

# EMAC FALL A/BB/C INVITATIONAL

NOVEMBER 11-13, 2005

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.  
Sanction # **MA 0606 A**

|   |   |
|---|---|
| <b>LOCATION</b>   | Emmaus High School Natatorium<br>300 Macungie Ave.<br>Emmaus PA 18049<br><br>Day of meet ONLY emergency phone #610-393-5714 or 5191   |
| <b>FACILITIES</b>   | 6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Ht-Tek Software, Spectator seating is separate balcony seating for 420, Parking capacity 500, Snack Bar will be available.   |
| <b>MEET DIRECTOR</b>  | Mike Seip 610-965-5800 <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a>   |
| <b>SAFETY DIRECTOR</b>  | Kip Hein 610-965-5800   |
| <b>OFFICIALS</b>  | Donna Barnum 610-965-5800 <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a>  |
| <b>ELIGIBILITY</b>  | Open to any swimmers 9 & older currently registered with USA Swimming for 2005-06. Swimmer's age is as of 11/11/05. Swimmer may swim a maximum of 4 individual events and 1 relay in his/her age category per day.  |
| <b>ENTRY LIMITATIONS</b>  | The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/Teams eliminated from the meet due to time or space constraints will be given a refund.  |
| <b>ORDER OF EVENTS</b><br><b>WARM-UP &amp; START TIMES</b><br><b>QUALIFYING TIMES</b> | Please see attached order of events. All events are pre-seeded timed finals, except events 1-6 which require positive check-in. Session 1 – Warm Up 5:45 PM, Meet 6:45 PM ; <b><u>POSITIVE CHECK-IN IS REQUIRED BY 6:15 PM !!</u></b><br>Sessions 2 & 4 – Warm Up 7:00 AM, Meet 8:15 AM<br>Sessions 3 & 5 – Warm Up 12:00 noon, Meet 1:00 PM<br><br>No diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted the swimmer must enter from the starting blocks and exit from the opposite end of the pool. All entries must be feet-first other than the above-mentioned. |

|   |   |
|---|---|
| <p><b>DECK ENTRIES /TIME TRIALS</b></p> | <p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on each day of the meet, prior to the start of each session, at the cost of \$6.00 per event. Swimmers not already entered in the meet must provide proof of USA Swimming registration. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups.</p>             |
| <p><b>SWIMMERS WITHOUT A COACH</b></p>  | <p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>   |
| <p><b>SEEDING</b></p>                   | <p>All events (except 1-6) are pre-seeded timed finals. <u>Positive check-in is required for the 1650, 400 IM and 500 Free events in Session 1. Please check-in at the scorer's table by 6:15 pm.</u> Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event. Heat sheets will be posted after check-in is completed. <u>The 400 IM and the 1650 freestyle will be swum fastest to slowest, alternating girls and boys heats.</u></p> |
| <p><b>HOW TO ENTER</b></p>              | <p>Entries must be submitted using Hy-Tek software and must be submitted in the course in which they were achieved. Supporting paperwork and recap sheet must accompany all entries. Non-electronic entries must be on the enclosed entry forms.</p>  |
| <p><b>ENTRY FEES</b></p>                | <p>\$3.00 per event. \$6.00 per relay.</p>  |
| <p><b>SEND ENTRIES TO</b></p>           | <p>Mail entries to EMAC, PO Box 3304, Allentown PA 18106-0304. Phone 610-965-5800, Fax 610-965-7704</p> <p>Entries may be emailed to <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a></p> <p>Make checks payable to Emmaus Aquatic Club</p>   |
| <p><b>ENTRY DEADLINE</b></p>            | <p>Friday, October 28, 2005 by 6:00 PM.</p> <p>No late entries will be accepted.</p>  |
| <p><b>RULES</b></p>                     | <p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p>   |

|  |  |
|--|--|
| <p><b>RULES (continued)</b></p>        | <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p><u>Session 1 Events are Positive Check In.</u> Swimmers not swimming in an event for which they have been positively checked in will be prohibited from swimming in their next individual event.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p> |
| <p><b>SCORING &amp; AWARDS</b></p>     | <p>"A" Individual Events – Medals 1<sup>st</sup> to 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 6<sup>th</sup>.<br/>Relays – Medals for 1<sup>st</sup>, Ribbons 2<sup>nd</sup> &amp; 3<sup>rd</sup>.</p> <p>"BB" Individual Events – Ribbons 1<sup>st</sup> to 6<sup>th</sup>, Relays – Ribbons 1<sup>st</sup> to 3<sup>rd</sup>.</p> <p>"C" Individual Events – Ribbons 1<sup>st</sup> to 6<sup>th</sup>, Relays – Ribbons 1<sup>st</sup> to 3<sup>rd</sup>. Current short course yards time standards published by USA Swimming will be used to award times achieved at this meet. Awards are based on entry times.</p>                           |
| <p><b>PROGRAMS &amp; ADMISSION</b></p> | <p>Programs \$6.00 Admission \$3.00 per day. Children under 5 admitted free. Free admission to all volunteers.</p>   |
| <p><b>RESULTS</b></p>                  | <p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> &amp; on the EMAC website <a href="http://www.emacswim.org">www.emacswim.org</a></p>   |
| <p><b>DIRECTIONS</b></p>               | <p>From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East or West to 309 South to Cedar Crest Blvd. Turn right at bottom of ramp; stay on Cedar Crest approx. 4 miles, high school football stadium will be on left, turn left onto North St. Use entrance located near the tennis courts, the words "Sports Center" are directly above these doors.</p>  |
| <p><b>ACCOMODATIONS</b></p>            | <p>Holiday Inn Express<br/>3620 Hamilton Blvd.<br/>Allentown, PA 610-437-9255</p> <p>Comfort Suites<br/>3712 Hamilton Blvd.<br/>Allentown PA 610-437-9100</p>  |

Session: 1 Friday PM – November 11, 2005  
 Day of Meet: 1 Starts at 06:45 PM Heat Interval: 30 Seconds

| Round  | Event |                                |
|--------|-------|--------------------------------|
| Finals | 1     | Women 11 & Over 400 IM         |
| Finals | 2     | Men 11 & Over 400 IM           |
| Finals | 3     | Women 11 & Over 1650 Freestyle |

| Round  | Event |                              |
|--------|-------|------------------------------|
| Finals | 4     | Men 11 & Over 1650 Freestyle |
| Finals | 5     | Women 9-10 500 Freestyle     |
| Finals | 6     | Men 9-10 500 Freestyle       |

Session: 2 Saturday AM – November 12, 2005  
 Day of Meet: 2 Starts at 08:15 AM Heat Interval: 30 Seconds

| Round  | Event |                               |
|--------|-------|-------------------------------|
| Finals | 7     | Women 13-14 100 Freestyle     |
| Finals | 8     | Men 13-14 100 Freestyle       |
| Finals | 9     | Women Senior 100 Freestyle    |
| Finals | 10    | Men Senior 100 Freestyle      |
| Finals | 11    | Women 13-14 200 Breaststroke  |
| Finals | 12    | Men 13-14 200 Breaststroke    |
| Finals | 13    | Women Senior 200 Breaststroke |
| Finals | 14    | Men Senior 200 Breaststroke   |
| Finals | 15    | Women 13-14 200 Backstroke    |
| Finals | 16    | Men 13-14 200 Backstroke      |
| Finals | 17    | Women Senior 200 Backstroke   |
| Finals | 18    | Men Senior 200 Backstroke     |

| Round  | Event |                                  |
|--------|-------|----------------------------------|
| Finals | 19    | Women 13-14 100 Butterfly        |
| Finals | 20    | Men 13-14 100 Butterfly          |
| Finals | 21    | Women Senior 100 Butterfly       |
| Finals | 22    | Men Senior 100 Butterfly         |
| Finals | 23    | Women 13-14 200 IM               |
| Finals | 24    | Men 13-14 200 IM                 |
| Finals | 25    | Women Senior 200 IM              |
| Finals | 26    | Men Senior 200 IM                |
| Finals | 27    | Women 13-14 200 Freestyle Relay  |
| Finals | 28    | Men 13-14 200 Freestyle Relay    |
| Finals | 29    | Women Senior 200 Freestyle Relay |
| Finals | 30    | Men Senior 200 Freestyle Relay   |

Session: 3 Saturday PM – November 12 2005  
 Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds

| Round  | Event |                              |
|--------|-------|------------------------------|
| Finals | 31    | Women 11-12 50 Freestyle     |
| Finals | 32    | Men 11-12 50 Freestyle       |
| Finals | 33    | Women 9-10 50 Freestyle      |
| Finals | 34    | Men 9-10 50 Freestyle        |
| Finals | 35    | Women 11-12 100 Breaststroke |
| Finals | 36    | Men 11-12 100 Breaststroke   |
| Finals | 37    | Women 9-10 100 Breaststroke  |
| Finals | 38    | Men 9-10 100 Breaststroke    |
| Finals | 39    | Women 11-12 100 IM           |
| Finals | 40    | Men 11-12 100 IM             |
| Finals | 41    | Women 9-10 100 IM            |
| Finals | 42    | Men 9-10 100 IM              |
| Finals | 43    | Women 11-12 50 Backstroke    |
| Finals | 44    | Men 11-12 50 Backstroke      |

| Round  | Event |                                 |
|--------|-------|---------------------------------|
| Finals | 45    | Women 9-10 50 Backstroke        |
| Finals | 46    | Men 9-10 50 Backstroke          |
| Finals | 47    | Women 11-12 100 Butterfly       |
| Finals | 48    | Men 11-12 100 Butterfly         |
| Finals | 49    | Women 9-10 100 Butterfly        |
| Finals | 50    | Men 9-10 100 Butterfly          |
| Finals | 51    | Women 11-12 200 Freestyle       |
| Finals | 52    | Men 11-12 200 Freestyle         |
| Finals | 53    | Women 9-10 200 Freestyle        |
| Finals | 54    | Men 9-10 200 Freestyle          |
| Finals | 55    | Women 11-12 200 Freestyle Relay |
| Finals | 56    | Men 11-12 200 Freestyle Relay   |
| Finals | 57    | Women 9-10 200 Freestyle Relay  |
| Finals | 58    | Men 9-10 200 Freestyle Relay    |

Session: 4 Sunday AM – November 13, 2005  
 Day of Meet: 3 Starts at 08:15 AM Heat Interval: 30 Seconds

| Round  | Event |                               |
|--------|-------|-------------------------------|
| Finals | 59    | Women 13-14 50 Freestyle      |
| Finals | 60    | Men 13-14 50 Freestyle        |
| Finals | 61    | Women Senior 50 Freestyle     |
| Finals | 62    | Men Senior 50 Freestyle       |
| Finals | 63    | Women 13-14 100 Breaststroke  |
| Finals | 64    | Men 13-14 100 Breaststroke    |
| Finals | 65    | Women Senior 100 Breaststroke |
| Finals | 66    | Men Senior 100 Breaststroke   |
| Finals | 67    | Women 13-14 100 Backstroke    |
| Finals | 68    | Men 13-14 100 Backstroke      |
| Finals | 69    | Women Senior 100 Backstroke   |
| Finals | 70    | Men Senior 100 Backstroke     |

| Round  | Event |                               |
|--------|-------|-------------------------------|
| Finals | 71    | Women 13-14 200 Butterfly     |
| Finals | 72    | Men 13-14 200 Butterfly       |
| Finals | 73    | Women Senior 200 Butterfly    |
| Finals | 74    | Men Senior 200 Butterfly      |
| Finals | 75    | Women 13-14 200 Freestyle     |
| Finals | 76    | Men 13-14 200 Freestyle       |
| Finals | 77    | Women Senior 200 Freestyle    |
| Finals | 78    | Men Senior 200 Freestyle      |
| Finals | 79    | Women 13-14 200 Medley Relay  |
| Finals | 80    | Men 13-14 200 Medley Relay    |
| Finals | 81    | Women Senior 400 Medley Relay |
| Finals | 82    | Men Senior 400 Medley Relay   |

Session: 5 Sunday PM – November 13, 2005  
 Day of Meet: 3 Starts at 01:00 PM Heat Interval: 30 Seconds

| Round  | Event |                             |
|--------|-------|-----------------------------|
| Finals | 83    | Women 11-12 100 Freestyle   |
| Finals | 84    | Men 11-12 100 Freestyle     |
| Finals | 85    | Women 9-10 100 Freestyle    |
| Finals | 86    | Men 9-10 100 Freestyle      |
| Finals | 87    | Women 11-12 50 Breaststroke |
| Finals | 88    | Men 11-12 50 Breaststroke   |
| Finals | 89    | Women 9-10 50 Breaststroke  |
| Finals | 90    | Men 9-10 50 Breaststroke    |
| Finals | 91    | Women 11-12 100 Backstroke  |
| Finals | 92    | Men 11-12 100 Backstroke    |
| Finals | 93    | Women 9-10 100 Backstroke   |
| Finals | 94    | Men 9-10 100 Backstroke     |

| Round  | Event |                              |
|--------|-------|------------------------------|
| Finals | 95    | Women 11-12 50 Butterfly     |
| Finals | 96    | Men 11-12 50 Butterfly       |
| Finals | 97    | Women 9-10 50 Butterfly      |
| Finals | 98    | Men 9-10 50 Butterfly        |
| Finals | 99    | Women 11-12 200 IM           |
| Finals | 100   | Men 11-12 200 IM             |
| Finals | 101   | Women 9-10 200 IM            |
| Finals | 102   | Men 9-10 200 IM              |
| Finals | 103   | Women 11-12 200 Medley Relay |
| Finals | 104   | Men 11-12 200 Medley Relay   |
| Finals | 105   | Women 9-10 200 Medley Relay  |
| Finals | 106   | Men 9-10 200 Medley Relay    |

**EMMAUS AQUATIC CLUB – FALL A/BB/C INVITATIONAL**  
**November 11-13, 2005**  
**MEET SUMMARY SHEET**

This form MUST accompany team entries.

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

Coach or Club  
Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Mail Entries to: EMAC  
PO Box 3304  
Allentown PA 18106-0304

Entry Deadline: Friday, September 28, 2005 No late entries accepted!

Please make checks payable to EMAC.

Entry Fees: \_\_\_\_\_ Individual Events @ \$3.00 \$ \_\_\_\_\_

\_\_\_\_\_ Relays @ \$6.00 \$ \_\_\_\_\_

Manual Processing Fee \$5.00 per swimmer  
for non-disk entries \$ \_\_\_\_\_

Total \$ \_\_\_\_\_



Relay Entry Form For EMAC Fall A/BB/C Meet

| Event # & Name: | Relay A<br>or B, etc.: | Seed Time: | Swimmers: |  |
|-----------------|------------------------|------------|-----------|--|
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |
|                 |                        |            |           |  |

Total Entries on this page: \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_