

LONG COURSE - AGE GROUP OPEN
SPONSORED BY THE HAMPTON DOLPHINS

JUNE 5 - 6, 2010

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-060510-01

LOCATION OF FACILITY: HAMPTON TOWNSHIP MUNICIPAL POOL

TYPE OF FACILITY: 50 Meter heated 6-Lane pool, starting platforms and 6" Kiefer Olympic Lane Dividers, Daktronics Timing System with watch backup.

POOL CERTIFICATION: The competition course has not been certified in accordance with 104.2.2(C).

WATER DEPTH: The water depth at the start end of the pool is 11 feet and at the turn end of the pool is 3 feet 6 inches.

ENTRY DEADLINE: May 21, 2010

Entries will be accepted from: May 12, 2010 - May 21, 2010

INDIVIDUAL ENTRY LIMIT PER DAY: Four (4)

Individual Events per day (excluding relays)

ENTRY FEES: Individual Events: \$5.00

MEET ENTRY LIMIT: 2000

Relays: \$5.00

CHECKS PAYABLE TO: HAMPTON DOLPHINS

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:**

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

SESSIONS	WARM-UPS	MEET START
SAT. 6/5/10 AM	7:30 - 8:00am and 8:00 - 8:30am	8:35AM
SAT. PM	12:30 - 1:00pm and 1:00 - 1:30pm	1:35PM
SUN. 6/6/10 AM	7:30 - 8:00am and 8:00 - 8:30am	8:35AM
SUN. PM	12:30 - 1:00pm and 1:00 - 1:30pm	1:35PM

SEEDING: This meet will be deck **seeded** with the exception of any events 400 yards/meters or longer. These will be deck seeded with positive check-in required. Check-in will close approximately 30 minutes prior to the event being swum. **Relays will require positive check-in.**

MEET DIRECTOR: TRACEY WOESSNER - 412-487-7181 - ironwoessner@comcast.net

SAFETY CHAIR: GREG STEIN

OFFICIALS: To officiate at this meet please contact: TRACEY WOESSNER: ironwoessner@comcast.net

or call 412-487-7181

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: hd-entries@amswim.org

ENTRY CHAIR:

NAME	Beth Ritz
ADDRESS	4337 Glades Drive
CITY, ST, ZIP	Allison Park, Pa 15101
PHONE	412-486-6335

No Calls After 9 PM

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: Refer to AMS Operating Procedures:

AWARDS: Individual awards: **Individual Events – Gold and Silver Flights for events over 18 swimmers**
Gold Flight Ribbons – 1st thru 6th Place Silver Flight -1st thru 6th Place

Team awards: No Team Awards

SCORING: This meet will not be scored

DIRECTIONS: HAMPTON HIGH SCHOOL POOL

From Pittsburgh: Take route 28 North to the Butler Route 8 exit. Proceed north on route 8 towards Butler, past Duncan avenue and past Harts Run Road. Turn right onto Mc Cully Road (Red Barn Theatre sign on right) head up the hill past the High School entrance and turn left into the community park. Proceed past the ball fields and turn right then left into the pool parking lot.

From PA turnpike: Take Butler Exit (old exit 4). Head south on route 8. Turn left at Wildwood Road (McDonald's on the corner) then make the first right onto School road. Continue on School road past the tennis courts and make the first left then another left into the pool parking area.

CONCESSION: There will be a full concession stand available during the meet.

COMMENTS: SWIMMERS WILL NEED TO PROVIDE THEIR OWN LAP COUNTERS AND TIMERS FOR THE DISTANE EVENTS

Swimming supplies will also be sold at the meet.

Age Group Open @ Hampton

June 5 – 6, 2010

	Saturday AM Session 1			Sunday AM Session 4			
Girls	6 – 10		Boys	Girls	6 – 10		Boys
1	200 Individual Medley		2	45	200 Freestyle		46
5	50 Backstroke		6	49	50 Breaststroke		50
9	100 Butterfly		10	53	100 Backstroke		54
13	50 Freestyle		14	57	50 Butterfly		58
17	100 Breaststroke		18	61	100 Freestyle		62
Girls	13 – 14		Boys	Girls	13 – 14		Boys
3	100 Freestyle		4	47	200 Individual Medley		48
7	200 Butterfly		8	51	200 Backstroke		52
11	100 Backstroke		12	55	50 Freestyle		56
15	200 Freestyle		16	59	200 Breaststroke		60
19	100 Breaststroke		20	63	100 Butterfly		64
	Saturday PM Session 2			Sunday PM Session 5			
Girls	11 – 12		Boys	Girls	11 – 12		Boys
21	200 Individual Medley		22	65	200 Freestyle		66
25	50 Backstroke		26	69	50 Breaststroke		70
29	100 Butterfly		30	73	100 Backstroke		74
33	50 Freestyle		34	77	50 Butterfly		78
39	100 Breaststroke		40	83	100 Freestyle		84
Girls	Senior		Boys	Girls	Senior		Boys
23	100 Freestyle		24	67	200 Individual Medley		68
27	200 Butterfly		28	71	200 Backstroke		72
31	100 Backstroke		32	75	50 Freestyle		76
35	200 Freestyle		36	79	200 Breaststroke		80
37	100 Breaststroke		38	81	100 Butterfly		82
41	400 Individual Medley		42	85	400 Freestyle		86

	Saturday Distance Session 3			Sunday Distance Session 6			
43	1500 Freestyle		44	87	800 Freestyle		88

Comments:

- 1 Positive Check In and Deck Seeding is required
- 2 There may be up to a 10 minute warm up prior to events 41 and 85 and up to a 15 minute warm-up prior to the 1500 Freestyle and 800 Freestyle
- 3 400 Individual Medley, 400 Freestyle, 800 Freestyle and 1500 Freestyle shall be swum fastest to slowest alternating girls and boys
- 4 There is a 2000 entry limit.
- 5 Entries are limited to 4 individual events per session
- 6 Short Course Yard times are required for entry
- 7 NT times will not be accepted
- 8 LSC scratch procedure shall be used to control the duration of the meet.