

YOU ARE INVITED TO THE
48TH ANNUAL
CHRISTMAS MEET INVITATIONAL
DECEMBER 18-19-20, 2009
HELD AT THE
UNIVERSITY OF PITTSBURGH'S
JOE C. TREES POOL
HOST POOL OF THE 2010 BIG EAST
CHAMPIONSHIPS

BONUS EVENTS AVAILABLE THIS YEAR!
SEE THE ATTACHED INFORMATION REGARDING BONUS EVENTS

Two (2) Eight-lane, 25-yard courses
with a 25-yard warm-up pool separate from the competition pool

START TIMES FOR FINALS
Friday Dec. 18, 2009 - 6pm
Saturday Dec. 19, 2009 - 6pm
Sunday Dec. 20, 2009 - 5pm

Download your invitation online at:

www.teampittsburgh.com

Real Time web results will be available throughout the meet at:

www.teampittsburgh.com

ENTRY DEADLINE

December 7th, 2009

No change in entries will be accepted after Monday December 7th at 5:00 PM.

CHRISTMAS MEET INVITATIONAL

HELD AT THE UNIVERSITY OF PITTSBURGH

DECEMBER 18-19-20, 2009

SPONSOR: Team Pittsburgh Aquatics

SANCTION: Allegheny Mountain Swimming, Inc.

SANCTION NO: AM-121809-01

Officials Qualifying Meet: QM09 -138

POOL LOCATION: Trees Pool, University of Pittsburgh, Aliquippa & Darragh Sts., Pittsburgh, Pa.

POOL TYPE: Two (2) eight-lane, 25-yard, indoor courses with electronic timing and anti-wave lane lines.
Six (6) lane 25-yard warm up/warm down pool. The competition course has been certified in accordance with 104.2.2.C(4). The copy of such certification is on file with USA Swimming.

RULES: The meet will be governed by current USA Swimming Rules.
All participants must be currently registered USA Swimming Athletes.

EVENTS:

The meet will be swum in accordance with the accompanying Schedule of Events.

The 1650 and 1000 yard freestyle events and all relay events will be swum as timed finals.

The fastest seeded heat of the 1650 and 1000-yard freestyles will be swum with finals.

The remaining heats of these distance events will be swum after the morning relays- fastest to slowest.

****The fastest seeds for the 1650 may only opt to swim in prelims if team is on an early departure from the meet. You may not opt to swim the 1650 in the morning in order to swim other events in finals.**

The fastest eight seeded **senior relays** after check-in and declaration will have the option of swimming at the end of evening finals or in prelims each day. ONLY THE FASTEST EIGHT SEEDED SENIOR RELAYS WILL HAVE THE OPTION.

After those eight have decided, the remaining relays will be seeded and swum in the morning prelim session, ALWAYS allowing for a full heat of eight relays at finals. Only fastest senior declared relays will be swum at finals.

All other age-group (9-10, 11-12, 13-14, & 15-16) relays will be swum as timed finals in the prelim (morning) sessions.

All relays must be included prior to entry deadline. NO DECK ENTERED RELAYS WILL BE ACCEPTED.

Please declare Senior relay intentions by the following deadline:

800 Senior Free Relay - declare by the beginning (8:30am) of morning prelims on Friday.

400 Senior Medley Relay/400 Senior Free Relay-

Please declare by the beginning of finals (6:00pm on Fri. & Sat.) the day prior to the event being swum.

The remaining individual events (except 8-Under events) will be swum as preliminary and finals.

Consolation finals will be swum for senior individual events only.

There will be a ten (10) minute break prior to the start of the 13 and over relays, prelims and finals.

ENTRY:

- INDIVIDUAL EVENT= \$4.25 per entry
- RELAYS= \$8.00 per entry
- Entry fees should be mailed to the meet director

MEET DIRECTOR:

Aaron Workman, Meet Director
Suite 218 Fitzgerald Field House
Pittsburgh, PA 15261
Phone- 412-648-8339

E-MAIL entry files to: tpit-entries@amswim.org

TEAMS MUST submit their entries by e-mail or a \$20 additional fee will be charged!

• HY-Tek Meet Summary is strongly encouraged to be sent via email in DOC or PDF form.

Meet check must follow in the mail.

• **Make checks payable to: Pittsburgh Aquatic Program**

In order to verify your team's official entry into the meet, you will receive a confirmation email from Aaron Workman aworkman@pitt.edu.

If you do not receive a confirmation within 24 hours of submission you are encouraged to contact Aaron via e-mail (see above).

Please do not assume that you are in the meet without confirmation.

ENTRY DEADLINE: Monday December, 7th. 5pm

The Meet Director must receive entries and fees no later than Monday December 14th.

The current USA Swimming number must also be listed with each swimmer's entry.

E-mail entries in HYTEK form to tpit-entries@amswim.org

When you E-mail your entry, please include a copy of the meet summary. Send payment BEFORE the entry deadline.

*****Officials interested in gaining National Qualifications - See note on last page of this invitation*****

ENTRY RESTRICTIONS:

1. No swimmer may enter more than three (3) individual events per day.
2. No club may enter more than (5) teams per relay event.
3. Positive check-in is required for the 1000 free by 8:30am on Friday, the first day of the meet and for the 1650 freestyle by 8:30am on Sunday, the last day of the meet.
4. **The Meet Director reserves the right to return entries in order to control the duration of the meet with the approval of the AMS Age Group Committee.**
5. No late entries, phone entries or fax entries will be accepted.
6. Relays must be included prior to the entry deadline.
7. **NO DECK ENTRIES SHALL BE ACCEPTED. This includes individual or relay events.**
8. All entries must be submitted electronically by the team entry person.
No individual entries will be taken unless the athlete(s) is unattached and not associated to any USA Swimming Club.

Bonus Events:

1. **If a swimmer qualifies for a single (1) individual event, that swimmer may compete in up to one (1) additional event regardless of the qualifying time.**
2. **If a swimmer qualifies for two (2) or more individual events, that swimmer may compete in up to two (2) additional events, keeping in mind not to exceed the maximum of nine (9) individual events for the entire meet and the maximum of three (3) individual events per day.**
3. **Please indicate on the entry file if an event is a bonus event by checking the "bonus event" box.**
4. **Bonus events will be seeded after all yards and LCM entries.**
5. **To control the length of time of the distance events, there will be a bonus event qualifying time for the 400 IM, 500 Free, 1000 Free and 1650 Free for all age groups. Swimmers who wish to swim those events as bonus events must be faster than the following: 400 IM - within four (:04) seconds, 500 Free - within five (:05) seconds of the qualifying time; for the 1000 Free – within ten (:10) seconds of the qualifying time; and for the 1650 Free – within sixteen and a half (:16.50) seconds of the qualifying time. Time is calculated at 1 second per 100.**

SEEDING: This is a pre-seeded meet. For the finals in age group events, if there are "no shows," alternates will be placed in the open lane(s) without reseeding. In senior events, consolation "no shows" will be filled from alternates without reseeding, but in championship finals of senior events, lanes will remain empty for "no shows." In prelims, the order of seeding will be SCY, LCM, BONUS.

NOTE: Positive check-in is required for the 1000 and the 1650 freestyles.

PROOF OF TIMES:

PROOF OF TIMES SHALL BE REQUIRED.

Proof of time must come from a USA Swimming sanctioned, approved or observed swim.

SCRATCH RULE: Scratching from finals will be allowed in accordance with current USA Swimming Rules. For this meet, swimmers must complete and sign a scratch form (or intent to scratch) and submit it to the designated person in charge of scratches at the Admin Table at the deep end of the pool no later than 30 minutes after the announcement of the event results. The penalty for not properly scratching from finals and not competing will be as stated in Rule 207.12.D (2008 Rules and Regulations). "(1) Any swimmer qualifying of a C, B, or A final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3F or deliberate delay of the meet under 101.1.5 is not permitted and will be regarded as a failure to compete."

SCORING:

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

(For Age Group events, only eight places will score - 20-17-16-15-14-13-12-11)

Relays events are doubled. (For Age Group relays, only the top eight relays will score.)

AWARDS:

Individual events- 13 +Medals through 3RD place for 13 and up.
-12 Medals through 3rd place and ribbons 4th-8th for 12 and under.
High point awards for all age groups and seniors will be awarded.
NOTE: Points scored in senior competition will be added to age group total.

Relays- Medals through 3rd place

SPECIAL AWARD: The CAROL AND JERRY ZALESKI AWARDS will be presented to the winner of the 100-yard Freestyle Event for Senior Men and Women. The names of the winners will be placed on a permanent plaque for display in the pool balcony.

WARM-UPS: Please note that all swimmers must be under the supervision of a USA Swimming coach during warm-up and competition. If necessary, the Meet Director or Referee will assist the swimmer in making such arrangements.

STARTING TIMES: (Note- Starting times are different for Sunday!)

12 & Under events

Warm-up- no sooner than 1:00pm Fri/Sat (12:45pm on Sun.)

PRELIMS BEGIN- no sooner than 2:00pm Fri/Sat (1:30pm on Sun.)

8 & Under events- All 8-under events are Timed-finals events during the afternoon sessions.

13 & Over events

Warm-up- 7:30am

PRELIMS BEGIN- 8:30am each day

FINALS SESSIONS Begin- Friday/Saturday - 6:00pm, Sunday- 5:00PM

Warm-up begins no later than one hour prior to finals beginning.

The following warm-up schedule will apply to this meet:

The first half of all warm-up periods will be a general warm-up with **NO DIVING** from the blocks or sides of the pool. All blocks are to be covered with safety cones. **NO PADDLES.** No sprint or pace work in general warm-up lanes. During the last half of all warm-up periods, the safety cones on lanes 2 and 7 will be removed. One-way diving and sprinting will be done in these lanes only from the starting end of the pool. The outside lanes will be used for push-off circle pace-work from the start end of the pool. The remaining lanes will be general warm-up lanes, with no diving or push-off pacing permitted, unless otherwise instructed by the referee and marshal.

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, excepting swimmers, will be prevented from entering the deck area.

MEET MARSHALS:

Marshals have authority through the Meet Director over warm-ups. A swimmer and/or coach may be removed from the deck for non-compliance with warm-up procedures.

PARKING:

For a charge, you may park all day in the OC LOT adjacent to the pool. The OC LOT is a secured, lighted lot.

We recommend that you use the OC LOT.

However, if you do park on the street, we recommend that you remove all valuables from your car, or remove them from view.

The daily parking rate has been increased to \$10 per day.

(The increased fee is due in most part to the increase in the City of Pittsburgh's parking tax increase.

Fortunately, the University of Pittsburgh Parking Office may allow in/out privileges in the OC Lot when there are not other special events scheduled to swim meet parents, officials and coaches.

The In-Out privilege is NOT EXTENDED to others parking at the University.

In order to utilize this, please keep your parking payment stub with you when you exit in order to re-enter the lot for finals. Thanks.

ADDITIONAL INFORMATION:

Should you need any additional information regarding the meet, please call Aaron Workman at 412-648-8339.

NOTE to Officials- This meet has been designated as a "Qualifying Meet (QM09 -138)," for N2 and N3 level Officials qualifications. "National Evaluators" have been assigned for certification and re-certification evaluations. Those desiring initial certification or re-certification above the LSC level should download the new application for this purpose from the "Officials" section under the "Volunteers" tab on the USA Swimming web site at the link below. Applicants will be considered on a first-come basis, however, there may not be enough resources to accommodate all such requests. All applications for evaluations should be e-mailed to the meet referee:

Paul Seiferth at seiferth5@verizon.net

Web address:http://www.usaswimming.org/USASWeb/_Rainbow/Documents/710b2dd9-21b7-45e0-b41a-6cf3649572bc/Request%20for%20Evaluation.doc.

Please note that for an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluations must be done over 3 sessions in the position. Re-certification evaluations must be done over 2 sessions, however, the official must work at least 4 sessions at the meet for the re-certification evaluation(s) to be valid. Only one position may be evaluated in each session, although officials may rotate to permit multiple evaluations.

These evaluations represent only a portion of the certification and re-certification. Applications must be submitted in order to complete the re-certification and advancement process.

Please feel free to duplicate this information and entry forms for any club needing information.

Christmas Invitational

December 18 – December 20, 2009

	EQUAL TO OR FASTER THAN		SESSION 1 FRIDAY AM	EQUAL TO OR FASTER THAN		
WOMEN	SCY	LCM	SENIOR	LCM	SCY	MEN
3	2:04.09	2:20.59	200 Freestyle	2:09.19	1:53.19	4
9	1:02.79	1:10.29	100 Butterfly	1:03.89	56.19	10
15	2:19.29	2:38.99	200 Individual Medley	2:24.99	2:06.19	16
17			800 Freestyle Relay			18
19	11:23.89	10:07.59	1000 Freestyle	9:34.09	10:36.19	20
			13 – 14			
1	2:08.19	2:25.39	200 Freestyle	2:17.29	1:59.99	2
5	1:07.79	1:16.49	100 Butterfly	1:11.09	1:02.89	6
11	2:24.19	2:44.29	200 Individual Medley	2:32.19	2:14.39	12
			15 – 16			
7	1:03.59	1:11.19	100 Butterfly	1:04.89	57.59	8
13	2:20.89	2:40.29	200 Individual Medley	2:29.39	2:09.49	14
GIRLS			SESSION 2 FRIDAY PM			BOYS
			10 & Under			
23	2:36.39	2:58.49	200 Freestyle	2:52.39	2:31.89	24
29	37.29	42.09	50 Butterfly	40.99	36.69	30
35	1:22.59		100 Individual Medley		1:21.09	36
			11 – 12			
21	2:19.89	2:37.69	200 Freestyle	2:34.89	2:16.19	22
27	32.39	36.29	50 Butterfly	36.19	32.09	28
33	1:13.99		100 Individual Medley		1:11.49	34
37	2:35.89	3:00.19	200 Backstroke	2:56.39	2:32.89	38
			8 and Under			
25	1:31.29	1:43.99	100 Freestyle	1:41.59	1:29.19	26
31	48.79	55.09	50 Butterfly	44.29	47.29	32

	EQUAL TO OR FASTER THAN		SESSION 4 SATURDAY AM	EQUAL TO OR FASTER THAN		
WOMEN	SCY	LCM	SENIOR	LCM	SCY	MEN
39			400 Medley Relay			40
41	4:56.79	5:37.29	400 Individual Medley	5:08.39	4:30.69	42
47	26.59	30.19	50 Freestyle	26.79	23.49	48
51	2:35.49	2:57.59	200 Breaststroke	2:42.99	2:20.89	52
57	1:03.39	1:13.49	100 Backstroke	1:06.29	56.79	58
63	5:30.59	4:56.49	500 Freestyle	4:35.19	5:04.49	64
			13 – 14			
43	28.69	32.49	50 Freestyle	30.29	26.29	44
49	2:39.79	3:03.99	200 Breaststroke	2:54.39	2:29.79	50
53	1:08.49	1:17.79	100 Backstroke	1:14.49	1:04.19	54
59			200 Medley Relay			60
			15 – 16			
45	26.89	30.49	50 Freestyle	27.59	24.29	46
55	1:03.79	1:13.09	100 Backstroke	1:07.69	58.59	56
61			200 Medley Relay			62
GIRLS			SESSION 5 SATURDAY PM			BOYS
			10 & Under			
67	1:11.89	1:21.89	100 Freestyle	1:20.59	1:10.79	68
73	1:33.39	1:46.99	100 Breaststroke	1:45.99	1:31.79	74
79	38.09	43.69	50 Backstroke	43.89	38.29	80
83	2:55.99	3:19.89	200 Individual Medley	3:18.89	2:55.29	84
87			200 Freestyle Relay			88
			11 -12			
65	1:03.09	1:13.49	100 Freestyle	1:11.39	1:02.69	66
71	1:22.19	1:33.79	100 Breaststroke	1:32.49	1:20.49	72
77	33.89	38.99	50 Backstroke	38.69	33.49	78
81	2:37.59	2:59.79	200 Individual Medley	2:58.09	2:35.59	82
85	2:38.59	2:59.29	200 Butterfly	2:58.49	2:35.29	86
89			200 Freestyle Relay			90
			8 & Under			
69	1:57.48		100 Individual Medley		1:41.29	70
75	53.59	1:01.59	50 Breaststroke	48.49	53.59	76

Christmas Invitational

WOMEN	EQUAL TO OR FASTER THAN		SESSION 7 SUNDAY PM	EQUAL TO OR FASTER THAN		MEN
	SCY	LCM	SENIOR	LCM	SCY	
91			400 Freestyle Relay			92
95	2:17.39	2:37.69	200 Backstroke	2:24.79	2:03.69	96
101	57.39	1:05.59	100 Freestyle	59.19	51.39	102
105	2:16.69	2:34.89	200 Butterfly	2:20.49	2:04.19	106
111	1:12.09	1:21.79	100 Breaststroke	1:15.19	1:04.79	112
117	18:58.69	19:26.39	1650 Freestyle	18:13.29	17:41.09	118
			13 – 14			
93	2:21.19	2:40.39	200 Backstroke	2:33.99	2:12.49	94
97	1:02.19	1:10.39	100 Freestyle	1:05.99	57.39	98
103	2:22.39	2:41.29	200 Butterfly	2:32.19	2:14.39	104
107	1:17.59	1:28.99	100 Breaststroke	1:21.29	1:12.09	108
113			200 Freestyle Relay			114
			15 – 16			
99	58.19	1:05.79	100 Freestyle	1:00.49	52.89	100
109	1:12.49	1:23.09	100 Breaststroke	1:16.39	1:05.99	110
115			200 Freestyle Relay			116
GIRLS			SESSION 8 SUNDAY PM			BOYS
			10 & Under			
123	1:22.19	1:35.29	100 Backstroke	1:33.29	1:21.29	124
129	32.19	36.39	50 Freestyle	36.09	31.59	130
133	1:26.69	1:37.89	100 Butterfly	1:36.49	1:25.59	134
137	41.99	48.29	50 Breaststroke	48.49	42.19	138
141			200 Medley Relay			142
			11 – 12			
119	2:56.89	3:23.69	200 Breaststroke	3:20.79	2:52.89	120
125	1:14.19	1:23.29	100 Backstroke	1:23.59	1:12.29	126
131	29.49	33.69	50 Freestyle	32.59	28.59	132
135	1:13.19	1:22.89	100 Butterfly	1:21.49	1:11.69	136
139	37.79	42.09	50 Breaststroke	43.09	37.29	140
143			200 Medley Relay			144
			8 & Under			
121	48.79	45.49	50 Backstroke	56.39	49.19	122
127	39.79	39.19	50 Freestyle	44.29	38.89	128

Comments:

1. Positive check in is required for the 1000 and 1650 Freestyle events.
2. Qualifying times are all equal to or faster than.
3. Proof of times shall be required.
4. Entries are limited to 3 individual events per day.
5. 8 and under events are timed final events.
6. All events are prelim final events, except as stated in 5. All finals shall consist of 1 final heat except for Senior events, they shall be B, A final heats.
7. Non-conforming times shall be seeded last. SCY LCM
8. Relay only swimmers must appear on master entry forms.
9. Swimmers points scored in senior events count towards individual points in the swimmers age bracket.

Christmas Meet Invitational

ORDER OF FINALS

Friday Night, 6pm start

Warm-ups 1 hour prior

Events are in order here, as they will be swum.

<u>Ev #s</u>	<u>Event Description</u>
19-20	Senior 1000 Freestyle(Final Heat)
23-24	10-Under 200 Freestyle
21-22	11-12 200 Freestyle
1-2	13-14 200 Freestyle
3-4	Senior 200 Freestyle
29-30	10-Under 50 Butterfly
27-28	11-12 50 Butterfly
5-6	13-14 100 Butterfly
7-8	15-16 100 Butterfly
9-10	Senior 100 Butterfly
35-36	10-Under 100 Ind. Medley
33-34	11-12 100 Ind. Medley
11-12	13-14 200 Ind. Medley

Finals Order Continued from Column to Left.

<u>Ev #s</u>	<u>Event Description</u>
13-14	15-16 200 Ind. Medley
15-16	Senior 200 Ind. Medley
37-38	11-12 200 Backstroke
17-18	Senior 800 Free Relay (Final Heat)

There are Consol and Final heats for all Senior Events (except for timed final events) and only one Final Heat of all Age Group events. 8-Unders are a.m. timed finals.

Saturday Night, 6pm start

Warm-ups 1 hour prior

Events are in order here as they will be swum.

<u>Ev #s</u>	<u>Event Description</u>
41-42	Senior 400 Ind. Medley
67-68	10-Under 100 Freestyle
65-66	11-12 100 Freestyle
43-44	13-14 50 Freestyle
45-46	15-16 50 Freestyle
47-48	Senior 50 Freestyle
73-74	10-Under 100 Breaststroke
71-72	11-12 100 Breaststroke
49-50	13-14 200 Breaststroke
51-52	Senior 200 Breaststroke
79-80	10-Under 50 Backstroke
77-78	11-12 50 Backstroke
53-54	13-14 100 Backstroke
55-56	15-16 100 Backstroke
57-58	Senior 100 Backstroke

Finals Order Continued from Column to Left.

<u>Ev #s</u>	<u>Event Description</u>
83-84	10-Under 200 Ind. Medley
81-82	11-12 200 Ind. Medley
63-64	Senior 500 Freestyle
85-86	11-12 200 Butterfly
39-40	Senior 400 Medley Relay (Final Heat)

There are Consol and Final heats for all Senior Events (except for timed final events) and only one Final Heat for all Age Group events. 8-Unders are a.m. timed finals.

Sunday Night, 5pm start

Warm-ups at 4:00pm

Events are in order here as they will be swum.

<u>Ev #s</u>	<u>Event Description</u>
119-120	11-12 200 Breaststroke
117-118	Senior 1650 Freestyle (Final Heat)
123-124	10-Under 100 Backstroke
125-126	11-12 100 Backstroke
93-94	13-14 200 Backstroke
95-96	Senior 200 Backstroke
129-130	10-Under 50 Freestyle
131-132	11-12 50 Freestyle
97-98	13-14 100 Freestyle
99-100	15-16 100 Freestyle
101-102	Senior 100 Freestyle
133-134	10-Under 100 Butterfly
135-136	11-12 100 Butterfly
103-104	13-14 200 Butterfly
105-106	Senior 200 Butterfly

Finals Order Continued from Column to Left.

<u>Ev #s</u>	<u>Event Description</u>
137-138	10-Under 50 Breaststroke
139-140	11-12 50 Breaststroke
107-108	13-14 100 Breaststroke
109-110	15-16 100 Breaststroke
111-112	Senior 100 Breaststroke
91-92	Senior 400 Freestyle Relay (Final Heat)

There are Consol and Final heats for all Senior Events (except for timed final events) and only one Final Heat for all Age Group events. 8-Unders are a.m. timed finals.

Results will be made available on our website at www.teampittsburgh.com.

Finals will end at about 7:15pm. High Point awards and Team trophies will be awarded after finals.

Christmas Meet Invitational
Meet Entry Summary

(This completed form MUST accompany your entry and payment.)

ENTRY DEADLINE is Monday December 7th, 2009 5pm.

Mail completed Meet Entry Summary, Payment and Entries to:
Aaron Workman, Swimming Office, 218 Fitzgerald Field House, Pittsburgh, PA 15261

TEAM NAME _____ CODE LETTERS (5) _____

COACH _____ Phone _____ E-mail _____

Please complete BOTH sides of this form and return it with your entry check. Your entry will be considered incomplete WITHOUT this form. Please e-mail your actual entries (see below).

TEAM ENTRY PERSON _____ E-mail _____

TEAM ADDRESS _____ **RESULTS will be posted on the web at www.teampittsburgh.com**

(PLEASE E-MAIL YOUR .CL2 ENTRIES TO: tpit-entries@amswim.org then mail this form.)

ENTRY FEE PAYMENT (Check Payable to Pittsburgh Aquatic Program)

Number of Individual Entries _____ at \$4.25= \$ _____

Number of Relay Entries _____ at \$8.00= \$ _____

Note: There is a data entry fee of \$20 per team for teams with more than 5 swimmers who do not submit entries in CL2 format by e-mail. If you do not enter by Hy-tek, add this fee here BEFORE you total your entry fees.

+ \$20 if applicable

TOTAL Submitted= \$ _____

One (1) Club or Certified Check per team.

**Make checks payable to:
Pittsburgh Aquatic Program**

Questions concerning my team's entries should be directed to:

Name Phone

e-mail

Our HOTEL accommodations for the meet are at the: _____

NOTE: WE ENCOURAGE ALL TEAMS TO ENTER THEIR TEAMS VIA E-MAIL ON HY-TEK CL2 FILES.
PLEASE E-MAIL YOUR ENTRIES TO tpit-entries@amswim.org
MAIL THIS FORM AND CHECK SEPARATELY.

Additional Meet Information

We will be cutting off the entries at about 7,000 entries and at about 1,500 swimmers. We would encourage you to get your entries in early, since the cut-offs for teams will be based on entry receipt date. Please call if you have any questions regarding the cut-off.

Meet results will be published on www.teampittsburgh.com.

All teams are encouraged to e-mail their entries to Aaron Workman, Meet Director at: tpit-entries@amswim.org. Both sides of this form must be complete and accompany your check in the mail before the entry deadline of Dec. 7th in order to be considered complete

TIMER INFORMATION FORM

Since this is such a large regional competition, we are requesting that teams provide timers for certain lanes for sessions. Please indicate below which sessions you would like to provide timers. We will try to make sure that the lanes for which your team will be responsible will be during the sessions at which you will have the most parents present. Thanks. Aaron Workman, Meet Director.

FRIDAY PRELIMS

_____ 8:30am-12noon
(13-Older)

_____ 2pm-4:30pm
(12-Younger)

FINALS

_____ 6pm-8pm

SATURDAY PRELIMS

_____ 8:30am-12noon
(13-Older)

_____ 2pm-4:30pm
(12-Younger)

FINALS

_____ 6pm-8pm

SUNDAY PRELIMS

_____ 8:30am-12noon
(13-Older)

_____ 2pm-4:30pm
(12-Younger)

FINALS

_____ 5pm-7pm

TEAM NAME _____

CONTACT PERSON AT MEET _____

RETURN THIS FORM WITH YOUR ENTRY CHECK. IF IT IS NOT RETURNED, YOUR ENTRY WILL BE CONSIDERED INCOMPLETE.

The Rules of Conduct as Adopted by the Allegheny Mountain Swimming Association for this meet.

1. Any swimmer breaking any one or more of the following rules will be ejected from the premises:

- a.** willful damage to the premises (walls, floors, doors, etc.);
- b.** willful damage to the furniture, fixtures and appointments;
- c.** plugging sinks, toilets, or other drains;
- d.** flicking towels, fighting, wrestling, etc.;
- e.** violation of any posted or announced regulation(s);
- f.** insubordination to officials and deck marshals;
- g.** any other unsportsmanlike, irresponsible or unsafe conduct; or
- h.** use of alcohol, illegal drugs, and tobacco (inhaled or chewed).

2. USA Swimming mandates the following procedure for expeditious handling of complaints and/or disciplinary actions for violation of these rules:

- a.** Since federal law states that an athlete cannot be suspended from competition, even temporarily, without a hearing, the host club should be prepared in advance to have an ad hoc Meet Rules Committee selected. The Committee should have a referee or designated official, the Meet Director and an athlete as members. This Committee should be announced before the start of the meet. It is the Meet Director's responsibility to select this Committee; however, the Meet Director may ask the Referee to select this ad hoc Committee. In the case of a protest, the Committee shall convene on the site immediately to handle the situation.
- b.** The decision must be reduced to writing within ten (10) days of the hearing and a copy served by mailed to the athlete and to the Chairman of the AMS Review Committee. It should include findings of fact. If a formal hearing is desired, the matter can be referred to the AMS Review Committee for a full hearing.

3. Coaches and swimmers must remain a minimum of two (2) feet from the pool's edge. Coaches and official must display current USS registration cards.

4. Only competing swimmers, officials and lap counters are permitted within four (4) feet of the pool's edge both at the starting and turning ends.

5. Spectators, including parents, are not permitted on the pool deck.

6. Coaches, parents and/or swimmers are not to contact the administration desk or electronic timing operator regarding questions of time or place of finish. All questions should be directed to the Referee.

7. If the electronic timing device is set off before a race is completed, or if the body of a swimmer (defined as the torso, including shoulders and hips) enters the water, or if, in the opinion of the Meet Referee, an "on-deck" swimmer has interfered with an "in-pool" swimmer, then the "on-deck" swimmer may be disqualified from their next event.

The 48th Christmas Meet
Christmas Meet Invitational
December 18-20, 2009

List of Suggested Hotels

(In alphabetical order)

*You Must Mention the Christmas Swim Meet and make reservations prior to the cut off date to get the advertised rate.
Cut-off date for each hotel is listed.*

- **Hampton Inn, University** 412-681-1000 Cut off date: 11/18/09
(Two Minutes from Pool on the Edge of the Pittsburgh Campus)
\$139 Flat Rate (Up to four persons)
Hot breakfast buffet included. Free internet and free local phone calls. Parking \$14/day.

- **Holiday Inn Select, University Center** 412-682-6200 Cut off date: 12/03/09
(In the Center of the Pittsburgh Campus)
\$102 Flat Rate (Up to four persons)
Restaurant on site/meal plans available. Indoor pool. Complimentary parking.

- **Marriott City Center** 412-471-4000 Cut off date: 11/30/09
(10 minutes from pool in Downtown Pittsburgh.)
\$99 Flat Rate (Up to four persons.)
Parking \$16.50/day – price can change due to fact that it's a City of Pittsburgh owned garage.

- **Omni William Penn, Pittsburgh** 412-553-5100 or 1-800-THE-OMNI . Cut off date: 11/20/09
(10 minutes from pool in Downtown Pittsburgh.) Oldest luxury hotel in Pittsburgh
\$82 Flat Rate (Up to four persons.)
Meal Plans available.

- **Wyndham Garden Hotel, University Place** 412-683-2040 Cut off date: 11/17/09
(Three blocks/two minutes from pool on Forbes Ave.)
\$105 (Single or Double Occupancy) Restaurant on site
Parking \$17 per night for standard vehicles. All parking on space available basis.