

THE WEST REGIONAL SWIMMING CHAMPIONSHIPS

Hosted jointly by
Suburban Swim Club and Delaware Swim Team

at

Lasalle University, Olney Avenue, Philadelphia, PA

Sanctioned by Middle Atlantic Swimming

Sanction #: MA 0646 B

March 31, April 1-2, 2006

- FACILITY:** LaSalle University, Hayman Hall, 20th and Olney, Philadelphia, PA. LaSalle is a six lane, 25 yard pool, 4-1/2 ft starting depth, with a separate warm-up/warm-down pool. Daktronics timing system.
- ELIGIBILITY:** This meet is open to any swimmer registered in 2005 with Middle Atlantic / USA Swimming who meets the entry times of their age group as determined by the swimmer's age on April 1, 2006. The meet will be conducted according to current USA Swimming rules and regulations.
All Swimmers may compete in a maximum of four (4) individual events per day.
Please note: Because these qualifying times are based on JOs qualifying times, not all are below an "A" time. Please refer to the "Schedule of Events" for the correct qualifying time for each event.
- ENTRIES:** All events are Timed Finals. Times other than short course yards will be treated as non-conforming and seeded last.
Entries should be submitted using **HY-TEK COMMLINK** software format.
A hard copy printout listing swimmers alphabetically, with each swimmer's events and entry times, must accompany the diskette.
If COMMLINK is not possible, the official entry form must be used.
If entering five (5) or more swimmers on this form, a processing fee of **\$5.00** per swimmer must be included.
A completed Meet Summary Sheet must accompany each team's entry.
All times submitted must be the swimmer's best time. All swimmers must be able to prove a qualifying time that is slower than the qualifying time presented in the attached "Schedule of Events" for their age group.
Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 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.
- ENTRY LIMITS:** **Entries will be processed on a "first come, first serve" basis.**
The Meet Director reserves the right to limit entries in order to stay within a reasonable time limit. Refunds will be given to swimmers eliminated from the meet if this occurs. If limits become necessary, swimmers will be notified through their club contact.
Deck Entries may be accepted during the meet at the Meet Director's discretion.
Deck Entries may be accepted only during the first 30 minutes of each **warm-up** session.
Deck Entries will not be accepted after the start of a session.
Deck Entries will not be awarded.
- ENTRIES DUE:** **All entries must be received by: March 15, 2006**
NO LATE or FAXED entries will be accepted!
Mail entries to:
SSC, 3615 Gradyville Road, Newtown Square, PA 19073; attn: Jim Dunlap
Please WAIVE the Signature Release.
Please do not send entries REQUIRING a signature.

- ENTRY FEES:** **\$3.00 per Individual Event**
\$6.00 per Deck Entry. Available lanes ONLY. Extra heats will not be added.
Entries will not be processed without full payment.
Please send **ONE** check per club, made payable to "**Suburban Swim Center**"
- CHECK-IN:** A Positive Check-in is required for the 500 Free and the 400 IM.
Positive Check-in for these events will close one hour after the start of their respective session.
Swimmers are responsible for providing their own timer and lap counter for the 500 Free events.
Scratch Policy: Failure to show for any event after making a "positive check-in" will result in disqualification from the swimmer's next scheduled event of the meet.
- MEET DIRECTOR:** **Jim Dunlap – 610-989-9318**
Email: jdunlap19@comcast.net
Please direct all questions to the Meet Director.
- SAFETY DIRECTOR:** **John McGinley – 610-327-0456**
- AWARDS:** Awards are presented for each event based on the time submitted, not on the time swum during the meet. A swimmer entered into an event with a "C" time is eligible to receive a "C" award. Swimmers entered into the meet with times faster than a "C" time are eligible to receive a "B" award. Swimmers entered into the meet with "no time" are eligible to receive a "C" award.
- "B" Awards:**
Medals 1st to 3rd
Ribbons 4th to 10th
- "C" Awards:**
Rosettes 1st to 3rd
Ribbons 4th to 10th
- START TIMES:** **Friday Evening - 12&Under**
Warm-up - 6:00pm, Meet Starts – 7:00pm
Saturday Morning - 13&Older
Warm-up - 8:00am, Meet Starts - 9:00am
Saturday Afternoon - 12&Under
Warm-up – 1:30pm, Meet Starts – 2:30pm
Sunday Morning - 13&Older
Warm-up - 8:00am, Meet Starts - 9:00am
Sunday Afternoon - 12&Under
Warm-up – 1:30 pm, Meet Starts – 2:30pm
- WARM-UP:** USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:
The one-hour warm-up period may be divided into equal sessions depending on the number of swimmers entered into each session. Warm-up schedules will be posted and will be made available to coaches.
Sprint/Start lanes will be available for 10 minutes at the end of each warm-up session. No diving or backstroke starts will be permitted except in sprint lanes when designated.
The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.
These swimmers will swim with and be supervised by the host club during warm-up. 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.
Unattached swimmers must check-in with the meet director upon arriving at the pool.
- DECK ACCESS:** Deck access will be limited to coaches, officials and essential meet personnel displaying proper current credentials.
- START PROCEDURES:** This Meet will be conducted using the **No Recall** false start rule.
This Meet will also use the whistle command starting procedure.

OFFICIALS: If you are able to officiate at this meet, please contact Kathy Drysdale @ 302-652-4378.

ADMISSION: **Admission:** \$1.00 per person (children free)
Programs - \$4.00 Session Sheets.

FINAL RESULTS: Final Results will be available on the Middle Atlantic web site in a (PDF) printable format and in a downloadable COMMLINK Team Manager (Zfile.zip) format. At the conclusion of the meet, disks will be returned with a result file added. The Meet Director may also be contacted to obtain an emailed Commlink file of individual team results.
Printed copies are available by special request.

Spectators: Balcony seating is available for up to 800 spectators. The school runs a concession area. There will be a swimming equipment vendor on-site.

Volunteers: Volunteer timers are welcome for this meet. Volunteers will receive a refund on their admission and are welcome to our hospitality area during that time.

Hospitality: There will be food and drinks available at all sessions for officials and coaches.

T-Shirts: **There will be a West Regional Swimming Championship T-Shirt available at the meet for \$10.00 each.**

Emergency Phone: Those attending who need a telephone number for contact during the meet may call 610-986-9584. Please do not use this number prior to the meet dates!

SESSION #1				
FRIDAY EVENING				
<u>Women's</u>	<u>Slower Than</u>	<u>Event Description</u>	<u>Slower Than</u>	<u>Men's</u>
1	1:33.39	9-10 100 Breast	1:33.09	2
3	1:20.79	11-12 100 Breast	1:21.29	4
5	2:36.39	9-10 200 Free	2:31.89	6
7	2:16.19	11-12 200 Free	2:16.89	8
9	37.99	9-10 50 Back	38.29	10
11	33.09	11-12 50 Back	33.79	12

SESSION #2				
SATURDAY MORNING				
Women's	Slower Than	Event Description	Slower Than	Men's
17	2:25.79	13-14 200 IM	2:20.49	18
19	2:24.99	15-18 200 IM	2:17.39	20
21	1:08.09	13-14 100 Back	1:04.89	22
23	1:06.79	15-18 100 Back	1:03.29	24
25	2:28.59	13-14 200 Fly	2:22.29	26
27	2:27.29	15-18 200 Fly	2:14.59	28
29	27.49	13-14 50 Free	25.89	30
31	26.99	15-18 50 Free	24.09	32
33	2:47.99	13-14 200 Breast	2:30.09	34
35	2:47.29	15-18 200 Breast	2:30.09	36
37	5:53.69	13-14 500 Free	5:35.09	38
39	5:44.99	15-18 500 Free	5:20.29	40

SESSION #3				
SATURDAY AFTERNOON				
Women's	Slower Than	Event Description	Slower Than	Men's
41	2:55.99	9-10 200 IM	2:56.29	42
43	2:36.69	11-12 200 IM	2:36.69	44
45	37.49	9-10 50 Fly	36.69	46
47	32.09	11-12 50 Fly	32.39	48
49	41.99	9-10 50 Breast	42.99	50
51	37.59	11-12 50 Breast	37.69	52
53	32.49	9-10 50 Free	31.39	54
55	28.59	11-12 50 Free	28.59	56

SESSION #4				
SUNDAY MORNING				
Women's	Slower Than	Event Description	Slower Than	Men's
57	2:09.89	13-14 200 Free	2:04.69	58
59	2:05.49	15-18 200 Free	1:55.39	60
61	1:07.39	13-14 100 Fly	1:04.09	62
63	1:05.29	15-18 100 Fly	59.79	64
65	2:25.69	13-14 200 Back	2:19.69	66
67	2:26.49	15-18 200 Back	2:13.59	68
69	1:17.49	13-14 100 Breast	1:12.29	70
71	1:15.79	15-18 100 Breast	1:09.19	72
73	58.59	13-14 100 Free	55.59	74
75	58.39	15-18 100 Free	52.49	76
77	5:21.49	13-14 400 IM	5:02.89	78
79	5:14.09	15-18 400 IM	4:49.09	80

SESSION #5				
SUNDAY AFTERNOON				
Women's	Slower Than	Event Description	Slower Than	Men's
81	1:11.39	9-10 100 Free	1:10.79	82
83	1:01.29	11-12 100 Free	1:02.19	84
85	1:22.19	9-10 100 Back	1:21.69	86
87	1:12.09	11-12 100 Back	1:13.09	88
89	1:22.29	9-10 100 IM	1:21.49	90
91	1:11.89	11-12 100 IM	1:12.39	92
13	1:26.69	9-10 100 Fly	1:26.69	14
15	1:13.29	11-12 100 Fly	1:12.49	16

WEST REGIONAL SUMMARY SHEET

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

Team Name _____ Team Code _____

Head Coach _____

Address _____

City _____ State _____ Zip Code _____

Telephone: Daytime () _____ Evening () _____

Person designated to receive entry limitation information, if needed:

Name: _____ Phone: _____

E-mail: _____

Mail Entries to: Jim Dunlap
3615 Gradyville Road
Newtown Square, PA 19073

ENTRY DEADLINE: Received by 5 pm, Monday, March 15, 2005.

No entries will be accepted after that date.

Please make check payable to Suburban Swim Center.

ENTRY FEES:

_____ Individual Events @ \$3.00 \$ _____

_____ Manual processing fee @ \$5.00 \$ _____
(for non-disk entry of swimmers only)

Total \$ _____

SWIMMERS ENTERED IN MEET

_____ Male _____ Female _____ Total

TEAM CONTACT:

NAME: _____

TELEPHONE: _____

FAX NUMBER: _____

EMAIL: _____

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

Head coach's signature _____

Directions

From NY, Northern NJ, New England

I-95 South to NJ Turnpike South to Exit 6 (connection to PA Turnpike); follow PA Turnpike to Exit 26 (Ft. Washington exit); to Route 309 South; 309 South becomes Ogontz Avenue. Do not bear left when Rt. 309 South splits at Ogontz Avenue. Follow Ogontz Avenue, continuing on Ogontz Avenue for about 5 miles. Right on Olney Avenue to first light (20th Street). Go straight through the light. At the next light make a left into the parking lot. At the Security Booth make a left and the security personnel will direct you to the designated visitor parking spaces. Enter campus. From The North I-95 South to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West.

From The South

I-95 North to Route I-676 West (Vine Street Expressway), to Route 76 West. To continue, see directions from Route 76 West. From The East Route 42 West to Walt Whitman Bridge; from the bridge, follow Route 76 West to US 1 North (Roosevelt Expressway). To continue, see directions from Route 76 West.

From The West

PA Turnpike East to Exit 24
(Route 76 East, Valley Forge).
To continue, see directions from Route 76 East.

From Route 76

Route 76 East to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light. At the next light make a left into the parking lot. At the Security Booth make a left and the security personnel will direct you to the designated visitor parking spaces. Enter campus.

Route 76 West to US 1 North (Roosevelt Expressway), to Broad Street Exit (Route 611). Left on Broad Street (North), go one mile to Somerville Avenue. Left on Somerville to Ogontz Avenue. Right on Ogontz to second light (Olney Avenue). Left on Olney to first light (20th Street). Go straight through the light. At the next light make a left into the parking lot. At the Security Booth make a left and the security personnel will direct you to the designated visitor parking spaces. Enter campus.

La Salle University-Main Campus
1900 West Olney Ave
Philadelphia, PA 19141
215-951-1000

HOTEL INFORMATION:

Best Western, Center City, 215-568-8300, Campus Rate is \$95, free parking

Latham Hotel – Rittenhouse Square, 215-563-7474, \$94.

Sheraton University City, 877-459-1146, \$149

Rates are subject to certain black-out dates, call hotel to check on dates!