

EMMAUS AQUATIC CLUB

SUSAN H. BAKER MEMORIAL MINI MEET

Saturday – October 10, 2009

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1016 M

LOCATION	Emmaus High School 500 Macungie Ave. Emmaus, PA 18049 Day of meet ONLY emergency phone #610-533-3966
FACILITIES	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet for 50's, 100's & 200's, Entry depth 4 Feet for 25's & 100 Yd. Relay Events for 2 nd & 4 th Swimmers. Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hy-Tek Software, Spectator seating is separate balcony seating for 450, Parking capacity 1000, Snack Bar will be available.
MEET DIRECTOR	Mike Seip / John Kline 610-965-5800, emacswim@rcn.com
SAFETY DIRECTOR	Mike Seip / John Kline 610-965-5800
OFFICIALS	Kelly Woltornist, 610-965-5800, emacswim@rcn.com
ELIGIBILITY	Open to any 8 & Under swimmer registered with USA Swimming for 2009-10. Swimmer's age is as of 10/10/09.
ENTRY LIMITATIONS	Swimmer may swim a maximum of 5 individual events in his/her age category, and up to 2 relays. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.

<p>ORDER OF EVENTS</p> <p>WARM-UP & START TIMES</p>	<p>Please see attached order of events. All events are pre-seeded timed finals. Warm Ups begin at 12:00PM. Meet at 1:00PM. No diving during warm-ups, except limited diving in announced sprint lanes. When diving is permitted the swimmer must enter from the starting blocks and exit from the opposite end of the pool. All entries must be feet-first other than the above-mentioned.</p>
<p>DECK ENTRIES /TIME TRIALS</p>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of the meet at the cost of \$8.00 per event.. Swimmers not already entered in the meet must provide proof of USA Swimming registration. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups.</p>
<p>SEEDING</p>	<p>All events are pre-seeded timed finals.</p>
<p>HOW TO ENTER</p>	<p>Entries must be submitted using Hy-Tek software, and must be submitted in the course in which they were achieved. Supporting paperwork and recap sheet must accompany all entries. Non-electronic entries must use enclosed forms.</p>
<p>ENTRY FEES</p>	<p>\$4.00 per individual event; \$8.00 per relay.</p>
<p>SEND ENTRIES TO</p>	<p>Mail entries to EMAC, PO Box 3304, Allentown PA 18106-0304. Phone 610-965-5800, Fax 610-965-7704</p> <p>Entries may be emailed to: emacswim@rcn.com</p> <p>Make checks payable to Emmaus Aquatic Club</p>
<p>ENTRY DEADLINE</p>	<p>Friday, September 25, 2009</p> <p>No late entries will be accepted.</p>

<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command, supplemented with verbal commands, and No-Recall False Start procedures.</p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p>
<p>SCORING & AWARDS</p>	<p>Ribbons – First through eighth place, Heat Winner ribbons. Awards are based on times achieved at this meet.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Programs \$3.00; Admission \$3.00 per spectator; Children under 5 yrs. admitted free. Volunteer workers admitted free.</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org and on the EMAC' website www.emacswim.org</p>
<p>DIRECTIONS</p>	<p>From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East or West to 309 South to Cedar Crest Blvd. Turn right at bottom of ramp; stay on Cedar Crest approx. 4 miles, high school football stadium will be on left, turn left onto North St. Use entrance located near the tennis courts, the words "Sports Center" are directly above these doors.</p>
<p>ACCOMODATIONS</p>	<p>Holiday Inn Express 3620 Hamilton Blvd. Allentown, PA 610-437-9255</p> <p>Comfort Suites 3712 Hamilton Blvd. Allentown, PA 610-437-9100</p>

Susan Baker Memorial Mini Meet

1	Girls 8 & Under 100 Medley Relay
2	Boys 8 & Under 100 Medley Relay
3	Girls 8 Year Olds 25 Freestyle
4	Boys 8 Year Olds 25 Freestyle
5	Girls 7 Year Olds 25 Freestyle
6	Boys 7 Year Olds 25 Freestyle
7	Girls 6 & Under 25 Freestyle
8	Boys 6 & Under 25 Freestyle
9	Girls 8 Year Olds 25 Backstroke
10	Boys 8 Year Olds 25 Backstroke
11	Girls 7 Year Olds 25 Backstroke
12	Boys 7 Year Olds 25 Backstroke
13	Girls 6 & Under 25 Backstroke
14	Boys 6 & Under 25 Backstroke
15	Girls 8 Year Olds 25 Breaststroke
16	Boys 8 Year Olds 25 Breaststroke
17	Girls 7 Year Olds 25 Breaststroke
18	Boys 7 Year Olds 25 Breaststroke
19	Girls 6 & Under 25 Breaststroke
20	Boys 6 & Under 25 Breaststroke
21	Girls 8 Year Olds 25 Butterfly
22	Boys 8 Year Olds 25 Butterfly
23	Girls 7 Year Olds 25 Butterfly
24	Boys 7 Year Olds 25 Butterfly
25	Girls 6 & Under 25 Butterfly

26	Boys 6 & Under 25 Butterfly
27	Girls 8 Year Olds 100 IM
28	Boys 8 Year Olds 100 IM
29	Girls 7 & Under 100 IM
30	Boys 7 & Under 100 IM
31	Girls 8 Year Olds 50 Freestyle
32	Boys 8 Year Olds 50 Freestyle
33	Girls 7 & Under 50 Freestyle
34	Boys 7 & Under 50 Freestyle
35	Girls 8 Year Olds 50 Backstroke
36	Boys 8 Year Olds 50 Backstroke
37	Girls 7 & Under 50 Backstroke
38	Boys 7 & Under 50 Backstroke
39	Girls 8 Year Olds 50 Breaststroke
40	Boys 8 Year Olds 50 Breaststroke
41	Girls 7 & Under 50 Breaststroke
42	Boys 7 & Under 50 Breaststroke
43	Girls 8 Year Olds 50 Butterfly
44	Boys 8 Year Olds 50 Butterfly
45	Girls 7 & Under 50 Butterfly
46	Boys 7 & Under 50 Butterfly
47	Girls 8 & Under 100 Freestyle Relay
48	Boys 8 & Under 100 Freestyle Relay

Emmaus Aquatic Club
Susan H. Baker Memorial Mini Meet
Meet Summary Sheet
This form **MUST** accompany all team entries.

Team Name: _____ Team Code: _____

Head Coach: _____

Address: _____ City/State/Zip _____

Telephone: _____

E-mail: _____ Fax: _____

Mail Entries to: EMAC
PO Box 3304
Allentown, PA 18106-0304

Entry Deadline: Friday, September 25, 2009

_____ Girls Individual Events @ \$4.00	\$ _____
_____ Girls Relays @ \$8.00	\$ _____
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_____ Boys Relays @ \$8.00	\$ _____
_____ Non-disk fee of \$5.00/swimmer (For 5 or more swimmers not entered on disk)	\$ _____
Total # Entries	_____
Total	\$ _____

Person to contact for questions concerning entries, fees, etc.
This person is responsible for receiving messages about any changes to meet times, format, etc.

Name: _____

Phone: _____

E-mail: _____

Fax: _____

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

