

# BIG CAT AQUATICS

PRESENTS  
THE 13TH ANNUAL  
**SWIM FEST 2004**

Senior A, 14 & Under A/BB  
June 24 - June 27, 2004

Pennsylvania State University  
State College, Pennsylvania

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0480A

## LOCATION

The Pennsylvania State University, University Park,  
Pennsylvania Approximately 1-1/2 hrs. from Harrisburg; 3-  
1/2 hrs. from Philadelphia; and 3 hrs. from Pittsburgh

## FACILITIES

50 meter heated outdoor 8-Lane facility. Pool depth at the  
starting end is 12'-6". Separate indoor pool for warm-up and  
swim down during meet. Non-turbulent lane markers.  
Colorado System 5 Timing System.

**PARKING: Friday AM ONLY:** Stadium West, enter off  
Park Ave. for a \$4.00 fee. Lot is directly across from Bryce  
Jordan Center. Shuttle buses run to Natatorium. Saturday &  
Sunday: Free parking in non-reserved lots on campus.

**FOOD:** A limited selection of food and swimming apparel  
will be available throughout the meet.

## MEET DIRECTOR

Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda,  
PA 16870, (814) 234-8955,  
e-mail [bcatmeet@adelphia.net](mailto:bcatmeet@adelphia.net)

## SAFETY DIRECTOR

Becky Beard, Meet day pool emergency phone number,  
(814) 865-1433

## OFFICIALS

Anyone interested in helping with the meet

as a USS certified official should contact Rob Uhlig at

[raul@psu.edu](mailto:raul@psu.edu) or 814-466-6826.

Free admission and hospitality for all volunteers.

## ELIGIBILITY

Open to all 2004 USA Swimming registered swimmers who  
meet the qualifying time standards. **We have reserved  
room for approximately 80 swimmers from outside the  
Middle Atlantic LSC to participate in the meet.**

Swimmers age as of June 24, 2004 will apply for entire meet. The 2004 United States Swimming Rules will apply. 10&UN, 11-12, 13&14 BB Times, Senior - A Times. NT entries will be rejected. **Proof of time may be requested** Times for SCY and SCM can be found at: [www.maswim.org/timestandards.htm](http://www.maswim.org/timestandards.htm)

#### ENTRY LIMITATIONS

The meet director reserves the right to change the meet format if necessary, to conduct each meet session in a four hour time span. *As a minimum, the 40 fastest times for each event will be accepted for entry. However, we may permit more than 40 entries in a given event provided some of the other events are not filled.* If the meet should fill, all unprocessed entry fees will be returned.

#### WARM-UP

General warm-up will be held for approximately 30 minutes. During the final 10 - 15 minutes, lanes 1 and 8 will be pace lanes and lanes 2 and 7 will be sprint lanes. Warm-down lanes will be available during the meet, in the 25 yard racing pool, in McCoy Natatorium, adjacent to the outdoor 50 meter pool.

#### WARM-UP & START TIMES

**Thursday, June 24**

**Warm up 5:30 PM. Meet begins at 6:00 PM**

**Friday, June 25 AM Session**

**( Senior, 13 & 14)**

**Warm-up at 7:00 AM, Meet begins at 8:00 AM**

**Friday, June 25 PM Session (10&UN, 11&12) Warm-up at 5:00 PM, Meet begins at 5:45 PM**

**Saturday, June 26 AM Session (Senior, 13&14) Warm-up at 7:00 AM, Meet begins at 8:00 AM**

**Saturday, June 26 PM Session (10&UN, 11&12) Warm-up at 5:00 PM, Meet begins at 5:45 PM**

**Sunday, June 27 AM Session (Senior, 13&14) Warm-up at 7:00 AM, Meet begins at 8:00 AM.**

#### DECK ENTRIES

Deck entries, if time permits, are \$8.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards.

SWIMMERS WITHOUT  
A COACH  
SEEDING

Swimmers without a coach should report to the meet director before the warm-up of each session.

All events are pre-seeded, timed finals **EXCEPT the 400 Freestyle, 800 Freestyle and the 400 IM. Positive check in is required.**

**We will swim the 400 and 800 Freestyle fastest to slowest heats, alternating Girls then Boys.**

Non-conforming times will be seeded in accordance with Middle Atlantic Swimming policy. Entry times from alternate course venues shall be converted by the Meet Host and seeded together, except for the 400 and 800 freestyles. SCY and SCM times submitted for these two events will be treated as non-conforming and seeded in the slowest heats.

HOW TO ENTER

Times must be submitted in the course in which they were achieved. As a minimum, the 40 fastest times for each event will be accepted for entry. However, we may permit more than 40 entries in a given event provided some of the other events are not filled. Exception to the above will be relays and all 400 and 800 meter individual events for which the 16 fastest times submitted will be accepted for entry. **Proof of time may be required.**

**LIMITATIONS:**

**12 and under swimmers are permitted four events per day plus a relay. 13 and over swimmers are permitted three events per day plus a relay.**

ENTRY FEES

Entry fees are \$4.00 per individual event, \$8.00 per relay. Deck entries, if time permits, are \$8.00 per event. Entries and fees must be accompanied by the Financial Recap form and either: MASTER ENTRY FORMS or HY-TEK DISK with hard copy print out. No phone entries will be accepted. No meet entries will be made prior to receipt of fees, by the posted deadline. 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. **Teams that submit their entries by Email using Hy-Tek Software should not submit a disk.** We request each club remit ONE check made payable to "BCAT" to cover team entry fees, tent rental.

SEND ENTRIES TO

Stephanie Rozick, 5249 W. Buffalo Run Rd. Port Matilda, PA 16870, (814-234-8955),  
e-mail: [bcatmeet@adelphia.net](mailto:bcatmeet@adelphia.net). **Request signature waiver if needed.**

ENTRY DEADLINE

All entries must be received by: 5:00 PM JUNE 15, 2004.  
No Post Entries.

RULES

USA Swimming / Middle Atlantic Swimming rules shall 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.

SCORING & AWARDS	Awards will be based on swum time. Individuals-Medals: 1st-3rd, Ribbons: 4th-8th. Relays-Medals: 1st, Ribbons: 2 <sup>nd</sup> - 3 <sup>rd</sup>
PROGRAMS & ADMISSION	\$3.00 per session, includes session heat sheet. Children 12 and under admitted free. Spectators bring your favorite lawn chair/beach blanket for general poolside seating.
RESULTS	Results will be posted on the Middle Atlantic Swimming website, <a href="http://www.maswim.org">www.maswim.org</a> .
DIRECTIONS	<b>DIRECTIONS:</b> <u>EAST</u> -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N <u>SOUTH</u> -- 83 North to Harrisburg. From Harrisburg, same as above. <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. 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.
ACCOMODATIONS	Days Inn Penn State (814-238-8454) POC Ainslie Mclane 800-258-3297 240 Pugh St, State College Motel 6 (814-234-1600), 1274 N. Atherton St., State College. Hampton Inn (814-231-1590) or (800-426-7866), 1101 East College Ave., State College. Holiday Inn Express (814-867-1800) 1925 Waddle Rd., State College Hampton Inn Suites (814-231-1899), 1955 Waddle Rd., State College Courtyard By Marriott (814-238-1881) or (800-321-2211), 1730 University Dr. State College. Autoport (814-237-7666) Business Route 322, State College. State College Inn (814-237-8005) S. Atherton St. & Branch Rd. State College. Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College. Nittany Lion Inn (814-231-7500), 200 West Park Ave., State. Nittany Budget Motel (814-237-7638), 1274 N. Atherton St., State College, \$39.95. Sleep Inn (814-235-1020), 111 Village Dr., State College. The Penn Stater, (Formerly Scanticon (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.

# Coaches, Parents and Swimmers

Please be considerate of our facility. We are asking that each team clean up their trash after each session. Our pool opens to the public in between sessions.

## 400 And 800 Freestyle

Swimmers must provide own timer and counter

### EVENTS

GIRLS		Thursday Afternoon June 24, 2004 ( warm up 5:30 – 6:00)			BOYS	
EVENT #	TIME	EVENT	TIME	EVENT#		
1	5:12.89 5:42.99	SENIOR 13&14 400 FREESTYLE	4:53.29 5:31.09	2		
GIRLS		Friday Morning, June25, 2004 (warm-up 7:00am - 7:55am)			BOYS	
EVENT #	TIME	EVENT	TIME	EVENT#		
3	2:47.59 3:06.39	SENIOR 13&14 200 BACKSTROKE	2:34.89 2:55.59	4		
5	1:10.09 1:17.29	SENIOR 13&14 100 FREESTYLE	1:04.09 1:12.19	6		
7	2:44.69 3:03.69	SENIOR 13&14 200 BUTTERFLY	2:32.19 2:54.99	8		
9	3:08.49 3:27.99	SENIOR 13&14 200 BREASTSTROKE	2:54.29 3:17.59	10		
GIRLS		Friday Afternoon, June 25, 2004 (warm-up 5:00pm - 5:40pm)			BOYS	
EVENT #	TIME	EVENT	TIME	EVENT		
11	NT	10&UN 200 FREESTYLE RELAY	NT	12		
13	NT	11&12 200 FREESTYLE RELAY	NT	14		
15	3:25.09	10&UN 200 FREESTYLE	3:13.99	16		
17	2:52.99	11&12 200 FREESTYLE	2:49.29	18		
19	1:48.89	10&UN 100 BACKSTROKE	1:46.09	20		
21	1:34.49	11&12 100 BACKSTROKE	1:31.39	22		
23	2:02.79	10&UN 100 BREASTSTROKE	1:59.79	24		
25	1:41.89	11&12 100 BREASTSTROKE	1:42.29	26		
27	40.89	10&UN 50 FREESTYLE	40.39	28		
29	36.39	11&12 50 FREESTYLE	35.79	30		
31	48.59	10&UN 50 BUTTERFLY	46.89	32		
33	39.89	11&12 50 BUTTERFLY	40.19	34		
35	3:47.29	10&UN 200 IM	3:44.79	36		
37	3:15.19	11&12 200 IM	3:13.89	38		

<b>GIRLS</b>		<b>Saturday Morning, June 26, 2004 (warm-up 7:00am - 7:55am)</b>			<b>BOYS</b>
<b>EVENT #</b>	<b>TIME</b>	<b>EVENT</b>		<b>TIME</b>	<b>EVENT#</b>
39	1:16.09 1:24.09	SENIOR 13&14	100 BUTTERFLY	1:09.09 1:18.69	40
41	2:29.39 2:45.29	SENIOR 13&14	200 FREESTYLE	2:19.19 2:37.09	42
43	1:27.79 1:36.59	SENIOR 100 13&14	100 BREASTSTROKE	1:20.59 1:30.49	44
45	NT NT	SENIOR 13&14	400 MEDLEY RELAY	NT NT	46
47	5:57.59 6:35.49	SENIOR 13&14	400 IM	5:29.99 6:15.59	48

<b>GIRLS</b>		<b>Saturday Afternoon, June 26, 2004 (warm-up 5:00pm - 5:40pm)</b>			<b>BOYS</b>
<b>EVENT #</b>	<b>TIME</b>	<b>EVENT</b>		<b>TIME</b>	<b>EVENT#</b>
49	NT	10&UN	200 MEDLEY RELAY	NT	50
51	NT	11&12	200 MEDLEY RELAY	NT	52
53	6:00.09	11&12	400 FREESTYLE	5:58.39	54
55	49.89	10&UN	50 BACKSTROKE	50.49	56
57	42.49	11&12	50 BACKSTROKE	42.29	58
59	54.89	10&UN	50 BREASTSTROKE	55.09	60
61	46.79	11&12	50 BREASTSTROKE	47.29	62
63	1:56.19	10&UN	100 BUTTERFLY	1:53.99	64
65	1:31.99	11&12	100 BUTTERFLY	1:30.69	66
67	1:32.99	10&UN	100 FREESTYLE	1:31.09	68
69	1:20.39	11&12	100 FREESTYLE	1:17.59	70

<b>GIRLS</b>		<b>Sunday Morning, June 27, 2004 (warm-up 7:00am - 7:55am)</b>			<b>BOYS</b>
<b>EVENT #</b>	<b>TIME</b>	<b>EVENT</b>		<b>TIME</b>	<b>EVENT#</b>
71	NT NT	SENIOR 13&14	400 FREESTYLE RELAY	NT NT	72
73	1:18.69 1:27.19	SENIOR 100 13&14	100 BACKSTROKE	1:11.99 1:21.89	74
75	2:48.09 3:06.79	SENIOR 13&14	200 IM	2:37.19 2:58.29	76
77	32.39 35.69	SENIOR 13&14	50 FREESTYLE	29.39 33.19	78
79	10:41.89	SENIOR	800 FREESTYLE	10:04.59	80

FINANCIAL SUMMARY  
ENTRIES WILL NOT BE PROCESSED  
WITHOUT THE FOLLOWING INFORMATION

Team Name: \_\_\_\_\_, Team Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Coach's Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Office ( ) \_\_\_\_\_ e-mail: \_\_\_\_\_

Person and address designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

(VERY IMPORTANT) e-mail: \_\_\_\_\_

**Mail Entries To: Stephanie Rozick**  
**5249 W Buffalo Run RD**  
**Port Matilda PA 16870**

**ENTRY DEADLINE:**  
**Received by 5:00 pm, Tuesday June 15, 2004.**  
**No entries will be accepted after that date.**

Please make check payable to BCAT. One check per club, please.

**ENTRY FEES:**

_____ Womens Individual events @ \$4.00	TENT FEES: (indicate number needed)	
_____ Mens Individual events @ \$4.00	\$ _____	12x12 Sun Shade \$65.00 _____
_____ Womens Relay events @ \$8.00	\$ _____	10x10 Canopy \$115.00 _____
_____ Mens Relay events @ \$8.00	\$ _____	15x15 Canopy \$150.00 _____
_____ Surcharge @ \$5.00 per athlete	\$ _____	20x20 Canopy \$175.00 _____
(For non-disk entry of 5 or more swimmers only)	\$ _____	20x30 Canopy \$240.00 _____

(NO SIDES ON SUN SHADES)

Subtotal for Entries = \$ \_\_\_\_\_

Subtotal for Tent(s) = \$ \_\_\_\_\_

GRAND TOTAL \$ \_\_\_\_\_

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

ENTRIES WILL NOT BE PROCESSED WITHOUT THE INFORMATION ABOVE



INFORMATION

TEAM REPRESENTATIVE'S  
NAME

SIGNATURE

TEAM REPRESENTATIVE'S e-mail

TEAM REPRESENTATIVE'S ADDRESS

PHONE