

EMAC FALL A/BB/C INVITATIONAL

NOVEMBER 7-9, 2003

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # 0423A

LOCATION	Emmaus High School Natatorium 300 Macungie Ave. Emmaus PA 18049 Day of meet ONLY emergency phone #610-965-1674
FACILITIES	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Ht-Tek Software, Spectator seating is separate balcony seating for 420, Parking capacity 500, Snack Bar will be available.
MEET DIRECTOR	Mike Seip 610-965-5800 emacswim@rcn.com
SAFETY DIRECTOR	Kip Hein 610-965-5800
OFFICIALS	Donna Barnum 610-965-5800 emacswim@rcn.com
ELIGIBILITY	Open to any swimmers 9 & older currently registered with USA Swimming for 2003-04. Swimmer's age is as of 11/07/03. Swimmer may swim a maximum of 3 events in his/her age category per day.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/Teams eliminated from the meet due to time or space constraints will be given a refund.
ORDER OF EVENTS	Please see attached order of events. All events are pre-seeded timed finals.
WARM-UP & START TIMES	Session 1 – Warm Up 5:45 PM, Meet 6:45 PM ; POSITIVE

<p>QUALIFYING TIMES</p>	<p>CHECK-IN BY 6:15 PM IS REQUIRED!!</p> <p>Sessions 2 & 4 – Warm Up 7:00 AM, Meet 8:15 AM</p> <p>Sessions 3 & 5 – Warm Up 12:00 noon, Meet 1:00 PM</p> <p>No diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted the swimmer must enter from the starting blocks and exit from the opposite end of the pool. All entries must be feet-first other than the above-mentioned.</p>
<p>DECK ENTRIES /TIME TRIALS</p>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on each day of the meet, prior to the start of each session, at the cost of \$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. 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 pre-seeded timed finals.</p> <p><u>Positive check-in is required for both the 1650 and the 400 IM events in Session 1. Please check-in at the scorer's table by 6:15 pm.</u></p> <p>Heat sheets will be posted after check-in is completed. The 1650 freestyle will be swum fastest to slowest, alternating girls and boys heats.</p>
<p>HOW TO ENTER</p>	<p>Entries must be submitted using Hy-Tek software, and must be submitted in the course in which they were achieved. Supporting paperwork and recap sheet must accompany all entries.</p>
<p>ENTRY FEES</p>	<p>\$3.00 per event. \$6.00 per relay.</p>
<p>SEND ENTRIES TO</p>	<p>Mail entries to EMAC, PO Box 3304, Allentown PA 18106-0304. Phone 610-965-5800, Fax 610-965-7704</p> <p>Entries may be emailed to emacswim@rcn.com</p>

	Make checks payable to Emmaus Aquatic Club
ENTRY DEADLINE	Friday, October 24, 2003 by 6:00 PM. No late entries will be accepted.
RULES	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p><u>Session 1 Events are Positive Check In.</u> Swimmers not swimming in an event for which they have been positively checked in will be prohibited from swimming in their next individual event.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>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. Penalties may include fines or suspension.</p>
SCORING & AWARDS	<p>"A" Individual Events – Medals 1st to 3rd, Ribbons 4th – 6th. Relays – Medals for 1st, Ribbons 2nd & 3rd.</p> <p>"BB" Individual Events – Ribbons 1st to 6th, Relays – Ribbons 1st to 3rd.</p> <p>"C" Individual Events – Ribbons 1st to 6th, Relays – Ribbons 1st to 3rd. Current short course yards time standards published by USA Swimming will be used to award times achieved at this meet.</p>
PROGRAMS & ADMISSION	Programs \$5.00 Admission \$2.00, Children under 5 admitted free. Free admission to all volunteers.
RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org & on the EMAC website www.emacswim.org

DIRECTIONS

From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East or West to 309 South to Cedar Crest Blvd. Turn right at bottom of ramp; stay on Cedar Crest approx. 4 miles, high school football stadium will be on left, turn left onto North St. Use entrance located near the tennis courts, the words “Sports Center” are directly above these doors.

ACCOMODATIONS

Holiday Inn Express
3620 Hamilton Blvd.
Allentown, PA 610-437-9255

Comfort Suites
3712 Hamilton Blvd.
Allentown PA 610-437-9100