

**FIRST SPLASH**  
**SPONSORED BY Allegheny North Swim Club**

October 10-11, 2009

**Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming**  
**Sanction # AM-101009-01**

**LOCATION OF FACILITY:** North Allegheny High School – 10375 Perry Highway, Wexford, PA 15090

**TYPE OF FACILITY:** 6-lane indoor swimming pool with wave-reduction lane markers and Colorado timing system.  
The competition course has not been certified in accordance with 104.2.2.C(4).

**ENTRY DEADLINE:** **September 25, 2009**

**Entries will be accepted from:** Sept.16 – 25, 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 entries

Relays: \$5.00

CHECKS PAYABLE TO: ANSC

**WARM-UPS:** 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 UP &  
START TIMES:**

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

SESSIONS	WARM-UPS	MEET START
1 & 3 (AM)	7:35 -8:00 AM, 8:00 – 8:25 AM	8:30 AM
2 & 4 (PM)	12:35 – 1:00 PM, 1:00 – 1:25 PM	1:30 PM
	There may be a 10 minute warm-up prior to events 51 & 101	

**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:** **Megan Caputo**

**SAFETY CHAIR:** **Stephanie Synan**

**OFFICIALS:** To officiate at this meet please contact: William Graham wgramfam@aol.com

**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: [ansc-entries@amswim.org](mailto:ansc-entries@amswim.org)

**ENTRY CHAIR:**

<b>NAME</b>	<b>David Buerger</b>
<b>ADDRESS</b>	<b>286 Highvue Circle</b>
<b>CITY, ST, ZIP</b>	<b>Wexford, PA 15090</b>
<b>PHONE</b>	<b>(724) 934-8336</b>

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:** Gold flight – Double Ribbons for place 1-6

Silver flight – Single ribbons for place 1-6

**Relay awards:** Single Ribbons for place 1-3

**SCORING:** This is not a scored meet.

**DIRECTIONS:** From the North - Take I-79 south to the Wexford Exit, Turn left at the top of the ramp. Follow Route 910 from the exit ramp to Route 19 South. Go seven traffic Lights on Route 19 south. Make a right into North Allegheny High School and follow the signs around back of the Senior High.

From the South - Take I-279 North to I-79 North. Follow I-79 to the Wexford Exit, turn right at the end of the ramp. Follow Route 910 from the exit ramp to Route 19 South. Go seven traffic Lights on Route 19 south. Make a right into North Allegheny High School and follow the signs around back of the Senior High.

From the PA Turnpike - Exit Cranberry Exit 23. Follow the signs to I-79 South. Take I-79 south to the Wexford Exit, Turn left at the top of the ramp. Follow Route 910 from the exit ramp to Route 19 South. Go seven traffic Lights on Route 19 south. Make a right into North Allegheny High School and follow the signs around back of the Senior High.

Parking is available in both the front and back side of the building.

**CONCESSION:** Full concessions will open 1 hour prior to the start of the meet and operate throughout the entire course of the meet.

**COMMENTS:** Knabe's Swimming Shop will be onsite for swimming equipment.

## Events

Event Number	Session 1 Saturday AM Events	Event Number	Event Number	Session 3 Sunday AM Events	Event Number
<b>Girls</b>	<b>10 and Under</b>	<b>Boys</b>	<b>Girls</b>	<b>10 and Under</b>	<b>Boys</b>
3	50 Breaststroke	4	55	50 Backstroke	56
9	100 Butterfly	10	59	100 Freestyle	60
13	50 Freestyle	14	63	50 Butterfly	64
17	100 Individual Medley	18	67	100 Backstroke	68
21	200 Freestyle	22	71	200 Individual Medley	72
			75	100 Breaststroke	76
<b>Girls</b>	<b>11 - 12</b>	<b>Boys</b>	<b>Girls</b>	<b>11 - 12</b>	<b>Boys</b>
5	50 Backstroke	6	57	50 Breaststroke	58
7	100 Freestyle	8	61	100 Butterfly	62
11	50 Butterfly	12	65	50 Freestyle	66
15	100 Backstroke	16	69	100 Individual Medley	70
19	200 Individual Medley	20	73	200 Freestyle	74
27	100 Breaststroke	28			
	<b>12 and Under</b>			<b>12 and Under</b>	
1	200 Medley Relay	2	53	200 Freestyle Relay	54
23	200 Breaststroke	24	77	200 Backstroke	78
25	200 Butterfly	26			
Event Number	Session 2 Saturday PM Events	Event Number	Event Number	Session 4 Sunday PM Events	Event Number
<b>Girls</b>	<b>13 – 14</b>	<b>Boys</b>	<b>Girls</b>	<b>13 - 14</b>	<b>Boys</b>
31	200 Individual Medley	32	81	100 Breaststroke	82
37	100 Backstroke	38	85	100 Freestyle	86
41	200 Breaststroke	42	89	200 Backstroke	90
45	50 Freestyle	46	93	100 Butterfly	94
49	200 Butterfly	50	97	200 Freestyle	98
	<b>15 and Over</b>			<b>15 and Over</b>	
33	100 Breaststroke	34	83	200 Individual Medley	84
35	100 Freestyle	36	87	100 Backstroke	88
39	200 Backstroke	40	91	200 Breaststroke	92
43	100 Butterfly	44	95	50 Freestyle	96
47	200 Freestyle	48	99	200 Butterfly	100
	<b>13 and Over</b>			<b>13 and Over</b>	
29	200 Medley Relay	30	79	200 Freestyle Relay	80
51	400 Individual Medley	52	101	500 Freestyle	102

### Comments

1. 400 IM and 500 Freestyles are Positive Check-In.
2. 400 Individual Medley and 500 Freestyles will be swum fastest to slowest alternating girl, boys within each age group.
3. There may be a 10 minute warm up before events 51 & 101.
4. Entry limit is 4 individual events per day.
5. Entry maximum is 2,000 unless otherwise approved by the Age Group Chair.
6. Relays may be deck entered.
7. NT times shall not be accepted
8. Sessions durations are regulated by 205.3.F.