

PARKLAND AQUATIC CLUB

Fall Harvest A/BB/C Invitational Meet

November 3 to 5, 2006

Held under the Sanction of USA Swimming
 Sanctioned by Middle Atlantic Swimming, Inc.
 Sanction # MA 0745 A

LOCATION	Parkland High School Aquatic Center 2700 Cedar Crest Blvd Allentown, PA 18104 Day of meet ONLY emergency phone: 610-351-5600 Meet Director cell phone: 484-597-0147
FACILITIES	The PHS pool is a new indoor Paddock, 25 yard, 8 lane pool with non-turbulent lane markers, Colorado Timing system with 8 line scoreboard display. Water depth at the starting end is 12 feet. An adjacent warm-up and warm-down pool is available for swimmers. Free parking, large seating capacity, concession stand and swim equipment vendor are available.
MEET DIRECTOR	Barbara Poland: 610-481-0958; barbaraajp@rcn.com
SAFETY DIRECTOR	Deb Bren: 610-799-2545; dbrendo@pol.net
OFFICIALS	Julie Pepper is the officials coordinator. 610-285-4298 ; jpepper@ptd.net Walt Johnson is the meet referee. 610-799-4872 ; drwj80@aol.com
ELIGIBILITY	This meet is open to all swimmers registered with USA Swimming. Swimmer's age as of November 3, 2006 will apply for the entire meet.
ENTRY LIMITATIONS	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Prompt notification will be made to swimmers or teams if changes impact their entries. A swimmer may swim in five individual events and 1 relay per day.
ORDER OF EVENTS	See attached sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule.
WARM-UP & START TIMES	Team lane assignments and warm-up schedule will be distributed on-site in the coach's package. Circle swimming only during warm-up until sprint lanes are opened. No diving is permitted during warm-up, except supervised diving in designated sprint lanes. When diving is permitted, swimmer must enter from the starting blocks and exit from the opposite end of the pool.
DECK ENTRIES	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$6.00 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. 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.
SWIMMERS WITHOUT A COACH	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session.
SEEDING	All Friday night events are Positive Check-in. All other events will be pre-seeded based on entry time.
HOW TO ENTER	Electronic entries in a Hy-Tek Team Manager entry file are preferred. <u>Entries may be sent via e-mail.</u> Include with your entry file a Team Manager report by entry (saved in Word for Windows format). In the body of your e-mail, provide the number of girls, boys and entries. Include contact information (name, address, phone and cell phone). Send to barbaraajp@rcn.com . Send entry check separately. It must arrive by Friday Oct. 20, 2006.

	<p>Entries may be sent on a CD. Include a Team Manager report by entry (saved in Word for Windows format); the PAAC Meet Summary Form and your payment. No floppies!</p> <p>Entries may be sent in using the PAAC Meet Entry Form(s). The PAAC Meet Summary Form and your payment. There is a \$2.00 per swimmer surcharge for manually entered entries. Times must be submitted in the course in which they were achieved.</p>
ENTRY FEES	Entry fee is \$3.00 per individual event and \$6.00 for a relay. \$2.00 per swimmer surcharge for manually entered entries.
SEND ENTRIES TO	<p>Make entry fee payable to PAAC. Send entries to:</p> <p>Barbara Poland 292 Lenape Trail Allentown, PA 18104 610-481-0958 (ph) barbaraajp@rcn.com</p> <p><u>Request signature waiver for UPS, Fed Ex or Express Mail.</u></p>
ENTRY DEADLINE	Entries must be received no later than October 20, 2006 at 6:00 PM. 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>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the Meet will be disqualified from that swimmer's next Individual Event or from the remainder of the Meet, as determined by the Meet Referee. This policy will be strictly enforced</p> <p>Entries submitted must be swimmer's best verifiable USA Swimming time. Entry of time other than swimmer's best for any event may result in the swimmer's suspension from competition for a minimum of 3 months, but not more than 1 year.</p> <p>Any swimmer who is positively checked in for an event, and then does not swim that event, will be scratched from their next individual event.</p>
SCORING & AWARDS	This meet will be scored at each level: A, BB and C for each event. The top eight times in each level will receive awards except for the 15 & Over category . 'A' individual entries: medals 1 st to 3 rd , ribbons 4 th to 8 th . 'BB' individual entries: rosettes 1 st to 3 rd , ribbons 4 th to 8 th . 'C' individual entries: ribbons 1 st to 8 th . Relays entries: medals to 1 st , ribbons to 2 nd to 3 rd . Award levels determined by entry time.
PROGRAMS & ADMISSION	Program is \$12.00 for the entire meet. No admission fee is charged. A free heat sheet will be given to non-PAAC volunteers, if the meet director requests help in running the meet.
RESULTS	Results will be posted on the Middle Atlantic website at www.maswim.org .
DIRECTIONS	From the PA turnpike, Exit 33, take Route 22 east, then exit onto Cedar Crest Blvd north. Travel north on Cedar Crest Blvd for approximately 1.9 miles. Parkland High School is on the left. The pool is on the left hand side of the complex. Park in the parking lot in front of the school, closest to the Athletics door. Walk through the Athletics entrance to admissions. Follow the signs inside the school.
ACCOMODATIONS	Hilton Garden Inn, 230 Sycamore Road (I78 & Rt 100), Breinigsville, PA. Call 610-398-6686 and ask for the PAAC block of rooms. \$75.00 per night. One free coaches room for the first two clubs that book ten rooms or more. Ask for Barb Clemens for coaches room. For more information, go to www.allentownwest.gardeninn.com
CANCELLATION DUE TO BAD WEATHER	In case of delays or cancellation due to bad weather, call the PAAC office at 610-530-9452.

PAAC Fall Harvest Invitational Swim Meet

All events are timed finals

Friday Evening, November 3, 2006 6:30 p.m. (Warm up 5:30 p.m.)

Positive Check-in required for Friday night !

GIRLS NUMBER	EVENT			BOYS NUMBER
1	OPEN	500 YARD	FREESTYLE	2
3	OPEN	400 YARD	INDIVIDUAL MEDLEY	4

Saturday Morning, November 4, 2006 8:00 a.m. (Warm up 6:30 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
5	13 & 14	100 YARD	FREESTYLE	6
7	15 & OVER	100 YARD	FREESTYLE	8
9	13 & 14	200 YARD	BREAST	10
11	15 & OVER	200 YARD	BREAST	12
13	13 & 14	200 YARD	BACK	14
15	15 & OVER	200 YARD	BACK	16
17	13 & 14	100 YARD	FLY	18
19	15 & OVER	100 YARD	FLY	20
21	13 & 14	200 YARD	INDIVIDUAL MEDLEY	22
23	15 & OVER	200 YARD	INDIVIDUAL MEDLEY	24
25	13 & 14	200 YARD	FREESTYLE RELAY	26
27	15 & OVER	200 YARD	FREESTYLE RELAY	28

Saturday Afternoon, November 4, 2006 1:30 p.m. (Warm up 12:00 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
29	11 & 12	100 YARD	INDIVIDUAL MEDLEY	30
31	9 & 10	100 YARD	INDIVIDUAL MEDLEY	32
33	11 & 12	50 YARD	BACK	34
35	9 & 10	50 YARD	BACK	36
37	11 & 12	200 YARD	FREESTYLE	38
39	9 & 10	200 YARD	FREESTYLE	40
41	11 & 12	100 YARD	BREAST	42
43	9 & 10	100 YARD	BREAST	44
45	11 & 12	100 YARD	FLY	46
47	9 & 10	100 YARD	FLY	48
49	9 to 12	200 YARD	BACK	50
51	11 & 12	50 YARD	FREESTYLE	52
53	9 & 10	50 YARD	FREESTYLE	54
55	11 & 12	200 YARD	MEDLEY RELAY	56
57	9 & 10	200 YARD	MEDLEY RELAY	58

Sunday Morning, November 5, 2006 8:00 a.m. (Warm up 6:30 a.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
59	13 & 14	200 YARD	FREESTYLE	60
61	15 & OVER	200 YARD	FREESTYLE	62
63	13 & 14	100 YARD	BREAST	64
65	15 & OVER	100 YARD	BREAST	66
67	13 & 14	100 YARD	BACK	68
69	15 & OVER	100 YARD	BACK	70
71	13 & 14	200 YARD	FLY	72
73	15 & OVER	200 YARD	FLY	74
75	13 & 14	50 YARD	FREESTYLE	76
77	15 & OVER	50 YARD	FREESTYLE	78
79	13 & 14	200 YARD	MEDLEY RELAY	80
81	15 & OVER	200 YARD	MEDLEY RELAY	82

Sunday Afternoon, November 5, 2006 1:30 p.m. (Warm up 12:00 p.m.)

GIRLS NUMBER	EVENT			BOYS NUMBER
83	9 to 12	200 YARD	BREAST	84
85	9 to 12	200 YARD	FLY	86
87	11 & 12	100 YARD	FREESTYLE	88
89	9 & 10	100 YARD	FREESTYLE	90
91	11 & 12	100 YARD	BACK	92
93	9 & 10	100 YARD	BACK	94
95	11 & 12	50 YARD	BREAST	96
97	9 & 10	50 YARD	BREAST	98
99	11 & 12	50 YARD	FLY	100
101	9 & 10	50 YARD	FLY	102
103	11 & 12	200 YARD	INDIVIDUAL MEDLEY	104
105	9 & 10	200 YARD	INDIVIDUAL MEDLEY	106
107	11 & 12	200 YARD	FREESTYLE RELAY	108
109	9 & 10	200 YARD	FREESTYLE RELAY	110

**PAAC Fall Harvest Invitational Swim Meet
Summary Form
November 3 to 5, 2006**

Team Name: _____ **Team Code:** _____

Head Coach: _____

Team Contact: _____

Home Phone: _____ **Office Phone:** _____ **Cell Phone:** _____

Team E-Mail Address: _____

Team Mailing Address: _____

City: _____

State: _____ **ZIP:** _____

Mail Entries To: Barbara Poland
292 Lenape Trail
Allentown, PA 18104
610-481-0958 (ph)
barbarajp@rcn.com

Teams using Hy-Tek's Team Manager are asked to submit an entry file on a CD or via e-mail along with a Team Manager report of meet entries:

Entry Deadline: Received by 6:00 p.m. Friday, October 20, 2006.
Please make checks payable to: PAAC

Entries Summary

	Number of Entries	Cost per Entry	Amount
Individual Entries		\$3.00	
Relay Entries		\$6.00	
Surcharge*	-----	\$2.00	
		TOTAL	

*** \$2.00 per swimmer for manual entries.**
This form must accompany the official entry blanks.

