

NRG Mini Invitational Meet

Saturday, May 15th, 2010

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 10104 M

- SITE DIRECTOR:** Bob Worrell
- SAFETY DIRECTOR:** Beth Wible
- INQUIRIES:** Questions should be referred to Raymond Keown at (215) 715-4290 or at rkeown@nrgswim.com
- MEET LOCATION:** Neshaminy's Poquessing Middle School Pool, 300 Heights Lane Feasterville, PA 19053
Emergency pool phone number. (Day of Meet Only) (215)715-4290
- FACILITY:** 6 Lane – 25 Yard pool – Wave Eater Lane Lines – Manual Timing – Paragon Starting Blocks – 9Ft Depth at Starting End – 3Ft 6IN at the Turn End - Spectator Seating for 300 – Parking for 300 Vehicles – The competition course has not been certified in accordance with 104.2.2C(4). Refreshments will be available at Concession Stand.
- OFFICIALS:** All USA Certified Officials and Trainees are invited to work the meet. Please contact the NRG Office by phone at (215)715-4290 or e-mail at rkeown@nrgswim.com
- MEET FORMAT:** Pre-Seeded – Timed Finals – 1 Session
General Warm-up: 1:00-1:55pm
Sprint Lanes 1 & 6: 1:40-1:55pm (Subject to change based on need).
Meet Start Time: 2:00pm
- ELIBILITY:** Open to all 8 & Under swimmers registered with USA Swimming and will be conducted according to current USA Swimming rules. Swimmer's age as of day of meet governs age group entry. 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.
- ENTRIES:** Swimmers may enter a maximum of **5 Individual** events and **1 Relay**. Swimmers must enter best time in each event. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for an event. Penalties may include fines or suspension set by Middle Atlantic.
- E-Mailed Computer Entries:** Entries attached to an e-mail, using Hy-Tek Meet Manager software are preferred. The e-mail should include the number of entries and swimmers, coach and team contact, their addresses and telephone numbers to enable resolution of any discrepancies in the entries as soon as possible.
- Mailed Computer Entries:** Entries may be submitted on a CD using Hy-Tek Meet Manager software with a printout of the entries accompanying the disk. **Do not send a CD if entries are submitted by e-mail.** The electronic data will be the official version of the meet entries.
- Manual Entries:** Submit entries on the official entry form, using yard times, legibly printed with current USA registration numbers for each athlete. There will be a \$2.00 per swimmer surcharge for any team with 5 or more swimmers that submit their entries manually.
- NRG Swimming reserves the right to limit entries to comply with Middle Atlantic rules and space availability of the facility. Refunds will be given to eliminated swimmers.
- No post entries** will be accepted. **Deck entries** will be accepted upon discussion with the Meet Director and provided there is lane availability within existing heats. Fees for deck entries will be paid prior to the event(s).

ENTRY FEES: \$4.00 per Event \$8.00 per Relay. \$6.00 Deck Entries. \$5.00 Per Swimmer for any team with 5 or more swimmers that does not submit its entries on disk using Hy-Tek software.

Make check payable to: **NRG Swimming**
Mail Entries to: 39 Hardy Rd, Levittown, PA 19056
E-Mail Entries to: rkeown@nrgswim.com

ENTRY CLOSE: All entries must be received by **Wednesday, May 5th @ 6:00pm.**

RULES: This meet will be conducted according to current USA Swimming and MA Swimming rules. USA Swimming and MA Swimming safety guidelines and warm-up procedures will be effect for the entire meet.

This meet will be conducted using the Whistle command, supplemented with verbal commands, and No-Recall False Start procedures.

No Diving in warm-up lanes except in designated sprint lanes. Sprint lanes will be announced during warm-up.

All relay starts from the **shallow end** of the pool will **start from the water.**

Coaches are asked to place themselves at the end of each lane during warm-up and supervise the swimmers in their lanes.

Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.

AWARDS:

Individual Events	Rosettes 1st through 3 rd and Ribbons 4 th through 24 th
Relays	Ribbons 1 st through 3 rd
Heat Winner Ribbons	

RESULTS: Results will be posted on the NRG Swimming web site @ (www.nrgswim.com) and Middle Atlantic Swimming web site @ (www.maswim.org)

Results will not be mailed to clubs, but will be transmitted by E-Mail to any club that provides an E-Mail address with their entries.

ADMISSION: Adults only \$3.00 for program and admission per session.
Admissions without program will be \$2.00 per person.

DIRECTIONS: From I-95 or Rt 1,
Take Street Rd W exit, travel W on Street Rd to Central Ave (first light after Philmount Ave). Make a right onto Central Ave. At the stop sign, make a left onto Heights Ln. Parking lot is at the back left of the building. Pool entrance is located directly behind the building.

UNATTACHED & SWIMMERS WITHOUT COACHS:

An NRG coach will supervise swimmers unaccompanied by their team coach. Please report to the Meet Director on deck when you arrive.

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EVENTS

Girls				Boys	
1	25 Free	5 & Under	25 Free		2
3	25 Free	6 Year Olds	25 Free		4
5	25 Free	7 Year Olds	25 Free		6
7	25 Free	8 Year Olds	25 Free		8
9	50 Free	8 & Under	50 Free		10
11	100 Free	8 & Under	100 Free		12
13	25 Back	5 & Under	25 Back		14
15	25 Back	6 Year Olds	25 Back		16
17	25 Back	7 Year Olds	25 Back		18
19	25 Back	8 Year Olds	25 Back		20
21	25 Brst	6 & Under	25 Brst		22
23	25 Brst	7 Year Olds	25 Brst		24
25	25 Brst	8 Year Olds	25 Brst		26
27	25 Fly	6 & Under	25 Fly		28
29	25 Fly	7 Year Olds	25 Fly		30
31	25 Fly	8 Year Olds	25 Fly		32
33	100 IM	7 & Under	100 IM		34
35	100 IM	8 Year Olds	100 IM		36
37	100 Fr. Relay	6 & Under	100 Fr. Relay		38
39	100 Fr. Relay	7 Year Olds	100 Fr. Relay		40
41	100 Fr. Relay	8 Year Olds	100 Fr. Relay		42

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NRG SWIMMING
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This Form Must Accompany the Official Entries

Team Name _____ Club Code _____

Head Coach _____ E-Mail _____

Address _____

City _____ State _____ Zip Code _____

Telephone () _____

Individual Event Fees: _____ @ \$4.00 \$ _____

Relay Event Fees: _____ @ \$8.00 \$ _____

Manual Entry Processing Fee _____ swimmers @ \$5.00 \$ _____

(For Non-Disk Entry Swimmers Only)

Total \$ _____

I certify that all swimmers from this team entered in the NRG Mini Invitational are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach _____

NRG SWIMMING

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Meet Entry Form

Reproduce this form to accommodate the total number of swimmers for your team.

Team Information: Fill out Summary Form.

Contact Information: Coach - Team Representative - Parent
(Please Circle One)

Contact Address if different from Team Address: _____

Contact E-Mail Address: _____ (Results will be sent E-mail)

Contact Phone Number: _____ (Include Area Code)

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Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2010 year)

Male or Female: (Please Circle One)

Event Information:

	Event #	Age Group	Event Description	Time
Example	2	5 & Under	25 Free	31.72
1				
2				
3				
4				
5				

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Swimmer's Information:

Swimmer's Name: _____
First Middle Initial Last

Swimmer's Birth Date: _____

USA Registration number: _____ (Must be accurate and current for 2010 year)

Male or Female: (Please Circle One)

Event Information:

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