

Lehigh Valley Aquatics

Last Chance Meet

February 28,2010

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1068 B

LOCATION	Liberty High School Pool 1115 Linden Street Bethlehem, PA , 18018 Day of meet ONLY emergency phone # 610-905-0445
FACILITIES	Indoor competition pool is 25 yards; 8 lanes, non-turbulent lane lines. Water depth is 12 feet at the starting end. 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	Tom DiMarco, 610-746-0793. E-mail entries and any questions to entries@lehighvalleyaquatics.org . Please put LVA Last Chance on subject line. Please refer all questions to the above e-mail address.
SAFETY DIRECTOR	Jim Lawless, 610-610-868-0498. 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 2010, age 9 years and older. Age group is determined by the swimmers age as of February 28, 2010. Each swimmer may compete in a maximum of 5 individual events per day. There are no relays.

<p>ENTRY LIMITATIONS</p>	<p>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.</p> <p>Swimmers are limited to 5 events per day.</p> <p>The 500 freestyle will be deck seeded and will swim 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 will be refunded entry fees.</p> <p>The 500 freestyle swimmers must provide their own timer and lap counter. The 500 Free will be limited to 8 heats.</p> <p>Swimmers entry times must be slower than the 2009/2010 Middle Atlantic Junior Olympic time standard or Middle Atlantic Senior Championship Time standard for your age group.</p>												
<p>WARM-UP & START TIMES</p>	<p>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.</p> <table border="1" data-bbox="505 1073 1159 1335"> <thead> <tr> <th><u>Session</u></th> <th><u>Warm-up</u></th> <th><u>Meet Start</u></th> </tr> </thead> <tbody> <tr> <td>One, Sun</td> <td>6:45AM</td> <td>8:00AM</td> </tr> <tr> <td>Two, Sun</td> <td>12:15PM</td> <td>1:00PM</td> </tr> <tr> <td>Three, Sun</td> <td>2:15PM</td> <td>3:30PM</td> </tr> </tbody> </table>	<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
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<p>DECK ENTRIES /TIME TRIALS</p>	<p>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 \$8.00 per event. 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 not previously entered in the meet must provide proof of current USA Swimming registration.</p> <p>There will be no Time trials.</p>												
<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.</p>												

SEEDING	This is a pre seeded timed final meet except for the 500 free which requires a positive check-in.
HOW TO ENTER	<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>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 are there.</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	<p>\$4.00 per individual event. Deck entries \$8.00</p> <p>\$5.00 per swimmer surcharge for teams of 5 or more submitting entries manually. See above.</p>
SEND ENTRIES TO	<p>Jaci Hendricks, 500 Buskill Center Road, Nazareth, PA 18064.</p> <p>e-mail: entries@lehighvalleyaquatics.org.</p>

	<p>Phone: 610-248-0332</p> <p>Make checks payable to "Lehigh Valley Aquatics". Waive signature.</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	<p>All entries must be received by 5pm on February 12, 2010. No late entries will be accepted.</p>
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.</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	<p>Level BB: Rosettes 1st – 3rd, Ribbons 4th – 6th</p> <p>Level C: Ribbons 1st – 6th</p>
PROGRAMS & ADMISSION	<p>Admission: Free</p> <p>Programs: \$10 per day.</p> <p>Meet volunteers will be admitted free of charge.</p>

RESULTS	Results will be posted on the Middle Atlantic website www.maswim.org .
DIRECTIONS	<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>
ACCOMODATIONS	<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>Courtyard by Marriott, 2160 Motel Drive ,Bethlehem, Pennsylvania 18018 USA ,Phone: 1-610-317-6200</p> <p>Staybridge Suites, 1787A AIRPORT ROAD ,ALLENTOWN, PA 18109 UNITED STATES ,For Reservations: 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 _____

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

Event

- 1 Girls 13 & Over 200 Freestyle
- 2 Boys 13 & Over 200 Freestyle
- 3 Girls 13 & Over 50 Freestyle
- 4 Boys 13 & Over 50 Freestyle
- 5 Open Girls 200 Breaststroke
- 6 Open Boys 200 Breaststroke
- 7 Girls 13 & Over 100 Backstroke
- 8 Boys 13 & Over 100 Backstroke
- 9 Girls 13 & Over 100 Butterfly
- 10 Boys 13 & Over 100 Butterfly
- 11 Open Girls 200 Butterfly
- 12 Open Boys 200 Butterfly
- 13 Girls 13 & Over 100 Breaststroke
- 14 Boys 13 & Over 100 Breaststroke
- 15 Open Girls 200 Backstroke
- 16 Open Boys 200 Backstroke
- 17 Open Girls 200 IM
- 18 Open Boys 200 IM
- 19 Girls 13 & Over 100 Freestyle
- 20 Boys 13 & Over 100 Freestyle

Order of Events – Sunday Session 2-
Start Time – 1pm

Event

- 21 Open Girls 500 Freestyle
- 22 Open Boys 500 Freestyle

Order of Events – Sunday Session 3 –
Start time:3:30

Event

- 23 Girls 9-12 200 Freestyle
- 24 Boys 9-12 200 Freestyle
- 25 Girls 9-1250 Freestyle
- 26 Boys 9-12 50 Freestyle
- 27 Girls 9-12 50 Butterfly
- 28 Boys 9-12 50 Butterfly
- 29 Girls 9-12 50 Backstroke
- 30 Boys 9-1250 Backstroke
- 31 Girls 9-12 100 **IM**
- 32 Boys 9-12 100 **IM**
- 33 Girls 9-12 100 Butterfly
- 34 Boys 9-12 100 Butterfly
- 35 Girls 9-1250 Breaststroke
- 36 Boys 9-12 50 Breaststroke
- 37 Girls 9-12 100 Backstroke
- 38 Boys 9-12 100 Backstroke
- 39 Girls 9-12 100 Breaststroke
- 40 Boys 9-12 100 Breaststroke
- 41 Girls 9-12 100 Freestyle
- 42 Boys 9-12 100 Freestyle

Lehigh Valley Aquatics Last Chance Meet
hosted by Lehigh Valley Aquatics
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
500 BuskillCenter Road
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