

NHA DECEMBER "B" MEET DECEMBER 10 – 11, 2011

SPONSOR/HOST	NORTH HILLS AQUATICS (NHA)		
SANCTION #	AM-121011-02		
MEET DIRECTORS	LIZ NUTTER & BARB TROCCHIO	timothynutter1@msn.com/ batjetkids26@verizon.net	PHONE: 412.491.2613 (Nutter)
LOCATION	North Hills Senior High School - 52 Rochester Road Pittsburgh, PA 15229		
FACILITY DESCRIPTION	6 Lane, heated, 25 yard pool with anti-turbulence lane lines. No separate warm down pool. Colorado Timing System		
POOL CERTIFICATION	The competition course has not been certified in accordance with 104.2.2C(4).		
WATER DEPTH	The depth of the water at the start end of the pool is 11.75 feet and at the turn end is 3.5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	WEDNESDAY, NOVEMBER 16, 2011		
ENTRY DEADLINE	MONDAY, NOVEMBER 28, 2011		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$5.00	
ENTRY LIMIT	Four (4) Individual Events per day (excluding relays).		MEET ENTRY LIMIT: 2000
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entry times must be in SC Yards or LC Meters. NT entries will not be accepted; • Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail; • A hard copy of the entries must be submitted with payment and postmarked by the entry deadline; • All entries should be submitted via e-mail. Electronic entry files (TM or equivalent) are required for teams with five or more swimmers. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information. • Hard copies of entry report and fees must be mailed to the entry chair postmarked by the entry deadline date. • FINAL entry reports must be mailed or e-mailed to the entry chair five (5) days prior to the meet start 		
MEET ENTRY CHAIR	JUDY WAGNER	PHONE #: 412.276.0145 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	nha-entries@amswim.org		
MAIL CHECKS & REPORTS TO	JUDY WAGNER, 1271 ARROWOOD DRIVE, PITTSBURGH, PA 15243		
CHECKS PAYABLE TO	NHA		
SEEDING	This meet will be pre-seeded with the exception of events 400 yards/meters or longer and relays which will be deck seeded with positive check-in. Check in will close approximately 30 minutes prior to the start of the event. Events 400 yards/meters or longer will be swum fastest to slowest alternating girls/boys.		
SAFETY CHAIR	LIZ NUTTER	E-MAIL: timothynutter1@msn.com	PHONE: 412.491.2613
OFFICIALS CONTACT	BETSY ASHOFF MAUREEN PEARSON	E-MAIL: betsyashoff@msn.com OR mpearson993@comcast.net	PHONE: Ashoff - 412.486.9089 Pearson - 412.635.9794
AWARDS	This will be a flighted meet. Individuals Awards 1 st - 6 th place ribbons for Gold/Silver flights. Gold will receive double ribbons, Silver will receive single ribbons. Relay Awards 1 st - 3 rd place double ribbons. No team awards.		
SCORING	This meet will not be scored.		
MISCELLANEOUS	Food and vendor concessions will be available throughout the meet.		

SESSION	WARM-UP TIMES	MEET STARTS
Sat/Sun AM	7:30-8:00 AM, 8:00-8:30 AM	8:35 AM
Sat/Sun PM	NOT BEFORE 12:30 PM	NOT BEFORE 1:35PM

WARM-UP INFORMATION	<p>Warm-up policies will be strictly enforced by USA Swimming Officials. Specific warm-up times for each club (if applicable) and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than five (5) days prior to the start of the meet. The Meet Director reserves the right to adjust warm-ups based on the number of entries after consultation with the Age Group Chair (prior to the meet) or the referee (day of the meet).</p> <p>Distance meets /sessions shall have general warm-ups not less than 45 minutes for a single session (or the first session of a two-session meet); not less than 30 minutes for the second session at the same meet; and not less than 10 minutes when multiple events are swum, gender excluded when no separate warm-up pool is available</p>
DECK PRIVILEGES	<p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Coaches must present their current USA Swimming registration card at the sign in table and keep it visible on deck at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p>
RACING START CERTIFICATION	<p>Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</p>
DURATION:	<p>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.</p>
ELIGIBILITY	<p>All entrants must be registered members of USA Swimming. Age <i>as of the first day of the meet</i> determines eligibility. This meet is open to all USA swimming registered swimmers.</p>
QUALIFYING TIMES	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
MEET/DECK REFEREE	<p>The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.</p>
MEET MARSHALS	<p>Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.</p>
RULES:	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts may be used. 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.</p> <p>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.</p>
DISABLED SWIMMERS	<p>Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet</p>
PROTESTS	<p>A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator</p>
AMS SCRATCH RULE <i>Pre-seeded Meets</i>	<p>There is no penalty for failing to swim an event at a pre-seeded meet or session. A swimmer who has positively checked in for an individual deck-seeded event (400 yards/meters or longer) must swim in the event unless he/she notifies the Referee of his/her wish to scratch before the event is seeded. 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. Deck seeded events shall be closed for seeding no later than 30 minutes prior to the start of the event.</p>
DIRECTIONS	<p>Address for Internet directions OR GPS - 52 Rochester Road, Pittsburgh PA 15229</p> <p>North Hills High School is located in Ross Township approximately eight miles north of Pittsburgh. The School lies between Perry Highway and McKnight Road. The best route from the city is to take I-279 North to Exit 19 (Perryville Exit) to Perryville Avenue (Route 19). Make left at light onto Route 19. Follow Rt. 19 North through to Rochester Road (will pass West View Plaza and go through the West View Business District). At light make a right onto Rochester Road. At the bottom of the hill the School entrance will be on your left. Pool is located in the Senior High School.</p>

B MEET
NHA
DECEMBER 10 - 11, 2011

Girls	No Faster Than LCM	No Faster Than SCY	SATURDAY MORNING Session 1					SUNDAY MORNING Session 3				
			No Faster Than SCY	No Faster Than LCM	Boys	Girls	No Faster Than LCM	No Faster Than SCY	No Faster Than SCY	No Faster Than LCM	Boys	
1			11-12 200 Freestyle Relay					11-12 200 Medley Relay				
			13 & Older Boys 400 Freestyle Relay					13 & Older Boys 400 Medley Relay				
4	36.39	31.89	11-12 50 Freestyle					**11-12 200 Backstroke**				
			13 & Older Boys 50 Freestyle					**13 & Older Boys 200 Backstroke**				
7	3:14.19	2:51.79	**11-12 200 Butterfly**					11-12 100 Backstroke				
			13 & Older Boys 200 Butterfly					13 & Older Boys 100 Butterfly				
10	1:30.79	1:20.19	11-12 100 Butterfly					11-12 50 Butterfly				
12	2:50.79	2:31.49	11-12 200 Freestyle					11-12 100 Freestyle				
			13 & Older Boys 200 Freestyle					13 & Older Boys 100 Freestyle				
15	42.29	36.79	11-12 50 Backstroke					**11-12 200 Breaststroke**				
			13 & Older Boys 100 Backstroke					**13 & Older Boys 200 Breaststroke**				
18	1:41.89	1:29.29	11-12 100 Breaststroke					11-12 50 Breaststroke				
			13 & Older Boys 100 Breaststroke					13 & Older Boys 200 Individual Medley				
21	3:14.79	2:50.69	11-12 200 Individual Medley					11-12 100 Individual Medley				
			13 & Older Boys 400 Individual Medley					**13 & Older Boys 500 Freestyle**				
24	6:55.89	6:04.19	**11-12 400 Individual Medley**					**11-12 500 Freestyle**				
Girls	No Faster Than LCM	No Faster Than SCY	SATURDAY AFTERNOON Session 2					SUNDAY AFTERNOON Session 4				
26			10 & Under 200 Freestyle Relay					10 & Under 200 Medley Relay				
28			13 and Older Girls 400 Freestyle Relay					13 and Older Girls 400 Medley Relay				
29	40.79	35.99	10 & Under 50 Freestyle					10 & Under 100 Backstroke				
31	34.49	30.39	13 and Older Girls 50 Freestyle					13 and Older Girls 200 Backstroke				
32	1:55.19	1:42.09	10 & Under 100 Butterfly					10 & Under 50 Butterfly				
34	2:56.19	2:36.49	13 and Older Girls 200 Butterfly					13 and Older Girls 100 Butterfly				
35	3:23.59	2:58.29	10 & Under 200 Freestyle					10 & Under 100 Freestyle				
37	2:39.49	2:21.19	13 and Older Girls 200 Freestyle					13 and Older Girls 100 Freestyle				
38	49.89	43.49	10 & Under 50 Backstroke					10 & Under 50 Breaststroke				
40	1:22.69	1:12.09	13 and Older Girls 100 Backstroke					13 and Older Girls 200 Breaststroke				
41	2:02.29	1:46.69	10 & Under 100 Breaststroke					10 & Under 100 Individual Medley				
43	1:33.89	1:21.99	13 and Older Girls 100 Breaststroke					13 and Older Girls 200 Individual Medley				
44	3:46.49	3:19.39	10 & Under 200 Individual Medley					10 & Under 500 Freestyle				
46	6:19.79	5:35.69	13 and Older Girls 400 Individual Medley					13 and Older Girls 500 Freestyle				

Comments:

1. NT's shall not be accepted.
2. All times are taken from the national time standards as established by USA Swimming for each age group.
3. 13 and Older events use 15 -16 national time standards.
4. Swimmers are eligible to compete in 4 individual events per day.
5. **Notes that 11 & 12 and 13 and Older shall be swum as combined events.
6. Events 400 yards and longer will be swum fastest to slowest alternating girls and boys.
7. There may be a 10 minute warm-up period prior to the 500 Freestyles and 400 Individual Medleys