

B CHAMPIONSHIPS
Greater Pittsburgh Aquatic Team

JULY 17 & 18, 2010

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # - AM-071710-01

LOCATION OF FACILITY: Olympic Swim and Health Club, Penn Hills PA

TYPE OF FACILITY: Heated 50 meter pool with anti-turbulence lane markers and 18" drop-wave reduction gutters. Separate 25 yard 6-lane indoor warm-up/down pool will be available throughout the meet. Daktronics timing equipment with watch back-up.

POOL CERTIFICATION: The competition pool has not been certified in accordance with 104.2.2.C(4).

WATER DEPTH: The water depth at the start end of the pool is 5 feet and at the turn end is 3 feet 5 inches.

ENTRY DEADLINE: JULY 2, 2010 **Entries will be accepted from: JUNE 23, 2010 – JULY 2, 2010**

INDIVIDUAL ENTRY LIMIT PER DAY: FOUR (4) Individual Events per day (excluding relays)

ENTRY FEES: Individual Events: \$5.00 **MEET ENTRY LIMIT: 2,000**
Relays: \$5.00

CHECKS PAYABLE TO: GPAC

WARM-UPS: Warm-ups will be as stated below. Each Club will be notified within ten (10) days, but no later than five (5) days prior to the start of the meet. The meet entry person will be notified along with it being posted on the AMS Website.

The Meet Director reserves the right to adjust warm-ups based on the number of entries after consultation with the Age Group Chair (before the day of the meet) or the referee (the day of the meet). There **may** be a warm-up period of up to ten (10) minutes prior to the distance events at those facilities that do not have a separate warm-up pool.

**WARM UP &
START TIMES:**

**To be confirmed
based on the
entries - will be
posted on website*

SESSIONS	WARM-UPS	MEET START
Saturday/Sunday AM	7:30-8:00 am; 8:00-8:30 am	8:35 am
Saturday/Sunday PM	12:35-1:00 pm; 1:00-1:30 pm	1:35 pm

SEEDING: This meet will be deck seeded. Check-in will close approximately 30 minutes prior to the event being swum.
Relays will require positive check-in.

MEET DIRECTOR:

PAT SMREKAR 412-841-7009

Mary Sullivan 412-793-8503

SAFETY CHAIR:

BRIAN BONCZEK

OFFICIALS: To officiate at this meet please contact PAT SMREKAR@ dmsmrekar@comcast.net or 412-841-7009

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: gpac-entries@amswim.org

ENTRY CHAIR:	NAME	Judy Wagner
	ADDRESS	1271 Arrowood Drive
	CITY, ST, ZIP	Pittsburgh PA 15243
	PHONE	412-276-0145

No calls after 9:00 pm please.

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 encouraged. There will be a charge of \$20.00 to be included with your entry for clubs with ten (10) or more swimmers not submitting mailed entries on disk. All teams submitting entries on disk should note that the disk WILL NOT BE RETURNED.

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 day of the meet, to obtain a coach who will supervise the swimmers 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 short course yard times OR as stated in the comments on the meet structure/schedule of events page.

QUALIFYING TIMES: Qualifying Times (if applicable) are shown on the attached Meet Structure

AMS RULES: The 2009/2010 USS 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.

Please note that all swimmers must be under the supervision of a USA swimming coach during warm-up and competition.

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.

SEEDING: Swimmers must follow the mandatory AMS operating procedure for check-in seeding: All swimmers must personally sign in with the Clerk of Course prior to each session for all of the events or at the first call of each event. A first call and a last call will be given. If after checking in, a swimmer decides not to swim the event, they must report back to the Clerk of Course and scratch by last call. **Failure to swim after being checked in and seeded will bar a swimmer from their next individual event.** Swimmers do not have to remain in the seeding area after checking in, but must return to pick up seeding time cards (if required).

SCRATCH RULE: Refer to AMS Operating Procedures:

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 scratch before the seeding for the event has begun. Failure to scratch prior to seeding 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.

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.

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 thru 6th Place for Individual Events for swimmers 14 and under

Awards will be prepared for coach pick up. All awards must be picked up by the close of the meet. No awards will be mailed.

SCORING: This is not a scored meet.

DIRECTIONS: Olympic Swim and Health Club

From Pittsburgh take Parkway East to Plum exit 16B. Take Rt 48N approximately 1-1/2 miles to Center Road/Monroeville Trestle Road. Turn right and follow Orange Belt approximately 3 miles to a 3 way stop sign. Proceed straight onto Saltsburg Road. Continue approximately 2 miles to the stop light at the intersection of Universal Road. Continue through the stop light and bear right at PNC Bank onto Twin Oaks. Club is 300 yards on left.

Take PA Turnpike to Monroeville Exit 6. Take Rt 22 West ½ mile toward Monroeville to stop light at the intersection of Rt 48. Turn right onto 48N and follow directions listed above.

From Allegheny River Boulevard, take Sandy Creek Road to left on Saltsburg Road. Follow Saltsburg Road to sharp left onto Twin Oaks at PNC Bank. Twin Oaks is immediately before the stop light at the intersection of Universal Road. Club is 300 yards on the left.

DISABLED SWIMMERS; Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet.

CONCESSION: Full concession stand will be available throughout the Saturday and Sunday sessions.

B Championships

July 17 – 18, 2010

		Saturday AM Session 1						Sunday AM Session 3					
Girls	Slower Than LCM	Slower Than SCY	6 - 10	Slower Than SCY	Slower Than LCM	Boys	Girls	Slower Than LCM	Slower Than SCY	6 - 10	Slower Than SCY	Slower Than LCM	Boys
3	1:32.99	1:21.59	100 Freestyle				45	3:46.49	3:19.39	200 Individual Medley			
8	49.89	43.49	50 Backstroke				48	40.79	35.99	50 Freestyle			
11	2:02.29	1:46.69	100 Breaststroke				51	1:48.89	1:33.99	100 Backstroke			
14	48.59	42.99	50 Butterfly				54	54.89	47.79	50 Breaststroke			
17	3:23.59	2:58.29	200 Freestyle				57	1:55.19	1:42.09	100 Butterfly			
20			400 Freestyle Relay				60			400 Medley Relay			
Girls			11 - 12			Boys				11 - 12			Boys
1	1:19.59	1:08.29	100 Freestyle	1:07.89	1:17.39	2	43	3:14.79	2:50.69	200 Individual Medley	2:49.39	3:13.89	44
4	3:14.19	2:51.79	200 Butterfly	2:48.29	3:13.39	5	46	36.39	31.89	50 Freestyle	30.99	35.29	47
6	42.29	36.79	50 Backstroke	36.49	42.19	7	49	3:40.59	3:11.69	200 Breaststroke	3:07.29	3:37.49	50
9	1:41.89	1:29.29	100 Breaststroke	1:27.79	1:40.89	10	52	1:31.09	1:21.09	100 Backstroke	1:19.09	1:31.39	53
12	39.39	35.09	50 Butterfly	35.19	39.59	13	55	45.59	40.89	50 Breaststroke	40.79	47.09	56
15	2:50.79	2:31.49	200 Freestyle	2:27.49	2:47.79	16	58	1:30.79	1:20.19	100 Butterfly	1:18.69	1:29.49	59
18	3:15.29	2:48.89	200 Backstroke	2:45.59	3:11.09	19	61			400 Medley Relay			62
21			400 Freestyle Relay			22	63	6:00.09	6:40.09	400 Freestyle	6:35.09	5:54.39	64

B Championships

July 17 – 18, 2010

		Saturday PM Session 2							Sunday PM Session 4				
Girls	Slower Than LCM	Slower Than SCY	6 - 10	Slower Than SCY	Slower Than LCM	Boys	Girls	Slower Than LCM	Slower Than SCY	6 - 10	Slower Than SCY	Slower Than LCM	Boys
			100 Freestyle	1:19.99	1:31.09	23				200 Individual Medley	3:18.09	3:44.79	65
			50 Backstroke	43.69	50.09	26				50 Freestyle	35.19	40.19	68
			100 Breaststroke	1:43.69	1:59.79	29				100 Backstroke	1:32.09	1:45.69	71
			50 Butterfly	41.99	46.89	32				50 Breaststroke	47.89	55.09	74
			200 Freestyle	2:50.89	3:13.99	35				100 Butterfly	1:40.39	1:53.19	77
			400 Freestyle Relay			38				400 Medley Relay			80
Girls			13 & Older			Boys	Girls			13 & Older			Boys
24	1:14.39	1:05.79	100 Freestyle	59.79	1:08.39	25	66	3:01.19	2:39.29	200 Individual Medley	2:26.39	2:48.89	67
27	2:57.99	2:35.89	200 Backstroke	2:23.39	2:43.89	28	69	34.49	30.39	50 Freestyle	27.39	31.19	70
30	1:33.89	1:21.99	100 Breaststroke	1:14.69	1:26.39	31	72	1:22.69	1:12.09	100 Backstroke	1:06.19	1:16.49	73
33	2:56.19	2:36.49	200 Butterfly	2:24.49	2:43.19	34	75	3:21.19	2:56.39	200 Breaststroke	2:42.59	3:08.79	75
36	2:39.49	2:21.19	200 Freestyle	2:10.09	2:28.59	37	78	1:20.39	1:11.79	100 Butterfly	1:05.09	1:13.39	79
39			400 Freestyle Relay			40	81			400 Medley Relay			82
41	6:19.79	5:35.69	400 Individual Medley	5:11.79	5:54.39	42	83	5:34.69	6:16.29	400 Freestyle	5:51.29	5:14.39	84

Comments:

1. Entries limited to **4** individual events per day
2. Qualifying times are slower than National "BB" Time Standards
3. 400 Free and 400 IM are positive check in. 400 and 400 IM will be swum fastest to slowest alternating girls and boys
4. 13 and Older times are slower than National 15-16 "BB" Time Standards
5. Relays must be comprised of swimmers that are not faster than the fastest qualifying time for that distance and stroke