

ENTRIES: E-MAIL ENTRIES TO: pra-entries@amswim.org

ENTRY CHAIR: **NAME** Georgiann Barry
 ADDRESS 108 Heston Drive
 CITY, ST, ZIP Cranberry TWP PA 16066
 PHONE 724 473 2257
 No Calls After 9 PM

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:

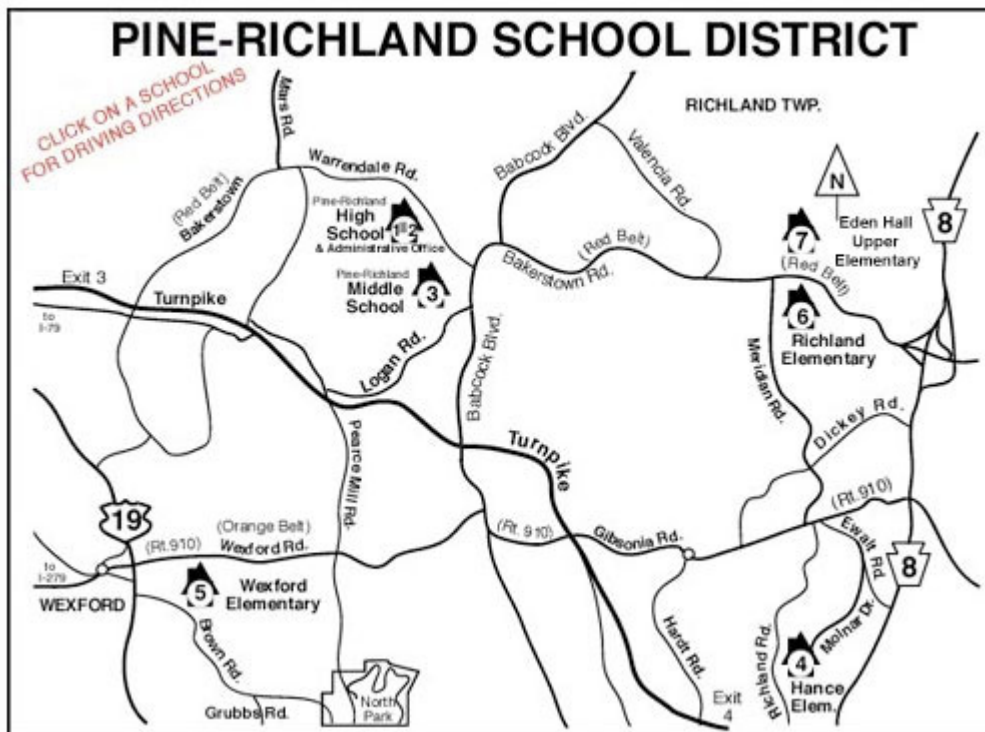
AWARDS: Individual Events – This is a Flighted meet based on the number of entries.

Awards will be given to top 6 and fastest 6 on events with more than 24 entries.

Relay Events – Ribbons for Top 3

SCORING: No Scoring applies.

DIRECTIONS: Pine-Richland High School 700 Warrendale Road, Gibsonia PA 15044



Exit I-79 north, at Warrendale

(approx. driving time is 10-15 minutes) Turn right onto the Red Belt. Follow the Red Belt for 4.5 miles through Treesdale plan of homes (Be sure to watch for Red Belt signs - at one point the Red Belt takes a sharp left turn under the Turnpike)

Pine-Richland High School is on the right side.

From Exit 39, PA Turnpike - Butler Valley Exit

(Approx. driving time 15 minutes)

Take Rt. 8 north.

Turn left at 4th traffic light (Rt. 910)

Turn right onto Meridian Rd. at the second traffic right.

Go to end of Meridian Rd. Turn left onto Bakerstown Rd. (Red Belt).

Continue on Red Belt to stop sign.

Continue straight to next stop sign at traffic island.

Bear right. High School is 300 yds. on the left side.

CONCESSION: There will be a full concession stand available during the meet

COMMENTS: Please remember there is no smoking on PRSD property. If you need to smoke you must leave the district property. We will have Knabes available for all your swimming needs.

Last Splash
March 20 – March 21, 2010

Event Number	Session 1 Saturday AM Events	Event Number	Event Number	Session 3 Sunday AM Events	Event Number
Girls	13 – 14	Boys	Girls	13 – 14	Boys
3	100 Breaststroke	4	53	200 Individual Medley	54
9	100 Freestyle	10	57	100 Backstroke	58
13	200 Backstroke	14	61	200 Breaststroke	62
17	100 Butterfly	18	65	50 Freestyle	66
21	200 Freestyle	22	69	200 Butterfly	70
Girls	15 and Older	Boys	Girls	15 and Older	Boys
5	200 Individual Medley	6	55	100 Breaststroke	56
7	100 Backstroke	8	59	100 Freestyle	60
11	200 Breaststroke	12	63	200 Backstroke	64
15	50 Freestyle	16	67	100 Butterfly	68
19	200 Butterfly	20	71	200 Freestyle	72
	13 and Over			13 and Over	
1	200 Freestyle Relay	2	51	200 Medley Relay	52
23	500 Freestyle	24	73	400 Individual Medley	74
Event Number	Session 2 Saturday PM Events	Event Number	Event Number	Session 4 Sunday PM Events	Event Number
Girls	9 – 10	Boys	Girls	9 -10	Boys
27	50 Backstroke	28	79	50 Breaststroke	80
31	100 Freestyle	32	85	100 Butterfly	86
35	50 Butterfly	36	89	50 Freestyle	90
39	100 Backstroke	40	93	100 Individual Medley	94
43	200 Individual Medley	44	97	200 Freestyle	98
47	100 Breaststroke	48			
	11 – 12			11 – 12	
33	50 Breaststroke	34	77	50 Backstroke	78
37	100 Butterfly	38	83	100 freestyle	84
41	50 Freestyle	42	87	50 Butterfly	88
45	100 Individual Medley	46	91	100 Backstroke	92
49	200 Freestyle	50	95	200 Individual Medley	96
			99	100 Breaststroke	100
	9 - 12			9 – 12	
25	200 Freestyle Relay	26	75	200 Medley Relay	76
29	200 Backstroke	30	81	200 Breaststroke	82
			101	200 Butterfly	102

Comments

1. 400 IM and 500 Freestyles are Positive Check-In.
2. 400 Individual Medley and 500 Freestyles will be swum fastest to slowest alternating girl, boys within each age group.
3. There may be a 10 minute warm up before events 23 and 73.
4. Entry limit is 4 individual events per day.
5. Entry maximum is 2,000 unless otherwise approved by the Age Group Chair.
6. Relays may be deck entered.
7. NT times shall not be accepted
8. Sessions durations are regulated by 205.3.F.