

THANKSGIVING MINI MEET

Hosted by

Trident Swim Club

November 20, 2005

Warm-up: 12:15 PM – Start: 1:00 PM

Sanctioned by Middle Atlantic Swimming, Inc.
Meet Sanction#: MA 0668 M

LOCATION:	Franklin & Marshall College 929 Harrisburg Pike Lancaster, PA 17604-4306 Emergency calls the day of the meet: 717-399-4524
FACILITY:	F&M College, Kunkel Aquatic Center The Kunkel Aquatic Center is located in the Alumni Sports & Fitness Center. This meet will be run in an 8 lane, 25 yard course with fully automatic timing. The starting depth is 9'. The facility is equipped with Wave Eater lane lines, Colorado Timing, Aqua Grip electronic pads, and an eleven line readout scoreboard. Seating is available for up to 400 spectators.
INQUIRIES:	Questions should be referred to Gwyn Atkinson at gwynswim@aol.com , or the Meet Director.
MEET DIRECTOR:	Jim Yeingst at 717-581-0713 Email: JYeingst@aol.com
OFFICIALS:	If you are interested in officiating at this meet, please contact Kim Wentzel at 717-892-7416.
SAFETY DIRECTOR:	Jeff McDonnell
ELIGIBILITY:	This meet is open to all eight and under swimmers currently registered with USA Swimming. ? Age group is determined by the swimmer's age on November 20, 2005 . ? Each swimmer may compete in a maximum of FIVE (5) individual events. ? All events will be swum as pre-seeded timed finals.
ENTRY LIMITS:	General: ? The Meet Director reserves the right to limit entries or heats, or to modify the meet format, to conform to Middle Atlantic session length rules. ? If limits become necessary, teams will be notified through their club contact. ? If limits are imposed, all eliminated swims will receive a full refund. ? Once the meet is full, subsequent entries will be returned and the club contact will be notified.

WARM-UP:	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> ? The warm-up session is an Open Warm-up and will start at 12:15 PM. Sprint lanes will be available 20 minutes before the start of the meet and will be announced during the warm-up session. Swimmers without a coach must report to the Meet Director prior to entering the pool for warm-up to obtain a lane assignment. ? The warm-up session is subject to the following procedures: No diving during the warm-up except in designated sprint lanes. Sprint lanes will be announced during the warm-up session. The meet referee may remove any swimmer from the warm-up session for failure to comply with the warm-up rules.
DECK ENTRIES:	Deck entries will be accepted upon discussion with the meet director. Swimmers not previously entered in the meet must provide proof of current USA swimming registration.
SEEDING:	All events in this meet are Pre-seeded, timed finals.
HOW TO ENTER:	<ul style="list-style-type: none"> ? This meet will be swum in SHORT COURSE YARDS. ? Teams should submit entries in the course that the time was swum in. ? Times should not be converted. ? All entries sent via regular U.S. mail should include a 3.5' diskette using Hy-tek meet manager software, along with a hard copy printout listing each swimmer alphabetically and each swimmer's events and entry times. ? If a HY-Tek file is not possible, the Meet Entry Form. There will be a \$2.00 per swimmer surcharge fee for any team of 5 or more swimmers that submits entries manually. E-mail entries should be sent to JYeingst@aol.com. A hard copy and payment must be sent via U.S. mail. As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of three 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 FEES:	<p>\$3.00 per Individual Event \$6.00 per Individual Event for Deck Entries \$2.00 surcharge per swimmer for any team of 5 or more swimmers submitting entries manually.</p> <p>Please send ONE check per club, made payable to: TRIDENT SWIM CLUB</p>
SEND TO:	<p>Jim Yeingst - Trident Swim Club 1034 Whitemarsh Drive Lancaster, Pa. 17601</p> <p>Please do not send entries requiring a signature.</p> <p>Entry questions? Contact the Meet Director: Jim Yeingst at 717-581-0713 or e-mail at JYeingst@aol.com.</p>

ENTRY DEADLINE:	November 11, 2005 at 8:00 p.m.
RULES:	<p>Start Procedures:</p> <ul style="list-style-type: none"> ? This Meet will be conducted using the No Recall false start rule. ? This Meet will also use the whistle command starting procedure, supplemented with verbal commands. <p>Safety:</p> <ul style="list-style-type: none"> ? Current USA Swimming and Middle Atlantic Swimming Safety procedures will be in effect and will be strictly enforced <p>Deck Access:</p> <ul style="list-style-type: none"> ? By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.
AWARDS:	<p>All Age Groups: Rosettes 1st to 3rd Ribbons 4th to 8th</p> <p>A High Point Trophy will be awarded to the male and female swimmer with the most points in each age group.</p> <p>6&under Girls – 6&under Boys – 7 yr. old Girls – 7yr Boys – 8yr old Girls and 8yr old Boys.</p> <p>Points are earned for the top 16 places in each of the above events. Points are scored as follows, 1st to 16th place.</p> <p>20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>All awards must be picked up at the conclusion of the meet. Awards will not be mailed!</p>
ADMISSION:	<p>Admissions & Program</p> <ul style="list-style-type: none"> ? Adults - \$3.00 for admission and program ? Children – admitted free
RESULTS:	<ul style="list-style-type: none"> ? Final Results will be available on the Trident Swim Club web site in PDF and HY-TEK formats. www.tridentswimclub.org ? Results will also be posted on the Middle Atlantic web site. www.maswim.org ? At the conclusion of the meet, upon request, disks can be returned with a team results file. ? Results will not be mailed.
CONCESSION:	A concession stand will be available during the meet.
PARKING:	There is ample parking provided by the gymnasium. <input type="checkbox"/>

DIRECTIONS:**From Baltimore and South:**

Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

From PA Turnpike West and Harrisburg:

Take the PA Turnpike to Harrisburg (Exit 19) onto 283 toward Lancaster. Exit onto Route 30 West and proceed to the Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

From PA Turnpike and 222 and North:

Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to the Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports & Fitness Center to your left.

**Schedule of Events for the Trident
Pentathlon Mini Meet**

Sunday, January 16, 2005

Girls	Age	Event	Boys
1	7 & Under	50 Yard Butterfly	2
3	8 Year Old	50 Yard Butterfly	4
5	6 & Under	25 Yard Freestyle	6
7	7 Year Old	25 Yard Freestyle	8
9	8 Year Old	25 Yard Freestyle	10
11	7 & Under	50 Yard Backstroke	12
13	8 Year Old	50 Yard Backstroke	14
15	6 & Under	25 Yard Breaststroke	16
17	7 Year Old	25 Yard Breaststroke	18
19	8 Year Old	25 Yard Breaststroke	20
21	6 & Under	50 Yard Freestyle	22
23	7 Year Old	50 Yard Freestyle	24
25	8 Year Old	50 Yard Freestyle	26
27	6 & Under	25 Yard Butterfly	28
29	7 Year Old	25 Yard Butterfly	30
31	8 Year Old	25 Yard Butterfly	32
33	7 & Under	50 Yard Breaststroke	34
35	8 Year Old	50 Yard Breaststroke	36
37	6 & Under	25 Yard Backstroke	38
39	7 Year Old	25 Yard Backstroke	40
41	8 Year Old	25 Yard Backstroke	42
43	6 & Under	100 Yard Individual Medley	44
45	7 Year Old	100 Yard Individual Medley	46
47	8 Year Old	100 Yard Individual Medley	48

