

Atlantis Aquatic Club's

Last Chance Meet

Feb. 28 – March 1, 2009

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction #MA 0904 B

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| LOCATION | Lehigh University's Jacob Pool in Taylor Gym 641 Taylor Street Bethlehem, PA 18015 Day of meet ONLY emergency phone #610-758-4692 |
| FACILITIES | Lehigh University, Taylor Gym, Jacobs Pool, 641 Taylor Street, Bethlehem, PA Competition Pool is a 6 lane 25 yard pool with non-turbulent lane lines, Omega timing system and 6 lane display. Starting Depth 5'. Secondary Warm Up Pool is a 4-lane 25-yard pool with non-turbulent lane lines, located on the third floor. |
| MEET DIRECTOR | Cindy Mahaney, 610-758-4692, clmahaney@aol.com |
| SAFETY DIRECTOR | Rob Herb, 610-758-4692, swimfast@lehigh.edu |
| OFFICIALS | If you would like to officiate at this meet, please call Larry Shoemaker 610-838-3340. Officials must have a current USA membership card and should carry these where they are visible at all times. The meet referee will be Larry Shoemaker. |
| ELIGIBILITY | The objective of this meet is to provide a quality event for swimmers who have not qualified for Jr. Olympics. Under Middle Atlantic Sanction, the eligibility for this meet is open to any USA registered swimmer 9 year olds and older. Age as of Feb. 28, 2009 determines the age group in which swimmers will compete at this meet. The meet is pre-seeded, timed finals meet with the exception of the 400IM and 500Free that have a positive check in conducted under MA Swimming Rules. Each session will be held under the minimum 4-hour limit. Swimmers must enter best times in each event or be subject to penalties set by MA. Swimmers may enter 5 individual events and 1 relay per day. ENTRY TIMES MUST BE SLOWER THAN THE JO QUALIFYING TIME. |
| ENTRY LIMITATIONS | Atlantis Aquatic Club and its Meet Director reserve the right to limit the number of heats and events to comply with the prescribed MA Four Hour Rule. The Atlantis Aquatic Club also reserves the right to reformat the meet if numbers of entries are too large or too small. Notification will be provided to swimmers and teams concerning any reformatting. Refund policy: entry fee will be refunded to swimmers cut from meet or taken out of an event. |

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| <p>WARM-UP & START TIMES</p> | <p>WU will only be in Jacobs Pool; WD <u>may</u> be conducted in Secondary pool, Morrissey Pool. Swimmers must be under the direct supervision of a currently registered USA coach. First 45 minutes general warm up in all lanes. NO DIVING off the blocks or the edge of the pool during this time. During the last 15 minutes of warm up, there will be sprint lanes in lanes 2,3,4,5 with lanes 1 & 6 for continued general warm up. All starts must be from the starting block end. Swim one length and get out at the opposite end. The meet director reserves the right to close warm up at any time. Swimmers violating safety rules will be removed from the remainder of the warm up session.</p> <p>Warm Up Schedule: The pool will be available for warm ups 60 minutes before the start of the first event.</p> <p>WU Sat AM General WU 7:15-8:00am/8:00-8:15am Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU Sat PM General WU 1:15-2:00pm/2:00-2:15pm Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU Sun AM General WU 7:15-8:00am/8:00-8:15am Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU Sun PM General WU 1:15-2:00pm/2:00-2:15pm Lanes 2,3,4,5 Sprint Lanes 1&6</p> <p>WU for Check In Events, 400IM&500Free, will be available from 9am until the race in Secondary Morrissey Pool.</p> <p><i>*Depending on the size of the meet, Team Warm Up lanes and times may be assigned.</i></p> |
| <p>DECK ENTRIES</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 \$8.00per 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. New swimmers must present proof of current USA Registration before entries can be taken.</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> |
| <p>SEEDING</p> | <p>All events are timed finals and are pre-seeded with the exception of the 400IM & 500Free. The 400IM & 500Free will be deck seeded. Swimmers must positively check-in for the 400IM & 500Free at the beginning of the day's scheduled events or 9:00 am. No False Start Recall Rule will apply.</p> |
| <p>HOW TO ENTER</p> | <p>All entries must be made on 3.5" using the HY-TEK Team Manager program. A printed hard copy must accompany the disk. We encourage all clubs to enter on disk, regardless of the number of swimmers entered. If this is not possible, the enclosed official entry form must be used. If entering five (5) or more swimmers on this form, a processing fee of \$5.00 per swimmer must be included. The meet director reserves the right to limit entries in order to keep the meet within the acceptable span.</p> |
| <p>ENTRY FEES</p> | <p>\$4.00 per individual event, \$8 per relay. No refunds.</p> |
| <p>SEND ENTRIES TO</p> | <p>Please send ONLY one check per team. Make checks payable to the Atlantis Aquatic Club. Mail entries to: ATAC P.O. Box #21972 Lehigh Valley, PA 18002-1972 or FEDEX ONLY to Rob Herb 4171 Rexford Drive Bethlehem, PA 18020, pre-signed. 610-807-9406</p> |
| <p>ENTRY DEADLINE</p> | <p>Friday, February 13 by 6pm. All entries must be received by this date. NO LATE entries will be accepted.</p> |

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| <p>RULES</p> | <p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. US Swimming and Middle Atlantic Swimming, Inc. safety procedures and policies will be followed and enforced at all times. Failure to obey instructions of the safety director, marshals and officials will result in disqualification from the meet. All coaches/officials must be registered with USA Swimming and must display USA card to be permitted on deck. Other Volunteers permitted on deck will be designated with ID Tags. No others will be permitted on deck. All unattached and unaccompanied swimmers must report to the Meet Director prior to warm up. Meet Director: Cindy Mahaney, 610-758-4692.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. '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 who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> |
| <p>SCORING & AWARDS</p> | <p>"BB" swimmers Rosettes for 1st-3rd, Ribbons 4th-6th. "C" swimmers 1st-6th. There will be no awards for the Open events. Ribbons will not be mailed. Please pick them up before you leave</p> |
| <p>PROGRAMS & ADMISSION</p> | <p>\$5.00 per person for entire weekend. \$3.00 per session/\$2 per program per session. Our gallery area seats 300. Refreshments will be available.</p> |
| <p>RESULTS</p> | <p>Results will be posted on the Middle Atlantic website www.maswim.org</p> |
| <p>DIRECTIONS/PARKING</p> | <p><i>From South/North:</i> PA Turnpike NE Extension to Lehigh Valley Exit. Take route 22 East to 378 South. Follow 378 across Black Metal Bridge. Stay in left lane. Immediately after the bridge, make a left at light down the hill to 3rd Street. At the first light, turn right onto Brodhead. Go thru next traffic light. At the next stop sign, turn left onto Packer Ave. Go two stop signs. (Parking Garage is one more block.) At the second stop sign, make right onto Taylor Street. Pool is second building on left-Taylor Gym. Please park at a meter or in the parking garage at the end of Packer Ave.</p> <p><i>From West/East:</i> Take Route 78 to the Bethlehem/Hellertown Exit. Take exit north (Rt.412) to Bethlehem.(Follow signs for the Comfort Inn and downtown Bethlehem.) Follow Rt. 412, road becomes 3rd Street at this point. On 3rd Street, look to make a left onto Taylor Street (barber's poll on building on left) Go about 4 blocks crossing Packer Ave. and the pool will be the second building on left. Please park at a meter or in the parking garage at the end of Packer Ave.</p> <p>Parking is available at city parking meters or in the Zoellner Parking Garage for \$1. Lehigh University Parking Services will ticket illegally parked cars.</p> |
| <p>ACCOMODATIONS</p> | <p>Comfort Suites Inn in Bethlehem, (4 blocks from the pool) 610-882-9700 or Fairfield Inn Bethlehem on Rt. 22 near LVI Airport (5 minutes for the pool) 610-758-9000. Hampton Inn Suites in Bethlehem (5 minutes from the pool) 610-866-5800 and Holiday Inn in Bethlehem 610-866-5800 or the Radisson at the Hotel Bethlehem (2 minutes from pool)</p> |

ENTRY TIMES MUST BE SLOWER THAN THE JO QUALIFYING TIME.

ATAC's Last Chance Meet Feb. 28-March 1, 2009 @Lehigh University

Session #1: Saturday, Feb.28, 2009 WU: 7:15am Meet Starts: 8:30am28

| Women's Event #'s | | | Men's Event #'s |
|-------------------|---------|------------------|---------------------------------|
| 1 | 15&Over | 50 Freestyle | 2 |
| 3 | 13-14 | 50 Freestyle | 4 |
| 5 | 15&Over | 200 Breaststroke | 6 |
| 7 | 13-14 | 200 Breaststroke | 8 |
| 9 | 15&Over | 100 Fly | 10 |
| 11 | 13-14 | 100 Fly | 12 |
| 13 | 15&Over | 200 IM | 14 |
| 15 | 13-14 | 200 IM | 16 |
| 17 | 15&Over | 100 Backstroke | 18 |
| 19 | 13-14 | 100 Backstroke | 20 |
| 21 | OPEN | 500 Freestyle | 22 Check-In By 9am/ Own Counter |

Session #2: Saturday, Feb. 28, 2009 WU: 1:15pm Meet Starts: 2:30pm

| Women's Event #'s | | | Men's Event #'s |
|-------------------|-------|-----------------------|-----------------|
| 23 | 11-12 | 200 Breaststroke | 24 |
| 25 | 9-10 | 50 Freestyle | 26 |
| 27 | 11-12 | 50 Freestyle | 28 |
| 29 | 9-10 | 200 Individual Medley | 30 |
| 31 | 11-12 | 200 Fly | 32 |
| 33 | 9-10 | 100 Backstroke | 34 |
| 35 | 11-12 | 100 Backstroke | 36 |
| 37 | 9-10 | 50 Br | 38 |
| 39 | 11-12 | 50 Br | 40 |
| 41 | 9-10 | 100 Individual Medley | 42 |
| 43 | 11-12 | 100 Individual Medley | 44 |
| 45 | 9-10 | 200 Freestyle | 46 |
| 47 | 11-12 | 200 Freestyle | 48 |

Session #3: Sunday, March 1, 2009 WU: 7:15am Meet Starts: 8:30am

| Women's Event #'s | | | Men's Event #'s |
|-------------------|---------|-----------------------|----------------------------------|
| 49 | 15&Over | 100 Freestyle | 50 |
| 51 | 13-14 | 100 Freestyle | 52 |
| 53 | 15&Over | 200 Backstroke | 54 |
| 55 | 13-14 | 200 Backstroke | 56 |
| 57 | 15&Over | 100 Breaststroke | 58 |
| 59 | 13-14 | 100 Breaststroke | 60 |
| 61 | 15&Over | 200 Fly | 62 |
| 63 | 13-14 | 200 Fly | 64 |
| 65 | 15&Over | 200 Freestyle | 66 |
| 67 | 13-14 | 200 Freestyle | 68 |
| 69 | OPEN | 400 Individual Medley | 70 Check-In By 9am/WU available! |

Session #4: Sunday, March 1, 2009 WU: 1:15pm Meet Starts: 2:30pm

| Women's Event #'s | | | Men's Event #'s |
|-------------------|-------|------------------|-----------------|
| 71 | 11-12 | 200 Backstroke | 72 |
| 73 | 9-10 | 100 Breaststroke | 74 |
| 75 | 11-12 | 100 Breaststroke | 76 |
| 77 | 9-10 | 50 Fly | 78 |
| 79 | 11-12 | 50 Fly | 80 |
| 81 | 9-10 | 100 Freestyle | 82 |
| 83 | 11-12 | 100 Freestyle | 84 |
| 85 | 9-10 | 50 Backstroke | 86 |
| 87 | 11-12 | 50 Backstroke | 88 |
| 89 | 9-10 | 100 Fly | 90 |
| 91 | 11-12 | 100 Fly | 92 |
| 93 | 11-12 | 200 IM | 94 |

Atlantis Aquatic Club's Last Chance Meet
Feb. 28 & March 1, 2009 @Lehigh University

Team Name: _____ Team Code: _____
Head Coach: _____
Team Contact: _____ Phone Number: _____
Team Email Address: _____
Team Mailing Address: _____
City: _____
State: _____ Zip: _____

Mail Entries To: Atlantis Aquatic Club
P.O. Box 21972
Lehigh Valley, PA 18002-1972

Teams using Hy-Tek Team Manager are asked to submit entries by email to AtlantisAquaticClub@gmail.com. Please include exported entries and entry report.

Entry Deadline: Received by 6:00pm, Friday, February 13, 2009

Please make checks payable to Atlantis Aquatic Club. One check per club, please.

Check here if you e-mailed your entry

ENTRY FEES: (Fill in every blank. If zero, so note.)

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| _____ | Individual Events @ \$4.00 | \$ _____ |
| _____ | Manual processing fee @ \$5.00 | \$ _____ |
| | (for non-disk entry of swimmers only) | |
| _____ | Total | \$ _____ |

This form must accompany the official entry blanks or disks.

