

GAAC MAY A-BB-C MEET

May 15-16, 2010

Held under the sanction of Middle Atlantic Swimming, Sanction MA 1037 A

MEET DIRECTOR: : Brian McMillin—610-287-3515
bjmcmillin@verizon.net

SAFETY DIRECTOR: Jeff Hyde--215.542.9095

Location: Germantown Academy, 340 Morris Road, Fort Washington, PA 19034--215.542.9095

Facility: 25 yard, 6 lane pool, entry depth 12' feet, Colorado Timing system, Anti-turbulent lane lines, balcony seating for spectators, snack bar, ample free parking at pool site, near-by lodging and restaurants.

Entries: Entries should be sent compatible with Hy-tek Meet Manager. You may e-mail entries to Brian McMillin at bjmcmillin@verizon.net **Limited to 5 individual entries/day**. Swimmers must enter with their best times or be subject to penalties set by Middle Atlantic Swimming. (These penalties could include a swimmer's suspension from competition for a minimum of 3 months, but not more than one year.) If a swimmer does not have an official time, please enter NT. Meet Director reserves the right to limit the number of entries/event in order to conduct a fair meet. If this is necessary, those affected will notified prior to the date of the meet and will be issued a refund.

ALL ENTRIES MUST BE VIA E-MAIL BY Noon (12PM) April 30, 2010. Please send a hard copy of your entries along with a check to: Brian McMillin, 125 Markley Road, Schwenksville, PA 19473. All payments should include a Meet Summary and PRINTED COPY of the entry (from Team Manager sorted by Name). Payments must be received no later than Friday, May 7, 2010 - if payment is not received you will be removed from the meet. This meet is a pre-seeded, timed final meet. No late entries will be accepted.

INFORMATION FOR EMAILING HAND ENTRIES IS ON THE MEET SUMMARY PAGE - page 3 at bottom.

DECK ENTRIES - \$8/entry - WILL BE ACCEPTED AT THE DISCRETION OF THE MEET DIRECTOR. **Swimmers not already entered in the meet must provide proof of current USA Swimming registration**. Deck-entered swimmers will compete unofficially; the time achieved is official but will not be awarded. Please see the meet director before warm-ups.

Eligibility: The meet is open to all swimmers registered with USA Swimming for 2010 and will be conducted according to current USA Swimming Code of Regulations. Swimmers' age as of the first day of the meet governs the age for the entire meet. Any swimmer who is unattached or not accompanied by a coach will be assigned to a team area with a coach.

Fees: \$4.00/individual event. **If entries are not electronic please add a \$5/athlete surcharge for processing of hand entries for 5 or more swimmers.** Make checks payable to GAAC and mail to Brian McMillin, 125 Markley Road, Schwenksville, PA 19473. Any questions??--contact Brian McMillin at bjmcmillin@verizon.net.

Awards: "A"--Medals 1st thru 3rd, Ribbons 4th thru 6th; "B"--Rosettes 1st thru 3rd, Ribbons 4th thru 6th; "C"--Ribbons 1st thru 6th. They will be based on the level at which the swimmer entered the meet. Awards will be available after last session.

Awards will be mailed to the teams following the meet if an address is provided.

Warm-up: USA Swimming and MA Safety Regulations will be in effect

First half hour	Circle Swimming in all lanes
Second half hour	Lanes 3 and 4 - Circle Swimming
	Lanes 1, 2, 5, 6 - Sprint Lanes - dive in sprints from starting end - one way

Start procedure: '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.

Admission: \$3.00/session - includes heat sheet

Meet Results: Will be posted to the Middle Atlantic website (www.maswim.org) and transmitted by email to any club that provides a valid email address. Meet results will not be mailed to the clubs.

Only 2010 USS Certified Coaches and Officials will be allowed on deck. You must wear your card at all times.

Directions to Pool:

Take exit 339 of PA Turnpike--Ft. Washington. Through tolls stay in left lane to end of road, then go right (Pennsylvania Avenue). Follow to dead end and turn left (Old Bethlehem Pike). At first light make a right—Lafayette Connector. Go straight through the next light into Germantown Academy entrance. Arrows posted for walk through quad and building to pool entrance. Lockerrooms on lower level.

Lodging:

Best Western, 285 Commerce Drive, Ft. Washington (exit 339 PA Tpke)	215-542-7930	5 minutes from pool
Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington (exit 339 PA Tpke)	215-646-4637	5 minutes from pool
Holiday Inn, 432 Pennsylvania Ave., Ft. Washington (exit 339 PA Tpke)	877-863-4780	5 minutes from pool

Restaurants: Adjacent to all the hotels -- from fast food to sit-down family oriented. All are inexpensive and moderately priced. Many others on Old Bethlehem Pike.

*****If you are interested in officiating or timing at the meet please contact Jeff Hyde 215.540.9766 or the meet directors at email addresses above.**

VOLUNTEERS WILL BE PROVIDED WITH PROGRAMS (and refreshments) FOR THE ENTIRE MEET.

GAAC MAY A-BB-C MEET
May 15-16, 2010

Saturday, May 15

Sunday, May 16

*Session 1--Warm-up 8am; Start 9am

*Session 3--Warm-up 8am; Start 9am

GIRLS #	EVENT	BOYS #	GIRLS #	EVENT	BOYS #
1	150V 200 FR	2	43	Senior 500 FR	44
3	11-12 100 FR	4	45	11-12 50 FR	46
5	Senior 200 BK	6	47	150V 100 BK	48
7	11-12 50 BK	8	49	11-12 100 BK	50
9	150V 100 BR	10	51	Senior 200 BR	52
11	11-12 100 BR	12	53	11-12 50 BR	54
13	Senior 200 FL	14	55	150V 100 FL	56
15	11-12 50 FL	16	57	11-12 100 FL	58
17	Senior 400 IM	18	59	150V 200 IM	60
19	150V 100 FR	20	61	11-12 200 IM	62
21	11-12 100 IM	22	63	150V 50 FR	64

Session 2--Warm-up 12:30pm; Start 1:30pm

Session 4--Warm-up 12:30pm; Start 1:30pm

GIRLS #	EVENT	BOYS #	GIRLS #	EVENT	BOYS #
23	9-10 50 FR	24	65	9-10 100 FR	66
25	13-14 100 FR	26	67	13-14 200 FR	68
27	9-10 100 BK	28	69	9-10 50 BK	70
29	13-14 200 BK	30	71	13-14 100 BK	72
31	9-10 50 BR	32	73	9-10 100 BR	74
33	13-14 100 BR	34	75	13-14 200 BR	76
35	9-10 100 FL	36	77	9-10 50 FL	78
37	13-14 200 FL	38	79	13-14 100 FL	80
39	9-10 200 IM	40	81	9-10 100 IM	82
41	13-14 50 FR	42	83	13-14 200 IM	84

*Warm-up and start times are subject to change if length of morning session warrants such.
We reserve the right to combine sessions in order to run a quality meet.
We reserve the right to swim the 500 FR and 400 IM on Friday evening, May 14, 2010 if entries warrant.

We will notify you of any changes by Wednesday, May 5, 2010.

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THIS FORM MUST ACCOMPANY THE TEAM MANAGER HARD COPY AND CHECK

Team Name: _____ Club Code: _____

Head Coach: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: Home() _____ Office:() _____

Email address: _____ for results and other information.

ENTRY FEES:	Girls events _____	@ \$4.00	\$ _____
	Boys events _____	@ \$4.00	\$ _____
	Hand entry surcharge - \$5/swimmer		
	# of swimmers _____	@ \$ 5.00	\$ _____
	Total		\$ _____
	Checks made payable to GAAC		

Club contact person: If there is a problem with this entry, who may we call that will be available to assist us.

Name: _____

Phone #:() _____

Email: _____

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All payments should include a Meet Summary and PRINTED COPY of the entry (from Team Manager sorted by Name). Payments must be received no later than May 7, 2010 - if payment is not received you will be removed from the meet.

****Please send all entries via e-mail. If you do not have access to Hytek please e-mail your entries with the following information:

Last name, First name, birth date, club affiliation, USS number ,Sex , events , time. Please provide contact information and mail meet summary with the check to:

**Brian McMillin
125 Markley Road
Schwenksville, PA 19473**