

SWIM YOUR AGE
SPONSORED BY THE HAMPTON DOLPHINS

JAN. 30 - 31, 2010

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-013010-02

LOCATION OF FACILITY: HAMPTON HIGH SCHOOL POOL

TYPE OF FACILITY: 25 Yard 6 Lane Pool, starting platforms and 6" Kiefer Olympic Lane Dividers, Daktronics Timing System with watch backup. The competition course has not been certified in accordance with 104.2.2(C)

ENTRY DEADLINE: January 15, 2010

Entries will be accepted from: January 6 –15, 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. 1/30/10 AM	7:30 - 8:30AM	8:35AM
SAT. PM	NOT BEFORE 12:30 - 1:30PM	NOT BEFORE 1:35PM
SUN. 1/31/10 AM	7:30 - 8:30AM	8:35AM
SUN. PM	NOT BEFORE 12:30 - 1:30PM	NOT BEFORE 1:35PM

SEEDING: This meet will be **pre-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

SAFETY CHAIR: GREG STEIN

OFFICIALS: To officiate at this meet please contact:

GREG STEIN: G.ALLION@VERIZON.NET 412-487-5478

TRACEY WOESSNER: IRONWOESSNER@COMCAST.NET 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 to the High School entrance and turn left into the pool parking area.

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 right into the pool parking area.

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

COMMENTS:

Swim Your Age

Saturday AM Session 1				Sunday AM Session 3					
Girls	No Faster Than		No Faster Than	Boys	Girls	No Faster Than		No Faster Than	Boys
12									
1	2:37.59	200 Individual Medley	2:35.59	2	75	2:19.89	200 Freestyle	2:16.19	76
7	1:14.19	100 Backstroke	1:12.29	8	81	1:13.19	100 Butterfly	1:11.69	82
13	29.49	50 Freestyle	28.59	14	87	33.89	50 Backstroke	33.49	88
15	2:38.59	200 Butterfly	2:35.29	16	89	2:56.89	200 Breaststroke	2:52.89	90
21	1:22.19	100 Breaststroke	1:20.49	22	95	1:13.99	100 Individual Medley	1:11.49	96
27	32.39	50 Butterfly	32.09	28	101	37.79	50 Breaststroke	37.29	102
33	1:03.09	100 Freestyle	1:02.69	34	107	2:35.89	200 Backstroke	2:32.89	108
13									
3	2:30.49	200 Individual Medley	2:20.29	4	77	2:13.19	200 Freestyle	2:05.29	78
9	1:08.49	100 Backstroke	1:04.19	10	83	1:07.79	100 Butterfly	1:02.89	84
17	28.69	50 Freestyle	26.29	18	91	2:27.29	200 Backstroke	2:18.19	92
23	2:28.59	200 Butterfly	2:20.29	24	97	1:02.19	100 Freestyle	57.39	98
29	1:17.59	100 Breaststroke	1:12.09	30	103	2:46.79	200 Breaststroke	2:36.29	104
14									
5	2:30.49	200 Individual Medley	2:20.29	6	79	2:13.19	200 Freestyle	2:05.29	80
11	1:08.49	100 Backstroke	1:04.19	12	85	1:07.79	100 Butterfly	1:02.89	86
19	28.69	50 Freestyle	26.29	20	93	2:27.29	200 Backstroke	2:18.19	94
25	2:28.59	200 Butterfly	2:20.29	26	99	1:02.19	100 Freestyle	57.39	100
31	1:17.59	100 Breaststroke	1:12.09	32	105	2:46.79	200 Breaststroke	2:36.29	106
12 -14									
35	5:52.99 – 7:10.79	500 Freestyle	5:35.19 – 7:05.49	36	109	5:17.79 – 6:32.19	400 Individual Medley	5:00.49 – 6:23.69	110
Saturday PM session 2				Saturday PM Session 4					
Girls	No Faster Than	11	No Faster Than	Boys	Girls	No Faster Than	11	No Faster Than	Boys
37	2:37.59	200 Individual Medley	2:35.59	38	111	2:19.89	200 Freestyle	2:16.19	112
43	1:14.19	100 Backstroke	1:12.29	44	117	1:13.19	100 Butterfly	1:11.69	118
49	29.49	50 Freestyle	28.59	50	123	33.89	50 Backstroke	33.49	124
51	2:38.59	200 Butterfly	2:35.29	52	125	2:56.89	200 Breaststroke	2:52.89	126
57	1:22.19	100 Breaststroke	1:20.49	58	131	1:13.99	100 Individual Medley	1:11.49	132
63	32.39	50 Butterfly	32.09	64	137	37.79	50 Breaststroke	37.29	138
69	1:03.09	100 Freestyle	1:02.69	70	143	2:35.89	200 Backstroke	2:32.89	144
10									
39	2:55.99	200 Individual Medley	2:55.29	40	113	2:36.39	200 Freestyle	2:31.89	114
45	32.19	50 Freestyle	31.59	46	119	41.99	50 Breaststroke	42.19	120
53	1:26.69	100 Butterfly	1:25.59	54	127	1:22.19	100 Backstroke	1:21.29	128
59	1:33.39	100 Breaststroke	1:31.79	60	133	1:22.59	100 Individual Medley	1:21.09	134
65	38.09	50 Backstroke	38.29	66	139	38.09	50 Butterfly	36.69	140
71	1:11.89	100 Freestyle	1:10.79	72					
9									
41	2:55.99	200 Individual Medley	2:35.59	42	115	2:19.89	200 Freestyle	2:16.19	116
47	41.99	50 Breaststroke	42.19	48	121	32.19	50 Freestyle	31.59	122
55	1:22.19	100 Backstroke	1:21.29	56	129	1:26.69	100 Butterfly	1:25.59	130
61	1:22.59	100 Individual Medley	1:21.09	62	135	1:33.39	100 Breaststroke	1:31.79	136
67	38.09	50 Butterfly	36.69	68	141	38.09	50 Backstroke	38.29	142
					145	1:11.89	100 Freestyle	1:10.79	146
9 – 11									
73	6:09.29- 7:10.79	500 Freestyle	6:04.69 - 7:05.49	74	147	5:36.09 – 6:32.19	400 Individual Medley	5:28.89 – 6:23.69	148

Comments:

1. All 400/500's shall require positive check-in and are to be swum fastest to slowest alternating Girls/Boys.
2. All 400/500's require a minimum entry time to be eligible to swim.
3. NT's shall not be accepted
4. Individual event limit is 4 per day.