

**MINI-DISTANCE, BB and FASTER QUALIFIER  
SPONSORED BY FRANKLIN AREA SWIM TEAM**

**December 5 – 6, 2009**

**Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming  
Sanction # AM-120509-01**

**LOCATION OF FACILITY:** Franklin Regional Middle School Pool, Old William Penn Hwy, Murrysville, PA 15668

**TYPE OF FACILITY:** 6-lane indoor swimming pool with wave-reduction lane markers and Colorado timing system.  
The competition course has not been certified in accordance with 104.2.2.C(4).

**ENTRY DEADLINE:** November 20, 2009                      **Entries will be accepted from:** Nov 11 – Nov. 20, 2009

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

**ENTRY FEES:** Individual Events: \$3.25 (Mini/BB Qualifier), \$5.25 (Distance)    **MEET ENTRY LIMIT:** 2,000 entries  
Relays: \$5.00

**CHECKS PAYABLE TO:** FAST

**WARM-UPS:** 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*

<b>SESSIONS</b>	<b>WARM-UPS</b>	<b>MEET START</b>
1 (AM)	7:00 -7:30 AM, 7:30– 8:00 AM	8:05 AM
3 (AM)	7:30-8:30 AM	8:35 AM
2 & 4 (PM)	12:30-1:00, 1:00-1:30PM	1:35 PM
	There may be a 10 minute warm-up prior to events 51 & 101	

**SEEDING:** This meet will be **pre-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:**    **Sheri Maholage**

**SAFETY CHAIR:**    **Diane Scanlan**

**OFFICIALS:** To officiate at this meet please contact: John Zaldonis 724-733-7139 or jazaldonis@comcast.net

**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: [fast-entries@amswim.org](mailto:fast-entries@amswim.org)

**ENTRY CHAIR:**      **NAME**                      **Judy Wagner**  
                                 **ADDRESS**                      **1271 Arrowood Dr.**  
                                 **CITY, ST, ZIP**                      **Pittsburgh, Pa 15243**  
                                 **PHONE**                              **(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 1<sup>st</sup> thru 6<sup>th</sup> place

**Relay awards:** Single Ribbons for place 1-6

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

**DIRECTIONS:** See website @ [www.swimmingfast.net](http://www.swimmingfast.net)

**CONCESSION:** Full concessions will open 1 hour prior to the start of the meet and operate throughout the entire course of the meet.

**COMMENTS:** Knabe's Swimming Shop will be onsite for swimming equipment.

**Please Note:** There will be no Relay events in the afternoon "BB" sessions of the meet.

**MINI & DISTANCE, BB AND FASTER QUALIFIER**  
**12/5 12/6/2009**

<b>GIRLS</b>	<b>Mini Meet SESSION 1 SATURDAY AM</b>			<b>BOYS</b>
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

<b>BB Meet SESSION 2 SATURDAY PM</b>						
<b>GIRLS</b>	<b>Maximum Time</b>	<b>Equal to or Faster Than</b>	<b>9 – 10</b>	<b>Equal to or Faster Than</b>	<b>Maximum Time</b>	<b>Boys</b>
43	1:33.39	1:46.69	100 Breaststroke	1:44.79	1:31.79	44
51	32.19	36.19	50 Freestyle	35.59	31.59	52
61	1:22.19	1:33.99	100 Backstroke	1:32.49	1:21.29	62
69	37.29	42.99	50 Butterfly	41.99	36.69	70
77	2:55.99	3:19.39	200 Individual Medley	3:18.09	2:55.29	78
85			200 Freestyle Relay			86
			<b>11 – 12</b>			
45	1:22.19	1:29.29	100 Breaststroke	1:28.39	1:20.49	46
53	29.49	32.19	50 Freestyle	30.99	28.59	54
63	1:14.19	1:21.89	100 Backstroke	1:19.09	1:12.29	64
71	32.39	35.39	50 Butterfly	35.49	32.09	72
79	2:37.59	2:51.79	200 Individual Medley	2:49.69	2:35.59	80
87			200 Freestyle Relay			88
			<b>13 – 14</b>			
47	2:08.19	2:25.39	200 Freestyle	2:16.29	1:59.99	48
55	1:08.49	1:14.49	100 Backstroke	1:10.29	1:04.19	56
65	1:17.59	1:24.49	100 Breaststroke	1:18.39	1:12.09	66
73	1:02.19	1:07.39	100 Freestyle	1:02.89	57.39	74
81			200 Freestyle Relay			82
			<b>15 and Older</b>			
49	2:04.09	2:22.39	200 Freestyle	2:10.89	1:53.19	50
57	1:03.39	1:13.29	100 Backstroke	1:06.39	56.79	58
67	1:12.09	1:22.69	100 Breaststroke	1:14.99	1:04.79	68
75	57.39	1:06.19	100 freestyle	59.99	51.39	76
83			200 Freestyle Relay			84
			<b>11 and Over</b>			
59	2:16.69	2:51.79	200 Butterfly	2:48.29	2:04.19	60
			<b>13 and Over</b>			
89	4:56.79	6:04.19	400 Individual Medley	5:56.29	4:30.69	90

Women	Distance Meet SESSION 3 SUNDAY AM			Men
	Equal to or Faster Than		Equal to or Faster Than	
91	14:08.89	Senior 1000 Free	13:32.49	96
93	6:32.19	12 and Under 400 IM	6:23.69	94
95	23:34.19	Senior 1650 Freestyle	22:28.29	92
97	7:10.79	12 and Under 500 Freestyle	7:05.49	98

BB Meet SESSION 4 SUNDAY PM SESSION						
Girls	Maximum Time	Equal to or Faster Than	9 – 10	Equal to or Faster Than	Maximum Time	Boys
99	1:22.59	1:34.39	100 Individual Medley	1:31.39	1:21.09	100
109	38.09	43.49	50 Backstroke	43.89	38.29	110
113	1:11.89	1:22.09	100 Freestyle	1:19.99	1:10.79	114
123	1:26.69	1:42.09	100 Butterfly	1:40.59	1:25.59	124
131	41.89	47.79	50 Breaststroke	48.19	42.19	132
135	2:36.39	2:58.29	200 Freestyle	2:50.89	2:31.89	136
145			200 Medley Relay			146
			<b>11 – 12</b>			
101	1:13.99	1:20.29	100 Individual Medley	1:18.29	1:11.49	102
111	33.89	37.09	50 Backstroke	36.79	33.49	112
115	1:03.09	1:08.29	100 Freestyle	1:08.09	1:02.69	116
125	1:13.19	1:20.59	100 Butterfly	1:19.29	1:11.69	126
133	37.79	41.09	50 Breaststroke	41.09	37.29	134
137	2:19.89	2:31.79	200 Freestyle	2:27.99	2:16.19	138
143			200 Medley Relay			144
			<b>13 – 14</b>			
103	1:07.79	1:13.79	100 Butterfly	1:08.69	1:02.89	104
117	28.69	30.99	50 Freestyle	28.79	26.29	118
127	2:24.19	2:43.89	200 Individual Medley	2:33.69	2:14.39	128
139			200 Medley Relay			140
			<b>15 and Older</b>			
105	1:02.79	1:12.39	100 Butterfly	1:05.59	56.19	106
119	26.59	30.49	50 Freestyle	27.49	23.49	120
129	2:19.29	2:40.69	200 Individual Medley	2:26.99	2:06.19	130
141			200 Medley Relay			142
			<b>11 and Over</b>			
107	2:35.49	3:11.69	200 Breaststroke	3:07.29	2:20.89	108
121	2:17.39	2:48.89	200 Backstroke	2:45.59	2:03.69	122
			<b>13 and Over</b>			
147	5:30.59	6:40.09	500 Freestyle	6:35.09	5:04.49	148

Mini Session Comments:

1. All entries must be equal to or faster than the posted time.
2. NT's are not accepted
3. Relays may be deck entered
4. Maximum of 4 individual events per day.

Distance Session Comments

1. All entries must be equal to or faster than the posted time
2. There shall be up to a 30 minute break prior to event 5 being swum
3. Positive check-in required
4. All events shall be swum fastest to slowest, alternating women and men.

BB Qualifier Comments:

1. Entry Limit is 4 individual events per day.
2. All events use a minimum BB national time standard per age group and a maximum time from the Christmas Meet Invitational except for 11 and older events. 11 and older events use the Senior Qualifying time from the Christmas Meet and a 11 and 12 national BB as minimum time.
3. 13 – 14 and 15 – and Older events shall be seeded combined by gender.
4. Relays may be deck entered. Relay swimmers exceeding the maximum times in their age group are not eligible to swim that same stroke with in a relay.
5. 400/500 events shall be positive check in.
6. Sessions durations are regulated by 205.3.F. LSC scratch down procedures shall be used to control duration of sessions
7. In the event of a scratch down, the meet director along with the age group chair shall begin the first by limiting all 400/500 yard events in the PM session to the fastest three heats of each gender.