



Nittany Lion

A Q U A T I C S

Last Chance A/BB/C MINI

February 20 - 21, 2010

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction MA 1084 A – 9 & over, MA 1085 M – 8 & under

LOCATION	McCoy Natatorium at The Pennsylvania State University, University Park, Pennsylvania. Approximately 1-1/2 hrs. From Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. From Pittsburgh.
FACILITIES	Penn State University, McCoy Natatorium, State College, PA, 25 yd, 6 lane pool, non-turbulent lane lines, Colorado Timing System with a 6 lane display. Water depth at the starting end is 9 feet. FOOD: A limited selection of food and apparel will be available throughout the meet. PARKING: Will be available in lots close to Natatorium. Penn State University controls all parking and fees.
MEET DIRECTOR	Grant Forrest 103 Honors Lane, State College, PA 16803 814-594-4646 e-mail grant.forrest@comcast.net
SAFETY DIRECTOR	MaryLou Houck, Day of meet ONLY, Emergency phone# 814-594-4646.
OFFICIALS	Anyone interested in helping with the meet as a USS certified official should contact George Houck at gwh2@psu.edu
ELIGIBILITY	Open to all 2010 USA Swimming registered swimmers. Swimmers age as of February 20, 2010 will apply for the entire meet. The 2010 United States Swimming rules will apply.
ENTRY LIMITATIONS	The meet director reserves the right to change the meet format if necessary to conduct the 9-12 and 13 and Over meet sessions in a four hour time limit. The mini meet will be limited to a maximum 1.5 hour session each day. The Meet Director reserves the right to allow teams that have participated in the past years first entry into the meet. Positive check in for all events may be used at the discretion of the Meet Director. If the meet should fill, all unprocessed entries will be returned with a full refund of fees. 9 and over swimmers may enter a maximum of 5 events per day. 8 and under mini-meet swimmers may enter 3 events per day.

<p>WARM-UP & START TIMES QUALIFYING TIMES</p>	<p>Assigned warm ups will be held. Sprint and pace lanes will also be assigned. Warm up/down lanes will be available in the 25 meter pool throughout the meet.</p> <p>Dates and Times</p> <p>Saturday, Feb. 20 Session 1 Warm up 7:00 am Meet Start 8:00am Saturday, Feb. 20 Session 2 Warm up 12:00 pm Meet Start 12:30 pm Saturday, Feb. 20 Session 3 Warm up 2:00 pm Meet Start 3:00 pm</p> <p>Sunday, Feb. 21 Session 4 Warm up 7:00 am Meet Start 8:00 am Sunday, Feb. 21 Session 5 Warm up 12:00 pm Meet Start 12:30 pm Sunday, Feb. 21 Session 6 Warm up 2:00 pm Meet Start 3:00 pm</p>
<p>DECK ENTRIES /TIME TRIALS</p>	<p>Deck entries, if time permits, are \$8.00 per event. Deck- entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. Swimmers not already entered in the meet must provide proof of current USA Swimming registration.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers without a coach should report to the meet director before the warm-up of each session.</p>
<p>SEEDING</p>	<p>All events are pre-seeded, timed finals with the exception of the 500 Freestyle and the 400 IM. Positive check in is required for the 500 Freestyle and the 400 IM. The 500 Free and 400 IM will be swum fastest to slowest alternating girls and boys. The MA Scratch policy will be enforced. Policy stated below under Rules</p>
<p>HOW TO ENTER</p>	<p>ENTRIES/FEES: Swimmers failing to enter best times will result in MA Swimming imposed penalties. Entries and fees must be accompanied by the MASTER ENTRY FORMS or HY-TEK DISK with hard copy print out. No entries will be processed until fees are received. No entries will be accepted if they do not have the hard copy print out.</p> <p>Times must be submitted in the course in which they were achieved. Request signature waiver if using express mail. We request each club remit ONE check made payable to "NLAC" to cover team entry fees.</p> <p>Email entries supercede all other forms of entry.</p>
<p>ENTRY FEES</p>	<p>Entry fees are \$4.00 per individual event. Deck entries, if accepted, are \$8.00. Deck entries must be submitted to the meet director prior to the start of each session.</p>
<p>SEND ENTRIES TO</p>	<p>Grant Forrest 103 Honors Lane, State College, PA, 16803 814-594-4646 e-mail grant.forrest@comcast.net Request signature waiver if needed.</p>
<p>ENTRY DEADLINE</p>	<p>Entries must be received no later than 5:00 pm February 10, 2010. Late entries will not be accepted.</p> <p>As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. A download of Team Manager Lite is available here http://www.hy-tek ltd.com/downloads.html</p> <p>Instructions are here http://maswim.org/0910/TM%20Lite%20Instructions.pdf</p>

<p>RULES</p>	<p>USA Swimming / Middle Atlantic Swimming rules shall apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>'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.</p> <p>MA Swimming Scratch Policy: Any swimmer who has positively checked in for a deck seeded event and then does not swim that event will be barred from swimming the next individual event in which the swimmer is entered, whether on the same or later meet day.</p>
<p>SCORING & AWARDS</p>	<p>Awards will be given to 12 and under swimmers only. Award levels will be determined by entry times. “A” Awards: Medals 1st-3rd Ribbons 4th-6th “BB” Awards: Rosettes 1st-3rd Ribbons 4th-6th “C” Awards: Ribbons 1st-6^t</p>
<p>PROGRAMS & ADMISSION</p>	<p>\$4 per session includes heat sheet</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic Swimming website, www.maswim.org.</p>

<p>DIRECTIONS</p>	<p><u>EAST</u> -- Pennsylvania Turnpike to Harrisburg Exit 19 Head to Lewistown - Routes 83N to 81W to 322 West to State College. At Boalsburg stay on 322 West (Mt. Nittany Expressway) to Penn State Exit. Go left onto Park Ave., follow to Bigler Rd. Turn left. Pool is past first stop sign, on the left.</p> <p><u>SOUTH</u> -- 83 North to Harrisburg. From Harrisburg, same as above.</p> <p><u>WEST</u> -- Route 22 to Route 220N, then Route 322E until the Penn State Exit. Go right onto Park Avenue, follow directions under EAST.</p>
<p>ACCOMODATIONS</p>	<p><u>Days Inn Penn State</u> (814-238-8454) or (800-258-3297), 240 Pugh St., State College.</p> <p><u>Motel 6</u> (814-234-1600), 1274 N. Atherton St., State College.</p> <p><u>Hampton Inn</u> (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.</p> <p><u>Courtyard By Marriott</u> (814-238-1881) or (800-321-2211), 1730 University Dr. State College.</p> <p><u>Autoport</u> (814-237-7666) Business Route 322, State College.</p> <p><u>Super 8</u> (814-237-8005) S. Atherton St. & Branch Rd., State College.</p> <p><u>Ramada Inn</u> (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.</p> <p><u>Nittany Lion Inn</u> (814-865-8500), 200 West Park Ave., State College</p> <p><u>Nittany Budget Motel</u> (814-238-0015), 1274 N. Atherton St., State College.</p> <p><u>Sleep Inn</u> (814-235-1020), 111 Village Dr., State College.</p> <p><u>The Penn Stater</u>, (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.</p> <p>Fairfield Inn & SuitesSM by Marriott® State College 2215 North Atherton Street State College, Pennsylvania 16803 USA Phone: 1-814-238-3871</p>

Saturday

Session: 1 Saturday AM 13 and Older + Senior 400IM

Day of Meet: 1 Starts at 08:00 AM

Girls		Boys
1	13-14 200 Butterfly	2
3	15 & Over 200 Butterfly	4
5	13-14 200 Freestyle	6
7	15 & Over 200 Freestyle	8
9	13-14 200 Breaststroke	10
11	15 & Over 200 Breaststroke	12
13	13-14 100 Backstroke	15
15	15 & Over 100 Backstroke	16
17	13-14 50 Freestyle	18
19	15 & Over 50 Freestyle	20
21	400 IM	22

Session: 2 Saturday Mid-Day Minis

Day of Meet: 1 Starts at 12:30 PM

Girls		Boys
201	8 & Under 100 Freestyle	202
203	8 & Under 50 Backstroke	204
205	8 & Under 50 Butterfly	206

Session: 3 Saturday Afternoon 9-12 year olds

Day of Meet: 1 Starts at 03:00 PM

Girls		Boys
23	11-12 200 Backstroke	24
25	9-10 100 Freestyle	26
27	11-12 100 Freestyle	28
29	9-10 50 Backstroke	30
31	11-12 50 Backstroke	32
33	11-12 200 Butterfly	34
35	9-10 100 Breaststroke	36
37	11-12 100 Breaststroke	38
39	9-10 50 Butterfly	40
41	11-12 50 Butterfly	42
43	9-10 200 IM	44
45	11-12 200 IM	46

Sunday

Session: 4 Sunday Morning 13 and Older + Senior 500free

Day of Meet: 2 Starts at 08:00 AM

Girls	Boys
47 13-14 100 Freestyle	48
49 15 & Over 100 Freestyle	50
51 13-14 100 Breaststroke	52
53 15 & Over 100 Breaststroke	54
55 13-14 200 Backstroke	56
57 15 & Over 200 Backstroke	58
59 13-14 100 Butterfly	60
61 15 & Over 100 Butterfly	62
63 13-14 200 IM	64
65 15 & Over 200 IM	66
67 500 Freestyle	68

Session: 5 Sunday Mid-Day Minis

Day of Meet: 2 Starts at 12:30 PM

Girls	Boys
207 8 & Under 50 Freestyle	208
209 8 & Under 50 Breaststroke	210
211 8 & Under 100 IM	212

Session: 6 Sunday Afternoon 9-12 year olds

Day of Meet: 2 Starts at 03:00 PM

Girls	Boys
69 11-12 200 Breaststroke	70
71 9-10 50 Freestyle	72
73 11-12 50 Freestyle	74
75 9-10 100 Backstroke	76
77 11-12 100 Backstroke	78
79 9-10 50 Breaststroke	80
81 11-12 50 Breaststroke	82
83 9-10 100 Butterfly	84
85 11-12 100 Butterfly	86
87 9-12 200 Freestyle	88
89 9-10 100 IM	90
91 11-12 100 IM	92

FINANCIAL SUMMARY

ENTRIES WILL NOT BE PROCESSED
WITHOUT THE FOLLOWING INFORMATION

Team Name: Team Code: _____

Head Coach: _____

Coach's Address: _____

City: _____ State: _____ Zip Code: _____

Phone: Home () _____ Office () _____ e-mail: _____

Person and address designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

(VERY IMPORTANT) e-mail: _____

Mail Entries to: Grant Forrest 103 Honors Lane, State College, PA
16803 814-594-4646

ENTRY DEADLINE: Received by 5:00 pm, February 10, 2010

Please make check payable to NLAC. One check per club, please.

ENTRY FEES:

_____ Women's Individual events @ \$4.00	\$ _____
_____ Men's Individual events @ \$4.00	\$ _____
_____ Surcharge @ \$15.00 per swimmer	\$ _____
(For non-disk entry of 5 or more swimmers only)	
TOTAL	\$ _____

NUMBER OF SWIMMERS: 13-Over: Sat. _____ Sun. _____

9-12: Sat. _____ Sun. _____

8 and Under: Sat. _____ Sun. _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative

