

BCAT CLASSIC

MAY 20 – 21, 2006

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0682 A

LOCATION	McCoy Natatorium at Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs. From Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh
FACILITIES	50 meter heated outdoor 8-Lane facility. Pool depth at the starting end is 12'-6". Separate indoor pool for warm-up and swim down during meet. Non-turbulent lane markers. Colorado System 5 Timing System. PARKING: Available in parking decks near the Natatorium, for a fee of \$4 per day. Penn State University controls all parking and fees. Lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully. FOOD: A limited selection of food will be available throughout the meet.
MEET DIRECTOR	Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 234-8955, e-mail bcatmeet@adelphia.net
SAFETY DIRECTOR	Stephanie Rozick, Meet day pool emergency phone number, (814) 865-1433
OFFICIALS	Meet Referee: Floyd Howell Anyone interested in helping with the meet as a USS certified official should contact Floyd Howell @ mzh4@psu.edu
ELIGIBILITY	Open to all 2006 USA Swimming registered swimmers who meet the qualifying time standards. 13 -14 A time standards or faster. Times must be submitted in the course in which they were achieved. Non-conforming times will be seeded in accordance with Middle Atlantic Swimming policy. Entry times from alternate course venues shall be converted by the Meet Host and seeded together, except for the 400m and longer events. SCY and SCM times submitted for these events will be treated as non-conforming and seeded in the slowest heats Proof of time may be requested. Swimmers age as of May 20, 2006 will apply for entire meet. Times for SCY and SCM can be found at: www.maswim.org/timestandards.htm
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Swimmers may enter 5 events per day.
ORDER OF EVENTS WARM-UP & TIMES QUALIFYING TIMES	General warm-up will be held. During the final 30 minutes, lanes 1 and 8 will be pace lanes and lanes 2 and 7 will be sprint lanes. Warm-down lanes will be available during the meet, in the 25 yard racing pool, in McCoy Natatorium, adjacent to the outdoor 50 meter pool.

	<p>WARM UP – START TIMES:</p> <p>Session 1 Saturday May 20 - Warm Up 10:30 AM. Start 12:00 PM.</p> <p>Session 2 800 Free Sunday May 21 - Warm Up 9:15 AM. Start 10:15 AM.</p> <p>Session 3 May 21 – Warm up 11:30 AM Start 12:00 PM</p> <p>Warm up will be continuous during Session 2 in the indoor pool.</p>
DECK ENTRIES /TIME TRIALS	Subject to space availability, and at the discretion of the Meet Director. Deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10 for individual events, \$16 for Relays. The achieved time is official but will not be used for scoring or awards. Please see the MD before or during warm ups.
SWIMMERS WITHOUT A COACH	Swimmers without a coach should report to the meet director before the warm-up of each session.
SEEDING	<p>The meet will be a timed finals format.</p> <p>All events 400m and longer require positive check in.</p> <p>800 Free Timed Finals Event Swimmers must have own timer and counter. This event will be limited to 3 heats of women and 3 heats of men. Athletes will swim fastest to slowest, alternating one heat of women then one heat of men. BCAT reserves the right to use positive check in for all events if the meet should fill. The MA Scratch policy will be enforced. Policy stated below under Rules.</p>
HOW TO ENTER	<p>Swimmers failing to enter best times will result in MA Swimming imposed penalties. Entries and fees must be accompanied by the MASTER ENTRY FORMS. No entries will be processed until fees are received. No entries will be accepted if they do not have the hard copy print out.</p> <p>Times must be submitted in the course in which they were achieved. Request signature waiver if using express mail. We request each club remit ONE check made payable to "BCAT" to cover team entry fees.</p> <p>Email entries supercede all other forms of entry.</p>
ENTRY FEES	Individual events: \$5 Relays: \$8, Deck entries if permitted: \$10 for individual events \$16 for Relays.
SEND ENTRIES TO	Stephanie Rozick, 5249 W. Buffalo Run Rd. Port Matilda, PA 16870, (814-234-8955), E-mail: bcatmeet@adelphia.net . Request signature waiver if needed.
ENTRY DEADLINE	Entries must be received no later than 5:00 PM May 9, 2006. “No late entries will be accepted.”

RULES	<p>USA Swimming / Middle Atlantic Swimming rules shall apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>MA Swimming Scratch Policy: Deck Seeded Events: Any swimmer who has positively checked in for a deck seeded event and then does not swim that event will be barred from swimming the next individual event in which the swimmer is entered, whether on the same or later meet day.</p>
SCORING & AWARDS	No Awards will be presented at this meet.
PROGRAMS & ADMISSION	<p>\$2.00 per session. Programs, \$ 4. Programs are for the entire meet. Children 12 and under admitted free. Spectators bring your favorite lawn chair/beach blanket for general poolside seating.</p> <p>Free admission and hospitality to all volunteers.</p>
RESULTS	Results will be posted on the Middle Atlantic Swimming website, www.maswim.org .
DIRECTIONS	<p><u>EAST</u> -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N to 81W to 322 West to State College. At Boalsburg stay on 322 West (Mt. Nittany Expressway) to Penn State Exit. Go left onto Park Ave., follow to second light past stadium. Turn left onto campus. Pool is past first stop sign, on the left.</p> <p><u>SOUTH</u> -- 83 North to Harrisburg. From Harrisburg, same as above.</p> <p><u>WEST</u> -- Route 22 to Route 220N, then Route 322E until the Penn State Exit. Go right onto Park Avenue, follow directions under EAST.</p>
ACCOMODATIONS	<p>Days Inn Penn State (814-238-8454) POC Ainslie Mclane 800-258-3297 240 Pugh St, State College</p> <p>Motel 6 (814-234-1600), 1274 N. Atherton St., State College.</p> <p>Hampton Inn (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.</p> <p>Holiday Inn Express (814-867-1800) 1925 Waddle Rd., State College</p> <p>Hampton Inn Suites (814-231-1899), 1955 Waddle Rd., State College</p> <p>Courtyard By Marriott (814-238-1881) or (800-321-2211), 1730 University Dr. State College.</p> <p>Autoport (814-237-7666) Business Route 322, State College.</p>

State College Inn (814-237-8005) S. Atherton St. & Branch Rd. State College.

Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.

Nittany Lion Inn (814-231-7500), 200 West Park Ave., State.

Nittany Budget Motel (814-237-7638), 1274 N. Atherton St., State College, \$39.95.

Sleep Inn (814-235-1020), 111 Village Dr., State College.

The Penn Stater, (Formerly Scanticon (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.

Residence Inn (814) 235-6960 1555 University Dr
State College, PA 16801

Please see State College information at
<http://www.happyvalley.com/>

**Saturday, May 20th
Session 1**

WOMEN EVENT#	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN EVENT#
#1	1:02.19	1:08.79	1:11.09	100 Free	1:06.59	1:04.09	57.99	# 2
#3	2:47.99	3:05.69	3:11.99	200 Breast	3:02.39	2:52.69	2:36.29	# 4
#5	1:08.09	1:15.19	1:17.29	100 Fly	1:11.99	1:10.09	1:03.39	#6
# 7	2:31.29	2:47.19	2:52.39	200 IM	2:42.79	2:36.69	2:21.89	# 8
# 9	2:27.29	2:42.79	2:51.39	200 Back	2:41.59	2:34.19	2:19.49	# 10
# 11	5:52.99	5:08.89	5:16.59	400 Free	5:05.59	4:56.99	5:39.39	# 12

**Sunday, May 21
Session 2**

# 13	12:07.59	10:36.79	10:47.99	800 Free	10:31.29	10:13.89	11:41.49	# 14
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**Sunday, May 22
Session 3**

# 15	1:08.69	1:15.89	1:20.09	100 Back	1:15.09	1:11.69	1:04.89	#16
# 17	5:19.59	5:53.19	6:02.29	400 IM	5:46.19	5:34.19	5:02.39	# 18
# 19	2:14.19	2:28.29	2:32.59	200 Free	2:24.99	2:18.99	2:05.79	#20
# 21	1:17.99	1:26.19	1:29.09	100 Breast	1:23.59	1:19.89	1:12.29	# 22
# 23	2:28.59	2:44.19	2:49.49	200 Fly	2:39.89	2:35.59	2:20.79	# 24

FINANCIAL SUMMARY
ENTRIES WILL NOT BE PROCESSED
WITHOUT THE FOLLOWING INFORMATION

Team Name: _____, Team Code: _____

Head Coach: _____

Coach's Address: _____

City: _____ State: _____ Zip Code: _____

Phone: Home () _____ Office () _____ e-mail: _____

Person and address designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

(VERY IMPORTANT) e-mail: _____

Mail Entries To: Stephanie Rozick
5249 W Buffalo Run RD
Port Matilda PA 16870

ENTRY DEADLINE:
Received by 5:00 pm, Fri. May 9, 2006
No Late Entries

Please make check payable to BCAT. One check per club.

ENTRY FEES:

_____ **Women's Individual events @ \$5.00**

_____ **Men's Individual events @ \$5.00**

_____ **Relays @ \$8.00**

_____ **Surcharge @ \$5.00 per athlete** _____ **(For non-disk entry of 5 or more swimmers only)**

Subtotal for Entries = \$ _____

GRAND TOTAL \$ _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

Signature of head coach or authorized team representative

ENTRIES WILL NOT BE PROCESSED WITHOUT THE INFORMATION ABOVE

