

2010 Age Group Championships

SPONSORED BY (Team Pittsburgh Aquatics)

March 11-14, 2010

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction #AM-031110-01

LOCATION OF FACILITY: University of Pittsburgh, Joe C. Trees Pool

TYPE OF FACILITY: The competition course has been certified in accordance with 104.2.2.C(4). The copy of such certification is on file with USA Swimming.

ENTRY DEADLINE: Monday March 1, 2010 **Entries will be accepted from:** Wednesday February 17, 2010

INDIVIDUAL ENTRY LIMIT PER DAY: Three(3) Individual Events per day (excluding relays)

ENTRY FEES: Individual Events: \$5.00 **MEET ENTRY LIMIT:**
Relays: \$5.00
CHECKS PAYABLE TO: Pittsburgh Aquatic Program

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
Thursday, 3/11	4 p.m.	5:30p.m
Friday 3/12	4 p.m.	5:30p.m
Prelims 3/13, 3/14	7:30a.m. to 8:45am	9 a.m.
Finals 3/13, 3/14	4 p.m.	5:30 p.m.

SEEDING: This meet will be **pre-seeded or deck seeded** or 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: Aaron Workman

SAFETY CHAIR: Kevin Mclaughlin

OFFICIALS: To officiate at this meet please contact: Terri 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	Aaron Workman
	ADDRESS	218 Fitzgerald Fieldhouse
	CITY, ST, ZIP	Pittsburgh, PA 15213
	PHONE	412-648-8339

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:

(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 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.

(3) SCRATCHING FROM FINALS. (a) Any swimmer qualifying for a C, B or A (bonus and 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 C, 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: Medals will be awarded 1st, 2nd, 3rd for 13 and over.

Medals will be award for 1st, 2nd, 3rd and ribbons for 4th-8th for 12 and unders

Team awards: 1st, 2nd

SCORING: Individual Points: 9, 7,6,5,4,3,2,1

Relay Points: 18,14,12,10,8,6,4,2

DIRECTIONS: see website.

CONCESSION: Concessions will be available.

COMMENTS:

PROOF OF TIMES SHALL BE REQUIRED – PLEASE CHECK THE BOX “PROOF OF TIMES” IN TEAM MANAGER BEFORE PRINTING THE MEET ENTRY REPORT. THIS REPORT SHOULD BE ATTACHED TO YOUR MEET ENTRY FILE WHEN E-MAILING THE MEET ENTRY PERSON.

**Age Group Championships
March 11 – March 14, 2010**

Thursday PM Session 1				Friday PM Session 2					
Girls	Faster Than	13 & Older	Faster Than	Boys	Girls	Faster Than	6 - 12	Faster Than	Boys
1	5:52.99	500 Freestyle	5:35.19	2	7	6:09.29	500 Freestyle	6:04.69	8
		6 – 12					Senior		
3	5:36.09	400 Individual Medley	5:28.89	4	9	19:58.89	1650 Freestyle	18:47.99	10
		Senior			9	20:12.19	13/14 1650 Freestyle Swum as Senior	19:15.69	10
5	11:55.89	1000 Freestyle	11:12.19	6					
5	12:07.59	13/14 1000 Freestyle Swum as Senior	11:36.39	6					
Saturday AM Session 3				Sunday AM Session 5					
Girls		6 – 10		Boys	Girls		6 – 10		Boys
12	2:36.39	200 Freestyle	2:31.89	37	72	2:55.99	200 Individual Medley	2:55.29	94
16	41.99	50 Breaststroke	42.19	41	76	38.09	50 Backstroke	38.29	98
20	1:22.19	100 Backstroke	1:21.29	45	80	1:26.69	100 Butterfly	1:25.59	102
24	32.19	50 Freestyle	31.59	49	84	1:33.39	100 Breaststroke	1:31.79	106
28	37.29	50 Butterfly	36.69	53	88	1:11.89	100 Freestyle	1:10.79	110
32	1:22.59	100 Individual Medley	1:21.09	57	115		200 Medley Relay		116
61		200 Freestyle Relay		62					
Girls		11 12		Boys	Girls		11 – 12		
11	2:19.89	200 Freestyle	2:16.19	36	71	2:37.59	200 Individual Medley	2:35.59	93
15	1:22.19	100 Breaststroke	1:20.49	40	75	33.89	50 Backstroke	33.49	97
19	1:14.89	100 Backstroke	1:12.29	44	79	1:13.19	100 Butterfly	1:11.69	101
23	29.49	50 Freestyle	28.59	48	83	2:35.89	200 Backstroke	2:32.89	105
27	2:56.89	200 Breaststroke	2:52.89	52	85	37.79	50 Breaststroke	37.29	107
31	32.39	50 Butterfly	32.09	56	89	1:03.09	100 Freestyle	1:02.69	111
35	1:13.99	100 Individual Medley	1:11.49	60	92	2:38.59	200 Butterfly	2:35.29	114
63		200 Freestyle Relay		64	117		200 Medley Relay		118
Girls		13 -14		Boys	Girls		13 – 14		
38	2:13.79	200 Freestyle	2:05.29	13	95	5:17.79	400 Individual Medley	5:00.49	73
42	1:17.59	100 Breaststroke	1:12.09	17	99	1:08.49	100 Backstroke	1:04.19	77
46	2:27.29	200 Backstroke	2:18.19	21	103	1:07.79	100 Butterfly	1:02.89	81
50	28.69	50 Freestyle	26.29	25	108	2:46.79	200 Breaststroke	2:36.29	86
54	2:28.59	200 Butterfly	2:20.29	29	112	1:02.19	100 Freestyle	57.39	90
58	2:30.49	200 Individual Medley	2:20.29	33	119		400 Medley Relay		120
65		400 Freestyle Relay		66					
Girls		Senior		Boys	Girls		Senior		
39	2:10.39	200 Freestyle	2:00.09	14	69		400 Freestyle Relay		70
43	1:15.69	100 Breaststroke	1:08.89	18	96	5:08.89	400 Individual Medley	4:47.79	74
47	2:23.89	200 Backstroke	2:12.39	22	100	1:06.59	100 Backstroke	1:01.09	78
51	27.99	50 Freestyle	25.29	26	104	1:06.29	100 Butterfly	1:00.09	82
55	2:24.49	200 Butterfly	2:13.39	30	109	2:42.79	200 Breaststroke	2:30.09	87
59	2:26.99	200 Individual Medley	2:15.09	34	113	1:00.79	100 Freestyle	55.19	91
67		800 Freestyle Relay		68	121		400 Medley Relay		122

Comments:

1. All 400 individual medleys, all 500, 1000, and 1650 freestyles are positive check-in.
2. All distance freestyle events shall be swum fastest to slowest alternating girls then boys.
3. Entry Limit is 3 individual events per day.
4. Senior events use 15/16 National A time standards.
5. All 1000 and 1650's shall be seeded together by gender.
- 6. Proof of times shall be required**
7. All relays shall be declared am or pm. Fastest 8 relays to choose pm shall swim at finals
8. There shall be a 10 minute break prior to all relay events.
9. This is a team scored meet. Championship scoring shall be used for all events.
10. Relay only swimmers must appear on the master entries.
11. Relays may be deck entered