



NHA Mini Distance,

sponsored by North Hills
Aquatics

Meet Name – page 1
12/14 changed entry fee to reflect
O/P's. Changed close date

January 20-21.

FACILITY LOCATION	North Hills High School 53 Rochester Road Pittsburgh Pa 15229	
SANCTION # AM-0120118-02	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	Jan Davis	412-519-6287 randyandjan92@msn.com
ENTRY CHAIR	Judy Wagner	No calls after 9. 412-276-0145 nha-entries@amswim.org
SAFETY CHAIR	Liz Nutter	412-491-2613 timothynutter1@msn.com
OFFICIALS CONTACT	Ed Gorrell	412-874-6353 dgorrell315@gmail.com
MEET REFEREE	TBA	phone email
POOL CERTIFICATION	The competition course has not been certified in accordance with Article 104.2.2C (4).	
FACILITY DESCRIPTION	This is a 6 lane. The deep end with blocks is 12 feet deep.	
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 4 feet .	
ENTRIES OPEN – Tuesday, December 26^h 10PM		ENTRIES CLOSE – MONDAY, January 8th at 10PM
ENTRY FEES	Mini Individual \$4 Individuals \$5 Relay Events \$8 Distant Individual \$5 Swimmer Surcharge: \$5	
	Entry fee checks made payable to: North Hills Aquatics	Mail entry fee checks and entry report to: Judy Wagner 121 Arrowood Drive Pittsburgh PA 15243
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	Qualifying times, if applicable, are 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, excluding relays	
PROOF OF TIMES	This meet will require Proof of Times. For Proof of Times, all times must be proved through the USA SWIMS National Database. Times that are not in SWIMS must be proven thirty (30) minutes prior to the start of the session with official results from a USA Swimming Sanctioned, Approved, or Observed meet. If a time cannot be proven and the athlete competes in the questioned event, that swim is subject to the appropriate AMS fine for falsifying documents. When submitting meet entry files and reports, include the proof of time by check the "Include Proof of Time" box.	
SESSION	WARM-UP TIMES	MEET STARTS
Saturday AM	7:30 – 8:30 am	8:35 am
Saturday PM	11:30 – 12:30 pm	12:35 pm
Sunday AM	7:30 – 8:30 am	8:35 am
Sunday PM	11:30 – 12:30 pm	12:35 pm
AWARDS	Individual Awards 1-8th place ribbons Relay Awards 1-8th place ribbons	
SCORING	This meet will/will not be scored. See USA Swimming Rule 102.25 for Scoring Places and Points None	
DIRECTIONS AND OTHER INFORMATION	Parking is provided in the school parking lot.	

<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. This meet will be PRESEEDED.</p> <p>The events that are 400 yards/meters or longer and all relays will be deck-seeded. 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 if the Referee is notified of a Declared False Start prior to the start of the race. Check-in will close 30 minutes prior to the start of the session.</p> <p>Events 400 yards/meters or longer that are Timed Finals will be swum fastest to slowest, alternating girls/boys.</p>
<p>SEEDING/POSITIVE CHECK-IN</p>	<p>Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. This meet will use Positive Check-In seeding.</p> <p>Upon coach sign in, a scratch packet will be provided for swimmers that will be scratching from an event or from the session. 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 if 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 LSC 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, plus any additional meet-specific surcharges, and close 30 minutes prior to the start of the session. At Positive Check-In meets, deck entries will be added as long as meet still meets the timeline and will be seeded when scratches are removed. 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>RULES</p>	<p>This meet is governed by current USA Swimming Rules and current AMS Operating Procedures. Fly-over starts will be used.</p>
<p>MEET/DECK REFEREE</p>	<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>
<p>PROTESTS</p>	<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. A Meet Jury shall be identified and posted at the beginning of each session of the meet.</p>

MEET MARSHALS	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.
WARM-UP INFORMATION	<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>There shall be a 10 minute break before distance events in a standard meet (400IM/400/500FR) at end of session.</p>
DECK PRIVILEGES	<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 proof of USA Swimming membership 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 submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p>
RACING START CERTIFICATION	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.
SWIMMERS WITH DISABILITIES	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.
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	Per USA Swimming Rule 202.4.9(l), deck changes are prohibited.
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. 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> <ul style="list-style-type: none"> • No glass containers are allowed in the meet venue. •

Session 1		
Girls	Saturday AM	Boys
1	10 & Under 200 Medley Relay	2
3	8 & Under 200 Medley Relay	4
5	10 & Under 100 Breaststroke	6
7	10 & Under 25 Freestyle	8
9	10 & Under 50 Backstroke	10
11	10 & Under 100 Freestyle Relay	12
13	8 & Under 100 Freestyle Relay	14
15	10 & Under 100 Freestyle	16
17	10 & Under 25 Breaststroke	18
19	10 & Under 50 Butterfly	20
21	10 & Under 200 Individual Medley	22
Session 2		
Girls	Saturday PM	Boys
23	11 & Over 200 Butterfly	24
25	11 & Over 200 Backstroke	26
27	11 & Over 400 Individual Medley	28
	10 minute warm-up break	
29	11-12 1000 Freestyle	30
31	13 & Over 1000 Freestyle	32
Session 3		
Girls	Sunday AM	Boys
33	10 & Under 200 Freestyle Relay	34
35	8 & Under 200 Freestyle Relay	36
37	10 & Under 100 Individual Medley	38
39	10 & Under 50 Freestyle	40
41	10 & Under 25 Backstroke	42
43	10 & Under 100 Butterfly	44
45	10 & Under 100 Medley Relay	46
47	8 & Under 100 Medley Relay	48
49	10 & Under 50 Breaststroke	50
51	10 & Under 25 Butterfly	52
53	10 & Under 100 Backstroke	54
55	10 & Under 200 Freestyle	56

Session 4		
Boys	Sunday PM	Girls
57	11 & Over 200 Breaststroke	58
59	11 & Over 200 Freestyle	60
61	11 & Over 500 Freestyle	62
	10 minute warm-up break	
63	11-12 1650 Freestyle	64
65	13 & Over 1650 Freestyle 17&O 15-16 13-14	66

**All individual events for the 10&U sessions
will be awarded by age group: 6&U, 7, 8, 9-10.**