



Nittany Lion

AQUATICS

NITTANY LION AQUATIC CLUB

PRESENTS

SWIM FEST 2010 A/BB/C

June 24 – June 27, 2010

Pennsylvania State University
State College, Pennsylvania

Held under the sanction of USA Swimming / Middle Atlantic Swimming Sanction #MA 10101 A

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| LOCATION | The Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs. From Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh. Pool is located at the corner of Bigler Road and Curtain Road |
| FACILITIES | 50 meter heated outdoor 8-Lane facility. Pool depth at the starting end is 12'-6". Water depth at the turn end is 4'-6" feet. The 50m outdoor pool is not record certified for USA swimming. Separate 25yd 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. 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 and swimming apparel will be available throughout the meet. |

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| MEET DIRECTOR | Grant Forrest, 103 Honors Lane, State College, PA, 16803, 814-594-4646 e-mail grant.forrest@comcast.net |
| SAFETY DIRECTOR | MaryLou Houck, Meet day pool emergency phone number, (814) 594-4646 |
| MEET REFEREE | George Houck, gwh2@psu.edu |
| OFFICIALS | Anyone interested in helping with the meet as a USA Swimming certified official should contact George Houck at gwh2@psu.edu Free admission and hospitality for all volunteers. |
| ELIGIBILITY | Open to all 2010 USA Swimming registered swimmers. Swimmers age as of June 24, 2010 will apply for entire meet. The 2010 USA Swimming Rules will apply. 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 (\$114 per swimmer for 2009-10 registration). This applies to all swimmers attached to a club. |
| ENTRY LIMITATIONS | The meet director reserves the right to change the meet format if necessary, to conduct each meet session in a four hour time span for 13 and over. Positive check in and/or scratch policy for all events may be implemented if the meet is over subscribed. If necessary the 800 Freestyle will be swum in a separate session scheduled to begin after Sunday's AM session. If the meet should fill before the entry deadline all unprocessed entries will be returned with a full refund. Penalties will be imposed on swimmers (in accordance with USA/MA LSC rules) when any coach, parent, or swimmer enters a time other than a best time, for any event. <u>LIMITATIONS:</u> 9 - 12 swimmers are permitted four events per day. 13 and over swimmers are permitted three events per day. As a minimum, the 40 fastest times for each event will be accepted for entry. However, we may permit more than 40 entries in a given event provided some of the other events are not filled. |
| WARM-UP | General warm-up will be held. During the final 10 - 15 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. |

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| <p>WARM-UP & START TIMES</p> | <p>Thursday, June 24: (Senior 400FR) Warm up 5:00 PM. Meet begins at 6:30 PM</p> <p>Friday, June 25: AM Session (13-14, 15&O) Warm-up at 7:30 AM, Meet begins at 9:00 AM</p> <p>Friday, June 25: PM Session (9-10, 11-12) Warm-up at 4:00 PM, Meet begins at 5:00 PM</p> <p>Saturday, June 26: AM Session (13-14, 15&O, Senior 400IM) Warm-up at 7:30 AM, Meet begins at 9:00 AM</p> <p>Saturday, June 26: PM Session (9-10, 11-12) Warm-up at 4:00 PM, Meet begins at 5:00 PM</p> <p>Sunday, June 27: AM Session (13-14, 15&O, Senior 800FR) Warm-up at 7:30 AM, Meet begins at 9:00 AM.</p> |
| <p>DECK ENTRIES</p> | <p>Deck entries, if time permits, are \$10.00 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration (USA registration Card or official club roster from SWIMS database). Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards.</p> |
| <p>SWIMMERS WITHOUT A COACH</p> | <p>Swimmers without a coach should report to the meet director before the warm- up of each session.</p> |
| <p>SEEDING</p> | <p>All events are pre-seeded, timed finals EXCEPT the 400 Freestyle, 800 Freestyle and the 400 IM. Positive check in for those events is required.</p> <p>Swimmers must have own timers and counter for the 400 and 800 Freestyle.</p> <p>We will swim the 400 and 800 Freestyle fastest to slowest heats, alternating one heat of girls then one heat of boys.</p> <p>400 IM will swim will swim fastest to slowest heats, alternating one heat of girls then one heat of boys.</p> <p>The MA Scratch policy will be enforced. Policy stated below under Rules. 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 400 and 800 freestyles. SCY and SCM times submitted for these two events will be treated as non-conforming and seeded in the slowest heats.</p> |

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| HOW TO ENTER | <p>ENTRIES/FEES: Email entries of Hytek files are preferred and supersede all other forms of entry. Entries and fees must be accompanied by the MASTER ENTRY FORMS or HY-TEK DISK with hard copy print out. Times must be submitted in the course in which they were achieved. Request signature waiver if using express mail.</p> |
| ENTRY FEES | <p>Entry fees are \$5.00 per individual event. Deck entries, if time permits, are \$10.00 per event. Entries and fees must be accompanied by the Financial Recap form. No phone entries will be accepted. Please make entry fees cheque payable to “NLAC” Fees must be received within 7 days of entry. As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting manual entries for more than 5 swimmers. We have information on the final page of this meet information about a Hy-tek product that is FREE (TM –Lite). This product will assist you in completing your electronic entry.</p> |
| SEND ENTRIES TO | <p>Grant Forrest, 103 Honors Lane, State College, PA, 16803, 814-594-4646 e-mail grant.forrest@comcast.net Request signature waiver if needed.</p> |
| ENTRY DEADLINE | <p>All entries must be received by: 5:00 PM JUNE 10, 2010. No late entries will be accepted.</p> |
| 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. MA Swimming Scratch Policy: 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> |

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| | <p>'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> |
| SCORING & AWARDS | <p>Awards will be based on time achieved. Individuals-Medals: 1st-3rd, Ribbons: 4th-8th.</p> |
| PROGRAMS & ADMISSION | <p>\$4 admission includes heat sheet. Children 12 and under admitted free. Spectators bring your favorite lawn chair/beach blanket for general poolside seating. Teams are encouraged to bring their own portable tent(s) to set up on the grassy areas around the pool. Large party tents are not being provided this year.</p> |
| RESULTS | <p>Results will be posted on the Middle Atlantic Swimming website, www.maswim.org.</p> |

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| DIRECTIONS | 322 to the Penn State Exit (Park Ave). Turn onto Park Ave, follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left. |
| 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> <p>State College Inn (814-237-8005) S. Atherton St. & Branch Rd. State College.</p> <p>Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.</p> <p>Nittany Lion Inn (814-231-7500), 200 West Park Ave., State.</p> <p>Nittany Budget Motel (814-237-7638), 1274 N. Atherton St., State College, \$39.95.</p> <p>Sleep Inn (814-235-1020), 111 Village Dr., State College.</p> <p>The Penn Stater, (814-863-5013), (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.</p> <p>Residence Inn (814) 235-6960 1555 University Dr State College, PA 16801</p> <p><i>Please see State College information at http://www.happyvalley.com/</i></p> |

Coaches, Parents and Swimmers

Please be considerate of our facility. We are asking that each team clean up their trash after each session. Our pool opens to the public in between sessions. All tents set up by teams must be removed after each AM session.

| <u>GIRLS</u> | THURSDAY Session 1 | | BOYS |
|---------------------|----------------------------|-------------------------|-------------|
| 1 | Senior | 400 FREESTYLE | 2 |
| | | | |
| | FRIDAY AM Session 2 | | |
| 3 | 13-14 | 200 BACKSTROKE | 4 |
| 5 | 15&O | 200 BACKSTROKE | 6 |
| 7 | 13-14 | 100 FREESTYLE | 8 |
| 9 | 15&O | 100 FREESTYLE | 10 |
| 11 | 13-14 | 200 BUTTERFLY | 12 |
| 13 | 15&O | 200 BUTTERFLY | 14 |
| 15 | 13-14 | 200 BREASTSTROKE | 16 |
| 17 | 15&O | 200 BREASTSTROKE | 18 |
| | | | |
| | FRIDAY PM Session 3 | | |
| 19 | 9-10 | 200 FREESTYLE | 20 |
| 21 | 11-12 | 200 FREESTYLE | 22 |
| 23 | 9-10 | 100 BACKSTROKE | 24 |
| 25 | 11-12 | 100 BACKSTROKE | 26 |
| 27 | 9-10 | 100 BREASTSTROKE | 28 |
| 29 | 11-12 | 100 BREASTSTROKE | 30 |
| 31 | 9-10 | 50 FREESTYLE | 32 |
| 33 | 11-12 | 50 FREESTYLE | 34 |
| 35 | 9-10 | 50 BUTTERFLY | 36 |
| 37 | 11-12 | 50 BUTTERFLY | 38 |
| 39 | 9-10 | 200 IM | 40 |
| 41 | 11-12 | 200 IM | 42 |
| | | | |

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| | SATURDAY AM Session 4 | | | |
| 43 | 13-14 | 100 BUTTERFLY | | 44 |
| 45 | 15&O | 100 BUTTERFLY | | 46 |
| 47 | 13-14 | 200 FREESTYLE | | 48 |
| 49 | 15&O | 200 FREESTYLE | | 50 |
| 51 | 13-14 | 100 BREASTSTROKE | | 52 |
| 53 | 15&O | 100 BREASTSTROKE | | 54 |
| 55 | Senior | 400 IM | | 56 |
| | | | | |
| | SATURDAY PM Session 5 | | | |
| 57 | 9 – 12 | 400 FREESTYLE | | 58 |
| 59 | 9-10 | 50 BACKSTROKE | | 60 |
| 61 | 11-12 | 50 BACKSTROKE | | 62 |
| 63 | 9-10 | 50 BREASTSTROKE | | 64 |
| 65 | 11-12 | 50 BREASTSTROKE | | 66 |
| 67 | 9-10 | 100 BUTTERFLY | | 68 |
| 69 | 11-12 | 100 BUTTERFLY | | 70 |
| 71 | 9-10 | 100 FREESTYLE | | 72 |
| 73 | 11-12 | 100 FREESTYLE | | 74 |
| | | | | |
| | Sunday AM Session 6 | | | |
| 75 | 13-14 | 100 BACKSTROKE | | 76 |
| 77 | 15&O | 100 BACKSTROKE | | 78 |
| 79 | 13-14 | 200 IM | | 80 |
| 81 | 15&O | 200 IM | | 82 |
| 83 | 13-14 | 50 FREESTYLE | | 84 |
| 85 | 15&O | 50 FREESTYLE | | 86 |
| 87 | Senior | 800 FREESTYLE | | 88 |

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: _____

ENTRY DEADLINE: Thursday, June 10, 2010

Mail Entries To: Grant Forrest, 103 Honors Lane, State College, PA, 16803
814-594-4646

Please make check payable to NLAC. One check per club, please.

ENTRY FEES:

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

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

_____ **Relays @ \$8.00**

_____ **Surcharge @ \$15 per athlete per manual entry**

Subtotal for Entries = \$ _____

Subtotal for Tent(s) = \$ _____

GRAND TOTAL \$ _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

Coach's Signature: _____

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

Nittany Lion Aquatic Club

STANDARD ENTRY FORM FOR INDIVIDUAL
EVENTS AND RELAYS

\$5.00 PER INDIVIDUAL EVENT

USE A SEPARATE SHEET FOR EACH AGE-
GROUP & SEX.

\$8.00 PER RELAY EVENT

USE A SEPARATE SHEET FOR
RELAYS.

| | | | | | | | | | | | | | | | | | |
|----------------|-----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| MEET: | EVENT NR: | | | | | | | | | | | | | | | | |
| TEAM: | NAME: | | | | | | | | | | | | | | | | |
| TEAM INITIALS: | QT: | | | | | | | | | | | | | | | | |

DATES: _____
 AGE GROUP: _____

| NAME LAST, First, MI | AGE | USS # | SEED TIME | | | | | | | | | | | | | | |
|-------------------------|-----|-------|--------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
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PLEASE TALLY IN EACH
DIRECTION:

I ATTEST THAT THE ATHLETES LISTED ABOVE ARE PROPERLY REGISTERED WITH UNITED STATES SWIMMING AND THAT THEY HAVE
THE SEED TIMES RECORDED.

IF YOU HAVE ANY QUESTIONS REGARDING THESE ENTRIES, PLEASE CONTACT
THE MEET DIRECTOR.

ENTRIES WILL NOT BE PROCESSED WITHOUT THIS INFORMATION TOTAL ENTRIES THIS PAGE _____ X _____ =\$ _____

| | | |
|----------------------------|-----------|--|
| TEAM REPRESENTATIVE'S NAME | SIGNATURE | |
|----------------------------|-----------|--|

TEAM REPRESENTATIVE'S e-mail TEAM REPRESENTATIVE'S ADDRESS PHONE

TEAM MANAGER Lite is software designed for a **meet host to distribute to teams** entering the meet so that those teams can send their meet entries to the meet host electronically by disk or over the Internet. **TM Lite** is provided **FREE** to a meet host using **MEET MANAGER** to distribute to the teams entering the meet. The meet host can create TM Lite product CDs to distribute to the participating teams or purchase additional TM Lite CDs from our Sales Office. The participating teams can also download and install TM Lite right from our web site - [Click Here](#) to download TM Lite.

TEAM MANAGER Lite is basically **TEAM MANAGER** with the following features enabled:

- * Standard Set-Up and Options Features
- * Enter Teams, Athletes, Relays, Meets and Browsers
- * Specifying Meet Entry Custom Times by Event or by Name
- * Import of Meet Events from a MEET MANAGER Database
- * Export of Meet Entries to send to the meet host by diskette or over the Internet
- * Meet Entry Report

Please note that TM Lite is supported only by email.

[Click Here](#) to view the **TM Lite Instructions** in Acrobat format.

Hy-Tek Ltd. Sports Software - Download Center - Windows Internet Explorer

http://www.hy-tektd.com/downloads.html

Swimming

- **TEAM MANAGER:** Please Note that the TM 5.0 FREE Service Pack is not available for TM 2.1, TM 3.0, or TM 4.0 Customers. [Click Here](#) for information about upgrading to TM 5.0.
- **MEET MANAGER:** Please Note that the MM 2.0 FREE Service Pack is not available for MM 1.4 Customers. [Click Here](#) for information about upgrading to MM 2.0.

| | | | | |
|------------------------------------|------------------------|----------------------------|---------------------------------|----------------------|
| TEAM MANAGER 5.0 | Update | User Guide | Getting Started | Lite |
| MEET MANAGER 2.0 | Update | User Guide | Getting Started | Demo |
| Sports BUSINESS MANAGER 5.1 | Update | User Guide | Getting Started | Demo |
| Personal SWIM MANAGER 2.1 | Update | User Guide | N/A | Demo |
| TM 4.0Sm - Not supported by HY-TEK | Update | N/A | N/A | N/A |
| MM 1.4Qe - Not supported by HY-TEK | Update | N/A | N/A | N/A |

Track and Field

- **TEAM MANAGER:** Please Note that the Track TM 2.0 FREE Service Pack is not available for Track TM 1.2 Customers. [Click Here](#) for information about upgrading to the Track TM 2.0 CD.
- **MEET MANAGER:** Please Note that the Track MM 2.0 FREE Service Pack is not available for Track MM 1.2 Customers. [Click Here](#) for information about upgrading to the Track MM 2.0 CD.

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|------------------------------------|------------------------|----------------------------|---------------------------------|----------------------|
| TEAM MANAGER 2.0 | Update | User Guide | Getting Started | Lite |
| MEET MANAGER 2.0 | Update | User Guide | Getting Started | Demo |
| TM 1.2Kd - Not supported by HY-TEK | Update | N/A | N/A | N/A |
| MM 1.2Lb - Not supported by HY-TEK | Update | N/A | N/A | N/A |

[Swimming Time Standard and Record Files](#)