

Lehigh Valley Aquatics

Last Chance Meet

February 26, 2012 - NEW DATE (revised 11/11/11)

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc

Sanction # MA 1224 B - Time Trial Sanction # MA 1224 TT

LOCATION	Liberty High School Pool 1115 Linden Street Bethlehem, PA , 18018 Day of meet ONLY emergency phone # 732-513-8158
FACILITIES	Indoor competition pool is 25 yards; 8 lanes, non-turbulent lane lines. Water depth is 12 feet at the starting end. Water depth at the turning end of the pool is 5 feet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado electronic timing system. Free parking is available adjacent to the pool. Hospitality will be at all sessions for Coaches and Officials. A food stand will be provided for spectators. A vendor will be on site to sell suits and equipment. Spectator seating provided.
MEET DIRECTOR	David Billings, 732-513-8158.
SAFETY DIRECTOR	Jim Lawless, 610-868-0498. MA safety rules and warm up procedures apply. All swimmers should be familiar with these rules. Any swimmer disregarding the rules could be suspended from the meet.
OFFICIALS	Any USA swimming official who would like to officiate this meet should contact, Jay Watlington, 610-923-6842. e-mail: jaywatlington@gmail.com .
ELIGIBILITY	The objective of this meet is to provide a quality event for swimmers who have not qualified for MA Junior Olympics Meet or Middle Atlantic Senior Championship Meet. This meet is open to swimmers registered with USA Swimming for 2012, age 9 years and older. Age group is determined by the swimmers age as of February 26, 2012 . Each swimmer may compete in a maximum of 5 individual events per day. There are no relays. Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

**ENTRY
LIMITATIONS**

The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.

Swimmers are limited to 5 events per day.

The 500 freestyle and 400 IM will be deck seeded and will swim the 500 Free fastest to slowest. Positive check-in for this event will close at 10:30am. This event may be limited due time constraints. Swimmers cut from the 500 free/400IM will be refunded entry fees.

The 500 freestyle swimmers must provide their own timer and lap counter. The 500 Free will be limited to 8 heats.

Swimmers entry times must be slower than the 2011/2012 Middle Atlantic Junior Olympic time standard or Middle Atlantic Senior Championship Time standard for your age group.

**WARM-UP &
START TIMES**

Warm up session will be divided into periods of equal length depending on the number of swimmers entered in each session. Sprint/start lanes will be available at the end of each warm up session for the last 15 minutes. . Feet first entry only except in sprint lanes when designated. Lane 1 & 8 will continue to be general warm up during sprint time.

<u>Session</u>	<u>Warm-up</u>	<u>Meet Start</u>
One, Sun	6:45AM	8:00AM
Two, Sun	12:15PM	1:00PM
Three, Sun	2:15PM	3:30PM

**DECK ENTRIES
/TIME TRIALS**

Subject to space availability, and at the discretion of the Meet Director, deck entries/time trials will be accepted on the day of the meet. Please see the meet director.

Deck entries prior to the start of each session, at the cost of \$8.00 per event. There will be no more deck entries accepted thirty minutes prior to the start of the meet. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups.

Time trials will be held at the end of the second session at a cost of \$ 10.00 per event, accepted up to the start of the second session.

Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.

<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. “Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. “</p>
<p>SEEDING</p>	<p>This is a pre seeded timed final meet except for the 500 free and 400 IM which requires a positive check-in.</p>
<p>HOW TO ENTER</p>	<p>No converted times will be accepted. Entry times must be submitted in the course in which they were achieved.</p> <p>Swimmers without a valid USA swimming time should be entered as “NT”.</p> <p>Entries should be submitted using HY-TEK software.</p> <p>A word or pdf file listing each swimmer alphabetically, with each swimmers’ events, and entry times must accompany the meet entry file.</p> <p>If using HY-Tek is not possible: the Official Entry Form must be used.</p> <p>A completed meet summary sheet must accompany each team’s entry.</p> <p>Please waive the signature release for priority/overnight mail.</p> <p>No phone entries will be accepted. No meet entries will be made prior to receipt of fees, by posted deadline.</p> <p><i>Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2011-12 registration). This applies to all swimmers attached to a club.</i></p> <p>A \$5.00 surcharge per swimmer will be added for each team with 5 or more entries that does not submit entries using Hy-Tek software. Teams/swimmers cannot avoid the surcharge by submitting individual entries for swimmers. Failure to remit payment will result in rejection of the entries. Hy-tek TM Lite can be downloaded for free on the Middle Atlantic website. Complete instructions can be found at www.maswim.org.</p> <p><u>We request each club submit one check payable to “Lehigh Valley Aquatics”.</u></p> <p>Notice: As per Mid Atlantic regulations, failure to enter a swimmers best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA swimming functions.</p>

ENTRY FEES	\$4.00 per individual event. Deck entries \$8.00. \$5.00 per swimmer surcharge for teams of 5 or more submitting entries manually. See above.
SEND ENTRIES TO	<p>Jaci Hendricks, 450 E Walnut St., Unit 102, Nazareth, PA 18064. Phone: 610-248-0332</p> <p>Email: entries@lehighvalleyaquatics.org. Put in subject line: LVA, Last Chance</p> <p>Any questions please use the above email address.</p> <p>Make checks payable to "Lehigh Valley Aquatics". Waive signature. Payments are due by February 20, 2012.</p> <p>In order to receive updates and current information regarding this meet, a team representative, should send an e-mail to entries@lehighvalleyaquatics.org to be added to the distribution list.</p>
ENTRY DEADLINE	All entries must be received by 5pm on February 13, 2012 . No late entries will be accepted.
RULES	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms as in accordance with section 202.2.8.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Fly-over starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Failure to swim an event after a positive check-in will result in the swimmer being disqualified from their next individual event. Per Middle Atlantic regulations, penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension.</p>
SCORING & AWARDS	Awards are presented based on the entry time, not on the time swum during the meet. For example, a swimmer entered into an event with an "A" time or above is eligible to receive a "A" award. A swimmer entered into the meet

	<p>with a "BB" time is eligible to receive a "BB" award. Swimmers entered into the meet with a time below a "BB" or as "no time" will be eligible to receive a "C" award. Deck entered swims are not be eligible for awards.</p> <p>"A" Awards: Rosettes 1st to 3rd, Ribbons 4th to 8th</p> <p>"BB" Awards: Rosettes 1st to 3rd, Ribbons 4th to 8th</p> <p>"C" Awards: Ribbons 1st to 8th</p> <p>There will be no awards for Senior/Open.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Program/Admission: \$5.00 for 1st and 3rd session.</p> <p>Program/Admission: \$3.00 for mezzanine.</p> <p>Meet volunteers will be admitted free of charge.</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic website www.maswim.org.</p>
<p>DIRECTIONS</p>	<p>From the East: Take Route 22 West. Continue to the Route 191(Nazareth Pike/Linden Street) Exit. Make a left at the end of the ramp. Go South. 3.8 miles to the School. Continue straight to Fairview St. Turn Right. Turn Right again into parking area. Pool Area will be thru the doors in the athletic center.</p> <p>From the West: Take Route 22 East to the Bethlehem Exit (Route 512). Make a left at the end of the exit ramp toward Bethlehem. Go south on Center Street 2.3 miles to Elizabeth Ave., turn Left. Next traffic light, turn right onto Linden. Follow directions above.</p> <p>From the South (Via Route 309 north): Take Route 309 North to Center Valley. Follow 378 North for approximately 6 miles. Coming off of the Hill to Hill bridge, bear right toward downtown Bethlehem (Large hotel and church/ off to right of bridge). The exit ramp will bring you to Main Street. Continue on Main Street .9 miles to Elizabeth Avenue. Turn right onto Elizabeth Avenue. Continue to the third Light, turn right onto Linden Street. Follow directions above.</p>
<p>ACCOMODATIONS</p>	<p>Courtyard by Marriott, 2160 Motel Drive ,Bethlehem, Pennsylvania 18018 Phone: 1-610-317-6200</p> <p>Hampton Inn & Suites, 200 Gateway Drive, Bethlehem, PA 18017, (610) 868-2442</p> <p>Best Western, 300 Gateway Drive, Bethlehem, PA 18017, (610)866-5800</p> <p>Comfort Suites Inn, 120 W. Third St., Bethlehem, PA 18015 - 610-882-9700.</p> <p>Holiday Inn Express Hotel & Suites, 2201 CHERRY LANE ,BETHLEHEM, PA 18015</p> <p>Staybridge Suites, 1787A AIRPORT ROAD ,ALLENTOWN, PA 18109 1 888 299 2208</p>

LVA Last Chance Meet
Official Meet Entry Form

Team: _____

Team Code _____

Coach: _____

Phone# _____

Address: _____

E-Mail: _____

Contact Person: _____

Phone: _____

E-Mail: _____

Name: _____

Birthdate: _____

USS#: _____

M/F

Event #

Event Description

Entry Time

Duplicate as needed

Page # _____ OF _____

Sunday Session 1 –Start Time– 8:00am, warm-up 6:45am

<u>Girls</u>		<u>Boys</u>
1	200 Free	2
3	50 Free	4
5	200 Breaststroke	6
7	100 Backstroke	8
9	100 Butterfly	10
11	200 Butterfly	12
13	100 Breaststroke	14
15	200 Backstroke	16
17	200 IM	18
19	100 Free	20

Sunday Session 2 – Start Time – 1:00pm, warm-up 12:15pm

<u>Girls</u>		<u>Boys</u>
21	400 IM	22
23	500 Free	24

Sunday Session 3 – Start Time – 3:30pm, warm up 2:45pm

<u>Girls</u>		<u>Boys</u>
25	9-12 200 Free	26
27	9-12 50 Backstroke	28
29	9-12 100IM	30
31	9-12 50 Freestyle	32
33	9-12 100 Butterfly	34
35	9-12 50 Breaststroke	36
37	9-12 100 Backstroke	38
39	9-12 100 Breaststroke	40
41	9-12 50 Butterfly	42
43	9-12 100 Freestyle	44

Lehigh Valley Aquatics Last Chance Meet
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Meet Summary Sheet to be included with entry

Team Name: _____ Team Code: _____
Head Coach: _____ LSC Code: _____
Entry Contact: _____ Phone#: _____

Mailing Address:

E-Mail Address: _____

ENTRY SUMMARY:

Swimmers

Events

12&Under:

13&Older:

TOTALS:

Mail To:
Jaci Hendricks
Lehigh Valley Aquatics
450 E Walnut, Unit 102,
Nazareth, PA 18064

FEE SUMMARY:

Total
Individual
Events: _____ X \$4.00 =
TOTAL DUE:

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT
THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

Signature of head coach or authorized team representative