

**LONG COURSE – DAN MAZZEI MEET**  
**SPONSORED BY: TEAM PITTSBURGH AQUATICS**

**April 24 & 25, 2010**

Sanctioned by Allegheny Mountain Swimming - Sanction # AM-042410-01

**LOCATION OF FACILITY:** University of Pittsburgh, Joe C. Trees Pool

**TYPE OF FACILITY:** 8 lane 50 meter pool. The competition course has been certified in accordance with 104.2.2.C(4). The copy of such certification is on file with USA Swimming.

**ENTRY DEADLINE:** April 10, 2010                      **Entries will be accepted from:** April 1 – April 10, 2010

**ENTRY LIMIT PER DAY:** Four ( 4 ) Individual Events per day (excluding relays)

**ENTRY FEES:** Individual Events: \$5.00

Relays: \$5.00

CHECKS PAYABLE TO: Pittsburgh Aquatic Program

**WARM-UPS:** Warm-ups will be as stated below. Each Club will be notified within ten (10) days, but no later than five (5) days prior to the start of the meet. The meet entry person will be notified along with it being posted on the AMS Website.

The Meet Director reserves the right to adjust warm-ups based on the number of entries after consultation with the Age Group Chair (before the day of the meet) or the referee (the day of the meet). There **may** be a warm-up period of up to ten (10) minutes prior to the distance events at those facilities that do not have a separate warm-up pool.

Warm-ups for distance meets (1000/800, 1650/1500) shall be a general warm-up for the entire session. Time shall not be less than 45 minutes for a single session of the first session of a two-session meet. Time shall not be less than 30 minutes for the second session at the same meet. Warm Up/Warm Down between events shall not be less than 10 minutes when multiple events are swum, gender excluded. 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 that sprint lanes are opened

**WARM UP &  
START TIMES:**

SESSIONS	WARM-UPS	MEET START
April 24 <sup>th</sup>	7:30am-8:45am	9am
April 25 <sup>th</sup>	7:30am-8:45	9am

*\*To be confirmed based on the entries - will be posted on website*

**SEEDING:** This meet will be **pre-seeded**. **Relays will require positive check-in.**

**MEET DIRECTOR:** Aaron Workman

**SAFETY CHAIR:** Kevin McLaughlin

**OFFICIALS:** If you are able to help officiate at this meet please contact:

**DURATION:** The Meet Director reserves the right to return entries with the approval of the Age Group Committee to control the meet duration. Affected clubs will be notified at least five (5) days prior to the meet. In addition, the meet host may require swimmers to scratch down ONE event per day. When entries are submitted, please mark which event the swimmer will scratch, if needed. If no race is designated, the host team will scratch the swimmer's last event of the day. Refunds will be given for mandatory scratches.

**ENTRIES:** E-MAIL ENTRIES TO: [tpit-entries@amswim.org](mailto:tpit-entries@amswim.org)

<b>ENTRY CHAIR:</b>	<b>NAME</b>	<b>Aaron Workman</b>
	<b>ADDRESS</b>	<b>218 Fitzgerald Fieldhouse</b>
	<b>CITY, ST, ZIP</b>	<b>Pittsburgh Pa 15261</b>
	<b>PHONE</b>	<b>412-648-8339.</b>

All entries will only be accepted via e-mail or sent via U.S. mail with the proper completed coaches and master form. All entries, fees and properly completed entry forms must be postmarked no later than midnight on the: Entry Deadline Date.

The body of the e-mail shall contain the following:

Meet Name	Team Name
Number of Individual Events	
Number of Relay Events	
Team Meet Entry Person's Contact Information	

Entries using HY-TEK "Team Manager" are encouraged. There will be a charge of \$20.00 to be included with your entry for clubs with ten (10) or more swimmers not submitting mailed entries on disk. All teams submitting entries on disk should note that the disk WILL NOT BE RETURNED.

**WARM-UP RULES:** Due to the insurance liability issue that is in effect from USA Swimming all warm-up policies will be strictly enforced by USA Swimming Officials. Swimmers warming up or down, before, during or after this swim meet must be under the direct supervision of an USA Swimming member certified coach. The coaches have the same responsibility for supervision of their swimmers at the meet as when on deck at practice.

Each competing club's coach must register with the MEET DIRECTOR before the club may warm up. The coaches' sign-in sheet will be forwarded to the AMS registrar for verification of current coaches' certification. The coaches must present their current USS registration card at the sign in table and keep it visible on deck at all times.

In the event that a club has fewer than five (5) swimmers per session, it is the responsibility of the club to have a representative register a contact person with the MEET DIRECTOR to assure compliance of their swimmers with the rules of conduct. The contact person signing in requirement is in addition to the requirement for every swimmer to be under the supervision of a USS registered coach.

**For swimmers that are unattached, it is their responsibility, prior to the day of the meet, to obtain a coach who will supervise the swimmers on deck during warm-up, warm down, before, during, or after the meet. This information should be provided with their entries to the meet entry person. Failure to do so will result in not being entered in the meet.**

**MEET/DECK REFEREE:** The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person. The meet/deck referee has final judgment for **any** issues that arise that day during the course of the meet.

**ELIGIBILITY:** All entrants must be registered members of USA Swimming. Age **as of the first day of the meet** determines eligibility. This meet is open to all USA swimming registered swimmers. "No Time" entries will not be accepted. Entry times are short course yard times OR as stated in the comments on the meet structure/schedule of events page.

**QUALIFYING TIMES:** Qualifying Times are shown on the attached Meet Structure

**AMS RULES:** The 2009/2010 USS Swimming Rules will govern the meet. Details will be provided in the meet program and posted. Smoking and the use of tobacco products are prohibited in the building. Sale and use of alcoholic beverages are similarly prohibited anywhere on the grounds.

**Please note that all swimmers must be under the supervision of a USA swimming coach during warm-up and competition.**

**No unauthorized personnel will be allowed on the pool deck.** Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area.

**DISABLED SWIMMERS:** Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet.

**SEEDING: Swimmers must follow the mandatory AMS operating procedure for check-in seeding:** All swimmers must personally sign in with the Clerk of Course prior to each session for all of the events or at the first call of each event. A first call and a last call will be given. If after checking in, a swimmer decides not to swim the event, they must report back to the Clerk of Course and scratch by last call. **Failure to swim after being checked in and seeded will bar a swimmer from their next individual event.** Swimmers do not have to remain in the seeding area after checking in, but must return to pick up seeding time cards (if required).

**SCRATCH RULE:** (where applicable)

**(1) PRE-SEEDER MEETS.** Any Swimmer or relay team failing to swim an event at a pre-seeded meet shall not be penalized for failure to show.

**AWARDS:** Individual awards: 1<sup>st</sup> through 8<sup>th</sup> will receive certificates

**SCORING:** This meet will not be scored

**DIRECTIONS:** See [amswim.org](http://amswim.org)

**CONCESSION:** None

**COMMENTS:** This will be a long course meet

## Dan Mazzei Spring Sprint Challenge April 24 - 25, 2010

Saturday Session 1				Sunday Session 2		
Girls	12 & Under	Boys		Girls	12 & Under	Boys
1	200 Not Free Relay	2		33	200 Reverse Medley Relay	34
29	400 Reverse Medley Relay	30		61	500 Crescendo Relay	62
	<b>13 &amp; Older</b>				<b>13 &amp; Older</b>	
3	200 Not Free Relay	4		35	200 Reverse Medley Relay	36
31	400 Reverse Medley Relay	32		63	500 Crescendo Relay	64
	<b>10 &amp; Under</b>				<b>10 &amp; Under</b>	
5	100 Individual Medley	6		37	100 Freestyle	38
13	50 Breaststroke	14		45	50 Butterfly	46
21	50 Freestyle	22		53	50 Backstroke	54
	<b>11 – 12</b>				<b>11 – 12</b>	
7	100 Individual Medley	8		39	100 Freestyle	40
15	50 Breaststroke	16		47	50 Butterfly	48
23	50 Freestyle	24		55	50 Backstroke	56
	<b>13 -14</b>				<b>13 – 14</b>	
9	50 Breaststroke	10		41	50 Butterfly	42
17	50 Freestyle	18		49	50 Backstroke	50
25	100 Individual Medley	26		57	100 Freestyle	58
	<b>Senior</b>				<b>Senior</b>	
11	50 Breaststroke	12		43	50 Butterfly	44
19	50 Freestyle	20		51	50 Backstroke	52
27	100 Individual Medley	28		59	100 Freestyle	60

### Comments:

1. There are NO qualifying restrictions
2. Entries are to be in short course yard times
3. Entries are limited to 3 individual events per day
4. Crescendo Relay is 50 – 100 – 150 - 200 all Freestyle
5. 100 Individual Medley must change stroke in the middle of the course
6. 200 NOT FREE RELAY is 4 x 50's of (non front crawl freestyle), swimmers choice
7. 400 Reverse Medley Relay is 4 x 100 swum Freestyle, Butterfly, Breaststroke, and Backstroke (in that order)  
The Backstroke Swimmer must dive in and turn over on to the back, be on the surface, before the 15 meter mark.
8. 200 Reverse Medley Relay is the same as the above, except 4 x 50
9. Relays may be deck entered. Relays will close approximately 30 minutes prior to the start of the relay