

Summer Celebration
SPONSORED BY Mt. Lebanon Aqua Club

June 18 – 20, 2010

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-061810-01

LOCATION OF FACILITY: Mt. Lebanon Municipal Pool, 900 Cedar Blvd., Mt. Lebanon, PA

TYPE OF FACILITY: 8 Lane Outdoor 50 Meter Pool W/Electronic timing system and watch backup

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

WATER DEPTH: The depth of the water at the start end of the pool is 5 feet and at the turn end is 5 feet.

ENTRY DEADLINE: June 4, 2010

Entries will be accepted from: May 25 – June 4, 2010

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

ENTRY FEES: Individual Events: \$5.00

MEET ENTRY LIMIT: 2,000

CHECKS PAYABLE TO: Mt. Lebanon Aqua Club

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
Friday	7:00 am – 7:55 am	8:00 am
Saturday	7:00 am – 7:55 am	8:00 am
Sunday	7:00 am – 7:55 am	8:00 am

SEEDING: This meet will be **deck seeded with positive check-in required**. Check-in will close approximately 30 minutes prior to the event being swum.

MEET DIRECTOR: **Kathy Nappi**
235 Atlanta Drive
Pittsburgh, PA 15228
412-344-9431
nappifamily@comcast.net

SAFETY CHAIR: **Karen Martin**

OFFICIALS: To officiate at this meet please contact: Frank Nappi 412-651-3927

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: mlac-entries@amswim.org

ENTRY CHAIR: **NAME** **Judy Wagner**
 ADDRESS **1271 Arrowood Drive**
 CITY, ST, ZIP **Pittsburgh, PA 15243**
 PHONE **412-276-0145**
Entry persons please send your check for the entries to Judy Wagner before the day of the Meet. You can either e-mail or regular mail your hard copy and fee reports to me.

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:

EVENTS SEEDED ON DECK. (a) Any swimmer who has checked in for an individual event that is seeded on the deck must swim in the event unless he notifies the Referee or designated meet official of his/her wish to scratch before the seeding for the event has begun. 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.

(b) Any relay that has been checked in for an event that is seeded on the deck must swim in the event unless the Referee or designated meet official is notified of the wish to scratch before the seeding for that event has begun. Any relay team entered in a deck-seeded event must check in and list the swimmers' names for the event prior to the entry deadline.

(c) Events seeded on the deck shall be closed for seeding no later than 30 minutes prior to the start of the meet.

CHECK IN SEEDED MEET. If, after checking in with the Clerk of Course, a swimmer decides not to swim the event, they must report back to the Clerk of Course and SCRATCH by the last call. Failure to swim after being checked in and seeded will bar the swimmer from the swimmer's next individual event.

RELAYS. Each coach shall pick up relay cards from the Clerk of Course, on which he shall list the competing swimmers (Last, First, Middle Initial - NAME) and ages and order of swimming for each relay event. Completed relay cards must be returned to the Clerk of Course. Those returned as "scratched" will not be entered and no penalty will be incurred. All others will be seeded. Failure of a relay member or relay team to subsequently pick up their seeded card and participate in the event when it is called is subject to the scratch rule penalties outlined above. NOTE: Names of relay participants may be changed, without penalty, only until their first relay swimmer steps up to the starting block.

AWARDS: Individual awards: Medals 1st through 3rd and Ribbons 4th through 8th

Team awards: None

SCORING: This meet will not be scored

DIRECTIONS: From Downtown/North Hills/Monroeville via Fort Pitt Tunnel - Take I-279 through the Fort Pitt Tunnel and use the Banksville Road exit. Approximately 3.2 miles from the tunnel (6th traffic light) bear right on Beverly Road (at AB Charles Hobby Store). Go approximately 7/10 of a mile and turn left onto Cochran Road (4th traffic light). Go approximately 1/2 mile and turn right onto Cedar Blvd. (3rd traffic light), Go approximately 4/10 mile and turn left into the Main Park at the first light.

From Downtown/Monroeville via Liberty Tunnel-Take Washington Road approximately 4.2 miles (from tunnel) and turn right on Cochran Rd. (18th traffic light). At second traffic light turn left onto Cedar Blvd. Go approximately 9/10 mile and turn left into the Main park at the second light.

From Upper St. Clair/ Peters Twp./Washington Road via Rt 19 South - Take Washington Road (Rt.19) past South Hills Village and Village Square malls. Go approximately 1/2 mile past Village Square and turn left onto Gilkeson Road (3rd light after mall) at the Galleria Mall. Go approximately 9/10 mile and turn right at the second light onto Cedar Blvd. Go approximately one mile and turn right into the Main Park at the first light

From Airport/I-79-From the airport take the Parkway toward downtown Pittsburgh and exit onto I-79 South. From I-79 take exit 55 (Heidelberg/Kirwan Hts.) and turn right onto Rt. 50. Go approximately 2/10 mile and turn left onto Vanadium Road at the first traffic light. Go approximately 1.2 miles and turn left onto Bower Hill Road. At the 4th traffic light turn right into Cearhurst Manor (Greenhurst) and proceed to the stop sign, bear left onto Greenhurst and proceed to the bottom of the hill and cross over Cedar Blvd. into the Mt. Lebanon Park

From Morgantown Area – Take I-79 North and get off at exit 55 (Heidelberg/Kirwan hts.) and turn right onto Rt. 50. Go approximately 2/10 mile and turn left onto Vanadium Road at the first traffic light. Go approximately 1.2 miles and turn left onto Bower hill Road. At the 4th traffic light turn right into Cedarhurst Manor (Greenhurst) and proceed to the stop

sign, bear left onto Greenhurst and proceed to the bottom of the hill and cross over Cedar Blvd. into the Mt. Lebanon Park

From Wheeling Area – Take I-70 E to I -79 North and take exit 55 (Heidelberg/Kirwan hts.) and turn right onto Rt. 50. Go approximately 2/10 mile and turn left onto Vanadium Road at the first traffic light. Go approximately 1.2 miles and turn left onto Bower hill Road. At the 4th traffic light turn right into Cedarhurst Manor (Greenhurst) and proceed to the stop sign, bear left onto Greenhurst and proceed to the bottom of the hill and cross over Cedar Blvd. into the Mt. Lebanon Park

The pool is located behind the recreation center; if no parking is available near the recreation center, you can park in the public lot located just up the road from the recreation center.

CONCESSION: Food will be available throughout the meet

COMMENTS: Distance swimmers (800 free, 1500 free, 400 IM, 400 Free) need to provide timers and lap counters for these events.

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	Faster Than or Equal To		Friday Session			Faster Than or Equal To		
Girls	LCM	SCY	Senior			SCY	LCM	Boys
1	10:37.09	11:55.89	800 Freestyle					
			1500 Freestyle			18:47.99	19:13.39	2

	Faster Than or Equal To		Saturday Session		Faster Than or Equal To			Faster Than or Equal To		Sunday Session		Faster Than or Equal To			
Girls	LCM	SCY	6 – 10		SCY	LCM	Boys	Girls	LCM	SCY	6 – 10		SCY	LCM	Boys
9	2:02.29	1:46.69	100 Breaststroke		1:43.69	1:59.79	10	49	3:23.59	2:58.29	200 Freestyle		2:50.89	3:13.99	50
17	1:32.99	1:21.59	100 Freestyle		1:19.99	1:31.09	18	57	1:48.89	1:33.99	100 Backstroke		1:32.09	1:45.69	58
25	49.89	43.49	50 Backstroke		43.69	50.09	26	63	1:55.19	1:42.09	100 Butterfly		1:40.39	1:53.19	64
33	48.59	42.99	50 Butterfly		41.99	46.89	34	71	54.89	47.79	50 Breaststroke		47.89	55.09	72
39	3:46.49	3:19.39	200 Individual Medley		3:18.09	3:44.79	40	77	40.79	35.99	50 Freestyle		35.19	40.19	78
Girls			11 - 12				Boys	Girls			11 - 12				Boys
7	1:41.89	1:29.29	100 Breaststroke		1:27.79	1:40.89	8	47	2:50.79	2:31.49	200 Freestyle		2:27.49	2:47.79	48
15	1:19.59	1:08.29	100 Freestyle		1:07.89	1:17.19	16	55	1:31.09	1:21.09	100 Backstroke		1:19.09	1:31.39	56
23	42.29	36.79	50 Backstroke		36.49	42.19	24	61	1:30.79	1:20.19	100 Butterfly		1:18.69	1:29.49	62
31	39.39	35.09	50 Butterfly		35.19	39.59	32	69	45.59	40.89	50 Breaststroke		40.79	47.09	70
37	3:14.79	2:50.69	200 Individual Medley		2:49.39	3:13.89	38	75	36.39	31.89	50 Freestyle		30.99	35.29	76
Girls			13 - 14				Boys	Girls			13 - 14				Boys
5	2:44.39	2:24.99	200 Freestyle		2:15.69	2:35.19	6	45	3:05.69	2:42.99	200 Individual Medley		2:31.99	2:55.99	46
13	1:22.89	1:13.49	100 Butterfly		1:08.09	1:16.99	14	53	1:36.39	1:24.09	100 Breaststroke		1:18.09	1:28.09	54
21	35.19	30.99	50 Freestyle		28.49	32.79	22	67	1:16.19	1:07.39	100 Freestyle		1:02.19	1:11.49	68
29	1:24.29	1:14.19	100 Backstroke		1:09.59	1:20.59	30								
Girls			Senior				Boys	Girls			Senior				Boys
3	2:39.49	2:21.19	200 Freestyle		2:10.09	2:28.59	4	43	3:01.19	2:39.29	200 Individual Medley		2:26.39	2:48.89	44
11	3:21.19	2:56.39	200 Breaststroke		2:42.59	3:08.79	12	51	1:33.89	1:21.99	100 Breaststroke		1:14.69	1:26.39	52
19	1:20.39	1:11.79	100 Butterfly		1:05.09	1:13.39	20	59	2:56.19	2:36.49	200 Butterfly		2:24.49	2:43.19	60
27	34.49	30.39	50 Freestyle		27.39	31.19	28	65	1:14.39	1:05.79	100 Freestyle		59.79	1:08.39	66
35	1:22.69	1:12.09	100 Backstroke		1:06.19	1:16.49	36	73	2:57.99	2:35.89	200 Backstroke		2:23.39	2:43.89	74
41	5:50.59	5:09.89	400 Individual Medley		4:47.79	5:27.09	42	79	5:08.89	5:47.39	400 Freestyle		5:24.29	4:50.19	80

Comments:

- 1 Entry times should LCM. Non-conforming times will be seeded last SCM, SCY
- 2 Entries are limited to 4 individual events per day
- 3 6 – 10, 11 -12, and 13 - 14 Events are faster than or equal to National “BB” Time Standards
- 4 Senior Events are Faster than or equal to National 15 – 16 “BB” Time Standards
- 5 400 Individual Medley, 400 Freestyle, 800 Freestyle, 1500 Freestyle are faster than National 15 – 16 “A” time standards
- 6 400 Freestyle, 400 Individual Medley, 800 Freestyle, 1500 Freestyle will be swum fastest to slowest alternating girls and boys
- 7 This is a positive check and deck seeded meet. To control meet duration the Meet Director, in conjunction with the Age Group Chair,