

**AMS B CHAMPIONSHIPS**  
**SPONSORED BY ALLEGHENY NORTH SWIM CLUB**

**February 13-14, 2010**

**Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming**  
**Sanction #AM-021310-01**

**LOCATION OF FACILITY:** North Allegheny Senior High School - 10375 Perry Highway, Wexford, PA 15090

**TYPE OF FACILITY:** An indoor, six-lane, 25 yard pool with anti-turbulence lane markers. Electronic timing equipment with watch back-up. The competition course has not been certified in accordance with 104.2.2(C)

**ENTRY DEADLINE:** January 29, 2010                      **Entries will be accepted from:** January 20-29, 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: ANSC

**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
Saturday AM	7:30-8:00, 8:00-8:30 AM	8:35 AM
Saturday PM	12:30-1:00, 1:00-1:30 PM	1:35 PM
Sunday AM	7:30-8:00, 8:00-8:30 AM	8:35 AM
Sunday PM	12:30-1:00, 1:00-1:30 PM	1:35 PM

**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:**     **Megan Caputo**  
**megancaputo@comcast.net**

**SAFETY CHAIR: Stephanie Synan**  
**synan931@verizon.net**

**OFFICIALS:** To officiate at this meet please contact: **Bill Graham (724) 934-2942 wgramfam@aol.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: [ansc-entries@amswim.org](mailto:ansc-entries@amswim.org)

<b>ENTRY CHAIR:</b>	<b>NAME</b>	<b>David Buerger</b>
	<b>ADDRESS</b>	<b>286 Highvue Circle</b>
	<b>CITY, ST, ZIP</b>	<b>Wexford, PA 15090</b>
	<b>PHONE</b>	<b>724-934-8336</b>

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:** Medals 1st thru 3rd place, Ribbons 4th thru 6th place

**Relay awards:** Ribbons 1st thru 3rd place

**SCORING:** This meet is not scored.

**DIRECTIONS:**

From the North - Take I-79 South to the Wexford Exit, turn left. Follow Route 910 from the exit to Route 19 South. Go seven traffic lights on Route 19 South. Turn right into North Allegheny High School.

From the South - Take I-279 North to I-79 North. Exit at the Wexford Exit and turn right. Follow Route 910 from the exit to Route 19 South. Go seven traffic lights on Route 19 South. Turn right into North Allegheny High School.

From the PA Turnpike - Exit Cranberry (new exit 23). Follow signs for I-79 South. Take I-79 South to the Wexford Exit, turn left. Follow Route 910 from the exit to Route 19 South. Go seven traffic lights on Route 19 South. Turn right into North Allegheny High School.

Parking is available in both the front and left side of the building. Enter on the left side of the building.

**CONCESSION:** Full concession available throughout meet.

**COMMENTS:** Swimming Apparel and T-shirts will be on sale.

## Developmental B Championships

Saturday AM Session 1				Sunday AM Session 3					
		6 - 10	Slower Than	Boys			6 - 10	Slower Than	Boys
		200 Freestyle Relay		1			200 Medley Relay		43
		100 Freestyle	1:19.99	4			50 Freestyle	35.19	46
		50 Backstroke	43.69	7			200 Individual Medley	3:18.09	49
		100 Breaststroke	1:43.69	10			50 Breaststroke	47.89	52
		50 Butterfly	41.99	13			100 Backstroke	1:32.09	55
		100 Individual Medley	1:31.19	16			100 Butterfly	1:40.39	58
		200 Freestyle	2:50.89	19					
Girls		11 - 12		Boys	Girls		11 - 12		Boys
2		200 Freestyle Relay		3	44		200 Medley Relay		45
5	1:08.29	100 Freestyle	1:07.89	6	47	31.89	50 Freestyle	30.99	48
8	36.79	50 Backstroke	36.49	9	50	2:50.69	200 Individual Medley	2:49.39	51
11	1:29.29	100 Breaststroke	1:27.79	12	53	40.89	50 Breaststroke	40.79	53
14	35.09	50 Butterfly	35.19	15	56	1:21.09	100 Backstroke	1:19.09	57
17	1:20.09	100 Individual Medley	1:17.59	18	59	1:20.09	100 Butterfly	1:18.69	60
20	2:31.49	200 Freestyle	2:27.49	21	61	6:40.09	500 Freestyle	6:35.09	62
Saturday PM Session 2				Sunday PM Session 4					
Girls	Slower Than	6 - 10			Girls	Slower Than	6 - 10		
22		200 Freestyle Relay			63		200 Medley Relay		
25	1:21.59	100 Freestyle			66	35.99	50 Freestyle		
28	43.49	50 Backstroke			69	3:19.39	200 Individual Medley		
31	1:46.69	100 Breaststroke			72	47.79	50 Breaststroke		
34	42.99	50 Butterfly			75	1:33.99	100 Backstroke		
37	1:33.79	100 Individual Medley			78	1:42.09	100 Butterfly		
40	2:58.29	200 Freestyle							
Girls	Slower Than	13 and Older	Slower Than	Boys	Girls	Slower Than	13 and Older	Slower Than	Boys
23		200 Freestyle Relay		24	64		200 Medley Relay		65
26	2:35.89	200 Backstroke	2:23.39	27	67	2:56.39	200 Breaststroke	2:42.59	68
29	1:05.79	100 Freestyle	59:79	30	70	1:11.79	100 Butterfly	1:05.09	71
32	2:36.49	200 Butterfly	2:24.49	33	73	30.39	50 Freestyle	27.39	74
35	1:21.99	100 Breaststroke	1:14.69	36	76	2:39.29	200 Individual Medley	2:26.39	77
38	2:21.19	200 Freestyle	2:10.09	39	79	1:12.09	100 Backstroke	1:06.19	80
41	5:35.69	400 Individual Medley	5:11.79	42	81	6:16.29	500 Freestyle	5:51.29	82

**Comments:**

1. 400/500 events shall be positive check-in and swum alternating boys/girls and fastest to slowest.
2. Individual event limit is 4 per session.
3. Relays must be comprised of swimmers that are not faster than the qualifying time for the corresponding individual event and distance.
4. Relays may be deck entered.
5. In order to control the meet duration the Meet Director, with approval from the Age Group Chairperson, may use the LSC scratch down procedures.