

MINI / DISTANCE MEET
SPONSORED BY PENN HILLS DOLPHINS

October 24 & 25, 2009

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-102409-01

LOCATION OF FACILITY: Linton Middle School, 250 Aster Street, Pittsburgh, PA 15235

TYPE OF FACILITY: Six lane 25 yard pool with electronic timing system with watch back-up. The competition course has not been certified in accordance with 104.2.2.C(4).

DISTANCE SWIMMERS MUST SUPPLY THEIR OWN TIMER

ENTRY DEADLINE: October 9, 2009 **Entries will be accepted from:** September 30, 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: **PENN HILLS 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
Mini Sessions	7:30 to 8:00	8:35
Mini Sessions	8:00 to 8:30	
Distance Sessions	12:00 to 1:00 Mixed warm-ups	1:05
	There will be a warm-up warm down pool available with coach supervision	

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: Karen McClelland
201 Webster Drive
Pittsburgh, PA 15235
412-793-3455 (no calls after 9:00 p.m.)
mccldolph@msn.com

SAFETY CHAIR: Mame Saltzman

OFFICIALS: To officiate at this meet please contact: **Karen McClelland 412-793-3455 or mccldolph@msn.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: phd-entries@amswim.org

ENTRY CHAIR:	NAME	Karen McClelland
	ADDRESS	201 Webster Drive
	CITY, ST, ZIP	Pittsburgh, PA 15235
	PHONE	412-793-3455 (no calls after 9:00 p.m.)

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: Ribbons 1st thru 6th place

Team awards: No Team Awards

SCORING: This meet is not scored

DIRECTIONS: Take the Parkway East to Penn Hills Exit (Rodi Road). Follow Rodi Road to 3rd red light. Turn right on Frankstown Road. At 3rd light turn right (should see Arby's) onto Saltsburg Road. Follow Saltsburg Road through the next light at Rite-Aid. Linton Middle School is on the right just past Different Twist Ice Cream.

Take Allegheny River Boulevard to Sandy Creek Road. Follow Sandy Creek Road to first light and turn left onto Verona Road. As you go up the hill, bear to the right and the road becomes Saltsburg Road. Go thru lights and school is on the right just past Different Twist Ice Cream.

CONCESSION: There will be food and drink available during both days

COMMENTS: Food will be restricted to designated area. Food will be available throughout the meet in the Gymnasium. Knabe's Swim & Trophy Shop will also be on hand for any of your swimming needs.

Parents will only be allowed on deck before the meet starts and at the conclusion of the meet to access the locker rooms with their children. There are additional bathrooms available to assist changing your children during the meet.

PLEASE NOTE: Distance swimmers are required to supply their own timer and counter.

Mini Sessions 10/24 10/25/2009

Girls	Faster Than or Equal To	Saturday Events	Faster Than or Equal To	Boys		Girls	Faster Than or Equal To	Sunday Events	Faster Than or Equal To	Boys
1	3:28.19	8 and Under 200 Freestyle	3:17.89	2		29	3:50.69	8 and Under 200 Individual Medley	3:48.89	30
3		8 year old 25 Butterfly		4		31		8 year old 25 Backstroke		32
5		7 and Under 25 Butterfly		6		33		7 and Under 25 Backstroke		34
7		8 and Under 100 Individual Medley		8		35		8 and Under 100 Freestyle		36
9		8 and Under 50 Backstroke		10		37		8 and Under 50 Butterfly		38
11		8 year old 25 Freestyle		12		39		8 year old 25 breaststroke		40
13		7 and Under 25 Freestyle		14		41		7 and Under 25 Breaststroke		42
15		8 and Under 50 Breaststroke		16		43		8 and Under 50 Freestyle		44
17		200 Medley Relay		18		45		200 Freestyle Relay		46
19	2:03.99	8 and Under 100 Breaststroke	1:59.69	20		47	1:49.69	8 and Under 100 Backstroke	1:46.89	48

Comments:

1. Saturday events 1 through 28.
2. Sunday events 29 through 56.
3. All entries must be equal to or faster than the posted time.
4. NT's are not accepted
5. Relays may be deck entered
6. Maximum of 4 individual events per day.

Distance Sessions 10/24 10/25/2009

Girls	Faster Than or Equal To	Saturday Event	Faster Than or Equal To	Boys		Girls	Faster Than or Equal To	Sunday Events	Faster Than or Equal To	Boys
		Senior 1650 Freestyle	20:51.99	21				Senior 1000 Freestyle	12:34.39	49
22	2:51.79	12/Under 200 Butterfly	2:48.29	23		50	3:11.69	12/Under 200 Breaststroke	3:07.29	51
24	2:48.89	12/Under 200 Backstroke	2:45.59	25		52	2:31.49	12/Under 200 Freestyle	2:27.49	53
26	13:08.29	Senior 1000 Freestyle				54	21:53.19	Senior 1650 Freestyle		
27	6:40.09	12/Under 500 Freestyle	6:35.09	28		55	6:04.19	12/Under 400 IM	5:56.29	56

Comments:

1. Saturday 1 through 28.
2. Sunday events 29 through 56.
3. All entries must be equal to or faster than the posted time.
4. Maximum of 4 individual events per day.
5. There shall be a 15 minute warm up prior to events 26 and 54. (Not Required)