



JUNE 30 & JULY 1, 2017 DISTANCE MEET

SPONSOR/HOST	JEWISH COMMUNITY CENTER SAILFISH		
SANCTION #AM-063017-02	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	BOB DINUNZIO	E-MAIL: RDINUNZIO4@GMAIL.COM	PHONE: 724-519-8163
OFFICIALS CONTACT	DONNA BEYERL	E-MAIL: DONNABEYERL@GMAIL.COM	PHONE: 412-977-7036
SAFETY CHAIR	MINDY STEVENSON		
FACILITY LOCATION	HENRY KAUFMAN FAMILY RECREATIONAL CENTER, 261 ROSECREST DRIVE, MONROEVILLE, PA 15146		
FACILITY DESCRIPTION	EIGHT (8) 50 METER LANES FEATURING ELECTRONIC TIMING SYSTEM AND WATCH BACK-UP		
POOL CERTIFICATION	The competition course has not been certified in accordance with Article 104.2.2C (4)		
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 12 feet and at the turn end of the pool is 3.50 feet .		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	TUESDAY, June 6, 2017 at 10:00 PM		
ENTRIES CLOSE	FRIDAY, June 23, 2017 at 1:00 PM		
ENTRY FEES	Individual Events: \$6.00	Relay Events: \$0.00	Swimmer Surcharge: \$5.00
ENTRY LIMIT	TWO (2) Individual Events per day	MEET ENTRY LIMIT: Limit on entries to end session at 8:30 pm on Friday and 11:30 AM on Saturday	
CONFORMING TIMES	Entry times must be in LCM. Non-conforming times will be seeded last, entry times shall not be converted.		
QUALIFYING TIMES	Qualifying Times (if applicable) are per the USA Swimming Current Time Standards per Age Group.		
PROOF OF TIMES	This meet will not require Proof of Times.		
SESSION	WARM-UP TIMES		MEET STARTS
FRIDAY SESSION 1	4:30 - 5:25 PM		5:30 PM
SATURDAY SESSION 2	7:30 AM - 8:20 AM		8:30 AM
AWARDS	Individual Awards No Awards will be given		
SCORING	This meet will not be scored.		
ENTRY PROCEDURES	<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. Files with NT's will be returned by the Entry Chair until the file is corrected and resent. • 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; • 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 • **No late entries will be accepted. 		
MEET ENTRY CHAIR	BOB DINUNZIO	PHONE #: 724-519-8163 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	JCCS-ENTRIES@AMSWIM.ORG		
MAIL CHECKS/ REPORTS	BOB DINUNZIO, 3003 JUNIPER COURT, MURRYSVILLE, PA 15668	CHECKS PAYABLE TO:	JCC SAILFISH
RULES:	This meet will be governed by current USA Swimming Rules and Current AMS Operating Procedures. Fly-over starts WILL be used.		

MEET DURATION AND SCRATCH-DOWN OF ENTRIES	<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 Meet Management Committee.</p> <p>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"> • In addition entries may be returned in order help control meet duration. Affected clubs will be notified no less than five (5) days prior to the start of the meet. • 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
SEEDING/DECK SEEDED WITH SCRATCHES	<p>Event seeding will be done in accordance with USA Swimming Rule 207.11.7B.</p> <p>The meet will be <u>deck seeded</u>. 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.</p> <p>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>
DECK ENTRIES:	<p>Deck entries are accepted on a standby basis only for any LSC meet.</p> <p>An athlete may be deck entered into an event provided that:</p> <ul style="list-style-type: none"> • 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, if applicable, • and additional heats are not added. <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>
WARM-UP INFORMATION	<p>Warm-up policies will be strictly enforced by USA Swimming Officials. 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. • The Referee/Meet Marshals will have control over Warm-Up Procedures the day of the meet. • 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>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).</p> <p>The Meet Entry Chair will email all attending clubs specific warm-up times and any changes to the warm-up schedule no later than five (5) days prior to the start of the meet; this will also be posted on the AMS website.</p> <p>**There shall be a ten (10) minute break before distance events in a standard meet (400IM/400/500FR) at end of session when there is not a separate warm-up/warm down pool available.</p>

DECK PRIVILEGES	<p>DECK PRIVILEGES: 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.</p> <p>Proof of registration through USA Swimming Deck Pass 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 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 submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p>
ELIGIBILITY	<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.</p> <p>On deck registration is not permitted; all athletes must be registered prior to entering the meet.</p>
RACING START CERTIFICATION	<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.</p> <p><u>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.</u></p>
MEET/DECK REFEREE	<p>The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for any issues that arise that day during the course of the meet.</p>
PROTESTS	<p>A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet/Deck Referee will act as a mediator</p> <p>A Meet Jury shall be identified and posted at the beginning of each session of the meet.</p>
MEET MARSHALS	<p>Meet Marshals have full authority through the Meet/Deck Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.</p>
SWIMMERS WITH DISABILITIES	<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>
PHOTOGRAPHY	<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 final and binding. In no case shall coaches be permitted to delegate this role to athletes</p>
DECK CHANGING	<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>
RESTRICTIONS	<p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.</p> <p><i>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.</i></p> <ul style="list-style-type: none"> • Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. • No glass and/or ceramic containers are allowed in the meet venue.
CONCESSIONS/VENDORS	<p>Concessions will be available throughout the meet. B & R Pools will be available throughout the meet.</p>

DIRECTIONS AND OTHER INFORMATION

From Pittsburgh: Parkway East (Rt. 376). Take Exit 10B (Monroeville, Business Rt 22). After the 5th light, take the 2nd right (Monroeville Mall entrance). Merge into the left lane. At the stop sign turn left onto Mall Circle Dr. Go straight through light and continue around the mall. You will see a Firestone Tire Center on your right, quickly get into the left turning lane at the 4 way stop sign. Turn left onto James Street Extension. At the top of the hill at the stop sign turn left onto James Street. At the 5 way light turn right onto Rosecrest Drive (not a hard right onto Monroeville Blvd., but the second right), there is a sign for Rosecrest. Rosecrest makes a 90-degree right turn and then a 90 left turn. Go through 2 stop signs. When Rosecrest makes the next 90 right, you will see the entrance to the park on the left. There is a chain link fence and gate to drive through. The parking lots are on the left.

From PA Turnpike: Exit 57 Pittsburgh/Monroeville. Exit tollbooth and take the Business 22/Monroeville exit (farthest left). Merge right onto Business Rt. 22.. At the 4th light turn left onto Stroschein Road. At the first light turn right onto Monroeville Blvd. Go through several lights. After the yellow flashing emergency signal you will come to a 5 way intersection, get in the left turning lane. Make the second left (not hard left) onto Rosecrest Drive. Follow the above directions to get into the park.

PARKING: Ample parking is available and the entire complex is accessible to the handicapped.

**Check the Penn Dot web site for construction info on the Parkway or Turnpike. www.dot.state.pa.us

• **SAFETY: ANY TENTS AND/OR CANOPYS MUST BE PROPERLY ANCHORED TO THE GROUND. The meet director, referee, meet marshals along with the pool owner or their representatives, have the authority to have such items removed, if in their opinion the item(s) present a safety problem to the swimmers and/or attendees. The area of concrete surrounding the pool deck will be for swimmers, coaches, officials and meet personnel that have checked in prior to the start of the each session of the meet and are wearing a wrist band. Spectators, please remain in the areas designated for spectators.**

Friday Session 1		
Girls EVENT #		Boys EVENT #
1	11 & 12 400 Free (Limited to Fastest 4 heats of Girls and 4 Heats of Boys)	2
3	11 & Older 1500 Free (Time Standard to be Faster than 13 & 14 BB)	4
Saturday Session 2		
5	11 & 12 400 IM (Limited to Fastest 4 heats of Girls and 4 Heats of Boys)	6
7	11 & Older 800 Free (Time Standard to be Faster than 13 & 14 BB)	8

**There MAY be a break between the 400 Free and the 11 & Older 1500 Free on Friday and between the 400IM and the 800 Free on Saturday based upon entries

SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND LAP COUNTERS

CONCESSIONS WILL NOT BE PROVIDED. WATER WILL BE PROVIDED.