

SHORT COURSE – ODD AGE
SPONSORED BY Pine-Richland Aquatics Inc.

DECEMBER 12 & 13, 2009

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-121209-01

LOCATION OF FACILITY: Pine-Richland High School

TYPE OF FACILITY: 6 lane, 25 yard pool. The competition course has not been certified in accordance with 104.2.2(C)

ENTRY DEADLINE: 11/30/2009

Entries will be accepted from: 11/18/2009 to 11/30/09

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: Pine-Richland Aquatics Inc.

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
Saturday AM	7:30 - 8:30AM	8:35AM
Saturday PM	NOT BEFORE 12:30 - 1:30PM	NOT BEFORE 1:35PM
Sunday AM	7:30 - 8:30AM	8:35AM
Sunday PM	NOT BEFORE 12:30 - 1:30PM	NOT BEFORE 1:35PM

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: Gregg Reed

SAFETY CHAIR: Peter Barry

Email: reed5@zoominternet.net

Email: pracoach@gmail.com

OFFICIALS: To officiate at this meet please contact: [Ronna Rapach Email: ronna1995@zoominternet.net](mailto:ronna1995@zoominternet.net)

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: pra-entries@amswim.org

ENTRY CHAIR: **NAME** Georgiann Barry
 ADDRESS 108 Heston Drive
 CITY, ST, ZIP Cranberry TWP PA 16066
 PHONE 724 473 2257
 No Calls After 9 PM

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.

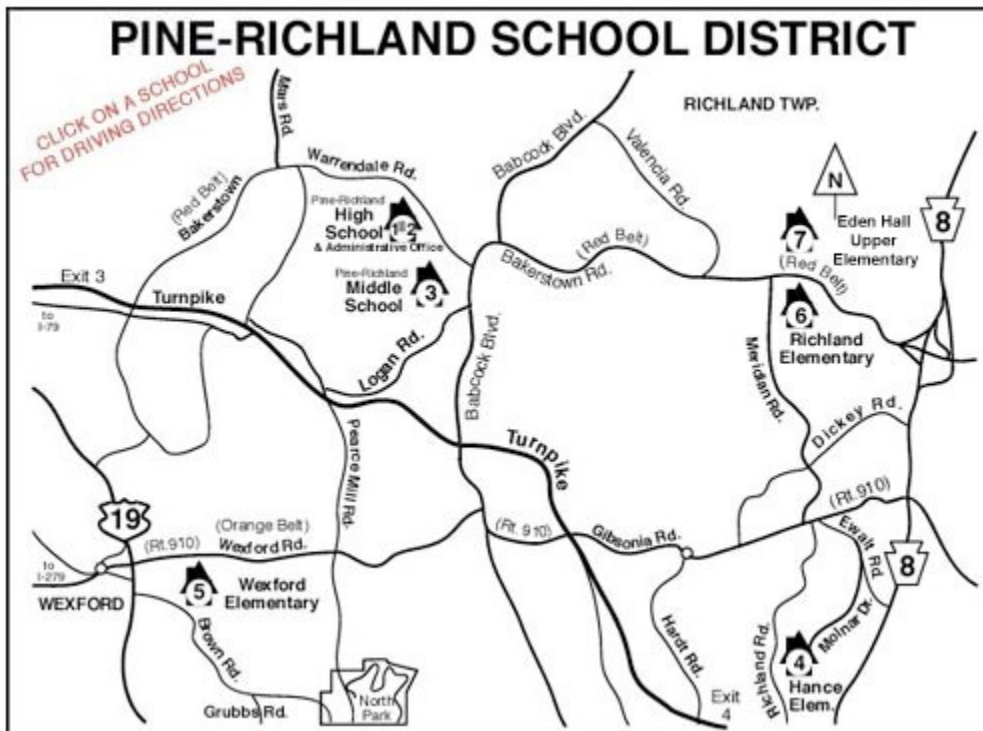
SEEDING: Swimmers must follow the mandatory AMS operating procedure for check-in seeding: All swimmers must personally sign in with the Clerk of Course prior to each session for all of the events or at the first call of each event. A first call and a last call will be given. If after checking in, a swimmer 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: **Individual Events – Ribbons for Top 6 Places**
Relay Events – Ribbons for Top 3
Team awards: No Team Awards

SCORING: This meet will not be scored

DIRECTIONS: Pine-Richland High School 700 Warrendale Road, Gibsonsia PA 15044



Exit I-79 north, at Warrendale

(approx. driving time is 10-15 minutes) Turn right onto the Red Belt. Follow the Red Belt for 4.5 miles through Treesdale plan of homes (Be sure to watch for Red Belt signs - at one point the Red Belt takes a sharp left turn under the Turnpike)

Pine-Richland High School is on the right side.

From Exit 39, PA Turnpike - Butler Valley Exit

(Approx. driving time 15 minutes)
Take Rt. 8 north.
Turn left at 4th traffic light (Rt. 910)
Turn right onto Meridian Rd. at the second traffic right.
Go to end of Meridian Rd. Turn left onto Bakerstown Rd. (Red Belt).
Continue on Red Belt to stop sign.
Continue straight to next stop sign at traffic island.
Bear right. High School is 300 yds. on the left side.

CONCESSION: There will be a full concession stand available during the meet

COMMENTS: Please remember there is no smoking on PRSD property. If you need to smoke you must leave the district property. We will have Knabes available for all your swimming needs.

Odd Age
12/12/2009 – 12/13/2009

Saturday AM Session					Sunday AM Session				
Boys	Slower Than	8 - 9	Slower Than	Girls	Boys	Slower Than	8 - 9	Slower Than	Girls
1	2:31.89	200 Freestyle	2:36.39	2	51	1:10.79	100 Freestyle	1:11.89	52
5	36.69	50 Butterfly	37.29	6	55	1:21.29	100 Backstroke	1:22.19	56
9	1:31.79	100 Breaststroke	1:33.39	10	59	31.59	50 Freestyle	32.19	60
13	38.29	50 Backstroke	38.09	14	63	1:25.59	100 Butterfly	1:26.69	64
17	1:21.09	100 Individual Medley	1:22.59	18	67	42.19	50 Breaststroke	41.99	68
21		200 Medley Relay		22	71	2:55.29	200 Individual Medley	2:55.99	72
					75		200 Freestyle Relay		76
Boys	Slower Than	10 - 11	Slower Than	Girls	Boys	Slower Than	10 - 11	Slower Than	Girls
3	2:16.19	200 Freestyle	2:19.89	4	53	1:02.89	100 Freestyle	1:02.69	54
7	32.09	50 Butterfly	32.39	8	57	1:12.29	100 Backstroke	1:12.29	58
11	1:20.49	100 Breaststroke	1:22.19	12	61	28.59	50 Freestyle	28.59	62
15	33.49	50 Backstroke	33.89	16	65	1:12.19	100 Butterfly	1:11.69	66
19	1:11.49	100 Individual Medley	1:13.99	20	69	37.59	50 Breaststroke	37.29	70
23		200 Medley Relay		24	73	2:35.89	200 Individual Medley	2:35.59	74
					77		200 Freestyle Relay		78
Saturday PM Session					Sunday PM Session				
Boys	Slower Than	12 - 13	Slower Than	Girls	Boys	Slower Than	12 - 13	Slower Than	Girls
25	57.39	100 Freestyle	1:02.19	26	79	2:05.29	200 Freestyle	2:13.79	80
29	1:02.89	100 Butterfly	1:07.79	30	83	1:12.09	100 Breaststroke	1:17.59	84
33	2:36.29	200 Breaststroke	2:46.79	34	87	2:20.29	200 Butterfly	2:28.59	88
37	1:04.19	100 Backstroke	1:08.49	38	91	26.29	50 Freestyle	28.69	92
41	2:20.29	200 Individual Medley	2:30.49	42	95	2:18.19	200 Backstroke	2:27.29	96
45		200 Medley Relay		46	99		200 Freestyle Relay		100
Boys	Slower Than	14 - 15	Slower Than	Girls	Boys	Slower Than	14 - 15	Slower Than	Girls
27	55.19	100 Freestyle	1:00.79	28	81	2:00.09	200 Freestyle	2:10.39	82
31	1:00.09	100 Butterfly	1:06.29	32	85	1:08.89	100 Breaststroke	1:15.69	86
35	2:30.09	200 Breaststroke	2:42.79	36	89	2:13.39	200 Butterfly	2:24.49	90
39	1:01.09	100 Backstroke	1:06.59	40	93	25.29	50 Freestyle	27.99	94
43	2:15.09	200 Individual Medley	2:26.99	44	97	2:12.39	200 Backstroke	2:23.89	98
47		200 Medley Relay		48	101		200 Freestyle Relay		102
49	5:24.29	500 Freestyle	5:47.39	50	103	4:47.79	400 Individual Medley	5:09.89	104

Comments:

1. 500 Freestyle and 400 Individual Medley require positive check-in. Events will be swum fastest to slowest, alternating Boys/Girls
2. There may be a 10 minute warm-up prior to events 49 and 103.
3. Relays may be deck entered, but require an entry time. NT's shall not be accepted
4. Relays must be comprised of swimmers that are slower than the qualifying time for the stroke, distance, gender and age group.
5. Entry limit is 4 individual events per day
6. LSC scratch down procedures shall be used to control the duration on the sessions.