

# EMMAUS AQUATIC CLUB

## FALL A/BB/C INVITATIONAL

NOVEMBER 13-15, 2009

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1017 A

<b>LOCATION</b>	Emmaus High School Natatorium 500 Macungie Ave. Emmaus, PA 18049  Day of meet ONLY - emergency phone #610-533-3966
<b>FACILITIES</b>	6 Lane, 25 Yd. Indoor Pool, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hy-Tek Software, Spectator seating is separate balcony seating for 420, Parking capacity 1000, Snack Bar will be available.
<b>MEET DIRECTOR</b>	Mike Seip / John Kline 610-965-5800 <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a>
<b>SAFETY DIRECTOR</b>	Mike Seip / John Kline 610-965-5800
<b>OFFICIALS</b>	Kelly Woltornist, 610-965-5800 <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a>
<b>ELIGIBILITY</b>	Open to any swimmers 9 & older currently registered with USA Swimming for 2009-10. Swimmer's age is as of 11/13/09.
<b>ENTRY LIMITATIONS</b>	Swimmer may swim a maximum of 4 individual events and 1 relay in his/her age category per day.  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 refund. <b>Please be advised that the # of heats of the 1650 may be limited.</b>

<p><b>ORDER OF EVENTS</b></p> <p><b>WARM-UP &amp; START TIMES</b></p>	<p>Please see attached order of events. All events are pre-seeded timed finals, except events 1-4, 29-30, &amp; 83-84 which require positive check-in. <b>Session 1 – Warm Up 5:00 PM, Meet 6:00 PM; <u>POSITIVE CHECK-IN IS REQUIRED BY 5:15 PM!!</u></b>  <b>Sessions 2 &amp; 4 – Warm Up 7:00 AM, Meet 8:15 AM</b>  <b>Sessions 3 &amp; 5 – Warm Up 12:00 noon, Meet 1:00 PM; <u>POSITIVE CHECK-IN FOR 400 IM &amp; 500 FREE IS REQUIRED BY 12:30 PM!!</u></b></p> <p>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><b>DECK ENTRIES /TIME TRIALS</b></p>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on each day of the meet, prior to the start of each session, 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><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.</p>
<p><b>SEEDING</b></p>	<p>All events (except 1-4, 29, 30, 83, 84) are pre-seeded timed finals. <b><u>Positive check-in is required for the 1650 and 400 IM in Session 1; check-in is at 5:15PM at the scorer's table. Positive check in is also required for the 400IM in session 3 and the 500 in session 5. Please check-in at the scorer's table by 12:30pm.</u></b>  Any swimmer who does not swim an event for which they have positively checked in will be barred from their next individual event.  Heat sheets will be posted after check-in is completed. <b><u>The 400 IM and the 1650 freestyle will be swum fastest to slowest, alternating girls and boys heats. 1650 freestyle swimmers must provide their own timer and counter. 500 freestyle swimmers must provide their own counter.</u></b></p>
<p><b>HOW TO ENTER</b></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 be on the enclosed entry forms.</p>

<b>ENTRY FEES</b>	\$4.00 per event. \$8.00 per relay.
<b>SEND ENTRIES TO</b>	<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 <a href="mailto:emacswim@rcn.com">emacswim@rcn.com</a></p> <p>Make checks payable to Emmaus Aquatic Club</p>
<b>ENTRY DEADLINE</b>	<p>Friday, October 30, 2009 by 6:00 PM.</p> <p>No late entries will be accepted.</p>
<b>RULES</b>	<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. We will be using "Fly-over" starting procedures 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. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p><b><u>For Positive Check-in Events:</u> Swimmers not swimming in an event for which they have been positively checked in will be prohibited from swimming in their next individual event.</b></p> <p>This meet will be conducted using the Whistle command 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>
<b>SCORING &amp; AWARDS</b>	<p>"A" Individual Events – Medals 1<sup>st</sup> to 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 6<sup>th</sup>. Relays – Medals for 1<sup>st</sup>, Ribbons 2<sup>nd</sup> &amp; 3<sup>rd</sup>.</p> <p>"BB" Individual Events – Ribbons 1<sup>st</sup> to 6<sup>th</sup>, Relays – Ribbons 1<sup>st</sup> to 3<sup>rd</sup>.</p> <p>"C" Individual Events – Ribbons 1<sup>st</sup> to 6<sup>th</sup>, Relays – Ribbons 1<sup>st</sup> to 3<sup>rd</sup>. Current short course yards time standards published by USA Swimming will be used to award times achieved at this meet. Awards are based on entry times.</p>
<b>PROGRAMS &amp; ADMISSION</b>	<p>Programs \$6.00 Admission \$3.00 per day. Children under 5 admitted free. Free admission to all volunteers.</p>

<b>RESULTS</b>	Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> & on the EMAC website <a href="http://www.emacswim.org">www.emacswim.org</a>
<b>DIRECTIONS</b>	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.
<b>ACCOMODATIONS</b>	Holiday Inn Express 3620 Hamilton Blvd. Allentown, PA 610-437-9255  Comfort Suites 3712 Hamilton Blvd. Allentown, PA 610-437-9100

Session: 1 Friday PM – November 13, 2009  
 Day of Meet: 1 Starts at 06:00 PM Heat Interval: 20 Seconds

Round	Event	
Finals	1	Women 13 & Over 400 IM
Finals	2	Men 13 & Over 400 IM
Finals	3	Women 11 & Over 1650 Freestyle
Finals	4	Men 11 & Over 1650 Freestyle

Session: 2 Saturday AM – November 14, 2009  
 Day of Meet: 2 Starts at 08:15 AM Heat Interval: 20 Seconds

Round	Event	
Finals	5	Women 13-14 100 Freestyle
Finals	6	Men 13-14 100 Freestyle
Finals	7	Women Senior 100 Freestyle
Finals	8	Men Senior 100 Freestyle
Finals	9	Women 13-14 200 Breaststroke
Finals	10	Men 13-14 200 Breaststroke
Finals	11	Women Senior 200 Breaststroke
Finals	12	Men Senior 200 Breaststroke
Finals	13	Women 13-14 200 Backstroke
Finals	14	Men 13-14 200 Backstroke
Finals	15	Women Senior 200 Backstroke
Finals	16	Men Senior 200 Backstroke

Round	Event	
Finals	17	Women 13-14 100 Butterfly
Finals	18	Men 13-14 100 Butterfly
Finals	19	Women Senior 100 Butterfly
Finals	20	Men Senior 100 Butterfly
Finals	21	Women 13-14 200 IM
Finals	22	Men 13-14 200 IM
Finals	23	Women Senior 200 IM
Finals	24	Men Senior 200 IM
Finals	25	Women 13-14 200 Freestyle Relay
Finals	26	Men 13-14 200 Freestyle Relay
Finals	27	Women Senior 200 Freestyle Relay
Finals	28	Men Senior 200 Freestyle Relay

Session: 3 Saturday PM – November 14, 2009  
 Day of Meet: 2 Starts at 01:00 PM Heat Interval: 20 Seconds

Round	Event	
Finals	29	Women 11-12 400 IM
Finals	30	Men 11-12 400 IM
Finals	31	Women 9-10 50 Freestyle
Finals	32	Men 9-10 50 Freestyle
Finals	33	Women 11-12 50 Freestyle
Finals	34	Men 11-12 50 Freestyle
Finals	35	Women 9-10 100 Breaststroke
Finals	36	Men 9-10 100 Breaststroke
Finals	37	Women 11-12 100 Breaststroke
Finals	38	Men 11-12 100 Breaststroke
Finals	39	Women 9-10 100 IM
Finals	40	Men 9-10 100 IM
Finals	41	Women 11-12 100 IM
Finals	42	Men 11-12 100 IM
Finals	43	Women 9-10 50 Backstroke

Round	Event	
Finals	44	Men 9-10 50 Backstroke
Finals	45	Women 11-12 200 Backstroke
Finals	46	Men 11-12 200 Backstroke
Finals	47	Women 9-10 100 Butterfly
Finals	48	Men 9-10 100 Butterfly
Finals	49	Women 11-12 100 Butterfly
Finals	50	Men 11-12 100 Butterfly
Finals	51	Women 9-10 200 Freestyle
Finals	52	Men 9-10 200 Freestyle
Finals	53	Women 11-12 200 Freestyle
Finals	54	Men 11-12 200 Freestyle
Finals	55	Women 9-10 200 Freestyle Relay
Finals	56	Men 9-10 200 Freestyle Relay
Finals	57	Women 11-12 200 Freestyle Relay
Finals	58	Men 11-12 200 Freestyle Relay

Session: 4 Sunday AM – November 15, 2009  
 Day of Meet: 3 Starts at 08:15 AM Heat Interval: 20 Seconds

Round	Event	
Finals	59	Women 13-14 50 Freestyle
Finals	60	Men 13-14 50 Freestyle
Finals	61	Women Senior 50 Freestyle
Finals	62	Men Senior 50 Freestyle
Finals	63	Women 13-14 100 Breaststroke
Finals	64	Men 13-14 100 Breaststroke
Finals	65	Women Senior 100 Breaststroke
Finals	66	Men Senior 100 Breaststroke
Finals	67	Women 13-14 100 Backstroke
Finals	68	Men 13-14 100 Backstroke
Finals	69	Women Senior 100 Backstroke
Finals	70	Men Senior 100 Backstroke

Round	Event	
Finals	71	Women 13-14 200 Butterfly
Finals	72	Men 13-14 200 Butterfly
Finals	73	Women Senior 200 Butterfly
Finals	74	Men Senior 200 Butterfly
Finals	75	Women 13-14 200 Freestyle
Finals	76	Men 13-14 200 Freestyle
Finals	77	Women Senior 200 Freestyle
Finals	78	Men Senior 200 Freestyle
Finals	79	Women 13-14 200 Medley Relay
Finals	80	Men 13-14 200 Medley Relay
Finals	81	Women Senior 400 Medley Relay
Finals	82	Men Senior 400 Medley Relay

Session: 5 Sunday PM – November 15, 2009  
 Day of Meet: 3 Starts at 01:00 PM Heat Interval: 20 Seconds

Round	Event	
Finals	83	Women 9-12 500 Freestyle
Finals	84	Men 9-12 500 Freestyle
Finals	85	Women 9-10 100 Freestyle
Finals	86	Men 9-10 100 Freestyle
Finals	87	Women 11-12 100 Freestyle
Finals	88	Men 11-12 100 Freestyle
Finals	89	Women 9-10 50 Breaststroke
Finals	90	Men 9-10 50 Breaststroke
Finals	91	Women 11-12 200 Breaststroke
Finals	92	Men 11-12 200 Breaststroke
Finals	93	Women 9-10 100 Backstroke
Finals	94	Men 9-10 100 Backstroke
Finals	95	Women 11-12 100 Backstroke

Round	Event	
Finals	96	Men 11-12 100 Backstroke
Finals	97	Women 9-10 50 Butterfly
Finals	98	Men 9-10 50 Butterfly
Finals	99	Women 11-12 50 Butterfly
Finals	100	Men 11-12 50 Butterfly
Finals	101	Women 9-10 200 IM
Finals	102	Men 9-10 200 IM
Finals	103	Women 11-12 200 IM
Finals	104	Men 11-12 200 IM
Finals	105	Women 9-10 200 Medley Relay
Finals	106	Men 9-10 200 Medley Relay
Finals	107	Women 11-12 200 Medley Relay
Finals	108	Men 11-12 200 Medley Relay

**EMMAUS AQUATIC CLUB – Fall A/BB/C MEET  
November 13-15, 2009  
MEET SUMMARY SHEET**

**This form MUST accompany team entries.**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

Coach or Club Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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 \_\_\_\_\_

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

Entry Deadline: Friday, October 30, 2009 No late entries accepted!

Please make checks payable to EMAC.

Entry Fees: \_\_\_\_\_ Individual Events @ \$4.00 \$ \_\_\_\_\_

\_\_\_\_\_ Relays @ \$8.00 \$ \_\_\_\_\_

Manual Processing Fee \$5.00 per swimmer  
for non-disk entries \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

**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



