

GAAC A-BB-C MEET

November 7-8, 2009

Held under the sanction of Middle Atlantic Swimming, Sanction MA 1033 A

MEET DIRECTOR: : Brian McMillin—610-287-3515
bjmcmillin@verizon.net

SAFETY DIRECTOR: Jeff Hyde--215.542.9095

Location: Germantown Academy, 340 Morris Road, Fort Washington, PA 19034--215.542.9095

Facility: 25 yard, 6 lane pool, entry depth 12' feet, Colorado Timing system, Anti-turbulent lane lines, balcony seating for spectators, snack bar, ample free parking at pool site, near-by lodging and restaurants.

Entries: Entries should be sent compatible with Hy-tek Meet Manager. You may e-mail entries to Brian McMillin at bjmcmillin@verizon.net **Limited to 5 individual entries/day.** Swimmers must enter with their best times or be subject to penalties set by Middle Atlantic Swimming. (These penalties could include a swimmer's suspension from competition for a minimum of 3 months, but not more than one year.) If a swimmer does not have an official time, please enter NT. Meet Director reserves the right to limit the number of entries/event in order to conduct a fair meet. If this is necessary, those affected will notified prior to the date of the meet and will be issued a refund.

ALL ENTRIES MUST BE VIA E-MAIL BY Noon (12PM) Friday, October 23, 2009. Please send a hard copy of your entries along with a check to Brian McMillin, 125 Markley Road, Schwenksville, PA 19473. **All payments should include a Meet Summary and PRINTED COPY of entry (from Team Manager sorted by Name).** **Payments must be received no later than Friday, October 30, 2009- if payment is not received you will be removed from the meet.** This meet is a pre- seeded, timed final meet. No late entries will be accepted.

INFORMATION FOR EMAILING HAND ENTRIES IS ON THE MEET SUMMARY PAGE - page 3 at bottom.

DECK ENTRIES - \$8/entry - WILL BE ACCEPTED AT THE DISCRETION OF THE MEET DIRECTOR. **Swimmers not already entered in the meet must provide proof of current USA Swimming registration** . Deck-entered swimmers will compete unofficially; the time achieved is official but will not be awarded. Please see the meet director before warm-ups

Eligibility: The meet is open to all swimmers registered with USA Swimming for 2009 and will be conducted according to current USA Swimming Code of Regulations. Swimmers' age as of the first day of the meet governs the age for the entire meet. Any swimmer who is unattached or not accompanied by a coach will be assigned to a team area with a coach.

Fees: \$4.00/individual event. **If entries are not electronic please add a \$5 surcharge for processing of hand entries for 5 or more swimmers.** Make checks payable to GAAC and mail to Brian McMillin, 125 Markley Road, Schwenksville, PA 19473. Any questions??--contact Brian McMillin at bjmcmillin@verizon.net .

Awards: "A"--Medals 1st thru 3rd, Ribbons 4th thru 6th; "B"--Rosettes 1st thru 3rd, Ribbons 4th thru 6th; "C"--Ribbons 1st thru 6th. They will be based on the level at which the swimmer entered the meet. Awards will be available after last session.

Awards will be mailed to the teams following the meet if an address is provided.

Warm-up: USA Swimming and MA Safety Regulations will be in effect

First half hour

Circle Swimming in all lanes

Second half hour

Lanes 3 and 4 - Circle Swimming

Lanes 1, 2, 5, 6 - Sprint Lanes - dive in sprints from starting end - one way

Start procedure: '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.

Admission: \$3.00/session - includes heat sheet

Meet Results: Will be posted to the Middle Atlantic website (www.maswim.org) and transmitted by email to any club that provides a valid email address. Meet results will not be mailed to the clubs.

Only 2009/2010 USS Certified Coaches and Officials will be allowed on deck. You must wear your card at all times.

Directions to Pool:

Take exit 339 of PA Turnpike--Ft. Washington. Through tolls stay in left lane to end of road, then go right (Pennsylvania Avenue). Follow to dead end and turn left (Old Bethlehem Pike). At first light make a right—Lafayette Connector. Go straight through the next light into Germantown Academy entrance. Arrows posted for walk through quad and building to pool entrance. Lockerrooms on lower level.

Lodging:

Best Western, 285 Commerce Drive, Ft. Washington (exit 339 PA Tpke)

215-542-7930

5 minutes from pool

Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington (exit 339 PA Tpke)

215-646-4637

5 minutes from pool

Holiday Inn Fort Washington, 432 Pennsylvania Ave., Ft. Washington (exit 339 PA Tpke)

877-863-4780

5 minutes from pool

Restaurants: Adjacent to all the hotels -- from fast food to sit-down family oriented. All are inexpensive and moderately priced. Many others on Old Bethlehem Pike.

*****If you are interested in officiating or timing at the meet please contact Jeff Hyde 215.540.9766 or the meet director at email addresses above.**

VOLUNTEERS WILL BE PROVIDED WITH PROGRAMS (and refreshments) FOR THE ENTIRE MEET.

GAAC A-BB-C MEET
November 7-8, 2009

Saturday, November 7

Sunday, November 8

***Session 1--Warm-up 8am; Start 9am**

***Session 3--Warm-up 8am; Start 9am**

Girls			Boys			Girls			Boys		
#	Event		#			#	Event		#		
1	9-10	50 FR	2			41	15OV	200 FR	42		
3	15OV	100 BK	4			43	9-10	100 FR	44		
5	9-10	100 BK	6			45	Open	200 BK	46		
7	Open	200 BR	8			47	9-10	50 BK	48		
9	9-10	50 BR	10			49	15OV	100 BR	50		
11	15OV	100 FL	12			51	9-10	100 BR	52		
13	9-10	100 FL	14			53	Open	200 FL	54		
15	15OV	200 IM	16			55	9-10	50 FL	56		
17	9-10	200 IM	18			57	15OV	100 FR	58		
19	15OV	50 FR	20			59	9-10	100 IM	60		

***Session 2--Warm-up 12:30pm; Start 1:30pm**

***Session 4--Warm-up 12:30pm; Start 1:30pm**

Girls			Boys			Girls			Boys		
#	Event		#			#	Event		#		
21	11-12	100 FR	22			61	11-12	50 FR	62		
23	13-14	200 FR	24			63	13-14	100 FR	64		
25	11-12	50 BK	26			65	11-12	100 BK	66		
27	13-14	100 BK	28			67	13-14	200 BK	68		
29	11-12	100 BR	30			69	11-12	50 BR	70		
31	13-14	200 BR	32			71	13-14	100 BR	72		
33	11-12	50 FL	34			73	11-12	100 FL	74		
35	13-14	100 FL	36			75	13-14	200 FL	76		
37	11-12	100 IM	38			77	11-12	200 IM	78		
39	13-14	200 IM	40			79	13-14	50 FR	80		

*** Warm-up and start times are subject to change if length of morning session warrants such.**

We reserve the right to combine sessions in order to run a quality meet.

We will notify you of any changes by Wednesday, October 28, 2009.

Upcoming Meets:

December 14-15, 2009	A-BB-C Patriot Classic Age Group Meet – Germantown Academy
January 3, 2010	1650 Age Group Meet – Germantown Academy
February 26-27, 2010	Eastern Interscholastic Invitational held at LaSalle University
February 28, 2010	Last Ditch "Q" Meet –for those Clubs affiliated with swimmers entered in Interscholastic Meet
May 15-16, 2010	A-BB-C Age Group Meet – Germantown Academy

