

EMMAUS AQUATIC CLUB
IN COOPERATION WITH ALLENTOWN RECREATION
BUREAU

LONG COURSE AGE GROUP A/BB/C SPRINT MEET

“MACK MEET”

JUNE 26, 2004

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # 0479A

LOCATION	Mack Pool 8 th & Dixon Streets Allentown, PA Day of meet ONLY - emergency pager 610-709-9088
FACILITIES	50 meter outdoor pool, 8 lanes, Paragon starting platforms, Anti-Wave lane lines, Omega timing system, Hy-Tek Meet Manager, starting end depth 5'0". All individual 100's will start from the deck; 2nd and 4th swimmers in all relays will start from the deck. Free unlimited parking, refreshments available in the concession area, limited fixed seating but lots of green space available to bring lawn chairs.
MEET DIRECTOR	Mike Seip 610-965-5800 emacswim@rcn.com
SAFETY DIRECTOR	Kip Hein 610-965-5800 emacswim@rcn.com
OFFICIALS	Head Referee - Donna Barnum Please contact the EMAC office if you are able to officiate or volunteer at this meet 610-965-5800

ELIGIBILITY	This meet is open to any swimmer registered with USA swimming for 2004. Swimmer's age is as of June 26, 2004. The swimmer may enter a maximum of 5 events in his/her age category excluding relays. Entry times must be submitted in the course in which they were achieved. Non-conforming times will be converted by EMAC.
ENTRY LIMITATIONS	The meet director reserves the right to limit the number of entries, adjust meet format or make any changes in order to conduct each session within a reasonable time span and to meet the four hour session rule. If limits are imposed all eliminated swims will receive a full refund.
ORDER OF EVENTS WARM-UP & START TIMES QUALIFYING TIMES	Order of events & event numbers attached. Girls – Warm Ups 7:30 am, Meet 8:30 am Boys – Warm Ups 12:30 pm, Meet 1:30 pm USA Swimming & MA. Safety regulations will be in effect. No diving during warm-ups except in designated sprint lanes. The referee may remove anyone from the meet for failure to comply with the warm-up procedure. There will be circle swimming in all lanes from 7:30-8:00 am & 12:30-1:00 pm, from 8:05-8:30 am & 1:05-1:30 pm lanes 1 and 8 will be circle swimming while lanes 2,3,4 will be dive-in sprint lanes from the bathhouse end of the pool; 5,6 & 7 will be dive-in sprints from the diving-well end of the pool. These will be one-way sprints only.
DECK ENTRIES	Deck entries may be accepted during the meet at the meet director's discretion and will be double the entry fee. Please see meet director at the scorer's table.
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 are pre-seeded timed finals.
HOW TO ENTER	Entries must be submitted using Hy-Tek commlink software on a 3.5" diskette. A hard copy printout from team manager and the commlink file must accompany the diskette. Please include the coach/team contact and phone number/email to enable resolution of discrepancies in a timely fashion. Please use the official entry form for non-computer entries.

ENTRY FEES	\$4.00 per individual event, \$8.00 per relay
SEND ENTRIES TO	<p>Michael Seip EMAC PO Box 3303 Allentown PA 18106-0304</p> <p>Phone 610-965-5800 Fax 610-965-7704 E-mail: emacswim@rcn.com Make check payable to EMAC (One check per club, please)</p>
ENTRY DEADLINE	Friday, June 11, 2004 6:00 pm No post entries!!
RULES	<p>The meet will be conducted according to the current USA Swimming rules. No diving during warm-ups, except limited diving in sprint lanes announced. When diving is permitted, the swimmer must enter from the starting blocks and exit from the opposite end of the pool. A marshal will be in place for each lane. The referee has the power to remove swimmer/coach /club from the meet for failure to conform to warm-up procedures. Swimmers caught diving illegally will not be permitted to swim in his/her first individual event. All entries must be feet first other than above mentioned. 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 and could result in the swimmer's suspension from competition for a minimum of three (3) months, but not more than one (1) year. Further violation by a coach, parent or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions. Only currently credentialed coaches, USA Swimming registered athletes and meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the no recall false start rule and the whistle command starting procedure.</p>
SCORING & AWARDS	<p>Medals will be awarded to the top three (3) places in each event. Ribbons will be awarded to fourth through eighth places.</p> <p>A trophy will be awarded to the high-point individual (boy & girl) in each age group. 16-place scoring will be in effect.</p> <p>A team trophy will be awarded to the team (boys & girls) with the greatest number of points in the competition.</p>
PROGRAMS & ADMISSION	\$2.00 admission for the day, \$1.00 program fee for each session. Free admission to all meet workers.

<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org immediately after the meet. Printed copies of the results may also be purchased for \$5.00, see the meet director for details.</p>
<p>DIRECTIONS</p>	<p>Directions to Mack Pool: From I-78 West or 309 North - Take Lehigh St. Exit and turn right at bottom of exit ramp. Go to first light and turn right onto Downyflake Lane. Go through a stoplight to the intersection with Mack Blvd. (Mack World Headquarters will be on left). Turn left onto Mack Blvd.. Pool is now on right. At the next light,(past the pool, turn right & immediately turn right again. Entrance to pool is the next right.</p> <p>From I-78 East or 309 South - Follow as above but turn left at bottom of Lehigh St. Exit ramp.</p> <p>Hotel Information: Holiday Inn Express, Hamilton Blvd., Allentown 610-437-9255 Comfort Suites, Hamilton Blvd., Allentown 610-437-9100</p>
<p>ACCOMODATIONS</p>	<p>Hotel Information: Holiday Inn Express, Hamilton Blvd., Allentown 610-437-9255 Comfort Suites, Hamilton Blvd., Allentown 610-437-9100</p> <p>Tent rental: Specialty Tent Rental: 610-434-7055 or 610-967-4980</p>

Session: 1 GIRLS

Day of Meet: 1 Starts at 08:15 AM Heat Interval: 30 Seconds

Round	Event
Finals	2 Girls 9-10 200 Medley Relay
Finals	4 Girls 11-12 200 Medley Relay
Finals	6 Girls 13-14 200 Medley Relay
Finals	8 Girls Senior 200 Medley Relay
Finals	10 Girls 9-10 50 Freestyle
Finals	12 Girls 11-12 50 Freestyle
Finals	14 Girls 13-14 50 Freestyle
Finals	16 Girls Senior 50 Freestyle
Finals	18 Girls 9-10 50 Backstroke
Finals	20 Girls 11-12 50 Backstroke
Finals	22 Girls 13-14 100 Backstroke
Finals	24 Girls Senior 100 Backstroke
Finals	26 Girls 9-10 50 Breaststroke
Finals	28 Girls 11-12 50 Breaststroke
Finals	30 Girls 13-14 100 Breaststroke
Finals	32 Girls Senior 100 Breaststroke
Finals	34 Girls 9-10 50 Butterfly
Finals	36 Girls 11-12 50 Butterfly
Finals	38 Girls 13-14 100 Butterfly
Finals	40 Girls Senior 100 Butterfly
Finals	42 Girls 13-14 100 Freestyle
Finals	44 Girls Senior 100 Freestyle
Finals	46 Girls 9-10 200 Freestyle Relay
Finals	48 Girls 11-12 200 Freestyle Relay
Finals	50 Girls 13-14 200 Freestyle Relay
Finals	52 Girls Senior 200 Freestyle Relay

Session: 2 BOYS

Day of Meet: 1 Starts at 11:45 AM Heat Interval: 30 Seconds

Round	Event
Finals	1 Boys 9-10 200 Medley Relay
Finals	3 Boys 11-12 200 Medley Relay
Finals	5 Boys 13-14 200 Medley Relay
Finals	7 Boys Senior 200 Medley Relay
Finals	9 Boys 9-10 50 Freestyle
Finals	11 Boys 11-12 50 Freestyle
Finals	13 Boys 13-14 50 Freestyle
Finals	15 Boys Senior 50 Freestyle
Finals	17 Boys 9-10 50 Backstroke
Finals	19 Boys 11-12 50 Backstroke
Finals	21 Boys 13-14 100 Backstroke
Finals	23 Boys Senior 100 Backstroke
Finals	25 Boys 9-10 50 Breaststroke
Finals	27 Boys 11-12 50 Breaststroke
Finals	29 Boys 13-14 100 Breaststroke
Finals	31 Boys Senior 100 Breaststroke
Finals	33 Boys 9-10 50 Butterfly
Finals	35 Boys 11-12 50 Butterfly
Finals	37 Boys 13-14 100 Butterfly
Finals	39 Boys Senior 100 Butterfly
Finals	41 Boys 13-14 100 Freestyle
Finals	43 Boys Senior 100 Freestyle
Finals	45 Boys 9-10 200 Freestyle Relay
Finals	47 Boys 11-12 200 Freestyle Relay
Finals	49 Boys 13-14 200 Freestyle Relay
Finals	51 Boys Senior 200 Freestyle Relay

**EMMAUS AQUATIC CLUB – MACK MEET – JUNE 26, 2004
MEET SUMMARY SHEET**

This form MUST accompany the official entry blank.

Team Name _____ Team Code _____

Head Coach _____ E-Mail _____

Coach/Club Address _____

City/State/Zip _____

Telephone: Daytime _____ Evening _____

**Person to contact for questions concerning entries, fees, etc.
This person is responsible for receiving messages about any
changes to meet times, format, etc.**

Name _____ Phone _____ E-mail _____

Mail Entries to: EMAC
PO Box 3304
Allentown PA 18106-0304

Entry Deadline: Friday, June 11, 2004 No late entries accepted!

Please make checks payable to EMAC.

Entry Fees: _____ # Girls Individual Events @ \$4.00 \$ _____

_____ # Boys Individual Events @ \$4.00 \$ _____

_____ # Girls Relay Events @ \$8.00 \$ _____

_____ # Boys Relay Events @ \$8.00 \$ _____

Manual Processing Fee \$5.00 per swimmer
for non-disk entries \$ _____

Total \$ _____

