

Winter Challenge
SPONSORED BY Fox Chapel Killer Whales
January 9-10, 2010
Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-010910-01

LOCATION OF FACILITY: Fox Chapel High School, 611 Field Club Rd., Pittsburgh, PA 15238

TYPE OF FACILITY: This is a 6 lane, 25 yard pool with anti-turbulence lane lines, Daktronic touch pads and 6 lane electronic score board. Hy-Tek computer entries and results. The competition course has not been certified in accordance with 104.2.2(C)

ENTRY DEADLINE: December 23, 2009 **Entries will be accepted from:** December 16 – December 23, 2009

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: Fox Chapel Killer Whales

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
Mornings	7:30 to 8:00 AM and 8:00 to 8:30 AM	8:35 AM
Afternoons	12:30 to 1:00 PM and 1:00 to 1:30 PM	1:35 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(s): Lian Beasley & Merle Mermelstein

SAFETY CHAIR: Denise Vay

OFFICIALS: To officiate at this meet please contact: Richard Souza at Souza@mrs.org

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: John Lutz @ fcqw-entries@amswim.org

ENTRY CHAIR:	NAME	Carl Trakofler,
	ADDRESS	2 Worthington Road
	CITY, ST, ZIP	Pittsburgh, PA 15238
	Email	carl@ctgops.com,

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: Section Part 2, P, 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. “

AWARDS: Individual awards: Single Ribbons 1st through 6th place

All ribbons MUST be picked up by the end of the meet. Ribbons will NOT be mailed

SCORING: This meet will NOT be scored

DIRECTIONS: Fox Chapel High School, 611 Field Club Rd Pittsburgh PA 15238

From Pittsburgh-Take Rt 28 North to Exit 8-Fox Chapel Rd. Proceed to left lane of the exit ramp and make left onto Fox Chapel Rd at the light. Follow Fox Chapel Rd to the 2nd light (@ 1.9 miles), (Fox Chapel Presbyterian Church is on your right). Make a right onto Field Club Rd. High School is 0.7 miles on the left over the crest of the hill.

From the PA Turnpike- Take Exit 48-Allegheny Valley. Through the tollbooths and head South on Freeport Rd (bear to the right). Follow Freeport Rd approximately 6 lights (Past Target, Funfest, Bruesters and the Hulton Bridge) At light after the Hulton Bridge take a right onto Powers Run Rd. Follow Powers Run Rd for approximately 1 mile. Go left onto Field Club Rd. (the 6th left). The High School is about 1/4 mile on your right.

Google Maps: <http://bit.ly/fckwmap>

CONCESSION: There will be a full service concession stand open through all the sessions

COMMENTS:

Winter Challenge

1/9/2010 – 1/10/2010

Session 1 Saturday AM				Session 3 Sunday AM					
Girls	Slower Than	15 and Older	Slower Than	Boys		Slower Than	15 and Older	Slower Than	Boys
1	2:37.00	200 Individual Medley	2:25.00	2	47	1:05.00	100 Freestyle	1:00.00	48
7	30.00	50 Freestyle	27.00	8	53	1:21.00	100 Breaststroke	1:14.00	54
13	1:11.00	100 Backstroke	1:06.00	14	59	1:11.00	100 Butterfly	1:04.00	60
Girls	13 and 14			Boys	13 and 14				
3	2:41.00	200 Individual Medley	2:30.00	4	49	1:07.00	100 Freestyle	1:02.00	50
9	31.00	50 Freestyle	28.00	10	55	1:23.00	100 Breaststroke	1:17.00	56
15	1:13.00	100 Backstroke	1:09.00	16	61	1:13.00	100 Butterfly	1:07.00	62
Girls	13 and Older			Boys	13 and Older				
5	2:39.00	200 Butterfly	2:30.00	6	51	2:37.00	200 Backstroke	2:28.00	52
11	2:58.00	200 Breaststroke	2:47.00	12	57	2:23.00	200 Freestyle	2:14.00	58
17		400 Freestyle Relay		18	63		400 Medley Relay		64
19	6:18.00	500 Freestyle	5:59.00	20	65	5:39.00	400 Individual Medley	5:21.00	66
Session 2 Saturday PM				Session 4 Sunday PM					
Girls	Slower Than	11 and 12	Slower Than	Boys		Slower Than	11 and 12	Slower Than	
21	1:19.00	100 Individual Medley	1:16.00	22	67	32.00	50 Freestyle	31.00	68
25	1:20.00	100 Backstroke	1:18.00	26	75	1:28.00	100 Breaststroke	1:26.00	76
31	40.00	50 Breaststroke	40.00	32	81	36.00	50 Backstroke	36.00	82
35	1:08.00	100 Freestyle	1:07.00	36	87	35.00	50 Butterfly	35.00	88
41	1:19.00	100 Butterfly	1:17.00	42					
Girls	9 and 10			Boys	9 and 10				
23	42.00	50 Backstroke	42.00	24	69	1:19.00	100 Freestyle	1:17.00	70
27	1:42.00	100 Breaststroke	1:42.00	28	73	46.00	50 Breaststroke	47.00	74
33	35.00	50 Freestyle	35.00	34	77	1:30.00	100 Backstroke	1:29.00	78
37	41.00	50 Butterfly	40.00	38	83	1:36.00	100 Butterfly	1:35.00	84
					89	1:30.00	100 Individual Medley	1:29.00	90
Girls	9 – 12			Boys	9 – 12				
29	3:12.00	200 Breaststroke	3:04.00	30	71	2:51.00	200 Freestyle	2:45.00	72
39	3:12.00	200 Individual Medley	3:11.00	40	79	2:46.00	200 Backstroke	2:43.00	80
43		200 Freestyle Relay		44	85	2:49.00	200 Butterfly	2:46.00	86
45	6:35.00	500 Freestyle	6:30.00	46	91		200 Medley Relay		92
					93	5:58.00	400 Individual Medley	5:51.00	94

Comments:

1. There shall be up to a 10 minute warm up prior to all 400 Individual Medleys and 500 Freestyles.
2. All 400/500 events shall be swum fastest to slowest alternating girls/boys.
3. All 400/500 events are positive check-in.
4. Athletes are limited to a maximum of 4 events per day.
5. In order to control the meet duration the LSC scratch down procedures may be used by the meet director by the direction of the age group chairman.
6. Sessions durations are regulated by 205.3.F.
7. Relays may be deck entered.