

THE WEST REGIONAL SWIMMING CHAMPIONSHIPS

Hosted jointly by
Suburban Swim Club and Delaware Swim Team
at

Swarthmore College, Swarthmore, Pennsylvania
(Conveniently located off the Blue Route -476)

Sanctioned by Middle Atlantic Swimming

Sanction #: 0465BC

MARCH 26-28, 2004

FACILITY:	Swarthmore College – A 25 yard, 10-lane competition pool with non-turbulent lane lines and platform blocks. Colorado 5000 timing system. Depth is a minimum of 4 feet. Seating capacity 400; ample campus parking next to and near the building. Refreshments will be available.
ELIGIBILITY:	This meet is open to any swimmer registered in 2004 with Middle Atlantic / USA Swimming who meets the entry times of their age group as determined by the swimmer's age on March 26, 2004. The meet will be conducted according to current USA Swimming rules and regulations. All Swimmers may compete in a maximum of four (4) individual events per day. Please note: Because these qualifying times are based on JOs qualifying times, not all are below an "A" time. Please refer to the "Schedule of Events" for the correct qualifying time for each event.
ENTRIES:	All events are Timed Finals. Times other than short course yards will be treated as non-conforming and seeded last. Entries should be submitted using HY-TEK COMMLINK software format. A hard copy printout listing swimmers alphabetically, with each swimmer's events and entry times, must accompany the diskette. If COMMLINK is not possible, the official entry form must be used. If entering five (5) or more swimmers on this form, a processing fee of \$5.00 per swimmer must be included. A completed <u>Meet Summary Sheet</u> must accompany each team's entry. All times submitted must be the swimmer's best time. All swimmers must be able to prove a qualifying time that is slower than the qualifying time presented in the attached "Schedule of Events" for their age group. Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 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.
ENTRY LIMITS:	Entries will be processed on a "first come, first serve" basis. The Meet Director reserves the right to limit entries in order to stay within a reasonable time limit. Refunds will be given to swimmers eliminated from the meet if this occurs. If limits become necessary, swimmers will be notified through their club contact. Deck Entries may be accepted during the meet at the Meet Director's discretion. Deck Entries may be accepted only during the first 30 minutes of each warm-up session. Deck Entries will not be accepted after the start of a session and will not be awarded.
ENTRIES DUE:	All entries must be received by: Monday - March 15, 2004 NO LATE or FAXED entries will be accepted! Mail entries to: Tom Southmayd, 13 Oak Knoll Drive, Wallingford, PA 19086 Please do not send entries REQUIRING a signature.
ENTRY FEES:	\$3.00 per Individual Event \$6.00 per Deck Entry. Available lanes ONLY. Extra heats will not be added. Entries will not be processed without full payment. Please send ONE check per club, made payable to " Suburban Swim Center "

CHECK-IN:	A Positive Check-in is required for the 500 Free and the 400 IM. Positive Check-in for these events will close one hour after the start of their respective session. Swimmers are responsible for providing their own timer and lap counter for the 500 Free events. Scratch Policy: Failure to show for any event after making a "positive check-in" will result in disqualification from the swimmer's next scheduled event of the meet.
MEET DIRECTOR:	Tom Southmayd – 610-892-9611 Email: tsouthmayd@comcast.net Please direct all questions to the Meet Director.
SAFETY DIRECTOR:	Kim Southmayd – 610-892-9611
AWARDS:	Awards are presented for each event based on the time submitted, not on the time swum during the meet. A swimmer entered into an event with a "C" time is eligible to receive a "C" award. Swimmers entered into the meet with times faster than a "C" time are eligible to receive a "B" award. Swimmers entered into the meet with "no time" are eligible to receive a "C" award. "B" Awards: Medals 1 st to 3 rd Ribbons 4 th to 10 th "C" Awards: Rosettes 1 st to 3 rd Ribbons 4 th to 10 th
START TIMES:	Friday Evening - 12&Under Warm-up - 6:30pm, Meet Starts – 7:00pm Saturday Morning - 13&Older Warm-up - 7:30am, Meet Starts - 8:30am Saturday Afternoon – 11 – 12 Warm-up - 12:30pm, Meet Starts - 1:30pm Saturday Afternoon – 10&Under Warm-up - 4:30pm, Meet Starts - 5:00pm Sunday Morning – 13&Older Warm-up - 7:30am, Meet Starts - 8:30am Sunday Afternoon - 12&Under Warm-up - 12:30pm, Meet Starts - 1:30pm Sunday Afternoon – 10&Under Warm-up - 4:30pm, Meet Starts - 5:00pm
WARM-UP:	USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures: The one-hour warm-up period may be divided into equal sessions depending on the number of swimmers entered into each session. Warm-up schedules will be posted and will be made available to coaches. Sprint/Start lanes will be available for 10 minutes at the end of each warm-up session. No diving or backstroke starts will be permitted except in sprint lanes when designated. The referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. These swimmers will swim with and be supervised by the host club during warm-up. Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.
DECK ACCESS:	Deck access will be limited to coaches, officials and essential meet personnel displaying proper current credentials.
START PROCEDURES:	This Meet will be conducted using the No Recall false start rule. This Meet will also use the whistle command starting procedure.
OFFICIALS:	If you are able to officiate at this meet, please call Kathy Drysdale @ 302-652-4378.
ADMISSION:	Admission: \$2.00 per person (children free) Programs - \$10.00 per Program.
FINAL RESULTS:	Final Results will be available on the Middle Atlantic web site in a (PDF) printable format and in a downloadable COMMLINK Team Manager (Zfile.zip) format. At the conclusion of the meet, disks will be returned with a result file added. The Meet Director may also be contacted to obtain an emailed Commlink file of individual team results. Printed copies are available by special request.

Spectators:	Balcony seating is available for up to 400 spectators. We also have a large concession area. There will be a swimming equipment vendor on-site.									
Volunteers:	Volunteer timers are welcome for this meet. Volunteers will receive a refund on their admission and are welcome to our hospitality area during that time.									
Hospitality:	There will be food and drinks available at all sessions for officials and coaches.									
T-Shirts:	There will be a West Regional Swimming Championship T-Shirt available at the meet for \$10.00 each.									
Emergency Phone:	Those attending who need a telephone number for contact during the meet may call 610-529-9584. Please do not use this number prior to the meet dates!									
Accommodations:	<table border="0"> <tr> <td>McIntosh Inn</td> <td>Radnor Hotel</td> <td>Wayne Hotel</td> </tr> <tr> <td>Media</td> <td>St. Davids</td> <td>Wayne</td> </tr> <tr> <td>610/565-5800</td> <td>610/688-5800</td> <td>610/687-5000</td> </tr> </table>	McIntosh Inn	Radnor Hotel	Wayne Hotel	Media	St. Davids	Wayne	610/565-5800	610/688-5800	610/687-5000
McIntosh Inn	Radnor Hotel	Wayne Hotel								
Media	St. Davids	Wayne								
610/565-5800	610/688-5800	610/687-5000								
Directions:	<p>FROM THE WALT WHITMAN BRIDGE: TAKE I-95 SOUTH TO I-476 NORTH. Take exit number 3. Turn right at light at bottom of off ramp. At third light, turn right on to 320 South. Turn right at first light. This is still 320 South. Proceed under railroad station and make immediate sharp left back towards railroad tracks. Turn left at stop sign and then right into South entrance of Swarthmore College. Pool is behind third building on your left.</p> <p>FROM COMMODORE BARRY BRIDGE: TAKE I-95 NORTH TO I-476 NORTH. Take exit number 3. Turn right at light at bottom of off ramp. At third light, turn right on to 320 South. Turn right at first light. This is still 320 South. Proceed under railroad station and make immediate sharp left back towards railroad tracks. Turn left at stop sign and then right into South entrance of Swarthmore College. Pool is behind third building on your left.</p> <p>FROM NORTH (PLYMOUTH MEETING): Take I-476 S. Take exit number 3. Turn left at light. At fourth light, turn right on to 320 South. Turn right at first light. This is still 320 South. Proceed under railroad station and make immediate sharp left back towards railroad tracks. Turn left at stop sign and then right into South entrance of Swarthmore College. Pool is behind third building on your left.</p>									

Time Standards:

SESSION #1				
FRIDAY EVENING – MARCH 26, 2004 – 7:00 p.m. (Warm-up 6:30 p.m.)				
Women's	Slower Than	Event Description	Slower Than	Men's
1	1:33.39	9-10 100 Breast	1:34.09	2
3	1:21.59	11-12 100 Breast	1:21.29	4
5	2:36.39	9-10 200 Free	2:33.89	6
7	2:18.19	11-12 200 Free	2:16.89	8
9	38.19	9-10 50 Back	38.49	10
11	33.59	11-12 50 Back	33.69	12

SESSION #2				
SATURDAY MORNING – MARCH 27, 2004 - 8:30 a.m. (Warm-up 7:30 a.m.)				
Women's	Slower Than	Event Description	Slower Than	Men's
13	2:25.09	13-14 200 IM	2:20.49	14
15	2:27.09	15-18 200 IM	2:14.19	16
17	1:07.59	13-14 100 Back	1:04.89	18
19	1:07.79	15-18 100 Back	1:02.39	20
21	2:28.59	13-14 200 Fly	2:22.29	22
23	2:27.69	15-18 200 Fly	2:14.59	24
25	27.19	13-14 50 Free	25.69	26
27	27.49	15-18 50 Free	24.49	28
29	2:47.99	13-14 200 Breast	2:36.29	30
31	2:45.29	15-18 200 Breast	2:30.09	32
33	5:47.39	13-14 500 Free	5:35.09	34
35	5:44.99	15-18 500 Free	5:25.29	36

SESSION #3				
SATURDAY AFTERNOON – MARCH 27, 2004 - 1:30 p.m. (Warm-up 12:30 p.m.)				
Women's	Slower Than	Event Description	Slower Than	Men's
37	2:34.79	11-12 200 IM	2:36.69	38
39	32.19	11-12 50 Fly	32.39	40
41	37.49	11-12 50 Breast	37.69	42
43	28.49	11-12 50 Free	28.59	44

SESSION #4				
SATURDAY AFTERNOON – MARCH 27, 2004 – 5:00 p.m. (Warm-up 4:30 p.m.)				
Women's	Slower Than	Event Description	Slower Than	Men's
45	2:55.99	9-10 200 IM	2:56.29	46
47	37.29	9-10 50 Fly	36.69	48
49	41.99	9-10 50 Breast	42.99	50
51	31.99	9-10 50 Free	31.89	52

SESSION #5				
SUNDAY MORNING – MARCH 28, 2004 – 8:30 a.m. (Warm-up 7:30 a.m.)				
Women's	Slower Than	Event Description	Slower Than	Men's
53	2:07.89	13-14 200 Free	2:02.69	54
55	2:07.39	15-18 200 Free	1:57.39	56
57	1:07.39	13-14 100 Fly	1:04.09	58
59	1:06.29	15-18 100 Fly	1:00.79	60
61	2:25.69	13-14 200 Back	2:19.69	62
63	2:26.89	15-18 200 Back	2:13.59	64
65	1:17.49	13-14 100 Breast	1:12.29	66
67	1:16.79	15-18 100 Breast	1:09.19	68
69	59.39	13-14 100 Free	56.09	70
71	59.09	15-18 100 Free	53.39	72
73	5:20.49	13-14 400 IM	5:02.89	74
75	5:14.09	15-18 400 IM	4:49.09	76

SESSION #6				
SUNDAY AFTERNOON – MARCH 28, 2004 - 1:30 p.m. (Warm-up 12:30 p.m.)				
Women's	Slower Than	Event Description	Slower Than	Men's
77	1:02.29	11-12 100 Free	1:02.19	78
79	1:13.09	11-12 100 Back	1:13.09	80
81	1:11.89	11-12 100 IM	1:12.39	82
83	1:13.09	11-12 100 Fly	1:12.49	84

SESSION #7				
SUNDAY AFTERNOON – MARCH 28, 2004 - 5:00 p.m. (Warm-up 4:30 p.m.)				
Women's	Slower Than	Event Description	Slower Than	Men's
85	1:11.39	9-10 100 Free	1:10.79	86
87	1:22.19	9-10 100 Back	1:21.69	88
89	1:22.19	9-10 100 IM	1:21.49	90
91	1:26.69	9-10 100 Fly	1:26.69	92

*****NOTE: Do not use "10&Under" or "OPEN" event titles when setting up events in Team Manager. Please use "9-10" and 15-18.**

