

**Mini/Distance Meet**  
**SPONSORED BY TITAN SWIM TEAM**

**November 14 & 15, 2009**

**Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming**  
**Sanction # AM-111409-01**

**LOCATION OF FACILITY:** West Mifflin Area High School, 91 Commonwealth Ave, West Mifflin, PA 15122

**TYPE OF FACILITY:** Six Lane, 25 yard pool, Electronic timing system at deep end of pool, Anti-turbulence Lane Markers. The competition course has not been certified in accordance with 104.2.2(C)

**ENTRY DEADLINE:** Oct. 30, 2009

**Entries will be accepted from:** Oct. 21, 2009 to Oct. 30, 2009

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

**ENTRY FEES:** Individual Events: \$3.25 (Mini) \$5.25 (Distance)  
Relays: \$5.00

**MEET ENTRY LIMIT:** 2,000

**CHECKS PAYABLE TO:** Titan Swim Team

**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
Mini	7:30 am – 8:00 am	
Mini	8:00 am – 8:30 am	8:35 am
Distance	12:00 pm – 1:00 pm (Mixed Warm-Ups)	1:05 pm

**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:** Steve Larkin  
532 Old Clairton Road  
Pleasant Hills, Pa 15236  
412-977-3163 (No calls after 9pm)  
Larks2@msn.com

**SAFETY CHAIR:** Steve Larkin

**OFFICIALS:** To officiate at this meet please contact:

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

ENTRY CHAIR:	NAME	Judy Wagner
	ADDRESS	1271 Arrowood Dr.
	CITY, ST, ZIP	Pittsburgh, PA 15234
	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.

**Team awards:** No Team Awards

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

**DIRECTIONS:** If you choose to use Map Quest, the address is:

West Mifflin Area High School  
91 Commonwealth Avenue  
West Mifflin, PA 15122

**CONCESSION:** There will be food and drink available

**COMMENTS:**

Knabe's Swim and Trophy Shop will be on hand for any of your swimming needs.

**Distance swimmers are required to supply their own timer and counter.**

# Mini Sessions

11/14 11/15/2009

Girls	Faster Than	Saturday Events	Faster Than	Boys	Girls	Faster Than	Sunday Events	Faster Than	Boys
1	3:50.69	8 and Under 200 Individual Medley	3:48.89	2	29	3:28.19	8 and Under 200 Freestyle	3:17.89	30
3		8 year old 25 Backstroke		4	31		8 year old 25 Butterfly		32
5		7 and Under 25 Backstroke		6	33		7 and Under 25 Butterfly		34
7		8 and Under 100 Freestyle		8	35		8 and Under 100 Individual Medley		36
9		8 and Under 50 Butterfly		10	37		8 and Under 50 Backstroke		38
11		8 year old 25 Breaststroke		12	39		8 year old 25 Freestyle		40
13		7 and Under 25 Breaststroke		14	41		7 and Under 25 Freestyle		42
15		8 and Under 50 Freestyle		16	43		8 and Under 50 Breaststroke		44
17		200 Freestyle Relay		18	45		200 Medley Relay		46
19	2:01.49	8 and Under 100 Butterfly	1:59.19	20	47	2:03.99	8 and Under 100 Breaststroke	1:59.69	48

## Comments:

1. Saturday events 1 through 28.
2. Sunday events 29 through 56.
3. All entries must be equal to or faster than the posted time.
4. NT's are not accepted
5. Relays may be deck entered
6. Maximum of 4 individual events per day.

# Distance Sessions

11/14 11/15/2009

Girls	Faster Than	Saturday Event	Faster Than	Boys	Girls	Faster Than	Sunday Events	Faster Than	Boys
		Senior 1000 Freestyle	12:34.39	21			Senior 1650 Freestyle	20:51.99	49
22	3:11.69	12/Under 200 Breaststroke	3:07.29	23	50	2:51.79	12/Under 200 Butterfly	2:48.29	51
24	2:31.49	12/Under 200 Freestyle	2:27.49	25	52	2:48.89	12/Under 200 Backstroke	2:45.59	53
26	21:53.19	Senior 1650 Freestyle			54	13:08.29	Senior 1000 Freestyle		
27	6:04.19	12/Under 400 IM	5:56.29	28	55	6:40.09	12/Under 500 Freestyle	6:35.09	56

## Comments:

1. Saturday 1 through 28.
2. Sunday events 29 through 56.
3. All entries must be equal to or faster than the posted time.
4. Maximum of 4 individual events per day.
5. There shall be a 15 minute warm up prior to events 26 and 54.