fork in the ramp, 0.02 miles. Keep LEFT at the fork in the ramp, 0.06 miles. Keep LEFT at the fork in the ramp, 0.12 miles. Keep RIGHT at the fork in the ramp, 0.28 miles. Merge onto US-1 S, 0.90 miles. Take the PA-252 exit towards MEDIA/NEWTOWN SQ., 0.22 miles. Keep RIGHT at the fork in the ramp. Merge onto N PROVIDENCE RD/PA-252. Stay straight for 2.5 miles. Turn RIGHT onto GRADYVILLE RD. THE SUBURBAN SWIM CENTER WILL BE THE FIRST BUILDING ON YOUR LEFT.

**FROM COMMODORE BARRY BRIDGE:** TAKE I-95 NORTH TO I-476 NORTH. Take the US-1 exit- exit number 5- towards LIMA/SPRINGFIELD, 0.27 miles. Keep LEFT at the fork in the ramp, 0.02 miles. Keep LEFT at the fork in the ramp, 0.06 miles. Keep LEFT at the fork in the ramp, 0.12 miles. Keep RIGHT at the fork in the ramp, 0.28 miles. Merge onto US-1 S, 0.90 miles. Take the PA-252 exit towards MEDIA/NEWTOWN SQ., 0.22 miles. Keep RIGHT at the fork in the ramp. Merge onto N PROVIDENCE RD/PA-252. Stay straight for 2.5 miles. Turn RIGHT onto GRADYVILLE RD. THE SUBURBAN SWIM CENTER WILL BE THE FIRST BUILDING ON YOUR LEFT.

**FROM NORTH (PLYMOUTH MEETING):** Take I-476 S. for 10.60 miles. Take the PA-3 exit- exit number 4- towards UPPER DARBY/BROOMALL for 0.21 miles. Keep RIGHT at the fork in the ramp. Merge onto W CHESTER PIKE/PA-3 W. for 3 miles. Turn LEFT onto PA-252./S NEWTOWN STREET RD. for 1 mile. Turn LEFT onto GRADYVILLE RD. THE SUBURBAN SWIM CENTER WILL BE THE FIRST BUILDING ON YOUR LEFT.

Accommodations	<b>McIntosh Inn</b>	<b>Radnor Hotel</b>	<b>Wayne Hotel</b>
	Media	St. Davids	Wayne
	610/565-5800	610/688-5800	610/687-5000

Qualifying Standards								
Senior Elite Meet 2003								
Girls	SCM	LCM	SCY	Thursday Evening Timed Finals	SCY	LCM	SCM	Boys
1	10:26.49	10:41.89	11:55.89	1000 Free*	11:12.19	10:04.59	9:48.29	2
Girls	SCM	LCM	SCY	Friday Preliminary	SCY	LCM	SCM	Boys
3	2:26.39	2:29.39	2:12.49	200 Free	2:00.79	2:19.19	2:13.49	4
5	2:42.79	2:44.69	2:27.29	200 Fly	2:14.59	2:32.19	2:28.69	6
7	31.29	32.39	28.39	50 Free	25.49	29.39	28.19	8
9	5:47.09	5:57.59	5:14.09	400 IM	4:49.09	5:29.99	5:19.49	10
11				400 Medley Relay				12
Girls	SCM	LCM	SCY	Saturday Preliminary	SCY	LCM	SCM	Boys
13	2:44.09	2:48.09	2:28.59	200 IM	2:15.69	2:37.19	2:29.89	14
15	2:41.99	2:47.59	2:26.59	200 Back	2:12.69	2:34.89	2:26.59	16
17	1:07.89	1:10.09	1:01.39	100 Free	55.39	1:04.09	1:01.19	18
19	3:02.59	3:08.49	2:45.29	200 Breast	2:30.09	2:54.29	2:45.89	20
21	5:06.29	5:12.89	5:49.89	500 Free	5:25.29	4:53.29	4:44.69	22
23				400 Free Relay				24
Girls	SCM	LCM	SCY	Sunday Preliminary	SCY	LCM	SCM	Boys
25	1:15.29	1:18.69	1:08.09	100 Back	1:01.79	1:11.99	1:08.29	26
27	1:24.79	1:27.79	1:16.79	100 Breast	1:09.19	1:20.59	1:16.49	28
29	1:14.29	1:16.09	1:07.29	100 Fly	1:00.79	1:09.09	1:07.19	30
31				800 Free Relay				32
33	19:51.99	20:28.49	19:58.89	1650 Free**	18:47.99	19:22.99	18:41.39	34

\* This will be a timed final event. The event will run fastest to slowest. Positive Check-in is required. All swimmers must provide a timer and counter.  
 \*\*This will be a timed final event with all heats swimming in the morning except for the fastest heat which will be first event of the evening session. The event will begin as soon as possible, but no earlier than 11:00am. The event will run fastest to slowest. Positive Check-in is required. All swimmers must provide a timer and counter.

# ELITE INVITATIONAL SUMMARY SHEET

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY BLANK

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

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

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

Telephone: Daytime ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

Person designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Mail Entries to: Middle Atlantic Swimming Inc.  
2018 Naamans Road, Suite 3  
Attn: Senior Elite Meet Entries  
Wilmington, DE 19810

**ENTRY DEADLINE: Received by 5 pm, Wednesday, January 29, 2003.**

No entries will be accepted after that date.

Please make checks payable to Middle Atlantic Swimming. One check per club, please.

## ENTRY FEES:

\_\_\_\_\_ Individual Events @ \$4.00 \$ \_\_\_\_\_

\_\_\_\_\_ Relay Events @ \$8.00 \$ \_\_\_\_\_

\_\_\_\_\_ Manual processing fee @ \$5.00 \$ \_\_\_\_\_  
(for non-disk entry of swimmers only)

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

## SWIMMERS ENTERED IN MEET

\_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Total

**WORKER CONTACT PERSON: THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING THE WORKERS FOR YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.**

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

FAX NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

*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 \_\_\_\_\_



