

PARKLAND AQUATIC CLUB
Winter A/BB/C Invitational Meet (Revised 10/29/03)
January 9 to 11, 2004

Held under the Sanction of USA Swimming
 Sanctioned by Middle Atlantic Swimming, Inc.
 Sanction # 0430A

LOCATION	<p>Parkland High School Aquatic Center 2700 Cedar Crest Blvd Allentown, PA 18104</p> <p>Day of meet ONLY emergency phone: 610-351-5600 Meet Director cell phone: 610-597-4595</p>
FACILITIES	<p>The PHS pool is a new indoor Paddock, 25 yard, 8 lane pool with non-turbulent lane markers, Colorado Timing system with 8 line scoreboard display. Water depth at the starting end is 12 feet. An adjacent warm-up and warm-down pool is available for swimmers. Free parking, large seating capacity, concession stand and swim equipment vendor are available.</p>
MEET DIRECTOR	<p>Scott Lewis. 610-530-9452 (ph); smlewis@rcn.com</p>
SAFETY DIRECTOR	<p>Jean Reis. 610-799-9110 (ph); reis92358@msn.com</p>
OFFICIALS	<p>Walt Johnson. 610-799-4872 (ph); drwj80@aol.com Walt is the meet referee.</p>
ELIGIBILITY	<p>This meet is open to all swimmers registered with USA Swimming. Swimmer's age as of January 9, 2004 will apply for the entire meet.</p>
ENTRY LIMITATIONS	<p>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. Prompt notification will be made to swimmers or teams if changes impact their entries. A swimmer may swim in five events per day.</p>
ORDER OF EVENTS	<p>See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.</p>

WARM-UP & START TIMES	Team lane assignments and warm-up schedule will be distributed on-site in the coach's package. Circle swimming only during warm-up until sprint lanes are opened. No diving is permitted during warm-up, except supervised diving in designated sprint lanes. When diving is permitted, swimmer must enter from the starting blocks and exit from the opposite end of the pool.
DECK ENTRIES	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 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.
SWIMMERS WITHOUT A COACH	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.
SEEDING	All events will be pre-seeded based on entry time.
HOW TO ENTER	Entries may be submitted using the attached form(s) or a Hy-Tek Commlink file on a 3.5" diskette accompanied by a printed copy. Times must be submitted in the course in which they were achieved.
ENTRY FEES	Entry fee is \$3.00 per individual event and \$6.00 for a relay
SEND ENTRIES TO	Make entry fee payable to PAAC. Send entries to: Scott M. Lewis 230 North 42 nd Street Allentown, PA 18104 610-530-9452 (ph) 610-530-9481 (fax) smlewis@rcn.com <u>Request signature waiver for UPS, Fed Ex or Express Mail.</u>
ENTRY DEADLINE	Entries must be received no later than December 26, 2003 at 6:00 PM. No late entries will be accepted.
RULES	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. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures. Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the Meet will be disqualified from that swimmer's next Individual Event or from the remainder of the Meet, as determined by the Meet Referee. This policy will be strictly enforced Entries submitted must be swimmer's best verifiable USA Swimming sanctioned time. Entry of time other than swimmer's best for any event may result in the swimmer's suspension from competition for a minimum of 3 months, but not more than 1 year.
SCORING & AWARDS	This meet will be scored at each level: A, B and C for each event. The top eight times in each level will receive awards. 'A' individual entries: medals first to third, ribbons fourth to eighth. 'B' individual entries: rosettes first to third, ribbons fourth to eighth. 'C' individual entries: ribbons first to eighth. Award levels determined by entry time.

PROGRAMS & ADMISSION	Program is \$10.00 for the entire meet. No admission fee is charged. A free heat sheet will be given to non-PAAC volunteers, if the meet director requests help in running the meet.
RESULTS	Results will be posted on the Middle Atlantic website at www.maswim.org .
DIRECTIONS	From the PA turnpike, Exit 33, take Route 22 east, then exit onto Cedar Crest Blvd north. Travel north on Cedar Crest Blvd for approximately 1.9 miles. Parkland High School is on the left. The pool is on the left hand side of the complex. Park in the parking lot in front of the school, closest to the Athletics door. Walk through the Athletics entrance to admissions. Follow the signs inside the school.
ACCOMODATIONS	Holiday Inn – Intersection of Route 100 and I78, Fogelsville, PA; 610-391-1000
CANCELLATION DUE TO BAD WEATHER	In case of delays or cancellation due to bad weather, call PAAC's Infotel line at 610-821-8300 x9380 or the PAAC office at 610-530-9452.

PAAC Winter Invitational Swim Meet

All events are timed finals

Friday Evening, January 9, 2004 6:30 p.m. (Warm up 5:30 p.m.)

Positive Check-in required for Friday night !

GIRLS NUMBER	EVENT			BOYS NUMBER
1	SENIOR	500 YARD	FREESTYLE	2
3	SENIOR	400 YARD	INDIVIDUAL MEDLEY	4
5	SENIOR	800 YARD	FREE RELAY	6

Saturday Morning, January 10, 2004 8:00 a.m. (Warm up 7:00 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
7	13 & 14	200 YARD	FREESTYLE RELAY	8
9	15 & OVER	200 YARD	FREESTYLE RELAY	10
11	13 & 14	100 YARD	FREESTYLE	12
13	15 & OVER	100 YARD	FREESTYLE	14
15	13 & 14	200 YARD	BREAST	16
17	15 & OVER	200 YARD	BREAST	18
19	13 & 14	200 YARD	BACK	20
21	15 & OVER	200 YARD	BACK	22
23	13 & 14	100 YARD	FLY	24
25	15 & OVER	100 YARD	FLY	26
27	13 & 14	200 YARD	INDIVIDUAL MEDLEY	28
29	15 & OVER	200 YARD	INDIVIDUAL MEDLEY	30
31	SENIOR	400 YARD	MEDLEY RELAY	32

Saturday Afternoon, January 10, 2004 1:30 p.m. (Warm up 12:30 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
33	11 & 12	100 YARD	INDIVIDUAL MEDLEY	34
35	9 & 10	100 YARD	INDIVIDUAL MEDLEY	36
37	11 & 12	50 YARD	BACK	38
39	9 & 10	50 YARD	BACK	40
41	11 & 12	200 YARD	FREESTYLE	42
43	9 & 10	200 YARD	FREESTYLE	44
45	11 & 12	100 YARD	BREAST	46
47	9 & 10	100 YARD	BREAST	48
49	11 & 12	100 YARD	FLY	50
51	9 & 10	100 YARD	FLY	52
53	9 to 12	200 YARD	BACK	54
55	11 & 12	50 YARD	FREESTYLE	56
57	9 & 10	50 YARD	FREESTYLE	58
59	11 & 12	200 YARD	MEDLEY RELAY	60
61	9 & 10	200 YARD	MEDLEY RELAY	62

Sunday Morning, January 11, 2004 8:00 a.m. (Warm up 7:00 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
63	13 & 14	200 YARD	MEDLEY RELAY	64
65	15 & OVER	200 YARD	MEDLEY RELAY	66
67	13 & 14	200 YARD	FREESTYLE	68
69	15 & OVER	200 YARD	FREESTYLE	70
71	13 & 14	100 YARD	BREAST	72
73	15 & OVER	100 YARD	BREAST	74
75	13 & 14	100 YARD	BACK	76
77	15 & OVER	100 YARD	BACK	78
79	13 & 14	200 YARD	FLY	80
81	15 & OVER	200 YARD	FLY	82
83	13 & 14	50 YARD	FREESTYLE	84
85	15 & OVER	50 YARD	FREESTYLE	86
87	SENIOR	400 YARD	FREE RELAY	88

Sunday Afternoon, January 11, 2004 1:30 p.m. (Warm up 12:30 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
89	9 to 12	200 YARD	BREAST	90
91	9 to 12	200 YARD	FLY	92
93	11 & 12	100 YARD	FREESTYLE	94
95	9 & 10	100 YARD	FREESTYLE	96
97	11 & 12	100 YARD	BACK	98
99	9 & 10	100 YARD	BACK	100
101	11 & 12	50 YARD	BREAST	102
103	9 & 10	50 YARD	BREAST	104
105	11 & 12	50 YARD	FLY	106
107	9 & 10	50 YARD	FLY	108
109	11 & 12	200 YARD	INDIVIDUAL MEDLEY	110
111	9 & 10	200 YARD	INDIVIDUAL MEDLEY	112
113	11 & 12	200 YARD	FREESTYLE RELAY	114
115	9 & 10	200 YARD	FREESTYLE RELAY	116

**PAAC Winter Invitational Swim Meet
Summary Sheet
January 9 to 11, 2004**

Team Name: _____ **Team Code:** _____

Head Coach: _____

Team Contact: _____ **Phone Number:** _____

Team E-Mail Address: _____

Team Mailing Address: _____

City: _____

State: _____ **ZIP:** _____

Mail Entries To: **Scott M. Lewis**
 230 North 42nd Street
 Allentown, PA 18104
 Phone (610) 530-9452

Teams using Hy-Tek's Team Manager are asked to submit entries as a COMMLINK file on a 3 1/2" diskette or via e-mail. Submit a printed Team Manager report of meet entries.

Entry Deadline: Received by 6:00 p.m. Friday, December 26, 2003.
Please make checks payable to: PAAC

Entries Summary

	Number of Entries	Cost per Entry	Amount
Individual Entries		\$3.00	
Relay Entries		\$6.00	
		TOTAL	

This form must accompany the official entry blanks.

