

# BIG CAT AQUATICS

## FALL KICK OFF

### A/BB/C MINI

NOVEMBER 12 -14 2004

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

A/BB/C Sanction MA 0521A Mini Sanction MA 0525 M

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. Seating available for approximately 900 spectators. FOOD: A limited selection of food and Penn State apparel will be available throughout the meet. PARKING: Available in lots close to the Natatorium. Penn State University controls all parking and fees.
MEET DIRECTOR	<b>Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 234-8955</b> , e-mail <a href="mailto:bcatmeet@adelphia.net">bcatmeet@adelphia.net</a> Please direct all questions to the Meet Director
SAFETY DIRECTOR	Becky Beard, Meet day only pool emergency phone number, <b>(814) 865-1433</b>
OFFICIALS	Meet Referee: Floyd Howell. Anyone interested in helping with the meet as a USS certified official should contact Stephanie Rozick.
ELIGIBILITY	Open to all 2004 and 2005 USA Swimming registered swimmers. Swimmers age as of November 12, 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 span. If the meet should fill, all unprocessed entries will be returned with a full refund. <b>Swimmers may enter a maximum of 4 events per day.</b>
WARM-UP & START TIMES QUALIFYING TIMES	General warm ups will be held with the exception of the 8 and under swimmers. <b>Due to safety issues 8 and under swimmers will be assigned to a separate lane for warm up.</b> Sprint and pace lanes will be assigned during warm ups. Warm down lanes will be available in the 25 meter pool during the meet Dates and times: Fri Nov. 12 Warm up 5:30pm Meet starts 6:30pm Sat Nov.13 AM Session Warm up 7:30 am Meet starts 9:00am Sat Nov 13 PM Session Warm up 1:30 pm Meet starts 2:15pm Sun Nov 14 AM Session Warm up 7:30am Meet starts 9:00pm Sun Nov 14 PM Session Warm up 1:30pm Meet starts 2:15pm

DECK ENTRIES /TIME TRIALS	Deck entries, if time permits, are \$6.00 per event for swimmers 9 & older and \$5.00 per event for swimmers 8 and younger.. Please see the Meet Director for deck entries. 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	<b>All events are pre-seeded, timed finals with the exception of the 500 Freestyle and the 400 IM.</b> Positive check in is required for the 500 Freestyle and the 400 IM. <b>Any swimmer, who positively checks in for an event and does not swim that event, will be scratched from their next individual event.</b>
HOW TO ENTER	<p>ENTRIES/FEES: Swimmers failing to enter best times will result in MA Swimming imposed penalties.</p> <p><b>Entries and fees must be accompanied by the MASTER ENTRY FORMS or HY-TEK DISK with hard copy print out. No entries will be processed until fees are received. No entries will be accepted if they do not have the hard copy print out.</b></p> <p>We request each club remit ONE check made payable to "BCAT" to cover team entry fees.</p> <p><b>Email entries supercede all other forms of entry.</b></p> <p><b>Please be aware: This meet is expected to fill quickly. It would be advisable to follow up your entry with a call to the Meet Director.</b></p>
ENTRY FEES	Entry fees are \$3.00 per individual event for swimmers 9 and older and \$2.50 per individual events for 8 and under swimmers. Deck entries, if accepted, are \$6.00 for swimmers 9 & older or \$5 for swimmers 8 & younger. Deck entries 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> . <b>Request signature waiver if needed.</b>
ENTRY DEADLINE	Entries must be received no later than 5:00 PM Tuesday Nov 3, 2004 "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	Award levels will be determined by entry times. "A" Awards: Medals 1 <sup>st</sup> -3 <sup>rd</sup> Ribbons 4 <sup>th</sup> -6 <sup>th</sup> "BB" Awards: Rosettes 1 <sup>st</sup> -3 <sup>rd</sup> Ribbons 4 <sup>th</sup> -6 <sup>th</sup> "C" Awards: Ribbons 1 <sup>st</sup> -6 <sup>t</sup>
PROGRAMS & ADMISSION	Programs \$7. Program will be for the entire meet. Admission is \$2 per session. 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> .

DIRECTIONS	<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. Turn right onto Park Ave., follow to third light <b>past</b> stadium, turn left onto Bigler Rd. Pool is past first stop sign, on the left.</p> <p><u>SOUTH</u> -- 83 North to Harrisburg. 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>
ACCOMODATIONS	<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 Senior	500 FREE
2	M Senior	500 FREE
3	W Senior	400 IM
4	M Senior	400 IM

SESSION 2 EVENTS

5	W 13-14	200 FLY	15	W 15 & OVER	200 BREAST
6	M 13-14	200 FLY	16	M 15 & OVER	200 BREAST
7	W 15 & OVER	200 FLY	17	W 13-14	100 BACK
8	M 15 & OVER	200 FLY	18	M 13-14	100 BACK
9	W 13-14	100 FREE	19	W 15 & OVER	100 BACK
10	M 13-14	100 FREE	20	M 15 & OVER	100 BACK
11	W 15 & OVER	100 FREE	21	W 13-14	200 FREE
12	M 15 & OVER	100 FREE	22	M 13-14	200 FREE
13	W 13-14	200 BREAST	23	W 15 & OVER	200 FREE
14	M 13-14	200 BREAST	24	M 15 & OVER	200 FREE

SESSION 3 EVENTS

25	W 8 - U	100 FREE	41	W 11-12	50 BREAST
26	M 8 - U	100 FREE	42	M 11-12	50 BREAST
27	W 9 - 10	100 FREE	43	W 9 - 10	100 FLY
28	M 9 - 10	100 FREE	44	M 9 - 10	100 FLY
29	W 11-12	50 FREE	45	W 11-12	200 FLY
30	M 11-12	50 FREE	46	M 11-12	200 FLY
31	W 9 - 10	50 BACK	47	W 11-12	50 FLY
32	M 9 - 10	50 BACK	48	M 11-12	50 FLY
33	W 11-12	100 BACK	49	W 8 - U	50 FLY
34	M 11-12	100 BACK	50	M 8 - U	50 FLY
35	W 8 - U	50 BACK	51	W 9 - 10	100 IM
36	M 8 - U	50 BACK	52	M 9 - 10	100 IM
37	W 11-12	200 BREAST	53	W 11-12	200 IM
38	M 11-12	200 BREAST	54	M 11-12	200 IM
39	W 9 - 10	100 BREAST			
40	M 9 - 10	100 BREAST			

SESSION 4 EVENTS:

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

SESSION 5 EVENTS:

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

# 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 5248 W. Buffalo Run Rd Port Matilda PA 16870

**ENTRY DEADLINE:** Received by 5:00 pm, Tuesday November 3, 2004

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

### ENTRY FEES:

_____ 8 & Under Individual events @ \$2.50	\$ _____
_____ 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)	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

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

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

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

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

