

Eric Namesnik Memorial Swim Meet

SENIOR CIRCUIT 3

**Sponsored By Allegheny Mountain Swimming
July 9 – 11, 2010**

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Namesnik Memorial Swim Meet Sanction Number AM-070910-1
Time Trial Sanction Number: AM-TT-070910-2

This meet has been named in honor of Eric Namesnik. \$1 from each entry shall be donated to the "snik's kids fund". Eric was a former western PA athlete that went on to earn silver medals in the 400 IM in the 1992 and 1996 Olympics.

Facility Address: University of Pittsburgh, Trees Hall, Darragh and Aliquippa St., Pittsburgh, PA, 15261

The University of Pittsburgh has played host to many meets over the years. The list would include, but is not limited to The Big East Championships, Eastern College Athletic Conference Championships, and the Eastern Zone Age Group Championships. The University has recently completed renovations to the facility including a new gutter system, new heated deck, and new starting blocks. The facility consists of one 50 meter, 8 lane competition pool with electronic timing system and an adjacent 25 yard, 6 lane warm-up/warm-down pool.

WATER DEPTH: The pool is 16 feet deep at start end of the competition pool and 3 feet 6 inches deep at turn end

Meet Director:	Meet Referee:	Meet Entry Person:
Todd Clark	Bob Mermelstein	Jeff Berghoff
swimcoachclark@gmail.com	bob.mermelstein@gmail.com	ams-entries@amswim.org
412-513-9040	412-867-6687	412-648-8340

WARM-UP TIMES:

There may be a warm-up period of up to 10 minutes prior to all relay events.

	SESSIONS	WARM-UPS	MEET START
WARM UP & START TIMES: <i>*To be confirmed based on the entries - will be posted on website</i>	Morning Prelims	Prelims – 7:30 – 8:55 am	9:00 am
	Time Trials	At the conclusion of the prelim session there will be a 30 minute warm-up period in the competition pool for general warm-up/warm down prior to the start of the time trial session	30 minutes after conclusion of prelim sessions – time permitting
	Friday/Saturday Finals	Finals – 4:30 – 5:25 pm	5:30 pm
	Sunday Finals	Finals – 4:00 – 4:55 pm	5:00 pm

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 they do 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 USA 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 USA registered coach.

UNATTACHED SWIMMERS: IT IS THEIR RESPONSIBILITY, PRIOR TO THE DAY OF THE MEET, TO OBTAIN A COACH WHO WILL SUPERVISE THEM 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.

Prelim/Finals: There will be bonus, consolation, and championship final in each individual event at this Championship (except the 800m and 1500m freestyle events, which will have a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

Entries: ALL ENTRIES WILL ONLY BE ACCEPTED VIA E-MAIL OR SENT VIA U.S. MAIL WITH THE PROPER COMPLETED COACHES AND MASTER FORM. ENTRIES CLOSE AT MIDNIGHT ON JULY 3RD, 2009.

MAIL ENTRIES AND PAYMENT TO: JEFF BERGHOFF, 218 FITZGERALD FIELD HOUSE, PITTSBURGH, PA 15261

EMAIL HYTEK ENTRIES (including required text below) TO: ams-entries@amswim.org

All entries, fees and properly completed entry forms must be postmarked no later than midnight on the "Entries Due Date". The body of the e-mail shall include the following:

Meet Name
Team Name
Number of Individual Events
Number of Relay Events
Team Entry Person Contact Info

Duration: The Meet Director reserves the right to return entries with the approval of the Age Group Committee in order to control the meet duration. Affected clubs will be notified at least five (5) days prior to the meet.

Rules: Current USA Swimming rules will govern all competition. All scratches shall be governed by 207.12.6.D & .E

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. Swimmers must be equal to or faster than the qualifying times located in the meet structures. All relay only swimmers must appear on the master entries. Time Trials are reserved for all individual event swimmers and relay only swimmers.

Event Cost and Limits: Individual Events \$7.00 Relays \$12.00. This meet will be swum according to the attached scheduled of events. The maximum amount of events that a swimmer may swim per day is 3, excluding relays. Time trials are included in the daily maximum.

Distance Entry: Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle.

Bonus Events: Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 or more qualifying times will be permitted to enter 1 bonus event, but cannot exceed the daily or meet maximums. Bonus entries shall be seeded last. All Bonus events must use official times. Bonus events shall be eligible for proof of times. **Bonus entries must be marked bonus. When doing your entries please check the Bonus Box (B) available in Team Manager to indicate you bonus swims.**

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. Marshals have the authority through the Meet Director and Referee over warm-ups. A swimmer and/or coach may be removed from the deck for interfering with this authority.

Rules and Conduct: Swimmers are not to leave the pool deck without appropriate attire. Coaches will be responsible for the conduct of their athletes while in the facility and surrounding grounds. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. Parents shall be responsible for the conduct of any minor children that accompany them. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time. No glass containers are permitted within the facility. Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up. No camera cell phones are permitted in the locker rooms.

Relays: A team may enter relays in advance or deck enter the day of the meet. Entries of relays will close following a "last call", which will be approximately 60 minutes prior to the event being swum. Swimmers must appear on the master entry to be eligible for a relay. The deck entry must include the list of swimmers and be accompanied by the entry fees. Teams are encouraged to submit relay entries early with individual entries or at the start of the meet each day. "No Time" entries will not be accepted. NOTE: Names of relay participants may be changed, without penalty, only until their first relay swimmer steps up to the starting block. **All Relay events are swum as timed finals. The top 8 fastest relays shall swim at finals with the exception of Sunday Night. All Sunday relays must declare their intent to swim at prelims or finals on Sunday by the start of finals Saturday Evening.**

Seeding: THIS MEET WILL BE PRE-SEEDED WITH THE EXCEPTION OF THE DISTANCE EVENTS, WHICH WILL BE DECK-SEEDED WITH POSITIVE CHECK-IN REQUIRED. Check-in for these events will close approximately 60 minutes prior to the event being swum. **THE FOLLOWING DISTANCE EVENTS WILL REQUIRE POSITIVE CHECK-IN: 800 Meter Freestyle and 1500 Meter Freestyle.**

Positive Check-In Events: If, after checking in with the Clerk of Course, a swimmer decides not to swim the event he/she 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 their next individual event.

Pre-Seeded Events: There is no penalty for failure to compete in a preliminary session at a pre-seeded meet. However, a swimmer qualifying for a consolation final or final race following preliminary events must notify the Referee within thirty (30) minutes after the announcement of the qualifiers for that final race that they may not intend to compete and must further declare their intention within thirty (30) minutes following their last individual event in the preliminary session. Failure to do so and failure to compete in the consolation final or final race will result in the swimmer being scratched from the remainder of the meet.

Proof of Time: Verification of times for all events is required. Times submitted will be automatically verified through the USA Swimming SWIMS database. Times not found in the SWIMS database must be proven prior to the swimmer competing. The only acceptable proof of time is official results a USA Swimming Sanctioned, Approved, or Observed swim meets.

Time Trials: Time Trials will start 30 minutes after the conclusion of the preliminary session on Friday, Saturday and Sunday (time permitting). Time Trials are open to all swimmers entered into the meet, including relay-only swimmers. Each swimmer is limited to a maximum of two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events. Registration for time trials will close at 10:00am on Friday, Saturday and Sunday. Time trials will be conducted as long as there is time available. Time trials will end no later than 3:30pm on Friday, Saturday, and Sunday. The order of events for time trials is listed below. Time trial fees: \$7.00 for individual events; \$12.00 for relays. Sign up for time trials at the Time Trials Clerk of Course.

- Friday time trials: Friday/Saturday/Sunday events, in that order.
- Saturday time trials: Saturday/Sunday/Friday events, in that order.
- Sunday time trials: Sunday/Friday/Saturday events, in that order

REFRESHMENTS: A WIDE VARIETY OF FOOD AND BEVERAGES WILL BE AVAILABLE THROUGHOUT THE MEET. PLEASE NO FOOD AND BEVERAGES IN THE POOL AREA OR SPECTATOR SEATING.

Heat Sheets: Prelims \$10.00 for all days / Finals \$2.00 EACH NIGHT

Awards: Before the relays on Saturday Evening we shall present the winner of the Men's 400 IM with a plaque, which remains at the University of Pittsburgh pool, in honor of Eric Namesnik. Swimmers shall be listed on the plaque with the previous winner's names.

Scoring: This is a non-scored meet

Directions: Please check AMSWIM.ORG

ANYONE INTERESTED IN OFFICIATING, PLEASE CONTACT THE MEET REFERE.

ALL AMS CLUBS ARE REQUIRED TO PROVIDE VOLUNTEERS TO HELP STAFF THE MEET BASED ON NUMBER OF ATHLETES ENTERED IN THE MEET

# Athletes Entered	Required Volunteer Sessions
0	1
1 - 5	2
6 - 10	4
11 - 15	6
16 - 20	8
21+	10

The attached volunteer form should be faxed or e-mailed to:

Laura Hartman – AMS Office

office@amswim.org

(412) 276-8121 (fax)

Final acceptance of entries is contingent upon receipt of this volunteer form by the AMS Office

Senior Circuit 3

July 09 - 11, 2010

Friday Prelims								
Women	LCM	SCM	SCY	Event	SCY	SCM	LCM	Men
1	1:23.09	1:20.09	1:12.49	100 Breaststroke	1:05.99	1:12.99	1:16.39	2
3	2:21.09	2:17.99	2:04.89	200 Freestyle	1:55.09	2:07.19	2:11.49	4
5	1:11.19	1:10.19	1:03.59	100 Butterfly	57.59	1:03.69	1:04.89	6
7	2:40.29	2:35.69	2:20.89	200 Individual Medley	2:09.49	2:23.09	2:29.39	8
9				4X200 Freestyle Relay				10
11	10:10.59	10:00.39	11:25.99	800 Freestyle	10:44.19	9:23.79	9:36.89	12
Saturday Prelims								
Women				Event				Men
13	5:35.99	5:28.19	4:56.99	400 Individual Medley	4:35.79	5:04.79	5:13.49	14
15	30.49	29.69	26.89	50 Freestyle	24.29	26.79	27.59	16
17	2:57.99	2:52.39	2:35.99	200 Breaststroke	2:23.89	2:38.99	2:46.99	18
19	1:13.09	1:10.49	1:03.79	100 Backstroke	58.59	1:04.69	1:07.69	20
21	4:55.99	4:51.39	5:32.89	400 Freestyle	5:10.79	4:31.99	4:38.09	22
23				4X100 Medley Relay				24
Sunday Prelims								
Women				Events				Men
25	2:37.49	2:32.39	2:17.89	200 Backstroke	2:06.79	2:20.19	2:24.99	26
27	1:05.79	1:04.29	58.19	100 Freestyle	52:89	58.49	1:00.49	28
29	2:35.89	2:32.99	2:18.49	200 Butterfly	2:07.79	2:21.29	2:24.29	30
31				4X100 Freestyle Relay				32
33	19:37.19	19:02.29	19:08.99	1500 Freestyle	18:00.99	17:54.69	18:25.29	34

Comments:

1. Qualifying times are National 15 – 16 AA Time Standards
2. All entry times must be equal to or faster than qualifying times
3. Relays do not have QT's
4. Teams are allowed a maximum of 3 relays per event
5. Relay only swimmers must appear on the master entry forms
6. Proof of times **shall be** required and check through SWIMS RECON. Any teams or swimmers that times cannot be proven through SWIMS, must prove the entry prior to the start of that day's competition. Only acceptable proof of time that shall be accepted is the official meet results from a sanctioned, approved, or observed meet.
7. Entries are limited to 3 individual events and 1 relay event per day
8. Entries should be in LCM. Non Conforming Times will be seeded last
9. 800 and 1500 freestyle's are timed final events. The fastest heats swim at finals. Non final heats shall alternate Women/Men and be swum fastest to slowest.
10. There will be a 10 minute warm up prior to all relay events in prelims and finals
11. Coaches or swimmers must declare intent to swim for the following events:
 - 800 M Freestyle by 10:00 am Friday, Fastest 8 swimmers will swim at finals
 - 4 X 200 M Freestyle Relay by 10:00 am Friday. Coaches must designate Prelims or Finals.
 - 4 X 100 M Individual Medley Relay by 10:00 am Saturday. Coaches must designate Prelims or Finals.
 - 1500 M Freestyle by 6:00pm Saturday. Coaches must designate Prelims or Finals.
 - 4 X 100 M Freestyle Relay by 6:00pm Saturday. Coaches must designate Prelims or Finals.
12. Order of events for finals:
 - Day 1: 11, 12, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
 - Day 2: 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24
 - Day 3: 33, 34, 25, 26, 27, 28, 29, 30, 31, 32

AMS 2010 SENIOR CIRCUIT 3 VOLUNTEER FORM

For All AMS Clubs: A copy of this completed form must be included e-mailed or faxed to Laura Hartman at office@amswim.org or (412) 276-8121 and a copy must also be submitted with hard copies of entries.

The 2010 Senior Circuit 3 is an AMS hosted meet. All participating AMS clubs are required to provide volunteers to help staff the meet. Please complete the information below and e-mail or fax it to _____. Every effort will be made to place your volunteer(s) in the position of their choice on a first come-first served basis.

Requirements: 21+ swimmers/10 sessions; 16 – 20 swimmers/8 sessions; 11 – 15 swimmers/6 sessions; 6 – 10 swimmers/4 sessions; 1 – 5 swimmers/2 sessions; No Swimmers/1 session.

CLUB: _____ **CONTACT:** _____ **PHONE #:** _____ **E-MAIL:** _____

Double click on a field to fill in names etc. in the pop-up boxes and to check the box for requested position

SESSION <i>(Times Approx.)</i>	NAME	PHONE #	E-MAIL	TIMER	MARSHAL	FINISH JUDGE	RUNNER	CONCESSION
FRIDAY PRELIMS <i>(8:00 – 1:00)</i>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY FINALS <i>(4:00 – 8:00)</i>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY PRELIMS <i>(8:00 – 1:00)</i>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY FINALS <i>(4:00 – 8:00)</i>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY PRELIMS <i>(8:00 – 1:00)</i>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY FINALS <i>(3:00 – 7:00)</i>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>