

Last Chance A/BB/C Meet

March 1-2, 2003

Held at: Lititz Community Center

Hosted by: Lancaster Aquatic Club

717-626-5096

Sanctioned by Middle Atlantic Swimming, sanction # 0353A

Meet Directors Betty Windstein (717) 898-0279 windstein@comcast.net

Meet Director trainees- Leslie Arnold - Ned Yoskoski

Eligibility: This meet is open to all swimmers currently registered with USA Swimming. The 2003 USA Swimming rules apply. Swimmers age as of March 1, 2003.

Site: Lititz Community Center, 301 W. Maple St. Lititz, PA. 8 lane, 25 yard indoor pool with non-turbulent lane lines and Colorado Timing System with 8 lane scoreboard. The water depth at the start end is 12 feet.

Awards: A Entry Times- Medals 1st-3rd, Ribbons 4th-8th.
BB Entry Times- Large Rosettes 1-3, Ribbons 4th-8th.
C Entry Times- Ribbons 1st-8th.

Awards are based on entry times. All awards must be picked up at end of the meet no awards will be mailed.

Entry Fees: \$3.00 per event. Entries must be received by Friday, February 14, 2003. No phone or late entries will be accepted. Swimmers may compete in up to 5 events per day. Any swimmer or team cut from the meet will be mailed a full refund of entry fees paid.

Officials: All USA certified officials and trainees are invited to assist in the operation of the meet please contact John or Peg Sanbower (717) 569-6974.

Safety: USA and MA safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: no diving during warm-ups except in designated sprint lanes. Swimmers must enter from the starting blocks and exit from the opposite end during sprints. The referee may remove anyone from the meet for failure to comply with the warm-up rules. Swimmers without coaches should report to the referee prior to entering the pool for warm-ups to obtain a lane assignment. Safety Director: Diane Dean 717-299-1460

Deck access will be limited to coaches, officials and necessary personnel with current USA registration only.

Warm-Ups: First session each day: general warm-ups 7:00-8:00 AM, sprint lanes will be available the last 15 minutes. Second session each day: General Warm-ups 12 Noon - 12:45 pm, sprint lanes available last 15 minutes. Third session on Saturday: General warm-ups 3:00-3:45 sprint lanes available the last 15 minutes.

Admission: Admission \$2.00 per person/per day. Heat Sheet \$5.00 for the entire meet. All spectators will view the meet from a 250-seat balcony. A concession stand will be available. Parking is on the Community Center lot and adjacent school parking lot. Swimming equipment vendor will be available.

Results: Compete results will be placed on the MA web site immediately after the meet ends at www.maswim.org. Disk results will not be supplied to teams at the end of the meet. Those teams whose entries were sent on disk may claim the disks at the scorer's table at the end of meet.

Meet Director reserves the right to limit entries, combine sessions or make changes to meet format if needed to conduct the meet within the time span listed in the order of events.

Entries: This meet will be a Timed Final meet. All events, with the exception of the 1000 freestyle, will be pre-seeded. All entries must be received by received by Friday February 14, 2003. All entries must be swimmers best times. Failure to comply will result in penalties set forth by Middle Atlantic Swimming. All entries should be on a 3.5 " disk using Hy-Tek Commlink. A hard copy of the entries listed by swimmer and team summary sheet must accompany the disk. If using Commlink is not possible use the official entry form. A \$5.00 per swimmer surcharge will be added to teams with more than 5 swimmers whose entries are not on disk. All entries must be with swimmers best times. Deck entries will be accepted at meet directors discretion, where lanes are available. The cost of deck entries will be \$5.00 per event; swimmer will not be eligible for awards.

All entries must be accompanied by a check made payable to: **Lancaster Aquatic Club**

Mail Entries to: Betty Windstein
1100 Sylvan Road
Lancaster, Pennsylvania 17601
717-898-0279;
E-mail = Windstein@comcast.net

This meet will be conducted using the No Recall false start. The meet will also use the whistle command starting procedures.

Directions: To Lititz Community Center

From PA Turnpike, Exit 21(Reading/Lancaster), Take Rt. 222 S. Proceed 8 miles south to the Rothsville-Lititz exit. Proceed right onto Rt. 772 W. Go approx. 7 miles to approx. the 6th traffic light. Make a left turn, go 1/10th mile to Orange St. Make a right turn and proceed 6/10 mile to Campus Dr. Turn right. The Community Center is 2/10 mile straight ahead.

From Pa Turnpike Exit 20(Lancaster Lebanon), Take Rt. 72 S. Proceed south to Manheim. In Manheim (after approx. 4th traffic light) pick up Rt. 772 E. Follow this route approx. 4 miles. At Campus Dr. turn left. The Community Center is 2/10 mile straight ahead.

From West & East, Exit Rt. 30 at the Lititz Pike (Rt. 501 N). Proceed 5.7 miles to Second Ave. Make left turn and continue 6/10 mile to intersection, Campus Dr. is straight ahead. Continue on Campus Dr. 2/10 mile Community Center is straight ahead.

Hotels: Comfort Inn- Off Centerville Rd. exit of Rt. 30. (1-800-223-8963)

See hotel info at www.comfort.lancaster.com

Country Inn & Suites- 5 miles to pool. Rt. 72 North. (717-665-5440)

Fairfield Inn by Marriott- 7.5 mi from pool on Rt. 72 N. (717-581-8122)

Hilton Garden - 7.5 mi from pool on Rt. 72 N. (717-560-0880)

Schedule of Events
 Last Chance A/BB/C
 3/1/2003 - 3/2/2003

Session 1

Sat. 3/1/03

Warmups: 7:00 AM, Meet 8:00 AM

<u>Girls Event #</u>	<u>Event Description</u>	<u>Boys Event #</u>
1	Senior 500 Freestyle	2
3	Senior 100 Backstroke	4
5	Senior 200 Breaststroke	6
7	Senior 100 Freestyle	8
9	Senior 200 Butterfly	10
11	Senior 200 IM	12

Note: Swimmers for the 500 Freestyle must provide their own counter.
 Senior events will be scored separately for the 14 and under age group and for the 15 and over age group.

Session 2

Sat. 3/1/03

Warmups: 11:30 AM, Meet 12:15 PM

<u>Girls Event #</u>	<u>Event Description</u>	<u>Boys Event #</u>
13	9-10 100 Breaststroke	14
15	11-12 100 Breaststroke	16
17	9-10 50 Backstroke	18
19	11-12 50 Backstroke	20
21	9-10 100 Butterfly	22
23	11-12 100 Butterfly	24
25	9-10 50 Freestyle	26
27	11-12 50 Freestyle	28
29	9-10 100 IM	30
31	11-12 100 IM	32
33	9-10 200 Freestyle	34
35	11-12 200 Freestyle	36

Note: If entries are heavier than anticipated the meet director reserves the right to break session 2 in to a 9-10 session and an 11-12 session. Teams will be notified of any changes at least 1 week before meet. Meet Information will be posted on Mid Atlantic web site. www.maswim.org

Session 3

Sunday 3/2/03

Warmups: 7:00 AM, Meet 8:00 AM

Girls Event #	Event Description	Boys Event #
37	Senior 100 Breaststroke	38
39	Senior 200 Backstroke	40
41	Senior 100 Butterfly	42
43	Senior 200 Freestyle	44
45	Senior 50 Freestyle	46
47	Senior 400 IM	48

Note: Senior events will be scored separately for the 14 and under age group and for the 15 and over age group.

Session 4

Sunday 3/2/03

Warm-ups: 11:30 AM, Meet 12:15 PM

<u>Girls Event #</u>	<u>Event Description</u>	<u>Boys Event #</u>
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	9-10 100 Backstroke	54
55	11-12 100 Backstroke	56
57	9-10 50 Butterfly	58
59	11-12 50 Butterfly	60
61	9-10 100 Freestyle	62
63	11-12 100 Freestyle	64
65	9-10 200 IM	66
67	11-12 200 IM	68

Note: If entries are heavier than anticipated for the Thanksgiving weekend the meet director reserves the right to break session 4 into a 9-10 session and an 11-12 session. Teams will be notified of any changes at least 1 week before meet. Meet Information will be posted on the Mid Atlantic web site.

www.maswim.org

Meet Summary Sheet

Team Name: _____ Club Code _____

Address: _____

City, State: _____

Coach Name & Phone #: _____

Phone # of Contact Person: _____

E-mail Address: _____

Fax #: _____

Entry Fees:

Total # girls entries @ \$3.00 _____

Total # boys entries @ \$3.00 _____

Surcharge for non-disk entries
\$5.00 per swimmer
if over 5 entered _____

Entry Fee Total _____

Make check payable to **Lancaster Aquatic Club**

Entry Deadline: Friday, February 14, 2003.

Entries mailed to: Betty Windstein
1100 Sylvan Road
Lancaster, Pennsylvania 17601
717-898-0279;
E-mail Windstein@comcast.net

No post entries will be accepted. One check per club, please!

Official Meet Entry Form

Swimmers Name: _____ Birthdate: _____
USS# _____ M/F _____

Event #	Event Description	Time

Swimmers Name: _____ Birthdate: _____
USS# _____ M/F _____

Event #	Event Description	Time

Team: _____ Page ____ of ____

Please reproduce for the number of swimmers needed. Not needed if doing disk entries.