

GAAC LAST DITCH MEET AND TIME TRIALS

FEBRUARY 26, 2006

Held under the sanction of Middle Atlantic Swimming Last Ditch sanction MA 0634 A Time Trials Sanction MA 0634 TT

MEET DIRECTOR: Pete Crippen/Brian McMillin—215.542.9095
pcrippen@devonprep.com/ bjmcmillin@verizon.net

SAFETY DIRECTOR: Jeff Hyde--215.542.9095

Location: LaSalle University, Kirk Natatorium, 20th Street & Olney Avenue, Philadelphia, PA 19141--215.951.1554

Facility: 25 yard, 6 lane pool, entry depth 5' feet, Daktronics Timing system, non-turbulent lane lines, balcony seating for spectators, ample free parking at pool site, nearby lodging and restaurants.

Entries: \$3.00/event entered. Make checks payable to Germantown Academy. Time Trial fee will be \$6.00/event, \$12.00/relay. Entries should be sent on a 3 1/2" floppy disk compatible with Hy-tek Meet Manager - Commlink Program (with hard copy with meet recap). **ENTRIES MUST BE RECEIVED BY WEDNESDAY, FEBRUARY 1, 2006 ON DISK OR ON THE ENCLOSED ENTRY FORM.** You can e-mail the entries to Brian McMillin at bjmcmillin@verizon.net or send entries to Last Ditch Meet, c/o Brian McMillin, 125 Markley Road, Schwenksville, PA 19473 or Fax (215) 641.2540. Deck entries will be accepted at a cost of \$6.00/entry. **Swimmers not already entered in the meet must provide proof of USA Swimming registration.** This meet is a deck-seeded, timed final meet. Time trials will be deck seeded. **There will be no late entries for the Q meet. Deck entries will only be accepted for the time trials.**

Warm-up---7:30AM

Meet starts---8:30AM

Eligibility: All 2006 USA registered swimmers who appear on the entry form for the 2006 E.I.S.M. may enter this meet. Also, if a school has a USA Club Team any USA registered member of the Club Team may swim. This also applies to Time Trials. Entry limitation of 5 events/day includes time trials. Swimmers must enter with their best times or be subject to penalties set by Middle Atlantic Swimming. (These penalties could include a swimmer's suspension from competition for a minimum of 3 months, but not more than one year.) Entries with no time will not be accepted. **Failure to swim in a deck-seeded event after checking in will result in the swimmer being disqualified from his/her next individual event.** Meet Director reserves the right to limit the number of entries in order to conduct a fair meet. If this is necessary, those affected will notified prior to the date of the meet. The meet will be conducted according to current USA Swimming Code of Regulation and Middle Atlantic safety procedures.

Awards: No awards will be given at this meet.

Admission: No admission or program costs.

Meet Results: Will not be mailed to each participating club. They will be posted to the Middle Atlantic website at www.maswim.org or emailed to participants who request them.

Only 2006 USA Certified Coaches and Officials will be allowed on deck. You must wear your card at all times.

EVENTS: (Suggested qualifying times)

WOMEN'S EVENT #	QUALIFYING TIME	EVENT	QUALIFYING TIME	MEN'S EVENT #
1	4:59.00	400 YD IM	4:39.00	2
3	2:23.00	200 YD FLY	2:09.00	4
5	2:26.00	200 YD BACK	2:11.00	6
7	2:47.00	200 YD BREAST	2:26.00	8
9	19:00.00	1650 YD FREE	17:31.00	10

TIME TRIALS FOR ANY EVENT WILL FOLLOW THE MEET. (see enclosed time trial sheet)

To swim a Time Trial, a swimmer must be within 0.5 seconds per 50YD or 50M distance of the Junior Championships Time Standard for that event. A swimmer may swim one Time Trial per day in a given event; maximum of two Time Trials per day. Entry Limitation of 5 events/day includes the Last Ditch Meet.

Any questions please e-mail Pete Crippen or Brian McMillin at their e-mail addresses above.

TIME TRIALS

- ? Time Trials are separate from the Last Ditch Meet
- ? The cost is \$6.00 per entry
- ? No refunds if swimmer scratches
- ? Swimmers must sign in on deck by 10:30am
- ? The meet will be run after the Last Ditch Meet
- ? Seeding will be done on deck
- ? All money will be collected on deck or a check (made payable to GAAC) can be mailed with meet entry
- ? Swimmers must supply timers and counters
- ? Time Trials sheet and information will be at the scorer's table on deck

GAAC MEET SUMMARY
February 27, 2005

THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANK

Team Name: _____ Club Code: _____

Head Coach: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: Home() _____ Office:() _____

Email address: _____ for results and other information, if necessary.

ENTRY FEES: Girls events _____ @ \$3.00 \$ _____

Boys events _____ @ \$3.00 \$ _____

Total \$ _____ Checks made payable to GAAC

Club contact person: If there is a problem with this entry, who may we call that will be available to assist us.

Name: _____

Phone #:() _____

Email: _____ **WE MUST HAVE AN EMAIL ADDRESS**
this is our primary method of correspondence

Entry deadline: Received by Noon (12PM) Tuesday, February 1, 2005. Please make checks payable to GAAC. One check per club, please mail entries to:

Brian McMillin
125 Markley Road
Schwenksville, PA 19473-2840