

OFFICIALS: To officiate at this meet please contact: Terry Cook at eodadmin@pitt.edu

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: tpit-entries@amswim.org

ENTRY CHAIR:	NAME	Chuck Knoles
	ADDRESS	Suite 218, Fitzgerald Field House,
	CITY, ST, ZIP	Pittsburgh, PA 15261
	PHONE	412-648-8342

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 required. There will be a charge of \$20.00 to be included with your entry fees for clubs with swimmers not submitting entries on hy-tek file entries. All teams are required to bring proof of entries with a valid time and date stamp of the original final entries.

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 start of the meet, to obtain a coach/team who will supervise the swimmer(s) 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 long course meter 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 2010 USA 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.

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. If after checking in, a swimmer decides not to swim the event, they must report back to the Clerk of Course and declare a false start. **Failure to swim after being checked in and seeded will bar a swimmer from their next individual event.**

SCRATCH RULE: (where applicable)

(1) PRE-SEEDED MEETS. Any Swimmer or relay team failing to swim an event at a pre-seeded meet shall not be penalized for failure to show.

(2) EVENTS SEEDED ON DECK. (a) Any swimmer who has checked in for an individual event that is seeded on the deck must swim in the event unless he notifies the Referee or designated meet official of his/her wish to declare a false start before the event. Failure to DFS prior to and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay.

(b) Any relay that has been checked in for an event that is seeded on the deck must swim in the event unless the Referee or designated meet official is notified of the wish to scratch before the seeding for that event has begun. Any relay team entered in a deck-seeded event must check in and list the swimmers' names for the event prior to the entry deadline.

(c) Events seeded on the deck shall be closed for seeding no later than 30 minutes prior to the start of the meet.

(3) SCRATCHING FROM FINALS. (a) Any swimmer qualifying for a B or A (consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in "Exceptions for Failure to Compete." A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

(i) Any Swimmer who qualifies for a B or A Final and does not compete shall be subject to a monetary fine. If such failure to compete occurs on the swimmer's last day of the meet, the swimmer shall be charged a penalty of \$25 by AMS. The \$25 penalty fee should be charged to the swimmer's club or to the swimmer themselves in the event that they are unattached. This penalty fee should be paid to AMS (Allegheny Mountain Swimming) and mailed to the Permanent Office within 14 days of the conclusion of the meet. Failure to pay this fine prevents this swimmer/team from participating in a future meet. The Meet /Deck Referee shall notify the Permanent Office of any penalties due within 1 day of the conclusion of the meet.

(ii) Any relay team that fails to appear for a consolation final or final race in which it qualified without scratching shall be charged a fine of \$25/swimmer. The \$100 penalty fee should be charged to the swimmers' club. This penalty fee should be paid to AMS (Allegheny Mountain Swimming) and mailed to the Permanent Office within 14 days of the conclusion of the meet. Failure to pay this fine prevents this team from participating in a future meet. The Meet/Deck Referee shall notify the Permanent Office of any penalties due within 1 day of the conclusion of the meet.

(b) In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the C, B, or A (bonus, consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

(c) Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B and A (Bonus, consolation final and the final), if necessary to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

(d) If the C and B (bonus and consolation) finals have already been contested, the (championship (A) final shall be swum without reseeding for the empty lane(s).

(4) THIRTY (30) MINUTE SCRATCH RULE. (a) A swimmer who qualified for a C, B or A Final (Bonus – C, Consolation – B, Championship – A) must notify the designated official of his/her intent to scratch within thirty (30) minutes after the announcement of the qualifiers.

(b) The swimmer shall further declare his/her final intention within thirty (30) minutes following his/her last individual preliminary event in the session. If the swimmer does not declare his/her intention at the end of the 30 minutes of his/her final individual event, the swimmer will be seeded into the final event. Any penalties for not swimming at finals will be upheld. Swimmers and/or coaches should re-check with the Referee to see if their swimmer has been scratched into one of the finals heats. Swimmers not intending to return for finals, regardless of the seeded position should fill out the scratch form.

(5) EXCEPTION FOR FAILURE TO SCRATCH – No Penalty shall apply: (a) The Referee is notified of illness or injury and accepts the proof thereof.

(b) A swimmer qualifying for a consolation final or final race following preliminaries notified the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim. (See 4)

(c) It is determined by the Referee that failure to scratch was caused by circumstances beyond the control of the swimmer.

(d) A swimmer who was not one of the original qualifiers and who was scratched into the qualifiers list.

(6) CHECK IN SEEDED MEET. If, after checking in with the Clerk of Course, a swimmer decides not to swim the event, they must report back to the Clerk of Course and SCRATCH by the last call. Failure to swim after being checked in and seeded will bar the swimmer from the swimmer's next individual event.

(7) RELAYS. Each coach shall pick up relay cards from the Clerk of Course, on which he shall list the competing swimmers (Last, First, Middle Initial - NAME) and ages and order of swimming for each relay event. Completed relay cards must be returned to the Clerk of Course. Those returned as "scratched" will not be entered and no penalty will be incurred. All others will be seeded. Failure of a relay member or relay team to subsequently pick up their seeded card and participate in the event when it is called is subject to the scratch rule penalties outlined above. NOTE: Names of relay participants may be changed, without penalty, only until their first relay swimmer steps up to the starting block.

AWARDS: Individual awards: Ribbons – 1st through 8th Place

Team awards: 1st and 2nd place only

SCORING: Points: 1st-9pts, 2nd-7pts, 3rd-6pts, 4th-5pts, 5th-4pts, 6th-3pts, 7th-2pts, 8th-1pt.

DIRECTIONS: See AMS website

CONCESSION: Yes - TBA

COMMENTS:

	Faster Than or Equal To	THURSDAY PM SESSION			Faster Than or Equal To	
Girls	LCM	SCY	Senior	SCY	LCM	Boys
			800 Freestyle	11:12.19	10:01.89	2
1	20:28.39	19:58.89	1500 Freestyle			

Order of Finals Thursday: Event 1-2, alternating girls/boys fastest to slowest

	Faster Than or Equal To	FRIDAY AM SESSION			Faster Than or Equal To	
Girls	LCM	SCY	Senior	SCY	LCM	Boys
3	1:26.69	1:15.69	100 Breaststroke	1:08.89	1:19.69	4
7	2:27.19	2:10.39	200 Freestyle	2:00.09	2:17.19	8
11	1:14.19	1:06.29	100 Butterfly	1:00.09	1:07.69	12
15	2:47.29	2:26.99	200 Individual Medley	2:15.09	2:35.89	16
19	NQT	NQT	400 Medley Relay	NQT	NQT	20
23	NQT	NQT	800 Freestyle Relay	NQT	NQT	24
			13 & 14			
5	1:28.99	1:17.59	100 Breaststroke	1:12.09	1:21.29	6
9	2:31.79	2:13.79	200 Freestyle	2:05.29	2:23.29	10
13	1:16.49	1:07.79	100 Butterfly	1:02.89	1:11.09	14
17	2:51.49	2:30.49	200 Individual Medley	2:20.29	2:42.39	18
21	NQT	NQT	400 Medley Relay	NQT	NQT	22

	Faster Than or Equal To	FRIDAY PM SESSION			Faster Than or Equal To	
Girls	LCM	SCY	11 & 12	SCY	LCM	Boys
25	3:00.19	2:35.89	200 Backstroke	2:32.89	2:56.39	26
29	42.09	37.79	50 Breaststroke	37.29	43.09	30
33	1:13.49	1:03.09	100 Freestyle	1:02.69	1:11.39	34
37	36.29	32.39	50 Butterfly	32.09	36.19	38
41	2:59.79	2:37.59	200 Individual Medley	2:35.59	2:58.09	42
45	NQT	NQT	400 Medley Relay	NQT	NQT	46
			10 & Younger			
27	48.29	41.99	50 Breaststroke	42.19	48.49	28
31	1:21.89	1:11.89	100 Freestyle	1:10.79	1:20.59	32
35	42.09	37.29	50 Butterfly	36.69	40.99	36
39	3:19.89	2:55.99	200 Individual Medley	2:55.29	3:18.89	40
43	NQT	NQT	400 Medley Relay	NQT	NQT	44

Order of Finals Friday: Event 25-26, 3-6, 27-30, 7-10, 31-34, 11-14, 35-38, 15-18, 39-42

	Faster Than or Equal To	SATURDAY AM SESSION			Faster Than or Equal To	
Girls	LCM	SCY	Senior	SCY	LCM	Boys
47	5:50.59	5:09.89	400 Individual Medley	4:47.79	5:27.09	48
51	31.79	27.99	50 Freestyle	25.29	28.79	52
55	3:05.69	2:42.79	200 Breaststroke	2:30.09	2:54.29	56
59	1:16.29	1:06.59	100 Backstroke	1:01.09	1:10.59	60
63	5:08.89	5:47.39	400 Freestyle	5:24.29	4:50.19	64
67	NQT	NQT	400 Freestyle Relay	NQT	NQT	68
			13 & 14			
49	6:00.99	5:17.79	400 Individual Medley	5:00.49	5:44.49	50
53	32.49	28.69	50 Freestyle	26.29	30.29	54
57	3:11.99	2:46.79	200 Breaststroke	2:36.29	3:01.99	58
61	1:17.79	1:08.49	100 Backstroke	1:04.19	1:14.49	62
65	5:16.59	5:52.99	400 Freestyle	5:35.19	5:02.79	66
69	NQT	NQT	400 Freestyle Relay	NQT	NQT	70

	Faster Than or Equal To	SATURDAY PM SESSION			Faster Than or Equal To	
Girls	LCM	SCY	11 & 12	SCY	LCM	Boys
71	2:59.29	2:38.59	200 Butterfly	2:35.29	2:58.49	72
75	38.99	33.89	50 Backstroke	33.49	38.69	76
79	1:33.79	1:22.19	100 Breaststroke	1:20.49	1:32.49	80
83	2:37.69	2:19.89	200 Freestyle	2:16.19	2:34.89	84
85	6:23.99	5:36.09	400 Individual Medley	5:28.89	6:20.19	86
89	NQT	NQT	400 Freestyle Relay	NQT	NQT	90
			10 & Younger			
73	43.69	38.09	50 Backstroke	38.29	43.89	74
77	1:46.99	1:33.39	100 Breaststroke	1:31.79	1:45.99	78
81	2:58.49	2:36.39	200 Freestyle	2:31.89	2:52.39	82
87	NQT	NQT	400 Freestyle Relay	NQT	NQT	88

Order of Finals- Saturday: Event 47-50, 71-72, 51-54, 73-76, 55-58, 77-80, 59-62, 81-84, 63-66

	Faster Than or Equal To	SUNDAY AM SESSION			Faster Than or Equal To	
Girls	LCM	SCY	Senior	SCY	LCM	Boys
91	NQT	NQT	200 Freestyle Relay	NQT	NQT	92
95	2:44.29	2:23.89	200 Backstroke	2:12.39	2:31.29	96
99	1:08.59	1:00.79	100 Freestyle	55.19	1:03.09	100
103	2:42.69	2:24.49	200 Butterfly	2:13.39	2:30.59	104
107	NQT	NQT	200 Medley Relay	NQT	NQT	108
			1500 Freestyle	18:47.99	19:13.39	112
111	10:37.09	11:55.89	800 Freestyle			
			13 & 14			
93	NQT	NQT	200 Freestyle Relay	NQT	NQT	94
97	2:47.39	2:27.29	200 Backstroke	2:18.19	2:40.69	98
101	1:10.39	1:02.19	100 Freestyle	57.39	1:05.99	102
105	2:48.29	2:28.59	200 Butterfly	2:20.29	2:38.79	106
109	NQT	NQT	200 Medley Relay	NQT	NQT	110

	Faster Than or Equal To	SUNDAY PM SESSION			Faster Than or Equal To	
Girls	LCM	SCY	11 & 12	SCY	LCM	Boys
113	NQT	NQT	200 Freestyle Relay	NQT	NQT	114
117	3:23.69	2:56.89	200 Breaststroke	2:52.89	3:20.79	118
121	1:23.29	1:14.19	100 Backstroke	1:12.29	1:23.59	122
125	33.69	29.49	50 Freestyle	28.59	32.59	126
129	1:22.89	1:13.19	100 Butterfly	1:11.69	1:21.49	130
133	NQT	NQT	200 Medley Relay	NQT	NQT	134
			10 & Younger			
115	NQT	NQT	200 Freestyle Relay	NQT	NQT	116
119	1:35.29	1:22.19	100 Backstroke	1:21.29	1:33.29	120
123	36.39	32.19	50 Freestyle	31.59	36.09	124
127	1:37.89	1:26.69	100 Butterfly	1:25.59	1:36.49	128
131	NQT	NQT	200 Medley Relay	NQT	NQT	132
			11-12			
135	5:32.39	6:09.29	400 Freestyle	6:04.69	5:27.09	136
			10 & Younger			
135	6:05.89	6:48.39	400 Freestyle	6:44.59	6:06.79	136

Order of Finals - Sunday: Event 117-118, 95-98, 119-122, 99-102, 123-126, 103-106, 127-130

Comments:

1. Proof of times **shall** be required
2. Swimmers are limited to 3 individual events per day and 1 relay per day.
3. This is a team scored meet. Individual and relay events are eligible for scoring.
4. Teams shall be limited to an A and B relay only. Only A relays are eligible for scoring.
5. Relays may be deck entered
6. Relay only swimmers must appear on the master entries.
7. Entry times are Faster Than or Equal To the National “A” Time standards for each age group.
8. Senior events use the National 15-16 “A” Time Standards.
9. All events are prelims & finals except for the following
 - a. All 1500’s and 800’s are to be swum following the relays as timed finals with the heats swum fastest to slowest and alternating girls/boys.
 - b. All relays shall be swum in the prelim sessions prior to the distance events.
 - c. 12 & Younger 400 Freestyle and 11-12 400 IM are to be swum as timed finals with the heats swum fastest to slowest and alternating girls/boys
 - d. 12 & Younger Freestyle and 10 and Younger 400 Freestyle will be seeded and swum together but will have separate qualifying times.
- 10. All events at finals shall be swum in B then A (consolations, finals). For events with more than 16 finalists, the B heat is reserved for Allegheny Mountain swimmers only. The A heat is open to the top eight fastest swimmers regardless. For events with less than 16 finalists, the A and B heats will be open to all qualifiers regardless. Only the A heat is eligible for scoring.**
- 11. Alternates for the A heat may be comprised of swimmers from outside the LSC. Alternates for the consolations may be comprised of AM swimmers only.**
12. Non-conforming times shall be seeded last SCM, SCY
13. Positive check in is required for all 400 meter events and longer.
14. The scratch procedure will be done in accordance with USA Swimming rules 207.12.10 D&E. Swimmers shall have 30 minutes from the announcement of the results to declare their intention to scratch.