

Fall Challenge
SPONSORED BY Fox Chapel Killer Whales
November 7-8, 2009
Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-110709-02

LOCATION OF FACILITY: Fox Chapel High School, 611 Field Club Rd., Pittsburgh, PA 15238

TYPE OF FACILITY: This is a 6 lane, 25 yard pool with anti- turbulence lane lines, Daktronic touch pads and 6 lane electronic score board. Hy-Tek computer entries and results. The competition course has not been certified in accordance with 104.2.2(C)

ENTRY DEADLINE: October 23, 2009 **Entries will be accepted from:** October 14 – October 23, 2009

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

ENTRY FEES: Individual Events: \$3.25 **MEET ENTRY LIMIT: 2,000**

Relays: \$5.00

CHECKS PAYABLE TO: Fox Chapel Killer Whales

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
Mornings	7:30 to 8:00 AM and 8:00 to 8:30 AM	8:35 AM
Afternoons	12:30 to 1:00 PM and 1:00 to 1:30 PM	1:35 PM

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(s): Lian Beasley & Merle Mermelstein

SAFETY CHAIR: Denise Vay

OFFICIALS: To officiate at this meet please contact: Richard Souza at Souza@mrs.org

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: John Lutz @ fckw-entries@amswim.org

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: Section Part 2, P, 1 “Pre-Seeded 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: Single Ribbons 1st through 6th place

All ribbons **MUST** be picked up by the end of the meet. Ribbons will **NOT** be mailed

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

DIRECTIONS: Fox Chapel High School, 611 Field Club Rd Pittsburgh PA 15238

From Pittsburgh-Take Rt 28 North to Exit 8-Fox Chapel Rd. Proceed to left lane of the exit ramp and make left onto Fox Chapel Rd at the light. Follow Fox Chapel Rd to the 2nd light (@ 1.9 miles), (Fox Chapel Presbyterian Church is on your right). Make a right onto Field Club Rd. High School is 0.7 miles on the left over the crest of the hill.

From the PA Turnpike- Take Exit 48-Allegheny Valley. Through the tollbooths and head South on Freeport Rd (bear to the right). Follow Freeport Rd approximately 6 lights (Past Target, Funfest, Bruesters and the Hulton Bridge) At light after the Hulton Bridge take a right onto Powers Run Rd. Follow Powers Run Rd for approximately 1 mile. Go left onto Field Club Rd. (the 6th left). The High School is about 1/4 mile on your right.

Google Maps: <http://bit.ly/fckwmap>

CONCESSION: There will be a full service concession stand open through all the sessions

COMMENTS:

Fall Challenge

11/7/2009 – 11/8/2009

Session 1 Saturday AM					Session 3 Sunday AM				
Girls	Slower Than	15 and Older	Slower Than	Boys	Girls	Slower Than	15 and Older	Slower Than	Boys
1	1:05.00	100 Freestyle	1:00.00	2	49	2:37.00	200 Individual Medley	2:25.00	50
7	1:21.00	100 Breaststroke	1:14.00	8	55	30.00	50 Freestyle	27.00	56
13	1:11.00	100 Butterfly	1:04.00	14	61	1:11.00	100 Backstroke	1:06.00	62
13 and 14					13 and 14				
3	1:07.00	100 Freestyle	1:02.00	4	51	2:41.00	200 Individual Medley	2:30.00	52
9	1:23.00	100 Breaststroke	1:17.00	10	57	31.00	50 Freestyle	28.00	58
15	1:13.00	100 Butterfly	1:07.00	16	63	1:13.00	100 Backstroke	1:09.00	64
13 and Older					13 and Older				
5	2:37.00	200 Backstroke	2:28.00	6	53	2:39.00	200 Butterfly	2:30.00	54
11	2:23.00	200 Freestyle	2:14.00	12	59	2:58.00	200 Breaststroke	2:47.00	60
17		400 Medley Relay		18	65		400 Freestyle Relay		66
19	5:39.00	400 Individual Medley	5:21.00	20	67	6:18.00	500 Freestyle	5:59.00	68
Session 2 Saturday PM					Session 4 Sunday PM				
Girls	Slower Than	11 and 12	Slower Than	Boys	Girls	Slower Than	11 and 12	Slower Than	Boys
21	32.00	50 Freestyle	31.00	22	69	1:19.00	100 Individual Medley	1:16.00	70
27	1:28.00	100 Breaststroke	1:26.00	28	75	1:20.00	100 Backstroke	1:18.00	76
33	36.00	50 Backstroke	36.00	34	79	40.00	50 Breaststroke	40.00	80
39	35.00	50 Butterfly	35.00	40	83	1:08.00	100 Freestyle	1:07.00	84
					87	1:19.00	100 Butterfly	1:17.00	88
9 and 10					9 and 10				
23	1:19.00	100 Freestyle	1:17.00	24	71	42.00	50 Backstroke	42.00	72
29	46.00	50 Breaststroke	47.00	30	77	1:42.00	100 Breaststroke	1:42.00	78
35	1:30.00	100 Backstroke	1:29.00	36	85	35.00	50 Freestyle	35.00	86
41	1:36.00	100 Butterfly	1:35.00	42	89	41.00	50 Butterfly	40.00	90
43	1:30.00	100 Individual Medley	1:29.00	44					
9 – 12					9 – 12				
25	2:51.00	200 Freestyle	2:45.00	26	73	3:12.00	200 Breaststroke	3:04.00	74
31	2:46.00	200 Backstroke	2:43.00	32	81	3:12.00	200 Individual Medley	3:11.00	82
37	2:49.00	200 Butterfly	2:46.00	38	91		200 Freestyle Relay		91
45		200 Freestyle Relay		46	93	6:35.00	500 Freestyle	6:30.00	94
47	5:58.00	400 Individual Medley	5:51.00	48					

Comments:

1. There shall be up to a 10 minute warm up prior to all 400 Individual Medleys and 500 Freestyles.
2. All 400/500 events shall be swum fastest to slowest alternating girls/boys.
3. All 400/500 events are positive check-in.
4. Athletes are limited to a maximum of 4 events per day.
5. In order to control the meet duration the LSC scratch down procedures may be used by the meet director by the direction of the age group chairman.
6. Sessions durations are regulated by 205.3.F.
7. Relays may be deck entered.