



**MINI / DISTANCE
NORTH HILLS AQUATICS
October 21-22, 2023**

***This meet is held under the Sanction of USA Swimming and Allegheny Mountain Swimming, # AM-102123-01
In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.***

Meet Information			
Facility	North Hills Senior High School 53 Rochester Road, Pittsburgh, PA 15229		
Facility Description	6 lane, 25 yard competition pool with Daktronics timing system The depth of the water at the start end of the pool is 12 feet and at the turn end of the pool is 4 feet.		
Pool Certification	The competition course has not been certified in accordance with Article 104.2.2C (4)		
Entries Open	Tuesday, September 26, 2023 @ 10:00PM	Entries Close	Friday, October 6, 2023 @ 10:00PM
Supplemental Entries	None		
Entry Fees	Individual - \$8.00; Relays - \$10; Distance - \$10	Swimmer Surcharge	\$5.00
Event Limit	4 Individual Events per day (excluding relays).		
Meet Director	John Dubé	Phone: 412.780.0156	E-Mail: jdube@chatham.edu
Meet Entry Chair	Judy Wagner	Phone: 412.215-7932	E-Mail Entries to: nha-entries@amswim.org
Mail Entry Fees to:	Judy Wagner, 1271 Arrowood Drive, Pittsburgh, PA 15243	Checks Payable to: North Hills Aquatics	
	Payments shall be made for the entries to the host prior to the start of the meet. No refunds will be given, except for mandatory scratch down of events		
Operational Risk Director	John Dubé	Phone: 412.780.0156	E-MAIL: jdube@chatham.edu
Officials Contact	John Dubé	Phone: 412.780.0156	E-MAIL: jdube@chatham.edu
Meet Referee	Donna Beyerl	Phone: 412-977-7036	E-MAIL: donnabeyerl@gmail.com
Administrative Official	Judy Wagner	Phone: 412-276-0145	E-MAIL:
Awards	Individual – Ribbons 1 st through 6 th place for 6,7,8,9/10 together. Relays – 1 st through 3 rd place. Distance – Ribbons 1 st through 6 th 10 and under, 11/12, 13/14, and senior age group	Scoring	This meet will not be scored.
Session	Warm-Up Times – (Times listed below may be modified based upon entries)		Meet Start Time
1	7:30am – 8:30am (based on entry numbers, warm-ups may be three 20-minute sessions)		8:35am
2	12:30pm – 1:30pm (may be modified based on the completion of the AM session)		1:35pm
3	7:30am – 8:30am (based on entry numbers, warm-ups may be three 20-minute sessions)		8:35am
4	12:30pm – 1:30pm (may be modified based on the completion of the AM session)		1:35pm
Events	This meet will be conducted in accordance with the attached schedule of events, and if applicable, per the Qualifying Times stated. Events will be TIMED FINALS for all events. Fly-over starts WILL be used.		
Relays	Relay entries will be accepted with the meet entry file or as a deck entry the day of the meet. Relays will be deck-seeded		
Deck Entries	Deck entries are accepted on a standby basis only for any non-LSC Championship meet. An athlete may be deck entered into an event provided that: they are a USA Swimming registered athlete, they or their club are already entered into the meet, they have not exceeded the maximum entry limit for the day/meet, their time for said event is within the qualifying times for the meet, and additional heats are not added. Deck entries cost \$10.00, inclusive of a deck entry surcharge but in addition to any meet-specific surcharges, and close 30 minutes prior to the start of the session. Refer to AMS Operating Procedures for procedure.		
Seeding	Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. This meet will be <u>PRESEED</u> . Entry times must be in SCY. Non-conforming times will be seeded last, entry times shall not be converted. Individual events that are 400 yards/meters or longer that are Timed Finals will be seeded through Positive Check-In and swum alternating girls' and boys' heats, seeded fastest to slowest. A swimmer circle-in will be provided for swimmers that will be scratching from an event for that session. Scratches will be due 35 minutes prior to the start of the session. **Any swimmer not scratched from an event will be entered into the meet. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from their next individual event or relay, unless if the Referee or Administrative Official is notified of a DFS prior to the start of the race.		

Proof of Times	<p>Proof of Times is not required for this meet. "NT" (No Time) entries are not accepted.</p> <p><i>** If Proof of Times is Required, all entry times must be proven through the National SWIMS Database. Times not in SWIMS must be proven 30 minutes prior to the start of the session with official results from a USA Swimming Sanctioned, Approved, or Observed meet. See Allegheny Mountain Swimming Policy II.4.0.B.4.</i></p>
Meet Duration	<p>For sessions with 12&U events, the USA Swimming rule 205.3.1F governs meet duration. Meet session duration may also be subjected to any facility restrictions. Events may be combined to control the length of the meet. Events 400 yards/meters or longer may be limited to the fastest 5 heats per event.</p>
Swimmer Eligibility	<p>All swimmers must be registered athletes of USA Swimming as provided in Article 302. Age as of the first day of the meet shall determine the swimmer's age for the entire meet. On-deck USA Swimming registration is not permitted.</p> <p>Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>Swimmers must be under the direct supervision of a USA Swimming member coach at all times, including during warm-up and warm-down. Unattached swimmers and swimmers attending without a coach are responsible for securing a USA Swimming member coach to supervise them prior to the meet. It is recommended that swimmers include this information with their entries. Swimmers must inform the Meet/Deck Referee of their selected coach prior to the start of each session.</p> <p>Swimmers with disabilities are welcome to attend this meet and should contact the Meet Director and/or Referee prior to the start of the meet regarding any accommodations.</p>
Deck Privileges	<p>Only authorized personnel may access the deck. All coaches, officials, and meet personnel must sign-in at the registration table and receive a wristband to be allowed into the pool area. Coaches and officials must show proof of their current, valid USA Swimming registration. USA Swimming Deck Pass is acceptable proof.</p> <p>Prior to entering the deck, unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them during warm-up, warm-down, before, during, and after the meet; the swimmer must notify the Referee of this coach prior to the start of the session. Additionally, these swimmers must register a contact person with the Meet Director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p> <p>Coaches and swimmers must remain a minimum of four (4) feet from the pool edge to allow officials to perform their assigned tasks. Coaches and Officials: only competing swimmers, officials and lap counters are permitted within four (4) feet of the pool edge both in the starting and turning areas.</p>
Warm-Up Policies	<p>Warm-up policies are strictly enforced by Meet Marshals and the Meet Referee. See AMS Policies & Procedures. These policies, along with the lane assignments, if applicable shall be posted on the wall at the start end of the pool and at the administrative table.</p> <ul style="list-style-type: none"> • There will be specifically designated lanes during all warm-up sessions for 10 & under swimmers. • Warm-up and warm-down is reserved for meet participants only. • Swimmers will enter the pool feet first at the start end of the pool and shall be under the direct supervision of a certified coach. • No equipment in the competition pools during scheduled warm-ups. (Including but not limited to snorkels, kickboard, fins, or pull buoys.) • Designated lanes will be open for starts and one-way sprints during each warm-up session. The outside lanes will be open throughout warm-ups for continual warm-up. <p>In sessions with distance events 400 yards/meters or longer, the outside lanes shall be reserved for pacing only. Additionally, there shall be a ten (10) minute break before the events when there is not a separate warm-up/warm down pool available or at the discretion of the Referee.</p> <p>In sessions 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 sprint lanes are opened. At any distance only meet or session (1000/800, 1650/1500), only one lane shall be opened for sprinting.</p> <p>Specific warm-up times for each club (if applicable) and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than five (5) days prior to the start of the meet and e-mailed by Entry Chair.</p> <p><i>The Meet Director (in consultation with the Technical Planning Committee), reserves the right to adjust warm-ups and start times based on the number of entries (prior to the meet) or the Meet Referee (the day of the meet).</i></p>

Rules	<p>This meet will be governed by current USA Swimming Rules and Current AMS Operating Procedures. The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for any issues that arise that day during the meet.</p> <p>Per USA Swimming Rule 202.4.9(I), Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms, plus areas behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Only Allegheny Mountain Swimming BOD-approved on-deck photographers may take pictures or videos on deck. Refer to Allegheny Mountain Swimming Policy I.4.0.3 for full information. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes</p> <p>No glass containers are allowed in the meet venue. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. The use and sale of any tobacco products are strictly prohibited in any part of the meet venue.</p>
Minor Athlete Abuse Prevention Policy	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provision of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Meet Marshals	Meet Marshals have full authority through the Meet/Deck Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
Protests	<p>A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet/Deck Referee will act as a mediator</p> <p>A Meet Jury shall be identified and posted at the beginning of each session of the meet.</p>
Racing Start Certification	Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. <u>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</u>
Technical Suit Ban	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
COVID-19 Disclaimer	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the meet, you voluntarily assume all risks related to exposure to COVID-19.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND AMS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.</p> <p>For more compliance to USA Swimming's Return to Competition sanctioning requirements, please visit: https://www.usaswimming.org/docs/default-source/governance/2020returntocompetitionlscsanctionreqsv2i-3.pdf</p>
Parental Access & Safe Sport Considerations for Athletes	<p>Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, the parent may be escorted to the child.</p> <p>Allegheny Mountain Swimming and the Host teams encourage parents to volunteer during the swim meet to reduce the number of people in the facility</p>
Directions & Other Information	

Fall Mini/Distance

	Slower Than	Saturday AM Session 1	Slower Than	
<i>Girls</i>		<i>Events</i>		<i>Boys</i>
1	NQT	10 & Under 200 Freestyle Relay	NQT	2
3	NQT	8 & Under 200 Freestyle Relay	NQT	4
5		10 & Under 100 Individual Medley		6
7		10 & Under 50 Freestyle		8
9		10 & Under 25 Backstroke		10
11		10 & Under 100 Butterfly		12
13		10 & Under 100 Medley Relay		14
15		8 & Under 100 Medley Relay		16
17		10 & Under 50 Breaststroke		18
19		10 Under 25 Butterfly		20
21		10 & Under 100 Backstroke		22
23	2:57.19	10 & Under 200 Freestyle	2:47.99	24

	Faster Than or Equal To	Sunday AM Session 3	Faster Than or Equal To	
<i>Girls</i>		<i>Event</i>		<i>Boys</i>
29		10 & Under 200 Medley Relay		30
31		8 & Under 200 Medley Relay		32
33		10 & Under 100 Breaststroke		34
35		10 & Under 25 Freestyle		36
37		10 & Under 50 Backstroke		38
39		10 & Under 100 Freestyle Relay		40
41		8 & Under 100 Freestyle Relay		42
43		10 & Under 100 Freestyle		44
45		10 & Under 25 Breaststroke		46
47		10 & Under 50 Butterfly		48
49	3:15.59	10 & Under 200 Individual Medley	3:13.19	50

	Faster Than or Equal To		Saturday PM Session 2	Faster Than or Equal To		
<i>Girls</i>	<i>SCY</i>	<i>LCM</i>	<i>Event</i>	<i>LCM</i>	<i>SCY</i>	<i>Boys</i>
25	8:25.39	7:36.79	10&U 500 Freestyle	7:29.39	8:16.69	26
Up to a 20 minute break						
27			11&O 1000 Freestyle			28
	14:48.09	13:24.09	11-12	13:11.69	14:32.59	
	14:01.99	12:35.99	13-14	12:05.89	13:21.19	
	13:49.19	12:21.29	15 & Older	11:40.09	12:52.99	

	Faster Than or Equal To		Sunday PM Session 4	Faster Than or Equal To		
<i>Girls</i>	<i>SCY</i>	<i>LCM</i>	<i>Event</i>	<i>LCM</i>	<i>SCY</i>	<i>Boys</i>
51			11&O 1650 Freestyle			52
	24:53.99	25:45.79	11-12	25:13.59	24:21.89	
	23:23.49	24:06.39	13-14	23:06.49	22:18.89	
	23:05.19	23:43.89	15 & Older	22:08.99	21:35.39	

Qualifying Times	Recommended Breaks
Mini Events 8 & Under and 9-10 Slower Than BB Times	Distance Events Up to 20 minute warm-up after Events 25/26
Distance Events 11-12 Equal to or Faster Than the 11-12 B Standard 13-14 Equal to or Faster Than the 13-14 B Standard 15&O Equal to or Faster Than the 15-16 B Standard	1000 Freestyle Recommend 10 minute break every 4 heats 1600 Freestyle Recommend 10 minute break every 2 heats