



# BIG CAT AQUATICS

## 13 & OVER PRELIM/FINAL

### “THE DAY AFTER MEET”

MARCH 16, 2003

Held under the Sanction of USA Swimming      Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # \_\_\_\_\_

Time Trial Sanction # \_\_\_\_\_

<b>LOCATION</b>	McCoy Natatorium Bigler and Curtin Streets University Park, PA 16802 Day of meet ONLY emergency phone # 814 - 865-1433
<b>FACILITIES</b>	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. Water depth at the starting end is 8 feet. Spectator seating in the pool area can accommodate approximately 600. There is a separate 6 lane 25 meter pool which will be available throughout the meet. There is a limited snack bar in the facility.
<b>MEET DIRECTOR</b>	Jon Larson (814) 863-3945. JBLarson@psu.edu
<b>SAFETY DIRECTOR</b>	Becky Beard
<b>OFFICIALS</b>	If interested in officiating this meet contact Craig Edelbrock (814) 237-0846
<b>ELIGIBILITY</b>	This meet is open to all swimmers registered with USA Swimming. Swimmer's age is as of the first day of the meet. <b>Each swimmer is allowed a maximum of three (3) individual events and unlimited relays.</b>
<b>ENTRY LIMITATIONS</b>	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.
<b>ORDER OF</b>	See attached page for order of events.

<p><b>EVENTS</b></p> <p><b>WARM-UP &amp; START TIMES</b></p> <p><b>QUALIFYING TIMES</b></p>	<p>Warm-up: 9:00am</p> <p>All deck entries must be in by 9:30am</p> <p>Session One: 10:00 am</p> <p>Session Two: 11:30 am</p> <p>Session Three: 12:30am</p> <p>Finals: 2:00 pm</p> <p>There are no qualifying times for this meet.</p> <p><b>*Meet Director reserves the right to adjust the schedule based on entries.</b></p> <p>There will be continuous warm-up/ warm-down available in the 25 meter pool throughout the meet.</p>
<p><b>DECK ENTRIES /TIME TRIALS</b></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 first session, at the cost of \$6.00 per event. To enter, please see the Meet Director before 9:30am.</p> <p>Time trials will be held if time permits. The Meet Referee will determine when time trial events will be run.</p>
<p><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
<p><b>SEEDING</b></p>	<p>This meet will be deck seeded</p>
<p><b>HOW TO ENTER</b></p>	<p>Entries and fees must be accompanied by the MASTER ENTRY FORMS or HY-TEK FILE with hard copy print out. No phone entries will be accepted. Fax entries are permitted, but payment must meet entry deadline. A \$5.00 per swimmer surcharge will be added to each team, of 5 or more, that <b>does not</b> submit entries in HY-TEK FILE format.</p> <p><b><u>ALL ENTRIES SHOULD BE SUBMITTED IN THE COURSE IN WHICH THEY WERE ACHIEVED.</u></b></p>
<p><b>ENTRY FEES</b></p>	<p>Individual events - \$3.00 each, Relays - \$6.00 each. Deck entries - \$6.00 per individual event, \$12.00 per relay. Entries received after March 14, 2003 will be considered deck entries and charged accordingly. Make check payable to "Big Cat Aquatics."</p>

<b>SEND ENTRIES TO</b>	Jon Larson McCoy Natatorium University Park, PA 16802 JBLarson@psu.edu (814) 863-3945
<b>ENTRY DEADLINE</b>	Friday, March 14, 2003 8:00pm Deck Entries will be accepted on a first come, first serve basis.
<b>RULES</b>	<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.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.”</p> <p>ALL EVENTS ARE PRELIM/FINAL. Each event will have a consolation and final heat. <b><u>FINALS WILL BE POSITIVE CHECK IN.</u></b></p> <p><u>All swimmers wishing to swim finals must positively check in at the meet desk within 30 minutes of announced results.</u></p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.” If you are conducting a mini meet, use the following statement: “This meet will be conducted using the Whistle command, supplemented with verbal commands, 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.</p>
<b>SCORING &amp; AWARDS</b>	No scoring, no awards.
<b>PROGRAMS &amp; ADMISSION</b>	Admission is \$2, includes psych sheet. Deck entries will be accepted on the day of the meet; therefore a meet program with heat and lane assignments may not be available (these will be posted for spectators when possible).
<b>RESULTS</b>	Results will be available on the Middle Atlantic Swimming web site: <a href="http://www.maswim.org">www.maswim.org</a> .
<b>DIRECTIONS</b>	<p><b><u>EAST</u></b> -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N to 81W to 322 West to State College. At Boalsburg stay on 322 West (Mt. Nittany Expressway) to Penn State Exit. Go left onto Park Ave., follow to second light past stadium. Turn left onto campus. Pool is past first stop sign, on the left.</p> <p><b><u>SOUTH</u></b> -- 83 North to Harrisburg. From Harrisburg, same as above.</p>

	<p><u>WEST</u> -- Route 22 to Route 220N, then Route 322E until the Penn State Exit. Go right onto Park Avenue, follow directions under EAST.</p>
<p><b>ACCOMODATIONS</b></p>	<p><u>Days Inn Penn State</u> (814-238-8454) or (800-258-3297), 240 Pugh St., State College.  <u>Motel 6</u> (814-234-1600), 1274 N. Atherton St., State College.  <u>Hampton Inn</u> (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.  <u>Courtyard By Marriott</u> (814-238-1881) or (800-321-2211), 1730 University Dr. State College.  <u>Autoport</u> (814-237-7666) Business Route 322, State College.  <u>Super 8</u> (814-237-8005) S. Atherton St. &amp; Branch Rd., State College.  <u>Ramada Inn</u> (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.  <u>Nittany Lion Inn</u> (814-231-7500), 200 West Park Ave., State.  <u>Nittany Budget Motel</u> (814-237-7638), 1274 N. Atherton St., State College.  <u>Sleep Inn</u> (814-235-1020), 111 Village Dr., State College.  <u>The Penn Stater</u>, (Formerly <u>Scanticon</u> (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.</p>





# 13 & Over – “The Day After Meet”

Presented by Big Cat Aquatics

Sunday, March 16, 2003

McCoy Natatorium

## ORDER OF EVENTS

(25 meter warm up pool available during all sessions)

### WOMEN'S EVENTS

### EVENT

### MEN'S EVENTS

#### Session One

9:00 A.M. Warm-up – 10:00 A.M. Start

1	200 Free Relay	2
3	500 Free	4
5	200 IM	6
7	50 Free	8
9	400 Medley Relay	10

#### Session Two

11:15 P.M. Start

11	200 Medley Relay	12
13	400 IM	14
15	100 Fly	16
17	200 Free	18
19	100 Breast	20
21	100 Back	22
23	800 Free Relay	24

#### Session Three

12:30 P.M. Start

25	200 Back	26
27	100 Free	28
29	200 Breast	30
31	200 Fly	32
33	400 Free Relay	34
35/37	1650/1000 Free*	36/38

\*swimmers can choose either the 1000 or 1650 Free. This event is timed finals.

## FINALS

2:00 PM Start

will follow same order of events as prelims