

LANCASTER AQUATIC CLUB



LAC SPEEDO CLASSIC

A/BB/C Meet

Friday-Sunday, July 9-11, 2010

Final opportunity for Sr Champ qualification

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

Sanction # MA 10100 A

LOCATION	Ephrata Community Pool 418 Vine Street Ephrata, PA 17522 Day of meet ONLY emergency phone number: 814-404-5824
FACILITIES	OUTDOOR competition pool is 50 meters; 6 lanes with non-turbulent lane lines. Water depth at the turn end is 5 feet and 4ft at the starting end The competition course has not been certified in accordance with 104.2.2C(4) Colorado electronic timing system, with a single-line scoreboard. Free parking is available adjacent to pool. Hospitality will be at all sessions for coaches, officials and volunteer workers. A food stand will be provided for spectators. A Speedo vendor will be on site to sell suits and equipment. The upper (public pool) will be available for warm up or warm down until it opens for general admission. A small warm up and warm down area will be available (except during the 50 free) in the L shaped portion of the 50 meter pool. Spectator seating provided. You are allowed to bring lawn chairs. Team tents are suggested. Contact Tents for Rent at 717-733-9700.
MEET DIRECTOR	Please put LAC Classic on the subject line. Please refer all questions to : Stephanie Rozick bcatmeet@comcast.net 814-404-5824
SAFETY DIRECTOR	Jody Guokas Kuntz (717) 397-4917 (H) MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.

<p>OFFICIALS</p>	<p>Any USA Swimming official who would like to work this meet should contact : Tony Nguyen at 717-431-8617 email: nhamngocthu@hotmail.com</p>
<p>ELIGIBILITY</p>	<p>This meet is open to swimmers registered with USA Swimming for 2009 - 2010. The 2010 USA Swimming rules will apply. Swimmer's age is as of the first day of the meet.</p> <p>Age Group is determined by the swimmer's age as of July 9, 2010.</p> <p>Each swimmer may compete in a maximum of four (4) individual events per day.</p> <p>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/swimmer for 2010 registration.) This applies to all swimmers attached to a club.</p>
<p>ENTRY LIMITATIONS</p>	<p>The Meet Director reserves the right to limit the number of heats in certain events, or to limit the number of entries per swimmer, or to otherwise modify the meet format, in order to run the meet in a timely manner.</p> <p>Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p> <p><u>Swimmers are limited to 4 events per day.</u></p> <p>The 1500 Freestyle will be deck seeded fastest to slowest alternating 1-heat women and 1-heat men. Positive check-in for this event will close at 11:45AM Friday, July 9, 2010. This event may be limited to three heats of women and three heats of men in order to fall in the four hour session rule.</p> <p>Swimmers cut from the 1500 freestyle will be refunded entry fees.</p> <p><u>1500 Freestyle swimmers must provide their own timer and lap counter.</u></p> <p><u>This is an age group meet. All swimmers are asked to swim their age group session with the exception of the following: Distance events, 1500,400IM will be open events and available to all swimmers. No awards will be given and the event will be scored as open. The 400 Free on Friday AM will be for ages 9-14. All other AM events will be 15 and over and available to this age group only. Events 200 Back,200 Breast and 200 Fly in the 13-14 session are open to swimmers between 9-14:more swimmers will have an opportunity to swim these events and receive a time.</u></p> <p style="text-align: center;">POSITIVE CHECK-IN EVENTS</p> <p>A positive check in is required for the following events:</p> <p>OPEN 400IM – positive check in closes at 7:30AM</p> <p>9-14 400 FREE- positive check in closes 9AM</p> <p>OPEN 1500 FREE- positive check in closes 11:45AM</p> <p>15 and over 400 FREE- positive check in closes 8:30AM AND</p> <p>All Friday, Saturday and Sunday events for 15 and over are positive check in.</p> <p>13-14 session and 9-12 sessions will be seeded events.</p>

SPECIAL NOTE	'Fly-over' starts will be used 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.																																								
WARM-UP & START TIMES	<p>Warm up sessions will be divided into periods of equal length depending on the number of swimmers entered in each session. Sprint/start lanes will be available at the end of each warm up session. Feet first entry only except in sprint lanes, when designated.</p> <table border="1" data-bbox="505 447 1284 999"> <thead> <tr> <th>Session</th> <th>Warm Up</th> <th>Group</th> <th>Meet Start</th> </tr> </thead> <tbody> <tr> <td>ONE, FRI</td> <td>7:00AM</td> <td>OPEN/9-12</td> <td>8:00AM</td> </tr> <tr> <td>TWO, FRI</td> <td>12:00PM</td> <td>MILE</td> <td>12:30PM</td> </tr> <tr> <td>THREE, FRI</td> <td>4:30PM</td> <td>9-12</td> <td>5:30PM</td> </tr> <tr> <td>FOUR, SAT</td> <td>6:30AM</td> <td>SENIOR</td> <td>7:30AM</td> </tr> <tr> <td>FIVE, SAT</td> <td>11:30AM</td> <td>13-14</td> <td>12:30PM</td> </tr> <tr> <td>SIX, SAT</td> <td>4:30PM</td> <td>9-12</td> <td>5:30PM</td> </tr> <tr> <td>SEVEN, SUN</td> <td>6:30AM</td> <td>SENIOR</td> <td>7:30AM</td> </tr> <tr> <td>EIGHT, SUN</td> <td>11:30AM</td> <td>13-14</td> <td>12:30PM</td> </tr> <tr> <td>NINE, SUN</td> <td>4:30PM</td> <td>9-12</td> <td>5:30PM</td> </tr> </tbody> </table>	Session	Warm Up	Group	Meet Start	ONE, FRI	7:00AM	OPEN/9-12	8:00AM	TWO, FRI	12:00PM	MILE	12:30PM	THREE, FRI	4:30PM	9-12	5:30PM	FOUR, SAT	6:30AM	SENIOR	7:30AM	FIVE, SAT	11:30AM	13-14	12:30PM	SIX, SAT	4:30PM	9-12	5:30PM	SEVEN, SUN	6:30AM	SENIOR	7:30AM	EIGHT, SUN	11:30AM	13-14	12:30PM	NINE, SUN	4:30PM	9-12	5:30PM
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DECK ENTRIES	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 each session, at the cost of \$10.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for awards. Swimmers not already entered in the meet must provide proof of current USA Swimming registration or have coach present official team roster. To enter, please see the Meet Director before or during warm-up.																																								
SWIMMERS WITHOUT A COACH	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. Swimmers without a coach who are 12 & Under will swim with and be supervised by the host club during warm-up.																																								
SEEDING	This is a pre seeded, timed final meet except for the 400IM, 9-14 400 Free, 1500 Free and the 15 and over 400 Free which require a positive check-in.																																								
HOW TO ENTER	<p>No converted times will be accepted. Entry times must be submitted in the course in which they were achieved. Non conforming times will be seeded in accordance with MA swimming policy. Distance events with times from alternate courses will be treated as nonconforming and seeded in the slowest heats</p> <p>Swimmers without a valid USA Swimming time should be entered as "NT".</p> <p>Entries should be submitted using HY-TEK software. A word or pdf file listing each swimmer alphabetically, with each swimmer's events and entry times must accompany the meet entry file.</p> <p>If using HY -TEK is not possible; the Official Entry Form must be used.</p>																																								

	<p>A completed Meet Summary Sheet must accompany each team's entry. Please waive the Signature release for priority/overnight mail.</p> <p>No phone entries will be accepted. No meet entries will be made prior to receipt of fees, by the posted deadline.</p> <p>A \$15.00 surcharge per swimmer will be added for each swimmer that does not submit entries using HY-TEK software. Failure to remit payment will result in rejection of the entries.</p> <p>A\$25.00 surcharge per swimmer will added for teams of 5 or more submitting entries manually</p> <p><u>We request each club submit one check payable to "Lancaster Aquatic Club"</u></p> <p>Notice: As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of three months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.</p>
ENTRY FEES	<p>\$5.00 per individual event. Deck entries \$10.00</p> <p>\$15.00 per swimmer processing fee for all manual entries regardless of whether the swimmer is from a team or unattached.</p> <p>\$25.00 per swimmer surcharge for teams of 5 or more submitting entries manually.</p>
SEND ENTRIES TO	<p>Make checks payable to "Lancaster Aquatic Club". Waive signature.</p> <p>Send checks in care of: Lisa Cameron, Treasurer, 12 Justin Court Lititz, PA 17543 and entries to: bcatmeet@comcast.net</p> <p>In order to receive updates and current information regarding this meet, a team representative should send an email to to be added to the distribution list.</p> <p>Meet information and updates will be posted on the LAC website www.lancasteraquaticclub.com</p>
ENTRY DEADLINE	<p>All entries must be received by 5 PM, June 28, 2010</p> <p>No late entries will be accepted. Entries will not be processed without full payment.</p>
RULES	<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 and No-Recall False Start procedures.</p> <p>Failure to swim an event after a positive check-in will result in the swimmer being disqualified from their next individual event.</p>

<p>SCORING & AWARDS</p>	<p>Level A: Medals 1st – 3rd, Ribbons 4th – 6th</p> <p>Level BB: Rosettes 1st – 3rd, Ribbons 4th – 6th</p> <p>Level C: Ribbons 1st – 6th</p> <p>The 9-14 400 Free and the 9-10, 11-12, and 13-14 age groups will be awarded separately. Awards will not be presented for the Senior events. Scoring and awards will be as listed in the event title</p>
<p>PROGRAMS & ADMISSION</p>	<p>Admission \$5.00 per day. Children under 12 years of age will be admitted free. Volunteer meet workers will be refunded their admission fee.</p> <p>Programs per session included in admission..</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org and the Lancaster Aquatic Club website, www.lancasteraquaticclub.com</p> <p>Hard copies of meet results will be available for \$10.00 per copy, see MD to order.</p> <p>No disks will be copied with final meet results.</p>
<p>DIRECTIONS</p>	<p><u>From NJ & East & West:</u> Take PA turnpike to Exit 286. Proceed straight from the tollbooth to the light. Turn left onto RT 272 South and follow to RT 322 East. Take 322 East, through the next traffic light and across the bridge. After the bridge, make a sharp right turn and proceed to the stop sign. The pool is straight ahead.</p> <p><u>From South:</u> Take RT 30 East to RT 222 North. Take RT 222 to Brownstown Exit. Turn right off the exit ramp. Go to the light (RT 272) turn right. Continue on 272 North to 322 East, through the next traffic light and across the bridge. Make a sharp right turn and go straight ahead to the pool.</p> <p><u>From Reading & North:</u> Take RT 222 South to the Reamstown/Denver exit. Turn right and proceed to the T intersection. Turn left onto RT 272 South and follow until you come to RT 322 East. Take 322 East, through the next traffic light and across the bridge. After the bridge, make a sharp right turn and proceed to the stop sign. The pool is straight ahead.</p>
<p>ACCOMODATIONS</p>	<p>Holiday Inn Exp Stes Lititz, PA, 17543 866-539-0036</p> <p>Courtyard by Marriott Lancaster 866-539-0036</p> <p>Quality Inn & Suites Conference Center 866-539-0036</p> <p>Lancaster Arts Hotel 866-539-0036</p> <p>Fairfield Inn Lancaster Phone: 1-717-581-1800</p> <p>Hilton Garden Inn Lancaster (717) 560-0880</p> <p>Hampton Inn & Suites Ephrata - Mountain Springs (717) 733-0661</p> <p>Eden Resort & Conference Center Lancaster (717) 569-6444</p>

LANCASTER AQUATIC CLUB SPEEDO CLASSIC
FRIDAY, JULY 9, 2010
SESSION #1
Warm up 7:00 AM – Start 8:00 AM

WOMENS		EVENT		MENS
1	Check in required	Open 400IM	Check in required	2
3	Check in required	9-14 400 Free	Check in required	4

FRIDAY, JULY 9, 2010
SESSION #2
Warm up 12:00 PM – Start 12:30 PM

WOMENS		EVENT		MENS
5	Check in required	Open 1500 Free	Check in required	6

LANCASTER AQUATIC CLUB SPEEDO CLASSIC
FRIDAY, JULY 9, 2010
SESSION #3
Warm up 4:30 PM – Start 5:30 PM

WOMENS		EVENT		MENS
7		11-12 200 IM		8
9		9-10 200 IM		10
11		11-12 100 BREAST		12
13		9-10 100 BREAST		14
15		11-12 100 FREE		16
17		9-10 100 FREE		18

**LANCASTER AQUATIC CLUB SPEEDO CLASSIC
SATURDAY, JULY 10, 2010 SESSION #4
Warm up 6:30 AM – Start 7:30 AM**

WOMENS		EVENT		MENS
19		15 and over 200 IM		20
21		15 and over 100 FREE		22
23		15 and over 200 BACK		24
25		15 and over 100 BREAST		26
27		15 and over 100 FLY		28
29	Check in Required	15 and over 400 FREE	Check in required	30

**LANCASTER AQUATIC CLUB SPEEDO CLASSIC
SATURDAY, JULY 10, 2010 SESSION #5
Warm up 11:30 AM – Start 12:30 PM**

WOMENS		EVENT		MENS
31		13-14 200 IM		32
33		13-14 100 FREE		34
35		9-14 200 BACK		36
37		13-14 100 BREAST		38
39		13-14 100 FLY		40

**LANCASTER AQUATIC CLUB SPEEDO CLASSIC
SATURDAY, JULY 10, 2010 SESSION #6
Warm up 4:30 PM – Start 5:30 PM**

WOMENS		EVENT		MENS
41		11-12 50 BACK		42
43		9-10 50 BACK		44
45		11-12 200 FREE		46
47		9-10 200 FREE		48
49		11-12 100 FLY		50
51		9-10 100 FLY		52

**LANCASTER AQUATIC CLUB SPEEDO CLASSIC
SUNDAY, JULY 11, 2010 SESSION #7
Warm up 6:30 AM – Start 7:30 AM**

WOMENS		EVENT		MENS
53		15 and over 200 FREE		54
55		15 and over 100 BACK		56
57		15 and over 200 BREAST		58
59		15 and over 200 FLY		60
61		15 and over 50 FREE		62

**LANCASTER AQUATIC CLUB SPEEDO CLASSIC
SUNDAY, JULY 11, 2010 SESSION #8
Warm up 11:30 AM – Start 12:30 PM**

WOMENS		EVENT		MENS
63		13-14 200 FREE		64
65		13-14 100 BACK		66
67		9-14 200 BREAST		68
69		9-14 200 FLY		70
71		13-14 50 FREE		72

**LANCASTER AQUATIC CLUB SPEEDO CLASSIC
SUNDAY, JULY 11, 2010 SESSION #9
Warm up 4:30 PM – Start 5:30 PM**

WOMENS		EVENT		MENS
73		11-12 50 FREE		74
75		9-10 50 FREE		76
77		11-12 100 BACK		78
79		9-10 100 BACK		80
81		11-12 50 BREAST		82
83		9-10 50 BREAST		84
85		11-12 50 FLY		86
87		9-10 50 FLY		88

**LANCASTER AQUATIC CLUB
LAC SPEEDO CLASSIC
Entry Summary**

NAME OF CLUB: _____

USS CLUB CODE: _____

NAME OF COACH: _____

CONTACT PERSON: _____

ADDRESS _____

E-MAIL ADDRESS: _____

TOTAL # OF SWIMMERS ENTERED: _____

TOTAL # FEMALE SWIMMERS _____

TOTAL # MALE SWIMMERS _____

TOTAL INDIV. ENTRIES _____ @ \$5.00 ea.

= _____

Manual Entry Processing FEE @\$15.00 swimmer = _____
(for submission of manual entry)

Manual Entry Processing FEE @25.00/swimmer = _____
(for submission of 5 or more swimmers on manual entry)

TOTAL ENTRY FEE DUE: _____

Make checks payable to: **Lancaster Aquatic Club**
Mail to: Lisa Cameron, LAC treasurer
12 Justin Court
Lititz, PA 17543

I certify that all swimmers from this team entered in the LAC SPEEDO CLASSIC Meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach Signature

ONLY ONE CHECK PER TEAM