

# BIG CAT AQUATICS

## LAST CHANCE

### A/BB/C MINI

**March 6 – 7, 2004**

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # 0458A

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	Penn State University, McCoy Natatorium, State College, PA, 25 yd, 6 lane pool, non-turbulent lane lines, Colorado Timing System with a 6 lane display. Water depth at the starting end is 9 feet. <b>FOOD:</b> A limited selection of food and Penn State apparel will be available throughout the meet. <b>PARKING:</b> Parking lots on campus are currently under construction. Parking will likely be available in lots slightly further from facility in years past. As information becomes available information will be posted on MA Website under notes.
MEET DIRECTOR	Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 234-8955, e-mail <a href="mailto:bcatmeet@adelphia.net">bcatmeet@adelphia.net</a>
SAFETY DIRECTOR	Becky Beard , 150 MacDuff Circle, State College PA 16801 Day of meet ONLY, Emergency phone# 814-865-1433.
OFFICIALS	Anyone interested in helping with the meet as a USS certified official should contact Rob Uhlig at <a href="mailto:rau1@psu.edu">rau1@psu.edu</a> or 814-466-6826.
ELIGIBILITY	Open to all 2004 USA Swimming registered swimmers. Swimmers age as of March 6, 2004 will apply for the entire meet. The 2004 United States Swimming rules will apply.
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 limit.  If the meet should fill, all unprocessed entries will be returned.  Swimmers may enter a maximum of 5 events per day.
WARM-UP & START TIMES QUALIFYING TIMES	General warm ups will be held. Sprint and pace lanes will be assigned during warm ups. Warm down lanes will be available in the 25 meter pool during the meet

	<p><b>Dates and Times</b></p> <p><b>Saturday Mar 6 Session 1 Warm up 8:30 am Meet Start 10:00am</b>  <b>Saturday Mar 6 Session 2 Warm up 1:00 pm Meet Start 2:00 pm</b></p> <p><b>Sunday Mar 7 Session 3 Warm up 8:30 am Meet Start 10:00 am</b>  <b>Sunday Mar 7 Session 4 Warm up 1:00 pm Meet Start 2:00 pm</b></p>
DECK ENTRIES /TIME TRIALS	Deck entries, if time permits, are \$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.
SWIMMERS WITHOUT A COACH	Swimmers without a coach should report to the meet director before the warm-up of each session.
SEEDING	All events are pre-seeded, timed finals <b>with the exception of the 500 Freestyle and the 400 IM. Positive check in is required for the 500 Freestyle and the 400 IM.</b>
HOW TO ENTER	ENTRIES/FEEES: Swimmers failing to enter best times will result in MA Swimming imposed penalties.. Entries and fees must be accompanied by the Financial Summary form and either: MASTER ENTRY FORMS or HY-TEK DISK with hard copy print out. Request signature waiver if using express mail. We request each club remit ONE check made payable to "BCAT" to cover team entry fees. Email entries supercede all other forms of entry.
ENTRY FEES	Entry fees are \$3.00 per individual events. Deck seeds if accepted are \$6.00 and must be submitted to the meet director prior to the start of each session.
SEND ENTRIES TO	Stephanie Rozick, 5249 W. Buffalo Run Rd. Port Matilda, PA 16870, (814-234-8955), e-mail: <a href="mailto:bcatmeet@adelphia.net">bcatmeet@adelphia.net</a> . Request signature waiver if needed.
ENTRY DEADLINE	<b>Entries must be received no later than 5:00 pm February 25, 2004.</b> Entries with accompanying fees, will be processed in the order of receipt. If the meet should fill, all unprocessed entries and fees will be returned. "No late entries will be accepted".
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 the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.
SCORING & AWARDS	The meet will be seeded and scored on each level (A/BB/C) for each event. The top six (6) times in each level will receive awards in accordance with Middle Atlantic Swimming policies. Award levels will be determined by entry times.
PROGRAMS & ADMISSION	\$3.00 per session, includes session heat sheet. Children 12 and under admitted free.
RESULTS	Results will be posted on the Middle Atlantic Swimming website, <a href="http://www.maswim.org">www.maswim.org</a> .

<p>DIRECTIONS</p>	<p><u>EAST</u> -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N 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.</p> <p><u>SOUTH</u> -- 83 North to Harrisburg. &gt;From Harrisburg, same as above.</p> <p><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.</p>
<p>ACCOMODATIONS</p>	<p><u>Days Inn Penn State</u> (814-238-8454) or (800-258-3297), 240 Pugh St., State College.</p> <p><u>Motel 6</u> (814-234-1600), 1274 N. Atherton St., State College.</p> <p><u>Hampton Inn</u> (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.</p> <p><u>Courtyard By Marriott</u> (814-238-1881) or (800-321-2211), 1730 University Dr. State College.</p> <p><u>Autoport</u> (814-237-7666) Business Route 322, State College.</p> <p><u>Super 8</u> (814-237-8005) S. Atherton St. &amp; Branch Rd., State College.</p> <p><u>Ramada Inn</u> (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.</p> <p><u>Nittany Lion Inn</u> (814-865-8500), 200 West Park Ave., State.</p> <p><u>Nittany Budget Motel</u> (814-238-0015), 1274 N. Atherton St., State College.</p> <p><u>Sleep Inn</u> (814-235-1020), 111 Village Dr., State College.</p> <p><u>The Penn Stater</u>, (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.</p>

**SESSION 1 EVENTS**

1	W 13-14	200 FLY
2	M 13-14	200 FLY
3	W 15 & OVER	200 FLY
4	M 15 & OVER	200 FLY
5	W 13-14	100 FREE
6	M 13-14	100 FREE
7	W 15 & OVER	100 FREE
8	M 15 & OVER	100 FREE
9	W 13-14	200 BREAST
10	M 13-14	200 BREAST
11	W 15 & OVER	200 BREAST
12	M 15 & OVER	200 BREAST
13	W 13-14	100 BACK
14	M 13-14	100 BACK
15	W 15 & OVER	100 BACK
16	M 15 & OVER	100 BACK
17	W 13-14	200 FREE
18	M 13-14	200 FREE
19	W 15 & OVER	200 FREE
20	M 15 & OVER	200 FREE
21	W SENIOR	400 IM
22	M SENIOR	400 IM

**SESSION 2 EVENTS**

23	W 8 - U	100 FREE
24	M 8 - U	100 FREE
25	W 9 - 10	100 FREE
26	M 9 - 10	100 FREE
27	W 11-12	50 FREE
28	M 11-12	50 FREE
29	W 9 - 10	50 BACK
30	M 9 - 10	50 BACK
31	W 11-12	100 BACK
32	M 11-12	100 BACK
33	W 8 - U	50 BACK
34	M 8 - U	50 BACK
35	W 11 -12	200 BREAST
36	M 11-12	200 BREAST
37	W 9 - 10	100 BREAST
38	M 9 - 10	100 BREAST
39	W 11 -12	50 BREAST
40	M 11-12	50 BREAST
41	W 9 - 10	100 FLY
42	M 9 - 10	100 FLY
43	W 11-12	200 FLY
44	M 11-12	200 FLY
45	W 11-12	50 FLY
46	M 11-12	50 FLY
47	W 8 - U	50 FLY
48	M 8 - U	50 FLY
49	W 9 - 10	100 IM
50	M 9 - 10	100 IM
51	W 11-12	200 IM
52	M 11-12	200 IM

**SESSION 3 EVENTS:**

53	W 13-14	50 FREE
54	M 13-14	50 FREE
55	W 15 & OVER	50 FREE
56	M 15 & OVER	50FREE
57	W 13-14	100 BREAST
58	M 13-14	100 BREAST
59	W 15 & OVER	100 BREAST
60	M 15 & OVER	100 BREAST
61	W 13-14	200 BACK
62	M 13-14	200 BACK
63	W 15 & OVER	200 BACK
64	M 15 & OVER	200 BACK
65	W 13-14	100 FLY
66	M 13-14	100 FLY
67	W 15 & OVER	100 FLY
68	M 15 & OVER	100 FLY
69	W 13-14	200 IM
70	M 13-14	200 IM
71	W 15 & OVER	200 IM
72	M 15 & OVER	200 IM
73	W SENIOR	500 FREE
74	M SENIOR	500 FREE

**SESSION 4 EVENTS:**

75	W 8 - U	50 FREE
76	M 8 - U	50 FREE
77	W 9 - 10	50 FREE
78	M 9 - 10	50 FREE
79	W 11-12	100 FREE
80	M 11-12	100 FREE
81	W 9 - 10	100 BACK
82	M 9 - 10	100 BACK
83	W 11-12	50 BACK
84	M 11-12	50 BACK
85	W 11-12	200 BACK
86	M 11-12	200 BACK
87	W 8 - U	50 BREAST
88	M 8 - U	50 BREAST
89	W 9 - 10	50 BREAST
90	M 9 - 10	50 BREAST
91	W 11-12	100 BREAST
92	M 11-12	100 BREAST
93	W 9 - 10	50 FLY
94	M 9 - 10	50 FLY
95	W 11-12	100 FLY
96	M 11-12	100 FLY
97	W 9-12	200 FREE
98	M 9-12	200 FREE
99	W 8 - U	100 IM
100	M 8 - U	100 IM
101	W 9 - 10	200 IM
102	M 9 - 10	200 IM
103	W 11-12	100 IM
104	M 11-12	100 I

# 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, February 25, 2004

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

### ENTRY FEES:

\_\_\_\_\_ Womens Individual events @ \$3.00 \$ \_\_\_\_\_

\_\_\_\_\_ Mens Individual events @ \$3.00 \$ \_\_\_\_\_

\_\_\_\_\_ Surcharge @ \$5.00 per swimmer \$ \_\_\_\_\_

(For non-disk entry of 5 or more swimmers only)

**TOTAL** \$ \_\_\_\_\_

**NUMBER OF SWIMMERS:** 13-Over: Sat. \_\_\_\_\_ Sun. \_\_\_\_\_

12-Under: Sat. \_\_\_\_\_ Sun. \_\_\_\_\_

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

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

