

# LANCASTER AQUATIC CLUB

## CLOISTER CLASSIC A/BB/C

JULY 9 -11, 2004

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0481A

<b>LOCATION</b>	Ephrata Community Pool, 418 Vine Street, Ephrata, PA 17501 Day of meet ONLY emergency phone # 206-419-3429
<b>FACILITIES</b>	Six lane outdoor 50 meter long course pool. Water depth at start end 4 feet. Non turbulent lane lines. Colorado 5000 timing system. Free parking adjacent to pool. Hospitality available for coaches, officials. Food stand available. T and T Swimming will be selling suits and equipment. The upper (public pool) will not be available for warm up or warm down. A small warm up and warm down area will be available (except during 50 free) in the L shaped portion of the 50 meter pool.  Spectator seating provided. You are allowed to bring in lawn chairs. Team tents are suggested.
<b>MEET DIRECTOR</b>	Ned Yoskoski, 717-653-8156(h) Email: <a href="mailto:nyoskoski@yahoo.com">nyoskoski@yahoo.com</a> Email entries to <a href="mailto:lacmeetentry@yahoo.com">lacmeetentry@yahoo.com</a>
<b>SAFETY DIRECTOR</b>	Wendi Ricedorf 717-791-9994(h)  MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.
<b>OFFICIALS</b>	Any USS official who would like to work this meet should contact John Sanbower at 717-569-6974 email : <a href="mailto:sanbower@bellatlantic.net">sanbower@bellatlantic.net</a>
<b>ELIGIBILITY</b>	This meet is open to all swimmers registered with USA Swimming for 2004. The 2004 USA Swimming rules will apply. Swimmer's age is as of the first day of the meet.

<p><b>ENTRY LIMITATIONS</b></p>	<p>The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p> <p>Swimmers are limited to 4 events per day.</p> <p>The 1500 Freestyle will be deck seeded fastest to slowest alternating 1-heat women and 1-heat men. Positive check-in for this event will close at 11:00 AM Friday, July 9, 2004. This event may be limited to three heats of women and three heats of men in order to fall in the four hour session rule.</p> <p>Swimmers cut from the 1500 freestyle will be refunded entry fees.</p> <p>1500 Freestyle swimmers must provide their own timer and lap counters.</p> <p>Senior 400 Freestyle may be limited to the top 36 swimmers in each event.</p>																																				
<p><b>WARM-UP &amp; START TIMES</b></p>	<p>Warm up sessions will be divided into periods of equal length depending on the number of swimmers entered in each session. Sprint/start lanes will be available at the end of each warm up session. Feet first entry only except in sprint lanes, when designated.</p> <table border="1" data-bbox="508 825 1534 1318"> <thead> <tr> <th>SESSION</th> <th>WARM UP</th> <th>GROUP</th> <th>MEET START</th> </tr> </thead> <tbody> <tr> <td>ONE, FRIDAY</td> <td>10:00 AM</td> <td>Senior/9-12</td> <td>11:00 AM</td> </tr> <tr> <td>TWO, FRIDAY</td> <td>3:00 PM</td> <td>9-12</td> <td>4:00 PM</td> </tr> <tr> <td>THREE, SATURDAY</td> <td>6:30 AM</td> <td>Senior</td> <td>7:30 AM</td> </tr> <tr> <td>FOUR,, SATURDAY</td> <td>11:30 AM</td> <td>13-14</td> <td>12:30 PM</td> </tr> <tr> <td>FIVE, SATURDAY</td> <td>4:30 PM</td> <td>9-12</td> <td>5:30 PM</td> </tr> <tr> <td>SIX, SUNDAY</td> <td>6:30 AM</td> <td>Senior</td> <td>7:30 AM</td> </tr> <tr> <td>SEVEN, SUNDAY</td> <td>11:30 AM</td> <td>13-14</td> <td>12:30 AM</td> </tr> <tr> <td>EIGHT, SUNDAY</td> <td>4:30 PM</td> <td>9-12</td> <td>5:30 PM</td> </tr> </tbody> </table>	SESSION	WARM UP	GROUP	MEET START	ONE, FRIDAY	10:00 AM	Senior/9-12	11:00 AM	TWO, FRIDAY	3:00 PM	9-12	4:00 PM	THREE, SATURDAY	6:30 AM	Senior	7:30 AM	FOUR,, SATURDAY	11:30 AM	13-14	12:30 PM	FIVE, SATURDAY	4:30 PM	9-12	5:30 PM	SIX, SUNDAY	6:30 AM	Senior	7:30 AM	SEVEN, SUNDAY	11:30 AM	13-14	12:30 AM	EIGHT, SUNDAY	4:30 PM	9-12	5:30 PM
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<p><b>SPECIAL NOTE</b></p>	<p>This will be a Last Chance Meet for Summer JO's. Times achieved at the meet (both updated times and new qualifiers) <b>MUST</b> be submitted with the swimmer's team entry by the JO deadline, Monday, July 12. No entries for JOs will be taken at this meet.</p>																																				
<p><b>DECK ENTRIES</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 each session, at the cost of \$8.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for awards. To enter, please see the MD before or during warm-up.</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 is a pre seeded, timed final meet except for the 1500 Freestyle which requires a positive check-in.</p>																																				

<p><b>HOW TO ENTER</b></p>	<p>No converted times will be accepted. Entry times must be submitted in the course in which they were achieved. Non conforming times will be seeded in the slowest heats.</p> <p>Swimmers without a valid USS time will be entered as "NT".</p> <p>Entries should be submitted using HY-TEK software.</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 using HY –TEK 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>No phone entries will be accepted.</p> <p>Fax entries are permitted.</p> <p>No meet entries will be made prior to receipt of fees, by the posted deadline.</p> <p>A \$5.00 surcharge will be added for each entered athlete for teams of 5 or more, that does not submit entries on HY-TEK disk format.</p> <p>We request each club submit one check payable to "Lancaster Aquatic Club"</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 three 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><b>ENTRY FEES</b></p>	<p>\$4.00 per individual event. Deck entries if time permits \$8.00</p>
<p><b>SEND ENTRIES TO</b></p>	<p>Nancy Yoskoski, 309 School Lane, Mount Joy, Pa 17552</p> <p>e-mail : <a href="mailto:lacmeetentry@yahoo.com">lacmeetentry@yahoo.com</a></p> <p>Phone : 717-653-9642    Fax: 717-653-8156</p> <p>Make checks payable to "Lancaster Aquatic Club". Waive signature.</p> <p>In order to receive updates and current information regarding this meet, a team representative should send an email to <a href="mailto:lacmeetentry@yahoo.com">lacmeetentry@yahoo.com</a> to be added to the distribution list.</p>

<p><b>ENTRY DEADLINE</b></p>	<p>Middle Atlantic teams entries received by June 25, 2004 will be entered in the order they are received.</p> <p>All Non Middle Atlantic team entries will be entered after June 25, 2004 in the order they are received.</p> <p>All entries must be received by 5 PM, June 30, 2004.</p> <p>No late entries will be accepted.</p> <p>Entries will not be processed without full payment.</p>
<p><b>RULES</b></p>	<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>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Failure to swim the 1500 Freestyle after a positive check – in will result in the swimmer being disqualified from their next individual event.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<p>Level A : Medals 1<sup>st</sup> – 3<sup>rd</sup> , Ribbons 4<sup>th</sup> – 6<sup>th</sup></p> <p>Level B : Rosettes 1<sup>st</sup> – 3<sup>rd</sup> , Ribbons 4<sup>th</sup> – 6<sup>th</sup></p> <p>Level C : Ribbons 1<sup>st</sup> – 6<sup>th</sup></p> <p>The 9-12 400 Free and the 9-10, 11-12 and 13-14 age groups will be awarded separately. Awards will be presented for the 9/10, 11/12 and 13/14 age groups events only. Awards will not be presented to the Senior events.</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Admission \$2.00 per day. Children under 12 years of age will be admitted free. Volunteer meet workers will be refunded their admission fee.</p> <p>Programs: \$8.00 per program. Program includes the entire meet.</p>

<p><b>RESULTS</b></p>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a></p> <p>Hard copies of meet results will be available for \$10.00 per copy, see MD to order.</p> <p>No disks will be copied with final meet results.</p>
<p><b>HOTELS</b></p>	<p>Holiday Inn, Rt. 272, Denver, PA 717-336-7451</p> <p>Comfort Inn, Rt. 272, Denver, PA 717-336-4649</p> <p>Blackhorse Lodge and Suites, Rt. 272, Denver, PA 717-336-7563</p> <p>Motel Akron, Rt. 272, Akron, PA 717-859-1654</p> <p>Quality Inn and Suites, Rt. 272, Lancaster, PA 717-569-0477</p> <p>Eden Resort Inn, Rt. 30 and 272, Lancaster, PA 717-569-6444</p>
<p><b>DIRECTIONS</b></p>	<p><b><u>From NJ &amp; East &amp; West:</u></b> Take PA Turnpike to exit 286. Proceed straight from the tollbooth to the light. Turn left onto RT. 272 South and follow to Rt. 322 East. Take 322 East, through the next traffic light and across the bridge. After the bridge, make a sharp right turn and proceed to the stop sign. The pool is straight ahead.</p> <p><b><u>From South:</u></b> Take Rt. 30 East to Rt. 222 North. Take Rt. 222 to Brownstown exit. Turn right off the exit ramp. Go to the light (Rt. 272) turn right. Continue on 272 north to 322 East. Take 322 East through the next traffic light and across the bridge. Make a sharp right turn and go straight ahead to the pool.</p> <p><b><u>From Reading &amp; North:</u></b> Take Rt. 222 South to the Reamstown/ Denver exit. Turn right and proceed to the T intersection. Turn left onto Rt. 272 South and follow until you come to Rt. 322 East. Take 322 East, through the next traffic light and across the bridge. After the bridge, make a sharp right turn and proceed to the stop sign. The pool is straight ahead.</p>

**SESSION # 1**  
**Friday – July 9, 2004**  
**Warm up 10 AM – Start 11 AM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
1		Senior 400IM		2
3		9-12 400 Free		4
5	Check in required	Senior 1500 Free	Check in required	6

**SESSION # 2**  
**Friday – July 9, 2004**  
**Warm up 3 PM – Start 4 PM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
7		11-12 200IM		8
9		9-10 200IM		10
11		11-12 100 Breast		12
13		9-10 100 Breast		14
15		11-12 100 Free		16
17		9-10 100 Free		18

**SESSION # 3**  
**Saturday - July 10, 2004**  
**Warm up 6:30 AM – Start 7:30 AM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
19		Senior 200IM		20
21		Senior 100 Free		22
23		Senior 200 Back		24
25		Senior 100 Breast		26
27		Senior 100 Fly		28
29		Senior 400 Free		30

**SESSION # 4**  
**Saturday – July 10, 2004**  
**Warm up 11:30 AM – Start 12:30 PM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
31		13-14 200IM		32
33		13-14 100 Free		34
35		13-14 200 Back		36
37		13-14 100 Breast		38
39		13-14 100 Fly		40

**SESSION # 5**  
**Saturday – July 10, 2004**  
**Warm up 4:30 PM – Start 5:30 PM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
41		11-12 50 Back		42
43		9-10 50 Back		44
45		11-12 200 Free		46
47		9-10 200 Free		48
49		11-12 100 Fly		50
51		9-10 100 Fly		52

**SESSION # 6**  
**Sunday – July 11, 2004**  
**Warm up 6:30 AM – Start 7:30 AM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
53		Senior 200 Free		54
55		Senior 100 Back		56
57		Senior 200 Breast		58
59		Senior 200 Fly		60
61		Senior 50 Free		62

**SESSION # 7**  
**Sunday – July 11, 2004**  
**Warm up 11:30 AM – Start 12:30 PM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
63		13-14 200 Free		64
65		13-14 100 Back		66
67		13-14 200 Breast		68
69		13-14 200 Fly		70
71		13-14 50 Free		72

**SESSION # 8**  
**Sunday – July 11, 2004**  
**Warm up 4:30 PM – Start 5:30 PM**

<b>WOMENS</b>		<b>EVENT</b>		<b>MENS</b>
73		11-12 50 Free		74
75		9-10 50 Free		76
77		11-12 100 Back		78
79		9-10 100 Back		80
81		11-12 50 Breast		82
83		9-10 50 Breast		84
85		11-12 50 Fly		86
87		9-10 50 Fly		88



**Lancaster Aquatic Club  
Cloister Classic  
Entry Summary**

NAME OF CLUB: \_\_\_\_\_

USS CLUB CODE: \_\_\_\_\_

NAME OF COACH: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

FAX : \_\_\_\_\_

TOTAL # OF SWIMMERS ENTERED: \_\_\_\_\_

TOTAL # FEMALE SWIMMERS \_\_\_\_\_

TOTAL # MALE SWIMMERS \_\_\_\_\_

TOTAL INDIV. ENTRIES \_\_\_\_\_ @ \$4.00 ea. = \_\_\_\_\_

SURCHARGE: (teams with 5 or more swimmers not on disk) @\$5.00 swimmer = \_\_\_\_\_

TOTAL ENTRY FEE DUE: \_\_\_\_\_

Make checks payable to: Lancaster Aquatic Club

Mail to :LAC

C/O Nancy Yoskoski  
309 School Lane  
Mount Joy, PA 17552  
717-653-9642

**ONLY ONE CHECK PER TEAM**