

THE TRIDENT SUMMER STORM

A/BB/C Meet

Hosted by

Trident Swim Club

Sanctioned by Middle Atlantic Swimming

Sanction#: 0373A

JUNE 6-8, 2003

LOCATION:	Franklin & Marshall College 929 Harrisburg Pike Lancaster, Pa. 17604-4306 Emergency calls the day(s) of the meet: 717-399-4524
FACILITY:	F&M College, Kunkel Aquatic Center Aquatic Center in the Alumni Sports & Fitness Center, Lancaster, Pa This meet will be run in a 8 lane, 50 meter indoor pool with fully automatic timing. The starting end has a depth of 9 feet. The facility is equipped with Adolph Keiser's Wave Eater lane lines, Colorado Timing System, Aqua Grip electronic pads, and a ten line readout scoreboard. Seating for up to 500 swimmers on deck and balcony seating for up to 400 spectators. Free parking next to the building.
MEET DIRECTOR:	Sally Riefenstahl , (717) 898-9345 (H) Email: sallyrief@aol.com Please direct all questions to the Meet Director.
OFFICIALS:	If you are interested in officiating at this meet, please contact Deb Kline. 717-898-3678 (H)
SAFETY DIRECTOR:	Joe Gallagher , 610-927-0112 (H)
ELIGIBILITY:	This meet is open to any swimmer registered in 2003 with USA Swimming who meets the entry times for their age group as determined by the swimmer's age on June 6, 2003. This meet will be run according to current USA Swimming rules and regulations.

**ENTRY
LIMITS:**

General:

All swimmers may compete in a maximum of ONE (1) event on Friday.

All age groups may compete in a maximum of THREE (3) events per DAY on Saturday & Sunday.

The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit.

If limits become necessary, teams will be notified through their club contact.

If limits are imposed, all eliminated swimmers will receive a full refund.

Please note limits on the 1500 Free below.

1500 FREE:

PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".

The 1500 Free for men & women will be limited to a combined total of four heats.

Acceptance into the 1500 Free will be based on seed time, fastest to slowest.

"NT" swimmers that make the cut will be entered in the order their entries were received.

Following the meet entry deadline, a psych sheet for both the Women's & Men's 1500 Free will be posted on the web site. Teams will **not** be contacted individually.

Refunds will not be given to swimmers who fail to positively check-in for this event.

Refunds will be given to positively checked in swimmers who fail to receive a lane assignment.

Deck entered swimmers will be entered on a "first come" basis.

WARM-UP:

USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet.

Sprint/Start lanes will be available at the end of each warm-up session.

No diving or backstroke starts will be permitted except in sprint lanes, when designated.

The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.

	<p>Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. Swimmers without a coach who are 12&Under will swim with and be supervised by the host club during warm-up.</p> <p>Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.</p>								
START TIMES:	Session Warm Up		Meet Starts						
	Friday Evening – All Ages	4:30 PM	5:30 PM						
	Saturday Morning – 13 & Older	6:30 AM	8:00 AM						
	Saturday 400 Free – 13 & Older	12:30 PM	12:45 PM						
	Saturday Afternoon – 12 & Under	2:30 PM	3:30 PM						
	Sunday Morning – 13 & Older	6:30 AM	8:00 AM						
	Sunday “Monster Mile” – SENIOR	12:30 PM	12:45 PM						
	Sunday Afternoon – 12 & Under	2:30 PM	3:30 PM						
DECK ENTRIES:	<p>Deck Entries may be accepted during the meet at the Meet Director’s discretion. Deck Entries, if accepted, may only be submitted during the first 30 minutes of each warm-up session.</p> <p>Deck Entries, if accepted, will be for available lanes ONLY. Extra heats will not be added. Deck Entries will not be accepted after the start of a session.</p> <p>Swimmers will not be eligible for awards in deck entered events.</p>								
CHECK-IN:	<p>All events are Pre-Seeded, Timed Final events except those events requiring a positive check-in.</p> <p>A Positive Check-in is required for the SENIOR/13-14 400, 800, & 1500 Free.</p> <p>A Positive Check-in is NOT required for the 9-12 400 Free.</p> <p>The 800 & 1500 Free will be seeded Fastest to Slowest and will be swum in alternating heats of Women and then Men.</p> <p>The Senior/13-14 400 Free will be seeded fastest to slowest and will be swum as presented in the program.</p> <p>Swimmers in the 9-12 400 Free do not have to supply their own timer.</p> <p>Swimmers in the Senior 400, 800 are responsible for providing there own timer.</p> <p>Swimmers in the 1500 Free are responsible for providing their own lap counter and timer.</p> <p>Check-In closes at::</p> <table data-bbox="565 1472 979 1598" style="margin-left: 40px;"> <tr> <td>Senior 800 Free</td> <td style="text-align: right;">7:00pm</td> </tr> <tr> <td>Senior & 13-14 400 Free</td> <td style="text-align: right;">12:00pm</td> </tr> <tr> <td>Senior 1500 Free</td> <td style="text-align: right;">12:00pm</td> </tr> </table> <p>Scratch Policy:</p> <p>Failure to show for any event after making a "positive check-in" will result in the swimmer's disqualification from their next Individual event of the meet.</p>			Senior 800 Free	7:00pm	Senior & 13-14 400 Free	12:00pm	Senior 1500 Free	12:00pm
Senior 800 Free	7:00pm								
Senior & 13-14 400 Free	12:00pm								
Senior 1500 Free	12:00pm								

<p>HOW TO ENTER:</p>	<p>All Events are Pre-Seeded, Timed Final events except those requiring a positive check-in.</p> <p>Entries must be submitted in the course in which they were achieved.</p> <p>Converted time should NOT be used.</p> <p>All times submitted must be the swimmer's best time.</p> <p>PROOF OF TIME must accompany all entries into the 1500 Free or entry must be "NT".</p> <p>Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.</p> <p>Entries should be submitted using HY-TEK software format.</p> <p>A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the diskette.</p> <p>If a HY-TEK file is not possible, the Official Entry Form must be used.</p> <p>A completed Meet Summary Sheet MUST accompany each team's entry.</p> <p>Please WAIVE the Signature Release.</p> <p style="text-align: center;">*** ATTENTION: Team Entry Personnel *** Do not use "10&Under" or "15/18" event titles when setting up Team Manager. Please use "9-10" and Senior/Open.</p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.</p>
<p>ENTRY FEES:</p>	<p>\$4.00 per Individual Event \$6.00 per Deck Entry \$2.00 per Swimmer Administrative Fee, including relay only swimmers.</p> <p>Please send ONE check per club, made payable to "TRIDENT SWIM CLUB"</p>

SEND TO:	<p>Mail entries to: Trident Swim Club c/o Sally Riefenstahl 1347 Sylvan Road Lancaster, PA 17601</p> <p>Entry questions? Call Sally Riefenstahl (717) 898-9345</p> <p>NOTE: Please do not send entries REQUIRING a signature. These entries are delivered only on Saturday and risk being late! For notification, please enclose a self-address, stamped postcard/envelope that can be returned. Or just email the Meet Director.</p>
ENTRY DEADLINE:	<p>MIDDLE ATLANTIC team entries received by May 10 will be entered in the order in which they are received.</p> <p>All Non-Middle Atlantic team entries will be entered after May 10 in the order in which they were received.</p> <p>ALL ENTRIES must be received by May 29.</p> <p>NO LATE or FAXED entries will be accepted!</p> <p>Entries will not be processed without full payment.</p>
EMAIL LIST:	<p>If you are attending this meet, please send me an email message at the address below and I will put you on the Meet E-Mail list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.</p> <p><small>(Please note, your register email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.)</small></p> <p>sallyrief@aol.com</p>
START PROCEDURE:	<p>This Meet will be conducted using the No Recall false start rule.</p> <p>This Meet will also use the whistle command starting procedure.</p>

<p>AWARDS:</p>	<p>Awards are presented for each event based on the entry time, not on the time swum during the meet. For example, a swimmer entered into an event with a "A" time or above is eligible to receive a "A" award. A swimmer entered into the meet with a "BB" time is eligible to receive a "BB" award. Swimmers entered into the meet with a time below a "BB" or as "no time" will be eligible to receive a "C" award.</p> <p>Deck entered swims are not be eligible for awards.</p> <p>In the 9-12 400 Free, the 9-10 & 11-12 age groups will be swum together but will be awarded separately.</p> <p>Awards will only be presented for the 9-10, 11-12 & 13-14 age group events only. <u>Awards will not be presented for the Senior age groups events.</u></p> <p>"A" Awards: Medals 1st to 3rd Ribbons 4th to 8th</p> <p>"BB" Awards: Rosettes 1st to 3rd Ribbons 4th to 8th</p> <p>"C" Awards: Double Ribbons 1st to 3rd Ribbons 4th to 8th</p>
<p>ADMISSION:</p>	<p>Admission - \$ 2.00 per Session. Children under 12 years of age will be admitted free.</p> <p>Programs - \$ 7.00 per Program. Program includes the entire meet.</p>
<p>RESULTS:</p>	<p>Final Results will be available on the Trident Swim Club web site in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will also be posted to the Middle Atlantic website at www.maswim.org</p> <p>At the conclusion of the meet, upon request, entry disks will be returned with a result file added.</p> <p>Results will not be mailed.</p>
<p>SAFETY:</p>	<p>Current USA Swimming Safety Rules will be in effect and will be strictly enforced.</p> <p>DECK CHAIRS: Due to space limitations and facilities requirements, swimmers will not be permitted to bring "chairs" on deck. This rule does NOT apply to coaches.</p>
<p>DECK ACCESS:</p>	<p>By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.</p>
<p>HOSPITALITY:</p>	<p>There will be food and drinks available at all sessions for officials and coaches.</p>

TIMERS:	Volunteer Timers may be needed for this meet. Volunteers will receive a refund on their admission and a meal ticket for the concession area.
SPECTATORS:	Balcony seating is available for up to 400 spectators. We also have a large concession area. There will also be a swimming equipment vendor on-site during the meet.
PARKING:	Free parking is available next to the building
WEB SITE:	For meet info, please visit the Trident Swim Club web site at: WWW.TRIDENTSWIMCLUB.ORG
HOTELS:	<p>Comfort Inn, 500 Centerville Rd., Lancaster, Pa., 800-223-8963</p> <p>Eden Resort, 222 Eden Rd., Lancaster, Pa., 717-569-6444</p> <p>Quality Inn, 2363 Oregon Pike, Lancaster, Pa., 717-569-0</p> <p>The Sleep Inn, 310 Primrose Lane, Mountville, Pa., 717-285-0444</p> <p>Holiday Inn, 521 Greenfield Rd. Lancaster, Pa., 717-299-2551</p> <p>Hampton Inn, 545 Greenfield Rd., Lancaster, Pa., 717-299-1200</p> <p>Westfield Inn, 2929 Hempland Rd., Lancaster, Pa, 717-397-9300</p> <p>Fairfield Inn, 150 Granite Run Dr., Lancaster, Pa., 717-581-1800</p> <p>Travel Lodge, 2101 Columbia Ave, Lancaster, Pa, 717-397-4201</p> <p>Econo Lodge, 2140 US Highway Rt. 30, Lancaster, Pa., 717-397-1900</p> <p>Days Inn, 30 Keller Ave, Lancaster, Pa., 717-299-5700</p> <p>Near the Outlets:</p> <p>Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster, Pa., 717-299-5500</p> <p>Ramada Inn, 2250 Lincoln Highway East, Lancaster, Pa., 717-393-5499</p> <p>Super 8 Motel, 2129 Lincoln Highway East, Lancaster, Pa., 717 393-8888</p> <p>Travel Inn, 2151 Lincoln Highway East, Lancaster, Pa., 717-299-8971</p> <p>Howard Johnson, 2100 Lincoln Highway East, Lancaster, Pa., 717-397-7781</p>

DIRECTIONS:

From Baltimore, Washington and points south: Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

From Harrisburg, Pittsburgh and points west: Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit onto Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

From Philadelphia, South Jersey and points east: Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

SESSION #1				
FRIDAY EVENING – JUNE 6, 2003 (Warm-up 4:30 p.m. – Start 5:30 p.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
1		Senior 400 IM		2
3		9 - 12 400 Free		4
5	Check-in Required	Senior 800 Free	Check-in Required	6

SESSION #2				
SATURDAY MORNING – JUNE 7, 2003 (Warm-up 6:30 a.m. - Start 8:00 a.m.)				
Women's		Event Description		Men's
7		Senior 200 Back		8
9		13-14 200 Back		10
11		Senior 100 Breast		12
13		13-14 100 Breast		14
15		Senior 200 Fly		16
17		13-14 200 Fly		18
19		Senior 100 Free		20
21		13-14 100 Free		22
23		Senior 200 IM		24
25		13-14 200 IM		26

SESSION #3				
SATURDAY 400 FREE –JUNE 7, 2003 (Warm-up 12:30 p.m. - Start 12:45 p.m.)				
27	Check-in Required	Senior 400 Free	Check-in Required	28
29	Check-in Required	13-14 400 Free	Check-in Required	30

SESSION #4**SATURDAY AFTERNOON – JUNE 7, 2003**

(Warm-up 2:30 p.m. - Start 3:30 p.m.)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
31		9-10 100 Fly		32
33		11-12 100 Fly		34
35		9-10 50 Back		36
37		11-12 50 Back		38
39		9-10 100 Free		40
41		11-12 100 Free		42
43		9-10 50 Breast		44
45		11-12 50 Breast		46
47		9-10 200 IM		48
49		11-12 200 IM		50

SESSION #5**SUNDAY MORNING – JUNE 8, 2003**

(Warm-up 6:30 a.m. - Start 8:00 a.m.)

<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
51		Senior 200 Free		52
53		13-14 200 Free		54
55		Senior 100 Fly		56
57		13-14 100 Fly		58
59		Senior 50 Free		60
61		13-14 50 Free		62
63		Senior 100 Back		64
65		13-14 100 Back		66
67		Senior 200 Breast		68
69		13-14 200 Breast		70

SESSION #6				
SUNDAY MONSTER MILE – JUNE 8, 2003 (Warm-up 12:30 p.m. - Start 12:45 p.m.)				
71	Top Two Heats Only --- Check-in Required	Senior 1500 Free	Top Two Heats Only --- Check-in Required	72

SESSION #7				
SUNDAY AFTERNOON – JUNE 8, 2003 (Warm-up 2:30 p.m. - Start 3:30 p.m.)				
<u>Women's</u>		<u>Event Description</u>		<u>Men's</u>
73		9-10 200 Free		74
75		11-12 200 Free		76
77		9-10 50 Fly		78
79		11-12 50 Fly		80
81		9-10 100 Back		82
83		11-12 100 Back		84
85		9-10 50 Free		86
87		11-12 50 Free		88
89		9-10 100 Breast		90
91		11-12 100 Breast		92

