

**The Atlantis Aquatic Club**  
**HOLIDAY MEET/ Trials & Finals**  
**DECEMBER 3-4, 2005**  
 Sanctioned by Middle Atlantic Swimming, Inc.  
 Meet Sanction#: **MA0601A**

<b>LOCATION:</b>	<p><b>Lehigh University</b>  <b>Taylor Gym</b>  <b>641 Taylor Street</b>  <b>Bethlehem, Pa. 18015</b></p> <p>Emergency calls the day(s) of the meet: <b>610-758-4692</b></p>
<b>FACILITY:</b>	<p><u>Jacobs Pool &amp; Morrissey Pool</u>  <b>Competition Pool: <i>Jacobs Pool</i></b> is a 6 lane 25 yard competition pool equipped with Wave Eater lane lines, Omega Timing, Omega electronic pads and a 6 line readout score board. Seating for up to 200 swimmers on deck and gallery seating for up to 250 spectators. Pool is 5' at starting area.</p> <p><b>Additional Warm Up Pool: <i>Morrissey Pool</i></b> is a 4 lane 25 yard warm up pool equipped with non-turbulent lane lines and starting blocks. Located on the third floor in Taylor Gym. This pool will be available throughout the competition. Pool is 8' at starting block end. No diving unless supervised.</p>
<b>MEET DIRECTOR:</b>	<p><b>Cindy Mahaney</b>, 610-758-4692 (w); 570-474-6242 (h)          Email: <a href="mailto:clmahaney@aol.com">clmahaney@aol.com</a>          Please direct all questions to the Meet Director.</p>
<b>OFFICIALS:</b>	<p>If you are interested in officiating at this meet, please contact Larry Shoemaker. 619-838-3340</p>
<b>SAFETY DIRECTOR:</b>	<p><b>Rob Herb</b>, 610-758-4692 (W)</p>
<b>ELIGIBILITY:</b>	<p><b>This meet is open to all swimmers registered with USA Swimming.</b></p> <ul style="list-style-type: none"> <li>• Age group is determined by the swimmer's age on <b>December 3, 2005</b></li> <li>• Each swimmer may compete in THREE (3) individual events per day.</li> <li>• Each swimmer may compete in ONE (1) relay event per day.</li> </ul>

**ENTRY LIMITS:****General:**

- The Meet Director reserves the right to limit entries or heats, or to modify the meet format, to conform to Middle Atlantic session length rules.
- If limits become necessary, teams will be notified through their club contact.
- If limits are imposed, all eliminated swimmers will receive a full refund.
- Once the meet is full, subsequent entries will be returned and the club contact will be notified.

**Relay Limits:**

- Each team is limited to THREE relay teams in all Relay events.

**500 Free/400 IM Limits:**

- If necessary, limits will be imposed based on seedtime, fastest to slowest.
- A listing of qualifying swimmers will be sent to all teams with swimmers in these events via email.
- 500Free & 400IM will be OPEN events.

**WARM-UP:**

**USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:**

- The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered into each session. If necessary, Warm-up schedules will be sent to each club contact person and will be posted and handed out at the pool.
- Sprint/Start lanes will be available during each warm-up period.
- No diving or backstroke starts will be permitted except in sprint lanes, only 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. Swimmers without a coach who are 12&Under will swim with and be supervised by the host club during the warm-up period.
- 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.

**START TIMES:**

	<b>Session</b>	<b>Saturday &amp; Sunday</b>
<b>Prelims - AM</b> (13&O)	Warm-up	6:45 - 7:55am
	Sprints	7:40-7:55am
	Events	8:00am
<b>Prelims - PM</b> (12&U)	Warm-up	11:30 – 12:25pm
	Events	12:30pm
<b>Finals</b>	Warm-up	5:00 - 5:55pm
	Events	6:00pm

**DECK ENTRIES:**

**Deck Entries will be accepted at this meet at the discretion of the meet director.** See Meet Director before the start of the session - \$6 per event, \$12 per relay. New swimmers must present proof of USA Registration before entries can be taken.

<p><b>SEEDING:</b></p>	<p>All events in this meet are Prelim/Final events except Relay events. These events are Timed Final events. 12&amp;Under relays will be swum in the afternoon prelim session and the 13 &amp; Over relays will be swum at finals session.</p> <p>All events are Pre-Seeded except the 500 Free and the 400IM. These events will be Deck Seeded after a Positive Check-in. (9am each day)</p> <p><b>Positive Check-in:</b></p> <ul style="list-style-type: none"> <li>• A Positive Check-in is required for the 500Free and 400IM.</li> <li>• Check-in will be held at the Main Scoring table for events.</li> <li>• Check-in times are 9am.</li> </ul> <p><b>500Free and 400IM</b></p> <ul style="list-style-type: none"> <li>• Prelim heats of the 500 Free &amp; 400IM will be swum Slowest to Fastest.</li> <li>• Swimmers in the 500 Free are responsible for providing only their own lap counter.</li> </ul>
<p><b>HOW TO ENTER:</b></p>	<ul style="list-style-type: none"> <li>• <b>This meet will be swum in SHORT COURSE YARDS.</b></li> <li>• Teams are required to submit entries in the course that the time was swum in.</li> <li>• Times should not be converted.</li> </ul> <ul style="list-style-type: none"> <li>• <b>A completed Meet Summary must accompany each team's entry.</b></li> <li>• Entries should be submitted using <b>HY-TEK</b> software format.</li> <li>• A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the entry.</li> <li>• If a HY-Tek file is not possible, the Official Entry Form and Relay Entry Form must be used.</li> <li>• If entering five (5) or more swimmers on these forms, a processing fee of \$5.00 per swimmer must be included.</li> <li>• Entries with "No Time" will be accepted.</li> </ul> <p>There are no Time Standards for this meet.</p> <p>As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of three 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.</p>
<p><b>ENTRY FEES:</b></p>	<p><b>\$3.00 per Individual Event    \$6.00 per Relay Event</b></p> <p>Please send ONE check per club, made payable to:</p> <p><b>Atlantis Aquatic Club</b></p>
<p><b>SEND TO:</b></p>	<p><b>Atlantis Aquatic Club</b>  <b>P.O. Box 21972</b>  <b>Lehigh Valley, PA 18002</b></p> <p>Or</p> <p>FED EX to Rob Herb 4171 Rexford Drive Bethlehem PA 18020</p> <p><b>Signature Waiver: PRE-SIGN ONLY. 610-807-9406</b></p> <p>For notification, please enclose a self-address, stamped postcard/envelope that can be returned, or email the Meet Director.</p> <p>Entry questions? Contact Cindy Mahaney: 610-758-4692</p> <p>Email: <a href="mailto:clmahaney@aol.com">clmahaney@aol.com</a></p>

<b>ENTRY DEADLINE:</b>	<b>Tuesday- NOVEMBER 22, 2005</b> <b>NO LATE entries will be accepted!</b> <b>NO FAXED entries will be accepted!</b>
<b>RULES:</b>	<p><b>Scratch Policy:</b></p> <ul style="list-style-type: none"> <li>• Any swimmer who does not swim a pre-seeded preliminary or a pre-seeded timed-final event will not be penalized.</li> <li>• Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</li> <li>• Any swimmer who qualifies for a Finals or Consolation heat in a Prelim/Final event and does not swim that heat will be barred from the rest of the Meet (including Relays) unless the swimmer has indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results, and then confirmed their intention to scratch within thirty (30) minutes of the announcement of the Preliminary results of that swimmer's last individual event at the Preliminary session.</li> <li>• A swimmer who does not confirm their intention will be seeded into the event.</li> <li>• Swimmers who are initially announced as alternates for a Finals heat will not be so penalized.</li> </ul> <p><b>Finals:</b></p> <p>13-14 &amp; Open Events -                      <b>Finals Only (Top 12)</b>  10&amp;U &amp; 11-12 Events -                      <b>Finals Only (Top 6)</b></p> <p><b>Start Procedures:</b></p> <ul style="list-style-type: none"> <li>• This Meet will be conducted using the <b>No Recall</b> false start rule.</li> <li>• This Meet will also use the whistle command starting procedure.</li> </ul> <p><b>Safety:</b></p> <ul style="list-style-type: none"> <li>• Current USA Swimming and Middle Atlantic Swimming Safety procedures will be in effect and will be strictly enforced.</li> <li>• <b>DECK CHAIRS:</b> Due to space limitations and facilities requirements, swimmers and coaches will not be permitted to bring "chairs" on deck. No Chairs will be permitted in the gallery as well.</li> </ul> <p><b>Deck Access:</b></p> <p>USA Swimming rules limit deck access to swimmers, coaches, officials &amp; meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.</p>
<b>EMAIL LIST:</b>	<p><b>Coaches &amp; Meet Entry Personnel ONLY!</b></p> <p>If you are planning to attend this meet, please send me an email message with your name &amp; your team name to the email address below and I will put you on the Meet E-Mail List. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet. Please note, your email does not ensure meet acceptance and does not count as your official entry. Your email is your way of ensuring that you get any new information in a timely manner.</p> <p><a href="mailto:clmahaney@aol.com">clmahaney@aol.com</a></p>



**DIRECTIONS/  
Parking:**

**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 3<sup>rd</sup> 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.

**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 3<sup>rd</sup> Street at this point. On 3<sup>rd</sup> 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.

Parking is available at city parking meters or in the Zoellner Parking Garage for \$1. Lehigh University Parking Services will ticket illegally parked cars.

ATAC's Holiday Meet December 3-4, 2005 @Lehigh University

- Session #1: Saturday, December 3, 2004 WU: 6:45am Meet Starts: 8:00am
- Session #2: Saturday, December 3, 2004WU: 11:30am Meet Starts: 12:30pm
- Session #3: Saturday, December 3, 2004WU: 5:00pm Meet Starts: 6:00pm
- Session #4: Sunday, December 4, 2004 WU: 6:45am Meet Starts: 8:00am
- Session #5 Sunday, December 4, 2004 WU: 11:30am Meet Starts: 12:30pm
- Session #6: Sunday, December 4, 2004 WU: 5:00pm Meet Starts: 6:00pm

ATAC's Holiday Meet December 3 & 4, 2005 @Lehigh University

**Session #1: Saturday, December 3, 2005 WU: 6:45am Meet Starts: 8:00am**

Women's Event #'s			Men's Event #'s
1	OPEN	50 Freestyle	2
3	13-14	50 Freestyle	4
5	OPEN	200 Breaststroke	6
7	13-14	200 Breaststroke	8
9	OPEN	100 Fly	10
11	13-14	100 Fly	12
13	OPEN	200 IM	14
15	13-14	200 IM	16
17	OPEN	100 Backstroke	18
19	13-14	100 Backstroke	20
21	OPEN	500 Freestyle	22 -9am check-in
23	OPEN	400 Medley Relay (Swum @ Finals)	24

**Session #2: Saturday, December 3, 2005 WU: 11:30am Meet Starts: 12:30pm**

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

**Session #4: Sunday, December 4, 2005 WU: 6:45am Meet Starts: 8:00am**

Women's Event #'s			Men's Event #'s
47	OPEN	100 Freestyle	48
49	13-14	100 Freestyle	50
51	OPEN	200 Backstroke	52
53	13-14	200 Backstroke	54
55	OPEN	100 Breaststroke	56
57	13-14	100 Breaststroke	58
59	OPEN	200 Fly	60
61	13-14	200 Fly	62
63	OPEN	200 Freestyle	64
65	13-14	200 Freestyle	66
67	OPEN	400 Individual Medley	68- 9am check-in
69	OPEN	400 Free Relays (Swum with Finals)	70

**Session #5: Sunday, December 4, 2005 WU: 11:30am Meet Starts: 12:30pm**

Women's Event #'s			Men's Event #'s
71	9-10	100 Breaststroke	72
73	11-12	100 Breaststroke	74
75	9-10	50 Fly	76
77	11-12	50 Fly	78
79	9-10	100 Freestyle	80
81	11-12	100 Freestyle	82
83	9-10	50 Backstroke	84
85	11-12	50 Backstroke	86
87	9-10	100 Fly	88
89	11-12	100 Fly	90
91	9-10	200 IM	92
93	11-12	200 IM	94
95	12&Under	200 Free Relay	96

**Atlantis Aquatic Club's ABC Holiday Meet**  
December 3 & 4, 2005 @Lehigh University

Team Name: \_\_\_\_\_

Team Code: \_\_\_\_\_

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

Team Contact: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Team Email Address: \_\_\_\_\_

Team Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mail Entries To: Atlantis Aquatic Club  
P.O. Box 21972

## Lehigh Valley, PA 18002-1972

Teams using Hy-Tek Team Manager are asked to submit entries as a COMMLINK file on a 3.5" diskette. Submit the following hard copy reports with the diskette: a COMMLINK report of meet entries, a COMMLINK report of swimmers, and a Team Manager report of meet entries.

Entry Deadline: Received by 6:00pm, Tuesday, November 22, 2005

Make Checks Payable to: Atlantis Aquatic Club

### Entry Summary

	# of Entries	\$/Entry	Amount
9-10 Girls Entries		\$3.00	
9-10 Boys Entries		\$3.00	
11-12 Girls Entries		\$3.00	
11-12 Boys Entries		\$3.00	
9-12 Girls Relay Entries		\$6.00	
9-12 Boys Relay Entries		\$6.00	
13-14 Girls Entries		\$3.00	
13-14 Boys Entries		\$3.00	
15& Over Girls Entries		\$3.00	
15 & Over Boys Entries		\$3.00	
15& Over Girls Relay Entries		\$6.00	
15& Over Boys Relay Entries		\$6.00	
Totals			

**This form must accompany the official entry blanks or disks.**

