

GOLDEN RAM AQUATICS

“MINI MEET”

FEBRUARY 20TH, 2010

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1019 M

LOCATION	West Chester University, South Campus Pool South New Street West Chester, PA 19380 Day of meet ONLY emergency phone 610-436-2127 (pool office) or 610-662-3436 (Meet Director)
FACILITIES	Golden Ram Aquatics has a 6 lane, 25 yd. pool, 8 ft. deep at both ends with Competitor Anti-Wave lane lines. Colorado timing equipment with a 6 lane scoreboard is utilized. There is a separate 6 lane warm-up pool. Seating capacity is 750. Ample, on-site parking is free. Refreshments and snack bar will be available during the meet. There will also be a hospitality room available for coaches, officials and volunteers working the meet.
MEET DIRECTOR	Dana Halkowski 610-662-3436
SAFETY DIRECTOR	Debbie McMahon 610-429-0488
OFFICIALS	Scheduled meet referee is Donna Barnum. We welcome any certified officials interested in working this meet. Please call the Meet Director with name, address and telephone number and availability. Walk-ons appreciated.
ELIGIBILITY	This meet is open to all swimmers ages 8 & Under who are currently registered with USA Swimming. The swimmer's age on the day of the meet governs age group participation for the meet. Swimmers may enter a maximum of 5 individual events plus a relay. The Freestyle Relay is a Crescendo Freestyle Relay. The relay may contain any combination of boys and/or girls but must have 2 swimmers ages 6 & Under and 2 swimmers ages 7 and/or 8.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.
ENTRY DEADLINE	No entries will accepted before 6 pm on Sunday, November 15th, 2010 in order to avoid confusion with November meet entries. All entries must be received no later than 6PM on Thursday, February 4th, 2010. No early or late entries will be accepted.
ENTRY FEES	\$4.00 per Individual Event

<p>ORDER OF EVENTS</p> <p>WARM-UP & START TIMES</p>	<p>An Order of events page is included with this invitation which should be referred to for the Event #, swimmer's age and Event Name.</p> <p>Warm-Up is 11:30 AM and Start Time is 12:30 PM</p> <p>The warm-up period will be divided into 2 sessions. The warm-up schedule will be distributed on-site in the coach's packets. All entries during general warm-up must be from the starting end, feet first, in a cautious manner. NO DIVING off blocks or edge of pool during this time. During the last 15 minutes of warm-ups, the deep pool will be open for sprints. Racing starts only, swim one length of the pool and exit at opposite end. All starts during warm-up begin at starting block end. Absolutely NO DIVING in warm-up pool at any time. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will cause the swimmer to be disqualified for the remainder of the meet.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups. Meet packets for "non-coached" swimmers will be available at the programs table. Warm-up times for "non-coached" swimmers will be posted along with team warm-up times. There will be a bench designated for "non-coached" swimmers alongside the pool.</p>
<p>AWARDS</p>	<p>Individual Events: 1st through 3rd Rosettes, 4th through 16th Ribbons</p> <p>Relay Event: 1st through 3rd Ribbons</p> <p>All awards must be picked up at the meet. No awards will be mailed.</p>
<p>PROGRAMS & ADMISSION</p>	<p>No admission charge.</p> <p>Program cost is \$3.00 (All sessions included)</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org.</p> <p>Results will not be mailed to clubs, but will be transmitted by e-mail to any club that provides their entries via e-mail.</p>
<p>DIRECTIONS TO POOL</p>	<p>From North: PA turnpike to Exit 312/Downingtown, Rte. 100 S. to Rte. 202 S. Continue on 202 S. past High St. exit – Turn right onto Pleasant Grove Rd., which is the 1st right after Stetson Middle School (large Presbyterian Church on corner beyond turn) – Turn right at stop sign onto New St. – Follow 1.5 mile past University Farrell Stadium – Turn right into athletic building parking lot – Proceed to back of lot to glass enclosed Natatorium entrance at left rear corner of building.</p> <p>From South: Rte. 202 N. – Turn left onto Rte. 926 – Take 1st right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>
<p>ACCOMODATIONS</p>	<p>Holiday Inn West Chester: 943 S. High St., West Chester, 19382 Phone: 610-692-1900</p> <p>Microtel Inn & Suites: 500 Willow Brook Lane, West Chester, 19382 (off Route 202 at the Matlack St. exit -Spaz Beverage, Kelly's Sports & Federal Express on corners). Phone: 610-738-9111</p> <p>Comfort Inn Brandywine Valley: 1310 Wilmington Pike/Route 202, West Chester, PA, 19382 just past Dilworthtown Rd. Phone: 610-399-4600</p>

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ORDER OF EVENTS

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Girls Event #	Event Description	Boys Event #
1	8 & Under 100 Free	2
3	5 & Under 25 Free	4
5	6 Year Old 25 Free	6
7	7 & 8 Year Old 25 Free	8
9	8 & Under 50 Free	10
11	8 & Under 100 Fly	12
13	6 & Under 25 Fly	14
15	7 & 8 Year Old 25 Fly	16
17	8 & Under 50 Fly	18
19	8 & Under 100 Back	20
21	5 & Under 25 Back	22
23	6 Year Old 25 Back	24
25	7 & 8 Year Old 25 Back	26
27	8 & Under 50 Back	28
29	8 & Under 100 Breast	30
31	6 & Under 25 Breast	32
33	7 & 8 Year Old 25 Breast	34
35	8 & Under 50 Breast	36
37	7 & Under 100 IM	38
39	8 Year Old 200 IM	40
41	Crescendo Relay (Any combination of boys and/or girls – (2) 6&U and (2) 7 and/or 8 year olds)	41

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MEET ENTRY FORM SUMMARY OF EVENTS

******* This form, properly completed, must accompany all entries! *******

Team Name: _____ Team Abbreviation: _____
Head Coach: _____ Phone: _____
Address: _____
City: _____ State: _____ Zip: _____
Contact: _____ Phone: _____
E-Mail: _____

Number of GIRL swimmers: _____
Female Individual Entries: _____ x \$4.00 = Entry Fees GIRLS: _____
Number of BOY swimmers: _____
Male Individual Entries: _____ x \$4.00 = Entry Fees BOYS: _____
Total # of Swimmers: _____
Total Individual Entries: _____ x \$4.00 = Total Enclosed: _____

ENTRY DEADLINE IS 6PM THURSDAY, FEBRUARY 4TH, 2010.

Make check payable to: **GRA PARENTS CLUB**

Mail entries to:

Golden Ram Aquatics
c/o Chris McCormick
PO Box 548
West Chester PA 19380

610-637-5612 (cell)

cmccormick1@comcast.net

I ATTEST THAT THE ENTERED ATHLETE SARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT
THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

Signature of head coach or authorized team representative

