

Atlantis Aquatic Club

Pre-Holidays Meet

November 15-16, 2003

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # 0446A

LOCATION	Lehigh University's Jacob Pool in Taylor Gym 641 Taylor Street Bethlehem, PA 18015 Day of meet ONLY emergency phone #610-758-4692
FACILITIES	Lehigh University, Taylor Gym, Jacobs Pool, 641 Taylor Street, Bethlehem, PA Competition Pool is a 6 lane 25 yard pool with non-turbulent lane lines, Omega timing system and 6 lane display. Starting Depth 5'. Secondary Warm Up Pool is a 4-lane 25-yard pool with non-turbulent lane lines, located on the third floor.
MEET DIRECTOR	Cindy Mahaney, 610-758-4692, clmahaney@aol.com
SAFETY DIRECTOR	Rob Herb, 610-758-4692, atac@fast.net
OFFICIALS	If you would like to officiate at this meet, please call Rob Herb at 610-758-4692. Officials must have a current USA membership card and should carry these where they are visible at all times. The meet referee will be Ray Mahaney 610-258-6888.
ELIGIBILITY	The objective of this meet is to provide a quality event for A/B/C swimmers. Under Middle Atlantic Sanction, the eligibility for this meet is open to any Middle Atlantic/USA registered swimmer. The meet is for 9 year olds and older. Age as of November 15, 2003 determines the age group in which swimmers will compete at this meet. The meet is pre-seeded, timed finals meet with the exception of the 400IM and 500Free that have a positive check in conducted under Middle Atlantic Swimming Rules. Each session will be held under the minimum 4-hour limit. Swimmers must enter best times in each event or be subject to penalties set by Middle Atlantic Swimming, Inc. Swimmers may enter 5 individual events and 1 relay per day.
ENTRY LIMITATIONS	Atlantis Aquatic Club and its Meet Director reserve the right to limit the number of heats and events to comply with the prescribed MA Four Hour Rule. The Atlantis Aquatic Club also reserves the right to reformat the meet if numbers of entries are too large or too small. Notification will be provided to swimmers and teams concerning any reformatting. Refund policy: entry fee will be refunded to swimmers cut from meet or taken out of an event.

<p>WARM-UP & START TIMES</p>	<p>WU will only be in Jacobs Pool; WD may be conducted in Secondary pool, Morrissey Pool. Swimmers must be under the direct supervision of a currently registered USA coach. First 45 minutes general warm up in all lanes. NO DIVING off the blocks or the edge of the pool during this time. During the last 15 minutes of warm up, there will be sprint lanes in lanes 2,3,4,5 with lanes 1 & 6 for continued general warm up. All starts must be from the starting block end. Swim one length and get out at the opposite end. The meet director reserves the right to close warm up at any time. Swimmers violating safety rules will be removed from the remainder of the warm up session.</p> <p>Warm Up Schedule: The pool will be available for warm ups 60 minutes before the start of the first event. A warm up/warm down pool will be available on the third floor during the meet. USA Swimming safety rules apply to the all pools at all times:</p> <p>WU Sat AM General WU 7:15-8:00am/8:00-8:15am Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU Sat PM General WU 1:15-2:00am/2:00-2:15am Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU Sun AM General WU 7:15-8:00am/8:00-8:15am Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU Sun PM General WU 1:15-2:00am/2:00-2:15am Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU for Check In Events, 400IM&500Free, will be available from 9am until the race in Secondary Morrissey Pool.</p> <p><i>*Depending on the size of the meet, Team Warm Up lanes and times may be assigned.</i></p>
<p>DECK ENTRIES</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 \$6.00per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
<p>SEEDING</p>	<p>All events are timed finals and are pre-seeded with the exception of the 400IM & 500Free. The 400IM & 500Free will be deck seeded. Swimmers must positively check-in for the 400IM & 500Free at the beginning of the day's scheduled events or 10am. No False Start Recall Rule will apply.</p>
<p>HOW TO ENTER</p>	<p>All entries must be made on 3.5" using the HY-TEK COMMLINK program. A printed hard copy must accompany the disk. We encourage all clubs to enter on disk, regardless of the number of swimmers entered. If this is not possible, the enclosed 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. The meet director reserves the right to limit entries in order to keep the meet within the acceptable span.</p>
<p>ENTRY FEES</p>	<p><i>\$3.00 per individual event, \$6.00 per relay.</i> No refunds.</p>
<p>SEND ENTRIES TO</p>	<p>Please send ONLY one check per team. Make checks payable to the Atlantis Aquatic Club. Mail entries to: ATAC P.O. Box #21972 Lehigh Valley, PA 18002-1972 or FEDEX ONLY to Rob Herb 4171 Rexford Drive Bethlehem, PA 18020, pre-signed. 610-807-9406</p>

ENTRY DEADLINE	Tuesday, November 4th by 6pm. All entries must be received by this date. NO LATE entries will be accepted.
RULES	This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. US Swimming and Middle Atlantic Swimming, Inc. safety procedures and policies will be followed and enforced at all times. Failure to obey instructions of the safety director, marshals and officials will result in disqualification from the meet. All coaches/officials must be registered with USA Swimming and must display USA card to be permitted on deck. Other Volunteers permitted on deck will be designated with ID Tags. No others will be permitted on deck. All unattached and unaccompanied swimmers must report to the Meet Director prior to warm up. Meet Director-Cindy Mahaney, 610-758-4692 "This meet will be conducted using the Whistle command and No-Recall False Start procedures.
SCORING & AWARDS	"A" swimmers Medals 1 st –3 rd , Ribbons 4 th -8 th , "BB" swimmers Rosettes for 1 st -3 rd , Ribbons 4 th -8 th . "C" swimmers 1 st -8 th ribbons. There will be no awards for the 15&Over age group. Relays Ribbons 1 st -3 rd .
PROGRAMS & ADMISSION	\$5.00 per person for entire weekend. \$3.00 per session/\$2 per program per session. Our gallery area seats 300. Refreshments will be available.
RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org
DIRECTIONS/PARKING	<p>From South/North: PA Turnpike NE Extension to Lehigh Valley Exit. Take route 22 East to 378 South. Follow 378 across Black Metal Bridge. Stay in left lane. Immediately after the bridge, make a left at light down the hill to 3rd Street. At the first light, turn right onto Brodhead. Go thru next traffic light. At the next stop sign, turn left onto Packer Ave. Go two stop signs. (Parking Garage is one more block.) At the second stop sign, make right onto Taylor Street. Pool is second building on left-Taylor Gym. Please park at a meter or in the parking garage at the end of Packer Ave.</p> <p>From West/East: Take Route 78 to the Bethlehem/Hellertown Exit. Take exit north (Rt.412) to Bethlehem.(Follow signs for the Comfort Inn and downtown Bethlehem.) Follow Rt. 412, road becomes 3rd Street at this point. On 3rd Street, look to make a left onto Taylor Street (barber's poll on building on left) Go about 4 blocks crossing Packer Ave. and the pool will be the second building on left. Please park at a meter or in the parking garage at the end of Packer Ave.</p> <p>Parking is available at city parking meters or in the Zoellner Parking Garage for \$1. Lehigh University Parking Services will ticket illegally parked cars.</p>
ACCOMODATIONS	Comfort Suites Inn in Bethlehem, (4 blocks from the pool) 610-882-9700 or Fairfield Inn Bethlehem on Rt. 22 near LVI Airport (5 minutes for the pool) 610-758-9000. Hampton Inn Suites in Bethlehem (5 minutes from the pool) 610-866-5800 and Holiday Inn in Bethlehem 610-866-5800 or the Radisson at the Hotel Bethlehem (2 minutes from pool)

ATAC's Pre-Holidays Meet November 15-16, 2003 @Lehigh University

Session #1: Saturday, November 15, 2003 WU: 7:15am Meet Starts: 8:30am

Women's Event #'s			Men's Event #'s
1	13 & Over	400 Medley Relay	2
3	15&Over	50 Freestyle	4
5	13-14	50 Freestyle	6
7	15&Over	200 Breaststroke	8
9	13-14	200 Breaststroke	10
11	15&Over	100 Fly	12
13	13-14	100 Fly	14
15	15&Over	200 IM	16
17	13-14	200 IM	18
19	15&Over	100 Backstroke	20
21	13-14	100 Backstroke	22
23	OPEN	500 Freestyle	24 Check-In By 10am/Need Own Counter

Session #2: Saturday, November 15, 2002 WU: 1:15pm Meet Starts: 2:30pm

Women's Event #'s			Men's Event #'s
25	9-12	200 Medley Relay	26
27	11-12	200 Breaststroke	28
29	9-10	50 Freestyle	30
31	11-12	50 Freestyle	32
33	9-10	200 Individual Medley	34
35	11-12	200 Fly	36
37	9-10	100 Backstroke	38
39	11-12	100 Backstroke	40
41	9-10	50 Br	42
43	11-12	50 Br	44
45	9-10	100 Individual Medley	46
47	11-12	100 Individual Medley	48
49	9-10	200 Freestyle	50
51	11-12	200 Freestyle	52

Session #3: Sunday, November 16, 2003 WU: 7:15am Meet Starts: 8:30am

Women's Event #'s			Men's Event #'s
53	13 & Over	200 Free Relay	54
55	15&Over	100 Freestyle	56
57	13-14	100 Freestyle	58
59	15&Over	200 Backstroke	60
61	13-14	200 Backstroke	62
63	15&Over	100 Breaststroke	64
65	13-14	100 Breaststroke	66
67	15&Over	200 Fly	68
69	13-14	200 Fly	70
71	15&Over	200 Freestyle	72
73	13-14	200 Freestyle	74
75	OPEN	400 Individual Medley	76 Check-In By 10am/WU available!

Session #4: Sunday, November 16, 2003 WU: 1:15pm Meet Starts: 2:30pm

Women's Event #'s			Men's Event #'s
77	9-12	200 Free Relay	78
79	11-12	200 Backstroke	80
81	9-10	100 Breaststroke	82
83	11-12	100 Breaststroke	84
85	9-10	50 Fly	86
87	11-12	50 Fly	88
89	9-10	100 Freestyle	90
91	11-12	100 Freestyle	92
93	9-10	50 Backstroke	94
95	11-12	50 Backstroke	96
97	9-10	100 Fly	98
99	11-12	100 Fly	100
101	11-12	200 IM	102

