

GREATER PHILADELPHIA AQUATICS PRESENTS:

Veterans Memorial A/BB/C & Mini Meet 2010

Saturday and Sunday November 13-14, 2010

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction #MA 1124A (9 & over) Sanction # MA 1118 M (8 & under)

LOCATION	<p>Gloucester County Institute of Technology 1360 Tanyard Road Sewell, NJ 08080</p> <p>Day of meet ONLY emergency phone # 856-468-1445 ext. 2659</p>
FACILITIES	<p>The Aquatic Center at the Gloucester County Institute of Technology is an 8 lane 50 meter pool separated into two 25 yard competition pools by a moveable bulkhead. The starting and turn depths in the deep end (Pool A) are 10 feet and the starting and turn depths in the shallow end (Pool B) are 5 feet. Each pool is equipped with non-turbulent lane lines, Paragon starting blocks and a Colorado 6 Timing System with separate scoreboards.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p> <p>There is a separate mezzanine with seating for 450 spectators and unlimited parking. Concessions will be available for purchase during the meet.</p>
MEET DIRECTOR	Paul Williams, gpacentries@gmail.com ; 856-580-0912
SAFETY DIRECTOR	Matt Sprang admingpac@gmail.com
MEET OFFICIALS	Felicia Seigel gpacentries@gmail.com
EMAIL ENTRIES TO:	GPAC Entires: gpacentries@gmail.com
ELIGIBILITY	This meet is open to all USA Swimming registered swimmers. Swimmer's age is as of the first day of the meet. Swimmers are limited to a total of 5 individual events per day regardless of how many sessions they participate in each day.
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 and the four hour session rule will be strictly enforced. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.

ORDER OF EVENTS WARM-UP & START TIMES	<p>Attached is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up times will be assigned by the meet director once all entries have been received. Sprints will be conducted within each assigned warm-up session as the last five minutes of the session.</p>
DECK ENTRIES	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet at the cost of \$8 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck entries will be accepted only until 30 minutes prior to the start of each session. 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 Meet Director before or during warm-ups. Deck entries must be paid for at the time of entry with cash and exact change.</p>
On Site Registration	<p>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 2010-11 registration). This applies to all swimmers attached to a club.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session. It is requested that teams sending swimmers without a coach notify the Meet Director via email upon submitting entries for the meet.</p>
SEEDING	<p>This meet will be pre-seeded for all events with the exception of the 1650 freestyle events. A check-in table will be set up on deck and will close one hour after the start of the morning session each day.</p>
HOW TO ENTER	<p>All entries should be submitted using Hy-Tek's Team Manager Program. Entries submitted manually will be assessed a \$15 per swimmer fee in addition to regular event entry fees. Also, any team submitting manual entries for more than five athletes must submit a surcharge of \$25 per athlete. Entries must be submitted in the course they were achieved. Upon receipt of all entries the meet director will convert all non-conforming times to short course yards for the purposed of seeding the meet. All entries must be submitted with an entry summary report.</p> <p>NO POST ENTRIES WILL BE ACCEPTED.</p>
ENTRY FEES	<p>\$4 Per Event.</p>
SEND ENTRIES TO	<p>Email is the preferred manner to send your entries in. Please send emailed entries (including entry report) to gpacentries@gmail.com. Please include the number of athletes and entries in the body of the email as well as a contact number for the person responsible for your team's entries. Entries can also be mailed to: Vet Day 2010; c/o GPAC; PO Box 293; Sewell, NJ 08080. Team must submit one check or money order to cover the cost of their collective entries. Make all checks payable to "Greater Philadelphia Aquatics".</p>

ENTRY DEADLINE	<p>All entries must be received by 5 pm on Wednesday, November 3, 2010. If sending the entries by express mail, be sure to waive the signature requirement. Entries received after 5 pm on November 3rd will be treated as deck entries and subject to the deck entry requirements and stipulations.</p> <p>PAYMENT FOR ALL ENTIRES MUST BE RECEIVED BY MONDAY, NOVEMBER 8th.</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>All events will be conducted as timed finals.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. YOU MUST PROVIDE EITHER CURRENT USA SWIMMING CREDENTIALS OR WRITTEN PROOF THAT YOU ARE CURRENTLY CERTIFIED BY USA SWIMMING TO BE ON THE POOL DECK. THERE WILL BE ABSOLUTELY NO DECK ACCESS FOR PERSONS NOT CREDENTIALLED BY USA SWIMMING UNLESS YOU ARE WORKING IN AN OFFICIAL MEET CAPACITY. THIS RULE WILL BE STRICTLY ENFORCED BY THE MEET SAFETY COMMITTEE.</p> <p>Positive check-in is required for the 1650 Freestyle. The check-in table will close one hour after the start of the morning session each day. Swimmers who check in for the event and fail to swim will be scratched from their next individual event with no refund provided.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. The whistle commands will be supplemented by verbal commands for the Mini portion of this meet. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 20 second heat interval.</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>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>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 at the discretion of the Middle Atlantic Swimming Board of Directors.</p>

RACING START CERTIFICATION	<p>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>
SCORING & AWARDS	<p>There will be no scoring at this meet.</p> <p>Awards will be based on the swimmer's time achieved at the meet. Ribbons will be awarded 1st through 8th place in the A, BB, and C Divisions in the 9-10, 11-12, and 13-14 age groups. There will be no awards for Senior events.</p>
PROGRAMS & ADMISSION	<p>One program for the entire meet will be for sale for \$10. Admission is \$5 per person per session. Children ages 5 and under will be admitted free of charge. Free admission and a heat sheet for that day's session will be given to any persons assisting in the running of the meet as necessary.</p>
RESULTS	<p>Results will be posted on the Middle Atlantic Swimming web site www.maswim.org as well as the GPAC Swim Team web site www.swimgpac.org. A results file will also be emailed to each club providing a valid email address (1 per club) upon entering the meet.</p> <p>THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from numbers on the board sticking or from the swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Referee when a discrepancy occurs. COACHES ONLY should notify the meet referee of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director within 24 hours of the meet results being distributed via email.</p>
DIRECTIONS	<p>For Directions please visit our website at www.swimgpac.org.</p>
ACCOMODATIONS	<p>HOLIDAY INN/RUNNEMEDE 856-939-4200</p>

Session 1
 Saturday, November 13, 2010
 Warm up 6:45 am, Events 7:45 am

Girls Event#	Event Description	Boys Event #
1	11-12 200yd Freestyle	2
3	13-14 200yd Freestyle	4
5	11-12 50 yd Breast	6
7	11-14 200 yd breast	8
9	11-12 100yd Backstroke	10
11	13-14 100yd Backstroke	12
13	11-12 50yd Butterfly	14
15	11-14 200yd Butterfly	16
17	11-12 50yd Freestyle	18
19	13-14 50yd Freestyle	20

Session 2 (Deep Pool)
 Saturday November 13, 2010
 Warm-up 5 min after end of session 1, not before 11am
 Meet Start 35 min after the end of session 1, not before 11:30 am

Girls Event #	Event Description
21	11 & Over 1650yd Freestyle

Session 3 (Shallow Pool)
 Saturday Nov. 13, 2010
 Warm-up approximately 11:30 am; Meet Approximately 12:00 pm

Girls Event #	Event Description	Boys Event #
23	8 & Under 25 Free	24
25	8 & Under 50 Back	26
27	8 & Under 25 Breast	28
29	8 & Under 50 Fly	30
31	8 & Under 100 Free	32

Session 4
 Saturday, Nov. 13, 2010
 Warm-up no later than 2:30 pm; Meet no later than 3:30 pm

Girls Event #	Event Description	Boys Event #
33	15 & Over 200yd Freestyle	34
35	9-10 100yd Freestyle	36
37	15 & Over 200yd Breast	38
39	9-10 50 yd Breast	40
41	15 & Over 100 yd Back	42
43	9-10 100 yd Back	44
45	15 & Over 200yd Butterfly	46
47	9-10 50yd Butterfly	48
49	15 & Over 50 Free	50
51	9-10 50 Free	52

Session 5
 Sunday, November 14, 2010
 Warm-up 6:45 am; Meet 7:45 am

Girls Event #	Event Description	Boys Event #
53	11-12 100yd Individual Medley	54
55	13-14 200yd Individual Medley	56
57	11-12 100yd Breaststroke	58
59	13-14 100yd Breaststroke	60
61	11-12 50yd Backstroke	62
63	11-14 200yd Backstroke	64
65	11-12 100yd Butterfly	66
67	13-14 100yd Butterfly	68
69	11-12 100yd Freestyle	70
71	13-14 100yd Freestyle	72
73	11-12 200yd Individual Medley	74

Session 6 (Deep Pool)
 Sunday November 14, 2010
 Warm-up 5 minutes after Session 5, no earlier than 11 am
 Meet 35 minutes after Session 5, no earlier than 11:30 am

Girls Event #	Event Description	Boys Event #
	11 & Over 1650yd Freestyle	22

Session 7 (Shallow Pool)
 Sunday November 14, 2010
 Warm-up approximately 11:30 am; Meet Approximately 12:00 pm

Girls Event #	Event Description	Boys Event #
75	8 & Under 50 Free	76
77	8 & Under 25 Back	78
79	8 & Under 50 Breast	80
81	8 & Under 25 Fly	82
83	8 & Under 100 IM	84

Session 8
 Sunday November 14, 2010
 Warm-up no later than 2:30 pm; Meet no later than 3:30 pm

Girls Event #	Event Description	Boys Event #
85	15 & Over 200yd Individual Medley	86
87	9-10 100yd Individual Medley	88
89	15 & Over 100yd Breast	90
91	9-10 100yd Breaststroke	92
93	15 & Over 200yd Back	94
95	9-10 50yd Back	96
97	15 & Over 100yd Fly	98
99	9-10 100yd Butterfly	100
101	15 & Over 100yd Freestyle	102
103	9-10 200yd Freestyle	104

GPAC VETERANS MEMORIAL MEET 2010

ENTRY SUMMARY

Team: _____ USA-S CLUB CODE: _____

Name of Club: _____

USA Club Code: _____

Name(s) of Coach(es) _____

Address: _____

Phone #: _____ E-Mail: _____

Contact Person Responsible for Entries: _____

Phone #: _____

Fax #: _____

E-Mail: _____

Contact Person Regarding Timers and Officials: _____

Phone #: _____

Fax #: _____

E-Mail: _____

ENTRY FEE SUMMARY

Total # of Individual Entries _____ x \$4.00 = \$ _____

Total # of Manual Entries* _____ x \$15.00 = \$ _____

Team Manual Entry Fee* _____ x \$25.00 = \$ _____

Total Amount of Entry \$ _____

Total # of Swimmers _____

MAKE CHECKS PAYABLE TO: Greater Philadelphia Aquatics

*As per Middle Atlantic rules, any entry submitted manually is subject to a \$15 per athlete fee. In addition, any team submitting manual entries for more than 5 swimmers will be charged an additional fee of \$25 per swimmer.

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative