

NRG Mini Invitational Meet

Saturday, January 14, 2006

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 0651 M

SITE DIRECTOR: Kelly Kobel and Michelle Carter **SAFETY DIRECTOR:** Kathy Trabosh
INQUIRIES: Questions should be referred to Kathy Trabosh at (215) 945-9091 or at Info@NRGSwimming.com

MEET LOCATION: Neshaminy Middle School, 1200 Langhorne-Newtown Rd, Langhorne, PA 19047
Emergency pool phone number. (Day of Meet Only) 267-716-2125

FACILITY: 6 Lane – 25 Yard pool – Wave Eater Lane Lines – Manual Timing – Paragon Starting Blocks –
9Ft Depth at Starting End – Spectator Seating for 300 – Parking for 300 Vehicles –
Refreshments Available at Concession Stand.

MEET FORMAT: Pre-Seeded – Timed Finals – Two Sessions
NRG reserves the right:
----to **combine sessions** if the meet is small
----to **limit sessions** to no more than 130 swimmers per session.

<u>Boys Session #1</u>		<u>Girls Session # 2</u>	
Warm-up:	1:00pm	Warm-Up:	4:00pm
Sprint Lanes 1 & 6:	1:15-1:25pm	Sprint Lanes 1 & 6:	4:15-4:25pm
Start:	1:30pm	Start:	4:30pm

OFFICIALS: All USA Certified Officials and Trainees are invited to work the meet. Please contact the NRG Office by phone at 215-945-9091 or e-mail at Info@NRGswimming.com or NRG's Head Official, Dale Carmody at 215-968-6036.

ELIBILITY: Open to all swimmers registered with USA Swimming and will be conducted according to current USA Swimming rules. Swimmer's age as of day of meet governs age group entry.

ENTRIES: Swimmers may enter a maximum of **5 Individual** events and **1 Relay**. Swimmers must enter best time in each event. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for an event. Penalties may include fines or suspension set by Middle Atlantic.

E-Mailed Computer Entries: Entries attached to an E-mail, using Hy-Tek Meet Manager software are preferred. The e-mail should include the number of entries and swimmers, coach and team contact, their addresses and telephone numbers to enable resolution of any discrepancies in the entries as soon as possible.

Mailed Computer Entries: Entries may be submitted on a 3.5" disk using Hy-Tek Meet Manager software with a printout of the entries accompanying the disk. **Do not send a disk if entries are submitted by e-mail.** The electronic data will be the official version of the meet entries.

Manual Entries: Submit entries on the official entry form, legibly printed with current USA registration numbers for each athlete. Indicate any meter times with designation of "S" for short course meter or "L" for long course meter. There will be a \$2.00 per swimmer surcharge for any swimmer submitting their entries manually.

NRG Swimming reserves the right to limit entries to comply with Middle Atlantic rules and space availability of the facility. Refunds will be given to eliminated swimmers.

No post entries will be accepted.

Deck entries will be accepted upon discussion with the Meet Director and provided there is lane availability within existing heats. Swimmers not already in the meet must provide proof of current USA Swimming registration (**2006 USA Registration Card**) in order to deck-enter an event. Fees for deck entries will be paid prior to the event(s).

ENTRY FEES: \$3.00 per Event \$6.00 per Relay. \$4.00 Deck Entries. \$2.00 per Swimmer surcharge for submitting entries manually.

Make check payable to: **NRG Swimming Support Group**
Mail Entries to: 56 Whitewood Drive, Levittown, PA 19057
E-Mail Entries to: Info@NRGswimming.com

ENTRY CLOSE: **Middle Atlantic Team Entries** received by Monday, December 26th will be entered in the order in which they are received.

All Non-Middle Atlantic Team Entries will be entered after December 27th will be entered in the order in which they were received.

All Entries must be received by 6:00pm on December 28th, 2005

RULES: This meet will be conducted according to current USA Swimming and MA Swimming rules. USA Swimming and MA Swimming safety guidelines and warm-up procedures will be effect for the entire meet.

This meet will be conducted using the Whistle command, supplemented with verbal commands, and No-Recall False Start procedures.

No Diving in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up.

All relay starts from the **shallow end** of the pool will **start from the water.**

Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes.

Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.

AWARDS: Individual Events Rosettes 1st through 3rd and Ribbons 4th through 24th
Relays Ribbons 1st through 3rd
Heat Winner Ribbons

RESULTS: Results will be posted on the NRG Swimming web site @ (NRGSwimming.com) and Middle Atlantic Swimming web site @ (www.maswim.org)

Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that provides an E-Mail address with their entries.

ADMISSION: Adults only \$3.00 for program and admission per session.

DIRECTIONS: **From I-95:** Take I-95 North to Exit 49 (Newtown-Yardley). Make a left onto Rt. 332 (towards Newtown) to Rt. 413. Make a left onto Rt. 413. The school will be the first light about a ½ mile ahead across from St. Mary's Hospital. Make a right into the school. Park in lot behind the school. Enter through doors marked pool.

From PA Turnpike: Take the PA Turnpike to (Exit 28 – Phila). Take Rt. 1 North to Rt. 413. Exit at the Langhorne Rt. 413 exit. Go North on Rt. 413 for 4 lights. School will be on your left, across from St. Mary's Hospital. Park in lot behind the school. Enter through doors marked pool.

UNATTACHED & SWIMMERS WITHOUT COACHS:

An NRG coach will supervise swimmers unaccompanied by their team coach. Please report to the Meet Director on deck when you arrive.

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Girls

1 25 Free
3 25 Free
5 25 Free
7 25 Free
9 50 Free

11 25 Back
13 25 Back
15 25 Back
17 25 Back
19 50 Back

21 25 Brst
23 25 Brst
25 25 Brst
27 50 Brst

29 25 Fly
31 25 Fly
33 25 Fly
35 50 Fly

37 100 IM
39 100 IM

41 100 Fr. Relay
43 100 Fr. Relay
45 100 Fr. Relay

5 & Under 25 Free
6 Year Olds 25 Free
7 Year Olds 25 Free
8 Year Olds 25 Free
8 & Under 50 Free

5 & Under 25 Back
6 Year Olds 25 Back
7 Year Olds 25 Back
8 Year Olds 25 Back
8 & Under 50 Back

6 & Under 25 Brst
7 Year Olds 25 Brst
8 Year Olds 25 Brst
8 & Under 50 Brst

6 & Under 25 Fly
7 Year Olds 25 Fly
8 Year Olds 25 Fly
8 & Under 50 Fly

7 & Under 100 IM
8 Year Olds 100 IM

6 & Under 100 Fr. Relay
7 Year Olds 100 Fr. Relay
8 Year Olds 100 Fr. Relay

Boys

2
4
6
8
10

12
14
16
18
20

22
24
26
28

30
32
34
36

38
40

42
44
46

All relay starts from the shallow end of the pool will start from the water.

NRG SWIMMING
Mini Invitational Meet
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This Form Must Accompany the Official Entries

Team Name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Telephone () _____

Individual Event Fees: _____ @ \$3.00 \$ _____

Relay Event Fees: _____ @ \$6.00 \$ _____

Manual Entry Processing Fee _____ swimmers @ \$2.00 \$ _____

(For Non-Disk Entry Swimmers Only)

Total \$ _____

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

Head Coach _____

NRG SWIMMING

January 14, 2006

Meet Entry Form

Reproduce this form to accommodate the total number of swimmers for your team.

Team Information: Fill out Summary Form.

Contact Information: Coach - Team Representative - Parent
(Please Circle One)

Contact Address if different from Team Address: _____

Contact E-Mail Address: _____ (Results will be sent E-mail)

Contact Phone Number: _____ (Include Area Code)

=====

Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2006 year)

Male or Female: (Please Circle One)

Event Information:

	Event #	Age Group	Event Description	Time
Example	2	5 & Under	25 Free	31.72
1				
2				
3				
4				
5				

=====

Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2006 year)

Male or Female: (Please Circle One)

Event Information:

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