

7th Annual EMAC A/BB/C MEET

FEBRUARY 6-8, 2004

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # 0451A

LOCATION	Emmaus High School 300 Macungie Ave. Emmaus PA 18049 Day of meet ONLY emergency phone #610-965-1674
FACILITIES	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Ht-Tek Software, Spectator seating is separate balcony seating for 420, Parking capacity 500, Snack Bar will be available.
MEET DIRECTOR	Mike Seip 610-965-5800, emacswim@rcn.com
SAFETY DIRECTOR	Kip Hein 610-965-5800
OFFICIALS	Donna Barnum 610-965-5800, emacswim@rcn.com
ELIGIBILITY	Open to any swimmers 9 & older currently registered with USA Swimming for 2004. Swimmer's age is as of 2/06/04. Swimmer may swim a maximum of 3 individual events in his/her age category per day.
ENTRY LIMITATIONS	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 QUALIFYING TIMES	Please see attached order of events. All events are pre-seeded timed finals. Session 1 – Warm Up 5:00 pm, Meet 6:00 pm POSITIVE CHECK IN REQUIRED BY 5:30 PM Sessions 2 & 4 – Warm Up 7:00 am, Meet 8:15 am Sessions 3 & 5 – Warm Up 12:00 pm, Meet 1:00 pm

DECK ENTRIES /TIME TRIALS	<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 \$6.00 per event. 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>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
SEEDING	<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>
HOW TO ENTER	<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>
ENTRY FEES	<p>\$3.00 per individual event; \$6.00 per relay.</p>
SEND ENTRIES TO	<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>
ENTRY DEADLINE	<p>Friday, January 23, 2004 by 6:00 PM.</p> <p>No late entries will be accepted.</p>
RULES	<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>Positive check-in required for all Friday night events. Any swimmer who does not swim an event for which they have checked in will be barred from swimming their first</p>

	<p>individual event of the next day.</p> <p>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, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p>
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.</p>
PROGRAMS & ADMISSION	<p>Programs \$5.00. Admission \$2.00. Children under 5 admitted free. Free admission to all volunteers.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic website www.maswim.org and on EMAC's website www.emacswim.org</p>
DIRECTIONS	<p>From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East or West 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.</p>
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>

ABC2004 - 2/6/2004 to 2/8/2004
7TH ANNUAL EMAC A/BB/C INVITATIONAL MEET
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Session Report

Session: 1 FRIDAY PM - FEBRUARY 6, 2004

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds

Round	Event
Finals	1 Girls 11 & Over 500 Freestyle
Finals	2 Boys 11 & Over 500 Freestyle
Finals	3 Women 9-10 200 Freestyle
Finals	4 Men 9-10 200 Freestyle
Finals	5 Women 11-12 200 Freestyle
Finals	6 Men 11-12 200 Freestyle
Finals	7 Women 11 & Over 400 IM
Finals	8 Men 11 & Over 400 IM

Session: 2 SATURDAY AM - FEBRUARY 7, 2004

Day of Meet: 2 Starts at 08:15 AM Heat Interval: 30 Seconds

Round	Event
Finals	9 Women 13-14 100 Freestyle
Finals	10 Men 13-14 100 Freestyle
Finals	11 Women Senior 100 Freestyle
Finals	12 Men Senior 100 Freestyle
Finals	13 Women 13-14 200 Breaststroke
Finals	14 Men 13-14 200 Breaststroke
Finals	15 Women Senior 200 Breaststroke
Finals	16 Men Senior 200 Breaststroke
Finals	17 Women 13-14 200 Backstroke
Finals	18 Men 13-14 200 Backstroke
Finals	19 Women Senior 200 Backstroke
Finals	20 Men Senior 200 Backstroke
Finals	21 Women 13-14 100 Butterfly
Finals	22 Men 13-14 100 Butterfly
Finals	23 Women Senior 100 Butterfly
Finals	24 Men Senior 100 Butterfly
Finals	25 Women 13-14 200 IM
Finals	26 Men 13-14 200 IM
Finals	27 Women Senior 200 IM
Finals	28 Men Senior 200 IM
Finals	29 Women 13-14 200 Freestyle Relay
Finals	30 Men 13-14 200 Freestyle Relay
Finals	31 Women Senior 400 Freestyle Relay
Finals	32 Men Senior 400 Freestyle Relay

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Session: 3 SATURDAY PM - FEBRUARY 7, 2004
Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds

Round	Event
Finals	33 Women 11-12 50 Freestyle
Finals	34 Men 11-12 50 Freestyle
Finals	35 Women 9-10 50 Freestyle
Finals	36 Men 9-10 50 Freestyle
Finals	37 Women 11-12 100 Breaststroke
Finals	38 Men 11-12 100 Breaststroke
Finals	39 Women 9-10 100 Breaststroke
Finals	40 Men 9-10 100 Breaststroke
Finals	41 Women 11-12 100 IM
Finals	42 Men 11-12 100 IM
Finals	43 Women 9-10 100 IM
Finals	44 Men 9-10 100 IM
Finals	45 Women 11-12 50 Backstroke
Finals	46 Men 11-12 50 Backstroke
Finals	47 Women 9-10 50 Backstroke
Finals	48 Men 9-10 50 Backstroke
Finals	49 Women 11-12 100 Butterfly
Finals	50 Men 11-12 100 Butterfly
Finals	51 Women 9-10 100 Butterfly
Finals	52 Men 9-10 100 Butterfly
Finals	53 Women 11-12 200 Freestyle Relay
Finals	54 Men 11-12 200 Freestyle Relay
Finals	55 Women 9-10 200 Freestyle Relay
Finals	56 Men 9-10 200 Freestyle Relay

Session: 4 SUNDAY AM - FEBRUARY8, 2004
Day of Meet: 3 Starts at 08:15 AM Heat Interval: 30 Seconds

Round	Event
Finals	57 Women 13-14 50 Freestyle
Finals	58 Men 13-14 50 Freestyle
Finals	59 Women Senior 50 Freestyle
Finals	60 Men Senior 50 Freestyle
Finals	61 Women 13-14 100 Breaststroke
Finals	62 Men 13-14 100 Breaststroke
Finals	63 Women Senior 100 Breaststroke
Finals	64 Men Senior 100 Breaststroke
Finals	65 Women 13-14 100 Backstroke

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Finals	66	Men 13-14 100 Backstroke
Finals	67	Women Senior 100 Backstroke
Finals	68	Men Senior 100 Backstroke
Finals	69	Women 13-14 200 Butterfly
Finals	70	Men 13-14 200 Butterfly
Finals	71	Women Senior 200 Butterfly
Finals	72	Men Senior 200 Butterfly
Finals	73	Women 13-14 200 Freestyle
Finals	74	Men 13-14 200 Freestyle
Finals	75	Women Senior 200 Freestyle
Finals	76	Men Senior 200 Freestyle
Finals	77	Women 13-14 200 Medley Relay
Finals	78	Men 13-14 200 Medley Relay
Finals	79	Women Senior 400 Medley Relay
Finals	80	Men Senior 400 Medley Relay

Session: 5 SUNDAY PM - FEBRUARY 8, 2004

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 30 Seconds

Round	Event
Finals	81 Women 11-12 100 Freestyle
Finals	82 Men 11-12 100 Freestyle
Finals	83 Women 9-10 100 Freestyle
Finals	84 Men 9-10 100 Freestyle
Finals	85 Women 11-12 50 Breaststroke
Finals	86 Men 11-12 50 Breaststroke
Finals	87 Women 9-10 50 Breaststroke
Finals	88 Men 9-10 50 Breaststroke
Finals	89 Women 11-12 100 Backstroke
Finals	90 Men 11-12 100 Backstroke
Finals	91 Women 9-10 100 Backstroke
Finals	92 Men 9-10 100 Backstroke
Finals	93 Women 11-12 50 Butterfly
Finals	94 Men 11-12 50 Butterfly
Finals	95 Women 9-10 50 Butterfly
Finals	96 Men 9-10 50 Butterfly
Finals	97 Women 11-12 200 IM
Finals	98 Men 11-12 200 IM
Finals	99 Women 9-10 200 IM
Finals	100 Men 9-10 200 IM
Finals	101 Women 11-12 200 Medley Relay
Finals	102 Men 11-12 200 Medley Relay
Finals	103 Women 9-10 200 Medley Relay
Finals	104 Men 9-10 200 Medley Relay

Emmaus Aquatic Club
Meet Entry Summary Sheet
7th Annual EMAC A/BB/C Invitational

This form must accompany all entries!

Team Name: _____ Team Code: _____

Head Coach: _____ Phone Number: _____

Fax: _____ E-mail: _____

Team Mailing Address: _____

City/State/Zip _____

→Person to contact for questions concerning entries, fees, change of format for the meet, etc.:

Name: _____

Address: _____

Phone: _____

Fax: _____

E-mail: _____

Mail Entries To: EMAC
PO Box 3304
Allentown PA 18104-0304
610-965-5800

_____ Girls Individual Events @ \$3.00 \$ _____

_____ Boys Individual Events @ \$3.00 \$ _____

_____ Girls Relays @ \$6.00 \$ _____

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_____ Non-disk fee of \$5.00/swimmer \$ _____
(for 5 or more swimmers not entered on disk)

Total # Entries _____

Total \$ _____

