

Mini / Distance / Senior Meet
SPONSORED BY NORTH HILLS AQUATICS
February 6 – February 7, 2010
Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction #AM-020610-01

LOCATION OF FACILITY: North Hills Senior High School – 53 Rochester Road Pittsburgh, PA 15229

TYPE OF FACILITY: Six Lane, 25 Yard Pool, Electronic Timing, Anti-turbulence Lane Markers. Hy-Tek computer meet entries and results The competition course has not been certified in accordance with 104.2.2(C)

ENTRY DEADLINE: January 22, 2010 **Entries will be accepted from:** January 13-22nd, 2010

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

ENTRY FEES: Individual Events: Mini/Sr.. Session \$5.00 Distance Session \$5.25 **MEET ENTRY LIMIT:** 2,000
 Relays: **\$5.00**
 CHECKS PAYABLE TO: **NHA**

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-ups for distance meets (1000/800, 1650/1500) shall be a general warm-up for the entire session. Time shall not be less than 45 minutes for a single session of the first session of a two-session meet. Time shall not be less than 30 minutes for the second session at the same meet. Warm Up/Warm Down between events shall not be less than 10 minutes when multiple events are swum, gender excluded. At any session 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 that sprint lanes are opened

WARM UP & START TIMES:
**To be confirmed based on the entries - will be posted on website*

SESSIONS	WARM-UPS	MEET START
AM Sessions	7:30am – 8:30am: Two one-half hour sessions, by club to be announced the week prior to the meet.	8:35am
PM Sessions	No earlier than 12:30pm – 1:30pm: Two one-half hour sessions, by club to be announced the week prior to the meet.	No earlier than 1:35pm.

SEEDING: This meet will be **pre-seeded or deck seeded** with the exception of any events 400 yards/meters or longer. These will be deck seeded with positive check-in required. Check-in will close approximately 30 minutes prior to the event being swum. **Relays will require positive check-in.**

MEET DIRECTOR: Liz Nutter 412.491.2613 or timothynutter1@msn.com **SAFETY CHAIR:**
 Barb Trocchio 412.931.1022 or johntrocchio@verizon.net

OFFICIALS: To officiate at this meet please contact: Beth Ashoff at 412.486.9089 or betsyashoff@msn.com.

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: nha-entries@amswim.org

ENTRY CHAIR: **JUDY WAGNER**
1271 Arrowood Drive
Pittsburgh PA 15243
412.276.0145

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 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.

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: 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:

AWARDS: Individual awards: Ribbons 1st thru 6th place

Relay awards: Ribbons 1st thru 6th place

SCORING: This is not a scored meet.

DIRECTIONS:

North Hills can be accessed from the following major arteries:

- **I-279 (Camp Horne Road Exit).**
 - Follow I-279 to Camp Horne Road Exit #8
**If coming from Pittsburgh, bear right onto Camp Horne Road.
If coming from Erie, turn left at the light off the exit ramp.**
 - Follow Camp Horne Road past Mt. Nebo Point (up on hill on left). Continue and bear **right** at the Y just past Bruster's Ice Cream. This is now Rochester Road. Follow this up long windy hill to the traffic light at intersection of Perry Highway (Route 19 North). Go straight over Perry Highway..
 - The school entrance is down the hill about a quarter of a mile. Make a left at the entrance sign (seen above) and take the driveway up the hill.
 - **I-79 South merges with I-279 South shortly after the Wexford Exit.** Merge left onto I-279 south. Exit Camp Horne Road and follow the directions above.

- **I-79 North to Mt. Nebo Exit:** Turn right and travel app. 3 1/2 miles with no turns. At second light road will end. Make a left hand turn at the light onto Camp Horne Road and follow directions from I-279 in section below.
- **Route 19 South from Wexford.** Turn left at intersection of Rte.19 and Rochester Road. Go down hill 1/4 mile and turn left at the entrance sign.
- **Route 19 North from West View.** Take Route 19 (Perry Highway) north through West View. Turn right at the intersection of Rte. 19 (Perry Highway) and Rochester Road. Go down hill 1/4 mile and turn left at the entrance sign.

CONCESSION: Full concessions will be available throughout the entirety of the meet.

COMMENTS: Relays will be swum during the Mini portion of the meet only.

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Mini Saturday AM Session 1				
Girls	Equal To or Faster Than	8 and Under	Equal To or Faster Than	Boys
1	Faster Than	200 Freestyle Relay	Faster Than	2
3	3:50.69	8 and Under 200 Individual Medley	3:48.89	4
5		8 year old 25 Backstroke		6
7		7 and Under 25 Backstroke		8
9		8 and Under 100 Freestyle		10
11		8 and Under 50 Butterfly		12
13		8 year old 25 breaststroke		14
15		7 and Under 25 Breaststroke		16
17		8 and Under 50 Freestyle		18
19	1:49.69	8 and Under 100 Backstroke	1:46.89	20
21		8 year old 25 Butterfly		22
23		7 and Under 25 Butterfly		24
25	3:28.19	8 and Under 200 Freestyle	3:17.89	26
27		8 and Under 100 Individual Medley		28
29	2:03.99	8 and Under 100 Breaststroke	1:59.69	30
31		8 and Under 50 Backstroke		32
33		8 year old 25 Freestyle		34
35		7 and Under 25 Freestyle		36
37		8 and Under 50 Breaststroke		38
39	2:01.49	8 and Under 100 Butterfly	1:59.19	40
41		200 Medley Relay		42

Senior Saturday PM Session 2									
Girls	Equal To or Faster Than	12 and Under	Equal To or Faster Than	Boys	Girls	Equal To or Faster Than	Senior	Equal To or Faster Than	Boys
43	2:38.59	200 Butterfly	2:35.29	44	45	1:17.59	100 Breaststroke	1:12.09	46
47	1:22.19	100 Breaststroke	1:20.49	48	49	2:27.29	200 Backstroke	2:18.19	50
51	29.49	50 Freestyle	28.59	52	53	1:02.19	100 Freestyle	57.39	54
55	1:13.99	100 Individual Medley	1:11.49	56	59	5:17.79	400 Individual Medley	5:00.49	60
57	32.39	50 Butterfly	32.09	58	63	1:07.79	100 Butterfly	1:02.89	64
61	1:14.19	100 Backstroke	1:12.29	62	67	2:13.79	200 Freestyle	2:05.29	68
65	2:19.89	200 Freestyle	2:16.19	66					
69	5:36.09	400 Individual Medley	5:28.89	70					

Distance Sunday AM Session 3				
Girls	Equal To or Faster Than	Senior	Equal To or Faster Than	Boys
71	14:08.89	1000 Freestyle	13:32.49	76
75	23:34.19	1650 Freestyle	22:28.29	72
		12 and Under		
73	6:32.19	400 Individual Medley	6:23.69	78
77	7:10.79	500 Freestyle	7:05.49	74

Senior Sunday PM Session 4									
Girls	Equal To or Faster Than	12 and Under	Equal To or Faster Than	Boys	Girls	Equal To or Faster Than	Senior	Equal To or Faster Than	Boys
79	2:35.89	200 Backstroke	2:32.89	80	81	2:46.79	200 Breaststroke	2:36.29	82
83	1:03.09	100 Freestyle	1:02.69	84	85	1:08.49	100 Backstroke	1:04.19	86
87	37.79	50 Breaststroke	37.69	88	89	2:30.49	200 Individual Medley	2:20.29	90
91	2:37.59	200 Individual Medley	2:35.59	92	95	28.69	50 Freestyle	26.29	96
93	33.89	50 Backstroke	33.49	94	99	2:28.59	200 Butterfly	2:20.29	100
97	1:13.19	100 Butterfly	1:11.69	98	103	5:52.99	500 Freestyle	5:35.19	104
101	2:56.89	200 Breaststroke	2:52.89	102					
105	6:09.29	500 Freestyle	6:04.69	106					

Comments:

Mini

1. Individual event limit is 4 per day
2. NT's are not accepted

Distance

1. All distance session events require positive check-in
2. There may be up to a 10 minute break after event 74
3. All events shall be swum fastest to slowest alternating Girls/Boys

Senior

1. 400/500's shall require positive check-in. All events shall be swum fastest to slowest alternating Girls/Boys
2. There may be up to a 10 minute break prior to events 69 and 103
3. Individual event limit is 4 per session.
4. Proof of times may be required.