

Suburban Swim Club

LAST CHANCE FOR JO'S MEET March 4-5, 2006

To be held at the Suburban Swim Center, Newtown Square, Pennsylvania

Held under the Sanction of Middle Atlantic Swimming, Sanction # MA 0639 B

MEET DIRECTOR: Jim Dunlap – 610-989-9318

SAFETY DIRECTOR: John McGinley – 610-327-0456

MEET REFEREE: To be determined

Eligibility: This meet is open to all swimmers registered with USA Swimming and will be conducted according to current USA Swimming Code of Regulations. Entry times must be slower than the 2005-06 Junior Olympic qualifying time for each event. The age of the swimmer on the first day of the meet will determine the age group of competition. The meet director reserves the right to limit entries to conform with MA rules. Notification will be provided to swimmers teams concerning limitation or elimination of any heats/events. Meet fees will be refunded to teams/swimmers who do not participate in any event due to limitations.

Rules: Current USA and Middle Atlantic LSC rules will govern the meet. The whistle start and no recall false start rules will be in use. USA Swimming/Middle Atlantic Swimming Safety Guidelines and warm-up procedures will be in effect for the entire meet. Only currently credentialed coaches, USA Swimming registered athletes and meet personnel will be permitted on deck.

Entries: Swimmers may enter a maximum of 5 (five) individual events per day. Penalties will be imposed upon any swimmer when any coach, parent, swimmer enters any time other than the swimmer's best time for any event and could result in the swimmer's suspension from competition for a minimum of three months, but not more than one year. Further violation by a coach, parents or swimmer could result in that person being forbidden to participate in or attending U.S. Swimming functions.

Entry fee: \$3.00 per individual event, make checks payable to: Suburban Swim Club.

Entries due: All entries must be received by February 17, 2006. No late or phone entries will be accepted.

Mail to: Suburban Swim Club, 3615 Gradyville Road, Newtown Square, PA 19073

Facility: Suburban Swim Club Pool, 3615 Gradyville Road, Newtown Square, PA. An 8 lane, 25-yard pool with electronic timing, judging system and scoreboard. Depth of the pool at the starting end is 5'. Paragon starting blocks. Snack bar will be available.

Directions:

From I-476 N – take exit for Swarthmore/Media. Turn left at the exit ramp light and take Baltimore Pike to the intersection of Baltimore Pike and Route 252. Turn right onto Route 252 North. Follow 252 North to Gradyville Road. Turn right at the light at Gradyville Road. The pool is on your left.

From I-476 S – take exit for Swarthmore/Media. Turn right at the exit ramp and follow the directions above.

Awards: Swimmers entered with “A” - Medals 1-3, Ribbons 4-8
Swimmers entered with “BB” – Rosettes 1st, Ribbons 2-8
Swimmers entered with “C” – Ribbons 1st through 8th

Program & Admission: \$3.00 per session (no charge for children under 8).

Entry Information: All entries must be filled out on the official entry blank OR entries must be sent on a 3-1/2 disk (If you have the Hy-Tek computer programs Team Manager and COMMLINK, submit the following printouts along with the diskette: 1 printout from COMMLINK of entries, 1 printout from COMMLINK of swimmers, 1 printout from Team Manager of the meet entries; separate the boys and girls and sort by age.) You must complete the summary form and mail with the entry whether you use the disk entry or the non-computer entry form. A club contact person must be listed on the entry summary form. A \$2.00 manual processing fee/per swimmer will be charged for all non-disk entries (see entry form). Any questions on entry forms should be directed to Jim Dunlap at jdunlap19@comcast.net

Warm-up Period: for Saturday & Sunday

Ages 11-14	Warm-up: 8:00 a.m.	Meet 8:50 a.m.
Ages 10 & U & Senior	Warm-up: 1:30 p.m.	Meet 2:20 p.m.

There will be two 25-minute warm-up periods per session. Sprints are included as a 5-minute segment of each warm-up period. Warm-ups will be open. Our lesson pool will be available for warm-up and warm-down during the meet.

Seeding: All events with the exception of the 500 free and 400 IM are pre-seeded timed finals. 11-14 & Senior 500 free and 400 IM are deck seeded events which require positive check-in. 11-14 500 free will swim as one event and be scored separately by age group. Swimmers must provide their own timers and lap counters.

Senior 500 Free/400IM Participation must be confirmed by 8:50 a.m.

11-14 500 Free/400 IM Participation must be confirmed by 2:20 p.m.

Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event

Deck Entries: Subject to space availability, deck entries will be accepted on the day of the meet, (prior to the start of each session, if applicable) at the cost of \$6.00 per event.

Swimmers not already entered in the meet must provide proof of current USA Swimming registration.

Deck entered swimmers will compete unofficially. Your must see the meet director prior to the start of the meet if you wish to deck enter a swimmer.

Officials: All USA Certified officials and trainees are invited to officiate at this meet. Contact Barbara Gotchel, 610-325-3175

Results: Results will be posted on the MA website (www.maswim.org)

Accomodations:McIntosh Inn, Baltimore Pike, Media. Phone number is: 610-565-5800.

Parking: Small lot, remote parking lot available with shuttle service to the pool.

Seating: 300 spectators.

Emergency phone day of meet: (610) 325-3175.

Please note that US Swimming and MA Swimming Regulations will be in effect.

SSC – SUB JO TIMES ONLY

Session 1 - Saturday November March 4, 2006

Girls Event	Event	Boys Event
1	13/14 200 Breast	2
3	11/12 50 Breast	4
5	13/14 100 Back	6
7	11/12 100 Back	8
9	13/14 50 Free	10
11	11/12 50 Free	12
13	13/14 100 Fly	14
15	11/12 100 Fly	16
17	13/14 200 IM	18
19	11/12 200 IM	20
21	11/14 500 Free *	22

Session 2

Girls Event	Event	Boys Event
23	Senior 200 Breast	24
25	9/10 50 Breast	26
27	Senior 100 Back	28
29	9/10 100 Back	30
31	Senior 50 Free	32
33	9/10 50 Free	34
35	Senior 100 Fly	36
37	9/10 100 Fly	38
39	Senior 200 IM	40
41	9/10 200 IM	42
43	Senior 500 Free *	44

Session 3 - Sunday March 5, 2006

Girls Event	Event	Boys Event
45	11/12 100 IM	46
47	13/14 200 Back	48
49	11/12 50 Back	50
51	13/14 100 Free	52
53	11/12 100 Free	54
55	13/14 200 Fly	56
57	11/12 50 Fly	58
59	13/14 100 Breast	60
61	11/12 100 Breast	62
63	11-14 400 IM *	64

Session 4

Girls Event	Event	Boys Event
65	9/10 100 IM	66
67	Senior 200 Back	68
69	9/10 50 Back	70
71	Senior 100 Free	72
73	9/10 100 Free	74
75	Senior 200 Fly	76
77	9/10 50 Fly	78
79	Senior 100 Breast	80
81	9/10 100 Breast	82
83	Senior 200 Free	84
85	Senior 400 IM*	86

* These events are deck seeded – see “Seeding” for check-in times.

SSC MEET ENTRY SUMMARY FORM

This form must accompany official disk and manual entries

Team Name: _____ Club Code _____

Head Coach: _____ E-Mail _____

Address: _____

City: _____ State _____ Zip Code _____

Club Entry Person Contact: _____

Telephone: _____ Email _____

Individual Fees: _____ @ \$3.00 \$ _____

Manual Entry Processing Fee _____ @ \$2.00 \$ _____
(for non-disk entry swimmers only)

Total Total \$ _____

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

Head Coach _____

