

NRG Mini Invitational Meet

Saturday, January 13, 2001

Held Under The Sanction of Middle Atlantic Swimming,
Sanction # 0133M

SITE DIRECTOR: Kathy Williams

SAFETY DIRECTOR: Kathy Trabosh

MEET LOCATION: Neshaminy Middle School, 1200 Langhorne-Newtown Rd, Langhorne, PA 19047

FACILITY: 6 Lane – 25 Yard pool – Wave Eater lane Lines – Manual Timing – Paragon Starting Blocks – 9Ft Depth at Starting End – Spectator Seating for 300 – Parking for 300 Vehicles – Refreshments Available at Concession Stand.

MEET FORMAT: Pre-Seeded – Timed Finals – Two Sessions
NRG reserves the right to combine sessions if the meet is small.

Boys Session #1

Warm-up: 1:00pm
Sprint Lanes 1 & 6: 1:15-1:25pm
Start: 1:30pm

Girls Session # 2

Warm-Up: 4:00pm
Sprint Lanes 1 & 6: 4:15-4:25pm
Start: 4:30pm

ELIBILITY: Open to all swimmers eight years old and younger who are registered with USA Swimming and will be conducted according to current USA-S rules. Swimmer's age as of day of meet governs age group entry.

RULES: The meet will be conducted according to current USA and MA safety regulations.

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.

Deck access is limited to coaches and officials displaying current and proper USA credentials.

ENTRIES: Swimmers may enter a maximum of **5 Individual** events and **2 Relays**.

Computer Entries: Entries submitted on a 3.5" disk using Hy-Tek Software is preferred, with a print out of the entries accompanying the disk.

Manual Entries: Submit entries on official entry form, using yard times, legibly printed with current USA registration numbers for each athlete or entries will be refused. 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.

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: \$2.50 Per Event \$6.00 Per Relay. \$4.00 Deck Entries. \$2.00 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 Support Group**
Mail Entries to: 56 Whitewood Drive, Levittown, PA 19057

ENTRY CLOSE: All entries must be received by **Wednesday, January 3, 2001 @ 6:00pm.**

RESULTS: Results will be posted on the NRG Swimming web site @ (www.Voicenet.com/~nrgswim) 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.

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	

ADMISSION: \$3.00 for program & admission per session.

DIRECTIONS: **From I-95:** Take I-95 to Newtown exit. Take Rt. 332 (towards Newtown) to Rt. 413. Make a left onto Rt. 413. The school will be the first light about a 1/2 mile ahead across from St. Mary's Hospital. Make a right into the school. Park in lot behind the school. Enter through doors marked pool.

From PA Turnpike: Take the PA Turnpike to (Exit 28 – Phila). Take Rt. 1 North to Rt. 413. Exit at the Langhorne Rt. 413 exit. Go North on Rt. 413 for 4 lights. School will be on your left, across from St. Mary's Hospital. Park in lot behind the school. Enter through doors marked pool.

UNATTACHED & SWIMMERS WITHOUT THEIR COACH:

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

OFFICIALS: All USA Certified Officials and Trainees are invited to work the meet. Please contact the NRG Office at 215-945-9091 or NRG's Head Official, Dale Carmody at 215-968-6036.

INQUIRIES: Questions should be referred to Kathy Trabosh at (215) 945-9091

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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	25 Back	5 & Under	25 Back	12
13	25 Back	6 Year Olds	25 Back	14
15	25 Back	7 Year Olds	25 Back	16
17	25 Back	8 Year Olds	25 Back	18
19	50 Back	8 & Under	50 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	50 Brst	8 & Under	50 Brst	28
29	25 Fly	6 & Under	25 Fly	30
31	25 Fly	7 Year Olds	25 Fly	32
33	25 Fly	8 Year Olds	25 Fly	34
35	50 Fly	8 & Under	50 Fly	36
37	100 IM	7 & Under	100 IM	38
39	100 IM	8 Year Olds	100 IM	40
41	100 Fr. Relay	6 & Under	100 Fr. Relay	42
43	100 Fr. Relay	7 Year Olds	100 Fr. Relay	44
45	100 Fr. Relay	8 Year Olds	100 Fr. Relay	46

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

NRG SWIMMING
Mini Invitational Meet
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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: _____ @ \$2.50 \$ _____

Relay Event Fees: _____ @ \$6.00 \$ _____

Manual Entry Processing Fee _____ swimmers @ \$2.00 \$ _____
(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 _____

