



**MLAC Summer Celebration, sponsored by Mt Lebanon Aqua
Club June 24-25, 2017**

FACILITY LOCATION	Mt Lebanon Outdoor Rec Center Pool, 900 Cedar Blvd. Pittsburgh, PA 15228	
SANCTION: #AM-06241701	Held under the Sanction of USA Swimming and Allegheny Mountain Swimming, Inc. <i>In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</i>	
MEET DIRECTOR	Michael Kristufek	724-859-5350 coachmikek@mlacswimming.com
ENTRY CHAIR	Michael Kristufek	724-859-5350 mlac-entries@amswim.org
SAFETY CHAIR	Michael Kristufek	724-859-5350 coachmikek@mlacswimming.com
OFFICIALS CONTACT	Michelle Filey	412-779-7368 michelle@mlacswimming.com
POOL CERTIFICATION	The competition course has not been certified in accordance with Article 104.2.2C (4).	
FACILITY DESCRIPTION	9 lane, 50 meter pool competition pool with Daktronics timing system	
WATER DEPTH	The minimum water depth for racing starts shall be measured in accordance with Article 103.2.3. The depth of the water at the start end of the pool is 5 feet and at the turn end of the pool is 3.5f feet.	
ENTRIES OPEN – MONDAY, June 5th 2017 at 10PM		ENTRIES CLOSE – Monday June 12, 2017 at 10PM
ENTRY FEES	Individual Events \$5	Swimmer Surcharge: \$5
	Entry fee checks made payable to: MLAC	Mail entry fee checks and entry report to: Michael Kristufek, 835 Irwin Dr, Pittsburgh, PA 15236
CONFORMING TIMES	Entry times must be in SCY . Non-conforming times will be seeded last; entry times shall not be converted.	
EVENTS	This meet will be conducted in accordance with the attached schedule of events.	
QUALIFYING TIMES	Faster than BB time standards per the current USA Swimming National Age Group Motivational Time Standards and are printed on the attached schedule of events.	
ENTRY LIMIT	4 individual events per day	
PROOF OF TIMES	This meet will not require Proof of Times.	
SESSION	WARM-UP TIMES	MEET STARTS
Sat & Sun AM – Timed Finals	Warm-up block from 7:00AM-8:00AM	8.05AM
AWARDS	Individual Awards 1 st through 9 th ribbons just for 11-12, 9-10, and 8 and under	
SCORING	This meet will not be scored.	
DIRECTIONS AND OTHER INFORMATION	Select vendors will be present at this meet.	

<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • "No Time" or "NT" entries are not accepted in AMS swim meets. If a qualifying time does not exist, an entry time must still be used. If an event is submitted with NT as a seed time, it will be sent back and will not be entered into the meet unless if a valid seed time is provided. • Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail to the Meet Entry Chair during the entry period. No late entries will be accepted. • Please include the following information in the body of the e-mail: Team Name, Number of Individual Entries, Number of Relay Entries, Total Entries, and Team Entry Chair's Contact Information along with the Entry report by Swimmer's Name. A final entry report must be mailed or e-mailed to the entry chair five (5) days prior to the meet start. Payments shall be made for the entries to the host prior to the start of the meet. • No refunds will be given, except for mandatory scratch down of events.
<p>MEET DURATION AND SCRATCH-DOWN OF ENTRIES</p>	<p>In order to comply with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), swimmers may be required to scratch-down individual events per day at the direction of the Meet Director and/or Technical Planning Committee. If a scratch down is required, teams will need to submit a new file that includes the scratch down of the events.</p> <ul style="list-style-type: none"> • Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. • Events 400 yards/meters or longer may be limited to the fastest five (5) heats per event.
<p>SEEDING/PRESEEDED</p>	<p>Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. The meet will be deck seeded. Upon coach sign in, a scratch packet will be provided for swimmers that will be scratching from an event or from the session.</p> <p>Scratches will be due prior to 30 minutes to the start of the session. Any swimmer not scratched from an event or session will be entered into the meet. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay unless the Referee is notified of a declared false start prior to the start of their race.</p> <p>Events 400 yards/meters or longer that are Timed Finals will be swum fastest to slowest alternating girls/boys</p>
<p>Deck Entries</p>	<p>Deck entries are accepted on a standby basis only for any non-LSC Championship meet. An athlete may be deck entered into an event provided that: they are a USA Swimming registered athlete, they or their club are already entered into the meet, they have not exceeded the maximum entry limit for the day/meet, their time for said event is within the qualifying times for the meet, and additional heats are not added.</p> <p>Deck entries cost \$10.00, inclusive of a deck entry surcharge but in addition to any meet-specific surcharges, and close 30 minutes prior to the start of the session. Refer to AMS Operating Procedures for procedure</p>
<p>ELIGIBILITY</p>	<p>All entrants must be registered members of USA Swimming as provided in Article 302. Age as of the first day of the meet shall determine the swimmer's age for the entire meet. On-deck registration is not permitted; all athletes must be registered prior to entering the meet.</p>

<p>WARM-UP INFORMATION</p>	<p>Warm-up policies will be strictly enforced by USA Swimming Officials and Meet Marshals. These policies along with the lane assignments, if applicable, shall be posted on the wall at the start end of the pool.</p> <p>REQUIRED DURING WARM-UPS:</p> <ul style="list-style-type: none"> • There will be specifically designated lanes during all warm-up sessions for 10 & Under swimmers. • All warm-ups require a feet-first entry into the water at the start end of the pool. • Designated lanes will be open for starts and one way sprints during each warm-up session. • At any session with distance events (1000/800, 1650/1500) offered and at any championship formatted meet (prelims/finals), the outside lane or lanes shall be restricted to pace lanes only at the same time sprint lanes are opened. At any distance only meet or session (1000/800, 1650/1500), only one lane shall be opened for sprinting. <p>Specific warm-up times for each club, if applicable, and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than 5 days prior to the start of the meet. The Meet Director reserves the right to adjust warm-ups based on the number of entries (prior to the meet) or the referee (day of the meet). The Meet Entry Chair will email all attending clubs specific warm-up times and any changes to the warm-up schedule no later than 5 days prior to the start of the meet; this will also be posted on the AMS website.</p>
<p>DECK PRIVILEGES</p>	<p>No unauthorized personnel will be allowed on the pool deck. All coaches, officials, and meet volunteers must wear a wristband to be on deck. Only those with wristbands, along with competing athletes, may be permitted on the deck at any time. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times.</p> <p>Coaches and Officials must present their current USA Swimming registration card at the sign-in table in order to receive their wristband. Proof of registration through the USA Swimming DeckPass app is acceptable.</p> <p>Prior to entering the deck, unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them during warm-up, warm-down, before, during, and after the meet; the swimmer must also notify the Referee of this coach prior to the start of the session. Additionally, these swimmers must register a contact person with the Meet Director. This information should be</p>
<p>RACING START CERTIFICATION</p>	<p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</p>
<p>SWIMMERS WITH DISABILITIES</p>	<p>Swimmers with disabilities are welcome to attend this meet and should contact the Meet Director and/or Referee prior to the start of the meet regarding any accommodations.</p>
<p>PHOTOGRAPHY</p>	<p>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.</p> <p>Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the AMS Board of Directors and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be</p>
<p>DECK CHANGING</p>	<p>Per USA Swimming Rule 202.4.9(l), changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p>
<p>RESTRICTIONS</p>	<p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, onstanding areas and in all areas used by swimmers, during the meet and during warm-up periods. The sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p>

**DIRECTIONS AND OTHER
INFORMATION**

Via Fort Pitt Tunnels - Take I-279 through the Fort Pitt Tunnels and use the Banksville Road Exit. At the 6th traffic light bear right onto Beverly Road. At the 4th traffic light, turn left onto Cochran Road. At the 3rd traffic light, turn right onto Cedar Blvd. The park entrance is on the left at the first light.

Via Liberty Tunnel - Take Liberty Ave/Washington Rd. 4.2 miles (from the tunnel) and turn right on Cochran Road. At the second traffic light turn left onto Cedar Blvd. The park entrance is on the left at the first light.

From Washington Road/Route 19 S - Take Washington RD/Route 19 N past South Hills Village and Village Square Malls. 1/2 mile past Village Square at the 3rd traffic signal turn left onto Gilkeson Road. (Galleria Mall). At the 2nd traffic signal turn right onto Cedar Blvd. The park entrance is on the right at the first traffic signal.

From I 79 South - take exit 55 (Heidelberg/Kirwan Heights/Collier) and turn right onto Route 50. At the first light turn left onto Vanadium Road, continue 1.2 miles. Turn left onto Bower Hill Road. At the 4th traffic signal turn RIGHT into Cedarhurst Manor (Greenhurst) and proceed to the stop sign, make a left into Greenhurst and proceed to the bottom of the hill - traffic signal intersection. Continue straight and enter into the Main Park.

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Mt Lebanon Aqua Club

June 24-25, 2017

Session 1						
Girls	Faster Than or Equal To		Saturday	Faster Than or Equal To		Boys
	SCY	LCM		LCM	SCY	
12 & Under						
1	1:30.69 1:18.49	1:45.99 1:31.09	100Backstroke	1:43.59 1:29.09	1:29.69 1:15.79	2
			10&U			
			11-12			
5	47.49 39.99	53.99 45.49	50Breaststroke	53.29 45.39	46.59 39.59	6
			10&U			
			11-12			
9	1:39.09 1:18.29	1:52.99 1:28.49	100Butterfly	1:51.39 1:26.29	1:37.99 1:16.49	10
			10&U			
			11-12			
13	35.19 31.49	39.89 35.79	50Freestyle	39.49 34.69	34.49 30.29	14
			10&U			
			11-12			
17	3:15.59 2:47.79	3:43.19 3:11.49	200 Individual Medley	3:40.79 3:09.29	3:13.19 2:44.19	18
			10&U			
			11-12			
13 & Over						
3	1:11.39 1:09.99	1:21.09 1:19.49	100Butterfly	1:15.49 1:11.79	1:06.39 1:03.39	4
			13-14			
			15&O			
7	2:22.19 2:19.19	2:42.59 2:38.69	200Freestyle	2:32.29 2:26.09	2:12.79 2:07.49	8
			13-14			
			15&O			
11	2:35.39 2:32.39	2:59.39 2:55.59	200Backstroke	2:49.69 2:41.39	2:25.89 2:19.19	12
			13-14			
			15&O			
15	30.29 29.79	34.59 33.79	50Freestyle	31.99 30.19	27.89 26.79	16
			13-14			
			15&O			
19	2:58.29 2:54.69	3:25.59 3:20.79	200Breaststroke	3:11.59 3:02.49	2:45.59 2:36.59	20
			13-14			
			15&O			

All times are BB and faster;

10&U qualifying times use 9-10 National Motivational Time Standards; 15&O qualifying times use 15-16 National Motivational Time Standards

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Session 2						
Girls	Faster Than or Equal To SCY LCM		Sunday	Faster Than or Equal To LCM SCY		Boys
12 & Under						
21	1:44.99	2:01.49	100Breaststroke	1:57.69	1:41.89	22
	1:27.39	1:41.39	10&U			
			11-12			
25	41.79	47.29	50Butterfly	45.99	40.49	26
	34.09	38.29	10&U			
			11-12			
29	1:19.99	1:31.49	100Freestyle	1:30.29	1:18.79	30
	1:08.29	1:18.49	10&U			
			11-12			
33	41.89	48.89	50Backstroke	49.19	42.39	34
	35.59	41.19	10&U			
			11-12			
37	2:57.39	3:20.99	200Freestyle	3:12.09	2:47.99	38
	2:29.69	2:50.39	10&U			
			11-12			
13 & Over						
23	1:22.39	1:34.99	100Breaststroke	1:28.09	1:15.59	24
	1:20.69	1:32.49	13-14			
			15&O			
27	2:37.89	2:59.49	200Butterfly	2:49.19	2:26.99	28
	2:34.89	2:54.79	13-14			
			15&O			
31	1:05.79	1:15.39	100Freestyle	1:09.99	1:00.89	32
	1:04.59	1:13.59	13-14			
			15&O			
35	2:39.19	3:03.39	200 Individual Medley	2:51.99	2:28.59	36
	2:36.19	2:59.69	13-14			
			15&O			
39	1:11.69	1:23.59	100Backstroke	1:18.29	1:06.89	40
	1:10.09	1:21.99	13-14			
			15&O			

All times are BB and faster;

10&U qualifying times use 9-10 National Motivational Time Standards; 15&O qualifying times use 15-16 National Motivational Time Standards

