

# MIDDLE ATLANTIC FALL CLASSIC

Sponsored by Speedo



**OCTOBER 18-19, 2003**

**Suburban Swim Center  
3615 Gradyville Road  
Newtown Square, PA  
(610) 325-3175**

**SANCTIONED BY THE MIDDLE ATLANTIC LSC OF USA SWIMMING  
SANCTION # 0408S**

**HOSTED BY MIDDLE ATLANTIC SWIMMING SENIOR COMMITTEE**

<b>GENERAL CHAIR</b>	<b>George Breen</b>	<b>MEET DIRECTOR</b>	<b>Tom Southmayd 610/892-9611</b>
<b>ADMIN CHAIR</b>	<b>Fred Killian</b>	<b>MEET REFEREE</b>	
<b>SENIOR CHAIR</b>	<b>Tom Southmayd</b>	<b>SAFETY DIRECTOR</b>	<b>Patric Mills Michael Ramone</b>
<b>OFFICIALS CHAIR</b>	<b>Fred Killian</b>		

**MIDDLE ATLANTIC SWIMMING  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810  
[office@maswim.org](mailto:office@maswim.org)  
302/529-5859 (voice) 302/529-5549 (fax)**

## QUALIFYING TIMES – FALL CLASSIC 2003

Saturday Afternoon, October 18, 2003  
 Warm-Up - 1:00 PM      Meet Starts - 2:00 PM

### WOMEN

#	SCM	LCM	SCY	Event	SCY	LCM	SCM	#
1	2:41.99	2:47.59	2:26.59	200 Yard Backstroke	2:12.69	2:34.89	2:26.59	2
3	1:24.79	1:27.79	1:16.79	100 Yard Breaststroke	1:09.19	1:20.59	1:16.49	4
5	2:42.79	2:44.69	2:27.29	200 Yard Butterfly	2:14.59	2:32.19	2:28.69	6
7	2:44.09	2:48.09	2:28.59	200 Yard IM	2:15.69	2:37.19	2:29.89	8
9	5:06.29	5:12.89	5:49.89	500 Yard Freestyle	5:25.29	4:53.29	4:44.69	10

### MEN

Sunday Morning, October 19, 2003  
 Warm-Up - 7:30 AM      Meet Starts - 8:30 AM

#	SCM	LCM	SCY	Event	SCY	LCM	SCM	#
11	2:26.39	2:29.39	2:12.49	200 Yard Freestyle	2:00.79	2:19.19	2:13.49	12
13	1:15.29	1:18.69	1:08.09	100 Yard Backstroke	1:01.79	1:11.99	1:08.29	14
15	31.29	32.39	28.39	50 Yard Freestyle	25.49	29.39	28.19	16
17	5:47.09	5:57.59	5:14.09	400 Yard IM	4:49.09	5:29.99	5:19.49	18

Sunday Morning, October 19, 2003  
 Warm-Up - 1:00 PM      Meet Starts - 2:00 PM

#	SCM	LCM	SCY	Event	SCY	LCM	SCM	#
19	1:07.89	1:10.09	1:01.39	100 Yard Freestyle	55.39	1:04.09	1:01.19	20
21	3:02.59	3:08.49	2:45.29	200 Yard Breaststroke	2:30.09	2:54.29	2:45.89	22
23	1:14.29	1:16.09	1:07.29	100 Yard Butterfly	1:00.79	1:09.09	1:07.19	24
				<i>15 minute break</i>				
25	19:51.99	20:28.49	19:58.89	1650 Yard Freestyle*	18:47.99	19:22.99	18:41.39	26
27	10:26.49	10:41.89	11:55.89	1000 Yard Freestyle*	11:12.19	10:04.59	9:48.29	28

\*Swimmers for the 1650/1000 must provide their own timer and counter.

## **GENERAL INFORMATION**

**FACILITY:** The Suburban Swim Center has an 8 lane, 25 yard pool equipped with lane lines and starting blocks that is 8 ft deep at starting end tapering to 5 feet deep at the other end. A separate warmup/warmdown pool will be available throughout the meet. A Colorado timing system with one lane scoreboard display will be used. Refreshments will be available in the concession area. There is a separate spectator area and parking for 75 cars. There is additional parking close by but teams are encouraged to carpool.

**ENTRIES:** ALL EVENTS WILL BE TIMED FINALS. The meet is open to all swimmers registered with USA Swimming who meet the listed qualifying times and will be conducted according to current USA Swimming rules. A swimmer shall be permitted to compete in **three (3) events per session, with a maximum of five (5) per day**. The entry fee is \$3.00 for each individual event entered. There will be no relays. Entries must be received **NO LATER THAN 5 PM MONDAY, OCTOBER 6, 2003!** Entries submitted after this date will be rejected. At the discretion of the meet director and meet referee, deck entries may be accepted. Any swimmer wishing to deck-enter an event must do so before that event closes for seeding. The fee for deck-entering an event is \$6.00 and the swimmer will be seeded in the slowest heats. All entries must be submitted on a 3.5" computer disk using a HY-TEK compatible program (e.g. Commlink). A printed hard copy of the entries 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 official entry form must be used. If entering more than 5 swimmers on this form, a processing fee of \$5.00 per swimmer must be included.

Please send one check per club, payable to Middle Atlantic Swimming (Do not send individual checks for each swimmer.). Mail entries to:

Middle Atlantic Swimming Inc.  
Attn: Fall Classic  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810

You can also e-mail your entries to [office@maswim.org](mailto:office@maswim.org). Send check and meet summary sheet (REQUIRED) to above address. If you send entries via e-mail DO NOT SEND A DISK VIA SNAIL MAIL. Please waive the signature on all FedEx, UPS, Express, etc deliveries.

**MEET ENTRY LIMITATIONS:** The meet director reserves the right to make any changes that become necessary to ensure the meet complies with Middle Atlantic guidelines.

**ACCORDING TO USA/MA RULES, ALL ENTRIES MUST BE MADE WITH THE ACTUAL BEST TIMES OF THE SWIMMERS FOR THEIR EVENTS.** A penalty of \$25 per event will be assessed on any swimmer who fails to swim the qualifying time in any event unless proof of time is provided. Bills will be sent to each club for those swimmers and the club will be required to pay the penalties or provide proof of time. Enforcement of this rule will be done on a basis to be determined by the Senior Committee.

**EVENT SEEDING:** EACH EVENT WILL BE DECK SEEDED and heats will swim **FASTEST TO SLOWEST**. If a swimmer is using a long or short course meter time to qualify for this meet, the entry time will be treated as non-conforming and seeded in the last heats. Meter times should NOT be converted for entry to this meet.

A positive check-in will be required for all events. Each coach will be given a list of his/her swimmers and their events in each session. The coach will indicate those swimmers to be positively checked in for each event, and may change this designation up to the closing time for each event. Swimmers checked in will be seeded in the event; swimmers not checked in may still swim by reporting to the referee prior to the start of the event. Any swimmer who is positively checked in for an event, and then does not swim that event, will be scratched from their next individual event.

The 1000 and 1650 Yard Freestyle events will swim **FASTEST TO SLOWEST**, alternating women and men. Competitors in the 1000 and 1650 Free must provide their own timers and counters.

**STARTING PROCEDURE:** This meet will be conducted using the "No Recall" false start rule and the 'whistle command' starting procedure.

**COACHES INFORMATION:** The meet director may call a Coaches meeting twenty (20) minutes before the start of the first session. Coaches are responsible for the good behavior of their swimmers and the avoidance of vandalism. Swimmers must not enter posted areas. Teams are responsible for maintaining cleanliness in their areas during and after the meet sessions. **Coaches must have current USA coaches cards. No coach will be permitted on deck without this identification.**

**IMPORTANT SAFETY NOTICE**

**WARMUPS:** USA SWIMMING AND MIDDLE ATLANTIC SWIMMING RULES FOR SAFETY DURING WARM-UPS WILL BE IN EFFECT AT ALL TIMES. THIS INCLUDES THE USE OF THE WARM-UP POOL DURING THE COMPETITION. DIVING AND BACKSTROKE STARTS WILL BE PROHIBITED IN ANY PART OF THE POOLS EXCEPT SPRINT LANES WHEN DESIGNATED. VIOLATORS OF THESE RULES WILL BE SUBJECT TO REMOVAL FROM THE REMAINDER OF THE WARM-UP PERIOD.

**MEET WARM-UP SCHEDULE:**

<u>TIME</u>	<u>LANES</u>	<u>WARM-UP</u>
7:30 AM and 1:00 PM	1-8	General circle swim warm-up
8:15 AM and 1:45 PM	2 & 7	Sprint lanes
	1 & 8	Pace lanes (push off - no diving)
8:30 AM and 2:00 PM	Closed	Meet start

A warm-up and warm-down pool will be available during the meet. USA-S safety rules will apply in both pools at all times. Swimmers without a coach should report to the meet director before warmup.

**AWARDS:** None

**SCORING:** The meet will not be scored.

**ADMISSION:** Each session admission will be \$3.00. Heat sheets will be posted as soon as available.

**RESULTS:** The results will also be posted on the Middle Atlantic website ([www.maswim.org](http://www.maswim.org)). Disks will be returned with results file added upon request.

**VOLUNTEER WORKERS:** MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS: Each Middle Atlantic Club must submit the name and telephone number of a contact person with their entry form. The Senior Committee will contact the named individuals after the entries are submitted to arrange for the necessary workers to run the meet. **No entries will be accepted without a designated contact for workers. Middle Atlantic Clubs are responsible for fulfilling their obligations.** If you would like to officiate at this meet, please report to the head referee prior to the start of each session. If you have any questions, please call Fred Killian at 302.994.3389. **All officials and coaches on the deck must display their USA Swimming membership cards. No other people, except essential meet personnel, will be allowed on deck.**

**DIRECTIONS:** **FROM WEST(ROUTE 30):** Take the PA-100 exit towards EXTON/US-202/WEST CHESTER. Turn RIGHT onto POTTSTOWN PIKE, proceed for 0.56 miles. Take the US-202 S ramp and proceed for 3.98 miles. Take the PA-3 E exit towards NEWTOWN SQ. Merge onto W CHESTER PIKE/PA-3 E and proceed for 10 6.65 miles. Turn RIGHT onto S NEWTOWN STREET RD/PA-252, 1.06 miles. Turn LEFT onto GRADYVILLE RD. The Suburban Swim center will be the first building on your left.

**FROM THE WALT WHITMAN BRIDGE:** TAKE I-95 SOUTH TO I-476 NORTH. Take the US-1 exit- exit number 5- towards LIMA/SPRINGFIELD, 0.27 miles. Keep LEFT at the fork in the ramp, 0.02 miles. Keep LEFT at the fork in the ramp, 0.06 miles. Keep LEFT at the fork in the ramp, 0.12 miles. Keep RIGHT at the fork in the ramp, 0.28 miles. Merge onto US-1 S, 0.90 miles. Take the PA-252 exit towards MEDIA/NEWTOWN SQ., 0.22 miles. Keep RIGHT at the fork in the ramp. Merge onto N PROVIDENCE RD/PA-252. Stay straight for 2.5 miles. Turn RIGHT onto GRADYVILLE RD. THE SUBURBAN SWIM CENTER WILL BE THE FIRST BUILDING ON YOUR LEFT.

**FROM COMMODORE BARRY BRIDGE:** TAKE I-95 NORTH TO I-476 NORTH. Take the US-1 exit- exit number 5- towards LIMA/SPRINGFIELD, 0.27 miles. Keep LEFT at the fork in the ramp, 0.02 miles. Keep LEFT at the fork in the ramp, 0.06 miles. Keep LEFT at the fork in the ramp, 0.12 miles. Keep RIGHT at the fork in the ramp, 0.28 miles. Merge onto US-1 S, 0.90 miles. Take the PA-252 exit towards MEDIA/NEWTOWN SQ., 0.22 miles. Keep RIGHT at the fork in the ramp. Merge onto N PROVIDENCE RD/PA-252. Stay straight for 2.5 miles. Turn RIGHT onto GRADYVILLE RD. The Suburban Swim center will be the first building on your left.

**FROM NORTH (PLYMOUTH MEETING):** Take I-476 S. for 10.60 miles. Take the PA-3 exit- exit number 4- towards UPPER DARBY/BROOMALL for 0.21 miles. Keep RIGHT at the fork in the ramp. Merge onto W CHESTER PIKE/PA-3 W. for 3 miles. Turn LEFT onto PA-252./S NEWTOWN STREET RD.for 1 mile. Turn LEFT onto GRADYVILLE RD. THE SUBURBAN SWIM CENTER WILL BE THE FIRST BUILDING ON YOUR LEFT.

**ACCOMODATIONS:**

**McIntosh Inn**  
Media  
610/565-5800

**Radnor Hotel**  
St. Davids  
610/688-5800

**Wayne Hotel**  
Wayne  
610/687-5000

# MIDDLE ATLANTIC FALL CLASSIC SUMMARY

October 18-19, 2003

**THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANK.**

Team Name \_\_\_\_\_ Club Code \_\_\_\_\_

Head Coach \_\_\_\_\_ Email: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone: Home ( ) \_\_\_\_\_ Office ( ) \_\_\_\_\_

**ENTRY FEES:** Women's Events \_\_\_\_\_ @ \$3.00 \$ \_\_\_\_\_

Men's Events \_\_\_\_\_ @ \$3.00 \$ \_\_\_\_\_

Manual Entry Processing fee \_\_\_\_\_ swimmers @ \$5.00 \$ \_\_\_\_\_  
(For non-disk entry swimmers only)

**Total** \$ \_\_\_\_\_

**TOTAL NUMBER OF SWIMMERS** \_\_\_\_\_ **TOTAL NUMBER INDIVIDUAL EVENTS** \_\_\_\_\_

**WORKER CONTACT PERSON:** This person will be responsible for obtaining the workers for your club for this meet. The senior committee will contact them after the entries are submitted. No entries will be accepted without this information.

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

FAX PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Did you?** \_\_\_\_\_ include print-out from Commlink or Team Manager  
\_\_\_\_\_ check qualifying times  
\_\_\_\_\_ enclose completed summary  
\_\_\_\_\_ enclose disk or e-mail the entry  
\_\_\_\_\_ enclose check with this form so that you will receive credit for payment

**ENTRY DEADLINE:** Received by 5:00 PM, **Monday**, October 6, 2003. No entries will be accepted after that date. Please make checks payable to Middle Atlantic Swimming. One check per club, please. Mail entries to:  
Middle Atlantic Swimming Inc.  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810

*I certify that all swimmers from this team entered in the Fall Classic are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.*

Head Coach \_\_\_\_\_

