

Friends' Central Aquatics 1650 & 4x5 "Distance Challenge"

January 15th & 16th 2011

Held under the sanction of USA Swimming and Middle Atlantic Swimming
Sanction#: **MA 1173 L**

- MEET DIRECTOR:** Jim Turley
610-574-0346
(day of meet only)
fcamd_turley@verizon.net
- MEET REFEREE:** TBD
Phone#:
Email:
- SAFETY DIRECTOR:** Jeff Hyde
Phone#: 215-542-9095
Email:
- INQUIRIES:** Questions should be referred to Jim Turley at fcamd_turley@verizon.net.
- MEET LOCATION:** Friends' Central School, 1101 City Avenue, Wynnwood. PA 19096-3490
Emergency Phone Number (day of meet only) 610-658-5609 or 610-574-0346
- FACILITY:** The pool is located in the Shimada Athletic Center at Friends' Central School. The pool is a 6-lane, 25-yard pool with a Colorado Timing System scoreboard, and touch pads at both ends of the pool. The depth of the pool at the starting end is 12' and the shallow end is 4'. There is balcony seating for 125 spectators. Free parking is available in the school lot.
The competition course has not been certified in accordance with 104.2.2C(4).
- ELIGIBILITY:** This meet is open to 11 & older swimmers registered in 2011 with USA Swimming. Age groups are determined by the swimmer's age on January 15th, 2011. This meet will be run according to current USA Swimming rules and regulations.
Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2010-11 registration). This applies to all swimmers attached to a club.
Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- MEET FORMAT** Seeded after Positive Check-in Timed Finals: Two sessions
- START TIMES:**
- | | | |
|----------------------------|----------------------------------|-------------------|
| Session 1: Saturday | Warm-up: 1:00pm / Start: 2:00pm | 1650 Free |
| Session 2: Sunday | Warm-up: 9:00am / Start: 10:00am | 400 IM & 500 Free |
- WARM-UP:** USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:
- The warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be made available to coaches at the meet.
 - Sprint/Start lanes will be available 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.
 - **Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.**

Note: 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.

ENTRIES:

- **Middle Atlantic** team entries received by **11:59 PM, Monday, January 3rd, 2011** will be entered in the order in which they are received.
- **All Non-Middle Atlantic** team entries will be entered, after the MA team entries, in the order in which they were received.
- **ALL ENTRIES must be received by Monday, January 3rd, 2011.**
- Entries must be submitted in the course in which they were achieved.
- Converted time should NOT be used.
- All times submitted must be the swimmer's best time.
- Swimmers without a valid USA time in an event must be submitted as a "NT" in that event.
- Entries should be submitted using **HY-TEK** software format. **NO FLOPPIES!**
- If a HY-TEK file is not possible, the **Official Entry Form** must be used.
- **A completed Meet Summary Sheet MUST accompany each teams entry.**

- If entering 5 or more swimmers using this form, a processing fee of **\$2.00** per swimmer must be included.

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:

- All swimmers may compete in up to 3 events.
- The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit, **OR** combine sessions.
- If limits become necessary, teams will be notified through their club contact.
- If limits are imposed, all eliminated swimmers/teams will receive a full refund.

ENTRIES DUE:

- **All entries must be received by: 11:59 PM, Monday, January 3rd, 2011.**
- NO LATE, FAXED, or PHONED entries will be accepted!
- Entries will not be processed without full payment.

Please send one check per club, made payable to "**Friends' Central School**"

Mail entries to: **Friends' Central Aquatics**
c/o Friends' Central School
1101 City Avenue
Wynnewood, PA 19096-3490

NOTE: Please do not send entries **REQUIRING** a signature. These entries risk being late! For notification, please enclose a self-addressed, stamped postcard/envelope that can be returned, or **email the Meet Director.**

MEET UPDATES: If you are attending this meet, please send an email message to fcamd_turley@verizon.net and you will be put on the Meet email list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.

(Please note: your update email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.)

ENTRY FEES: **\$4.00 per Individual Event**

\$8.00 per Deck Entry

Please send **ONE** check per club, made payable to "**Friends' Central School.**"

- DECK ENTRIES:** Deck Entries may be accepted during the meet at the Meet Director's discretion. If accepted Deck Entries:
- May only be submitted during the first **30 minutes** of each warm-up session.
 - Will be for available lanes **ONLY**. Extra heats will not be added.
 - Will not be accepted after the start of a session.
 - **Swimmers will not be eligible for awards in deck-entered events.**
 - **Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.**

CHECK IN: A Positive Check-in is required for **ALL EVENTS**, which will be swum fastest to slowest. The 1650 will be swum fastest to slowest in alternating heats of Women and then Men. The 400 IM / 500 Free will be swum fastest to slowest, non-alternating.

Swimmers **do not** have to supply their own timer but **are** responsible for providing their own lap counter.

Check-In closes at:

Saturday: 1:30 pm

Sunday: 9:30 am

Scratch Policy:

Failure to swim an event after making a "positive check-in" will result in the Swimmer's disqualification from their next individual event of the meet.

SAFETY: Current USA Swimming Safety Rules will be in effect and will be strictly enforced.

DECK CHAIRS: Due to space limitations and facilities requirements, swimmers will not be permitted to bring "chairs" on deck. This rule does NOT apply to coaches.

AWARDS: Awards will be presented to the following finishers. Please pick up ribbons at the conclusion of the meet.

Individual Events: 1st thru 6th

DECK ACCESS: By USA Swimming ruling, deck access is limited to swimmers, coaches, officials, and meet volunteers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.

START PROCEDURES:

- This Meet will be conducted using the **No Recall** false start rule.
- This Meet will also use the whistle command start.

OFFICIALS: All USA Certified Officials and Trainees are invited to work the meet. Please contact the FCA office at 610-658-5632 ext 2 or Meet Director Jim Turley at fcamd_turley@verizon.net.

ADMISSION: **Admission** - \$ 2.00 per Session. Children under 12 years of age will be admitted free.

Programs - A psych sheet will be included with the price of admission. As soon as the events are seeded, the events will be posted outside the balcony area.

FINAL RESULTS:

- Final Results will be available on the Friends' Central Aquatics website: www.friendscentral.org/fca in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will also be posted on the Middle Atlantic Swimming website: <http://www.maswim.org/>
- Results will not be mailed.

SPECTATORS: Balcony seating is available for up to 125 spectators. We also have a concession area in the lobby. There will also be a swimming equipment vendor on-site during the meet.

VOLUNTEERS: **Volunteer Timers** will be needed for this meet. Volunteers will receive a refund on their admission and access to the hospitality area.

HOSPITALITY: There will be food and drinks available for officials, coaches, and meet volunteers.

HOTELS:

Holiday Inn City Line

4100 Presidential Blvd., Philadelphia, Pennsylvania, USA, 19131
215-477-0200 Toll-free: 800-465-4329

North American Motor Inn

4444 City Line Ave, Philadelphia, Pennsylvania, USA, 19131
215-878-3100

Marriott Philadelphia West

111 Crawford Avenue, West Conshohocken, Pennsylvania, USA, 19428 (off of Rt.76)
610-941-5600 Toll-free: 800-237-3639

Hotel Windsor

1700 Ben Franklin Pkwy, Philadelphia, Pennsylvania, USA, 19103
215-981-5678

<http://www.windsorhotel.com>

DIRECTIONS:

[Click here for a MapQuest.com map of our location.](#)

From 95:

Take 95 to 76 West to Exit 339 (old 33) (City Line Avenue/Route 1).
Go south on City Line Avenue 2 miles.
Cross over Lancaster Avenue (Route 30)
1/2 mile on your right is entrance to campus.

From NJ Turnpike:

NJ Turnpike to Exit 6. Pennsylvania Turnpike. Follow directions for PA Turnpike.

From PA Turnpike:

Get on PA Turnpike to Exit 326 (old 24) (Valley Forge)
After toll; proceed on 76 East (approximately 8 miles)
to Exit 339 (old 33) (City Line Avenue/Route 1).
Go south on City Line Avenue 2 miles.
Cross over Lancaster Avenue (Rt. 30).
1/2 mile on your right is entrance to campus.

SATURDAY – JANUARY 15, 2011

SESSION #1

(Warm-up: 1:00 p.m. – Start: 2:00 p.m.)

Girls		Event Description	Boys	
1	11 & Up	1650 Free	11 & Up	2

The 1650 will be limited to a total of 10 heats, entries will be accepted on a first come first serve basis, as noted in the entries section above. All 1650 heats will be run fastest to slowest with alternating heats of boys and girls. Swimmers need their own lap counters. Swimmers **do not** have to supply their own timer but **are** responsible for providing their own lap counter.

SUNDAY – JANUARY 16, 2011

SESSION #2

(Warm-up: 9:00 a.m. – Start: 10:00 a.m.)

Girls		Event Description	Boys	
3	11 - 12	400 IM	11 - 12	4
5	13 & Up	400 IM	13 & Up	6
7	11 - 12	500 Free	11 - 12	8
9	13 & Up	500 Free	13 & Up	10

All Session 2 heats will be run fastest to slowest, non-alternating.

PLEASE NOTE: THERE WILL BE A FIFTEEN MINUTE WARM UP BETWEEN 11 & 12 AND 13 & OVER EVENTS ON SUNDAY.

Check-In closes for Session 1 (1650) at 1:30 pm, Saturday January 15th.

Check-In closes for Session 2 (400/500) at 9:30 am on Sunday, January 16th.

FCA 1650 & 4x5 "DISTANCE CHALLENGE" SUMMARY SHEET

Team Name: _____ Team Code: _____
Head Coach: _____ LSC Code: _____
Entry Contact: _____ Phone#: _____
Mailing Address: _____
Email Address: _____

SUMMARY:

<u>Number of:</u>	<u>Swimmers</u>	<u>Individual Entries</u>
Girls' totals:	_____	_____
Boys' totals:	_____	_____
TOTALS:	_____	_____

FEE SUMMARY:

Total # of Swimmers _____
Total Individual Events: _____ X \$4.00 = _____
Non-Disk Surcharge _____ X \$2.00 = _____ (For manual entries of 5 or more swimmers, per swimmer)
TOTAL: _____

Make checks payable to **Friends' Central School**

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative

Mail entries to:
Friends' Central Aquatics
c/o Friends' Central School
1101 City Avenue
Wynnewood, PA 19096-3490
DEADLINE: Monday, January 3rd, 2011