

## FROZEN FRENZY FEBRUARY 4<sup>th</sup> and 5<sup>th</sup>, 2012

SPONSOR/HOST	BETHEL PARK RECREATION SWIM TEAM		
SANCTION #	AM-020412-01		
MEET DIRECTOR	MIKE WYCINSKY	E-MAIL: mikewyc13@verizon.net	PHONE #: 412-913-7342
LOCATION	BETHEL PARK HIGH SCHOOL 309 CHURCH RD BETHEL PARK, PA 15102		
FACILITY DESCRIPTION	An indoor, 6 lane, 25 yard pool with electronic timing system and watch back-up..		
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 12 feet and at the turn end is 3 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	JANUARY 11 <sup>TH</sup> , 2012		
ENTRY DEADLINE	JANUARY 20 <sup>TH</sup> , 2012		
ENTRY FEES	\$3.25 (Mini Session)	\$5.25 (Distance Session)	\$5.00 (BB Sessions) \$5.00 (Relays)
ENTRY LIMIT	4 Individual Events per day (not to exceed 5 including Distance Session)		MEET ENTRY LIMIT: 2000
ENTRY PROCEDURES	<ul style="list-style-type: none"> <li>• Entry times may be submitted in SC Yards or LC Meters, NT entries will not be accepted;</li> <li>• Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail;</li> <li>• A hard copy of the entries must be submitted with payment and postmarked by the entry deadline;</li> <li>• 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;</li> <li>• Hard copies of entry report and fees must be mailed to the entry chair postmarked by the entry deadline date;</li> <li>• <b>FINAL</b> entry reports must be mailed or e-mailed to the entry chair five (5) days prior to the meet start date.</li> </ul>		
MEET ENTRY CHAIR	LORI POWELL	PHONE #: 412-854-5465 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	BPR-ENTRIES@AMSWIM.ORG		
MAIL CHECKS/REPORTS	LORI POWELL 1171 SARAH ST BETHEL PARK, PA 15102		
CHECKS PAYABLE TO	BETHEL PARK RECREATION SWIM TEAM		
PROOF OF TIMES	Proof of times shall be required for all events with qualifying times. When submitting meet entry file & report indicate proof of time by checking the " <b>Include Proof of Time</b> " box. Times will be run against the SWIMSS database.		
BONUS EVENTS	If bonus events are offered, Please click the " <b>Bonus</b> " box next to bonus events (BB Session Only)		
SEEDING	<ul style="list-style-type: none"> <li>• The <b>Mini session</b> of this meet will be Pre-Seeded.</li> <li>• The <b>BB Sessions</b> of this meet will be Pre-Seeded with the exception of events 400 yards or longer and relays which will be Deck Seeded with positive check-in.</li> <li>• The <b>Distance Session</b> of this meet will be Deck Seeded with positive check in. Check in for deck seeded events will close approximately 30 minutes prior to the start of the event.</li> <li>• Events 400 yards or longer will be swum fastest to slowest alternating girls/boys</li> </ul>		
SAFETY CHAIR	KEITH WRIGHT	E-MAIL: ksmlawright@verizon.net	PHONE #: 412-833-4939
OFFICIALS CONTACT	MIKE WYCINSKY	E-MAIL: mikewyc13@verizon.net	PHONE #: 412-236-7439
AWARDS	Individual awards: Single Ribbons – 1st thru 6th place Relay awards: Single Ribbons - 1st thru 3rd place		
SCORING	This is not a scored meet		
MISCELLANEOUS	There will be a concession stand open through the sessions. A vendor will be on site for swim equipment needs.		

SESSION	WARM-UP TIMES	MEET STARTS
Saturday & Sunday AM	7:30 - 8:00 AM, 8:00 – 8:30 AM	8:35 AM
Saturday & Sunday PM	12 noon to 12:30 PM, 12:30 PM – 1:00 PM	1:05 PM
WARM-UP INFORMATION	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).	

WARM-UP INFORMATION <i>(continued)</i>	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
DECK PRIVILEGES	<b>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times.</b> 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.
RACING START CERTIFICATION	<b>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.</b>
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.
ELIGIBILITY	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.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
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 him/her. The meet/deck referee has final judgment for <b>any</b> issues that arise that day during the course of the meet.
MEET MARSHALS	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.
RULES:	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.  <b>No unauthorized personnel will be allowed on the pool deck.</b> 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
PROTESTS	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
AMS SCRATCH RULE <i>Pre-seeded Meets</i>	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.
PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations; Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the AMS Board or stated in the meet announcement, photographers are not permitted on deck at any time.
DIRECTIONS	From Pittsburgh, take Route 19 to Fort Couch Road. (South Hills Village is at the intersection.) Turn left on to Fort Couch Rd. After passing Petco on your right and McDonald's on your left, proceed to the traffic signal at the next intersection. Turn left on to Bethel Church Rd. After passing Bethel Presbyterian Church and cemetery, turn right at the traffic light on to Church Rd. Go past the Administration Building and then make a left in to the Bethel Park High School Complex. The pool is located in the last building, "GYMNASIUM". Continue past the pool to the High School Stadium parking lot. If you take Route 88 south from Pittsburgh, turn right on to Bethel Church Road. Proceed to the third light and turn left on to Church Road. Follow the directions above from this point. PLEASE NOTE: THERE IS NO PARKING ON THE DRIVEWAY OR TURNAROUNDS NEAR THE POOL BUILDING. IF YOU PARK THERE, YOU WILL BE TICKETED!

**MINI/DISTANCE/BB  
BPR  
FEBRUARY 4 – 5, 2012**

**MINI SESSION**

Girls	Faster Than LCM	Faster Than SCY	SATURDAY MORNING	Faster Than SCY	Faster Than LCM	Boys
1			8 & Under 200 Free Relay			2
3			8 & Under 100 Individual Medley			4
5			8 & Under 50 Free			6
7			6 & Under 25 Fly			8
9			7 Year Old 25 Fly			10
11			8 Year Old 25 Fly			12
13	2:12.59	1:57.49	8 & Under 100 Fly	1:55.19	2:09.79	14
15			8 & Under 50 Breast			16
17			6 & Under 25 Back			18
19			7 Year Old 25 Back			20
21			8 Year Old 25 Back			22
23	2:02.39	1:45.69	8 & Under 100 Back	1:42.89	1:58.09	24
25			8 & Under 50 Back			26
27			6 & Under 25 Breast			28
29			7 Year Old 25 Breast			30
31			8 Year Old 25 Breast			32
33	2:17.49	1:59.99	8 & Under 100 Breast	1:55.69	2:13.59	34
35			8 & Under 50 Fly			36
37			6 & Under 25 Free			38
39			7 Year Old 25 Free			40
41			8 Year Old 25 Free			42
43			8 & Under 100 Free			44
45	4:12.99	3:42.69	8 & Under 200 Individual Medley	3:40.89	4:10.69	46
47			8 & Under 200 Medley Relay			48
49	3:48.59	3:20.19	8 & Under 200 Free	3:09.89	3:35.49	50

**MINI COMMENTS:**

1. NT's shall not be accepted. Entry times are needed for seeding and timeline purposes
2. Swimmers may enter 4 individual events per day.
3. The 200 Freestyle, 200 Individual Medley, 100 Backstroke, 100 Breaststroke, and 100 Butterfly require a time faster than the National 10 & under "B" time standard.

**DISTANCE SESSION**

Girls	Faster Than LCM	Faster Than SCY	SUNDAY MORNING	Faster Than SCY	Faster Than LCM	Boys
89	22:23.09	21:53.19	Girls 11 & Over 1650 Freestyle			
			Boys 11 & Over 1000 Freestyle	12:34.39	11:21.79	90
91	6:00.09	6:40.09	Girls 12 & Under 500 Freestyle			
			Boys 12 & Under 400 Individual Medley	5:56.29	6:51.79	92
93	11:41.99	13:08.29	Girls 11 & Over 1000 Freestyle			
			Boys 11 & Over 1650 Freestyle	20:51.99	21:35.29	94
95	6:55.89	6:04.19	Girls 12 & Under 400 Individual Medley			
			Boys 12 & Under 500 Freestyle	6:35.09	5:54.39	96

**DISTANCE NOTES:**

1. Proof of times required as established by Allegheny Mountain Swimming. If proof of time does not exist in the SWIMS database, a registered and current certified USA SWIMMING coach can attest to times which have been swum at practices and meets outside AMS and may certify these times for use as entry times for AMS meets, excluding "A" level championship formatted meets.
2. NT's shall not be accepted.
3. 1000 and 1650 Senior Freestyle are 13 – 14 BB times
4. 400 IM and 500 Free are 11 – 12 BB Times
5. All events require positive check in and shall be swum fastest to slowest alternating girls/boys.
6. Distance Session is not eligible for Bonus Events.
7. There may be up to a 10 minute break at the referee's discretion.

## BB SESSIONS

Girls	Faster Than or Equal to LCM	No Faster Than LCM	Faster Than or Equal to SCY	No Faster Than SCY	SATURDAY AFTERNOON	Faster Than or Equal to SCY	No Faster Than SCY	Faster Than or Equal to LCM	No Faster Than LCM	Boys
51	36.39	33.69	31.89	29.49	11-12 50 Freestyle	30.99	28.59	35.29	32.59	52
53	35.19	31.79	30.99	27.99	13 & Older 50 Freestyle	28.49	25.59	32.79	28.79	54
55	40.79	36.39	35.99	32.19	10 & Under 50 Freestyle	35.19	31.59	40.19	36.09	56
57	1:30.79	1:22.89	1:20.19	1:13.19	11-12 100 Butterfly	1:18.69	1:11.69	1:29.49	1:21.49	58
59	3:02.29	2:42.69	2:40.99	2:24.49	13 & Older 200 Butterfly	2:31.99	2:13.39	2:51.99	2:30.59	60
61	1:55.19	1:37.89	1:42.09	1:26.69	10 & Under 100 Butterfly	1:40.39	1:25.59	1:53.19	1:36.49	62
63	2:50.79	2:37.69	2:31.49	2:19.89	11-12 200 Freestyle	2:27.49	2:16.19	2:47.79	2:34.89	64
65	2:44.39	2:27.19	2:24.99	2:10.39	13 & Older 200 Freestyle	2:15.69	2:00.09	2:35.19	2:17.19	66
67	3:23.59	2:58.49	2:58.29	2:36.39	10 & Under 200 Freestyle	2:50.89	2:31.89	3:13.99	2:52.39	68
69	42.29	38.99	36.79	33.89	11-12 50 Backstroke	36.49	33.49	42.19	38.69	70
71	1:24.29	1:16.29	1:14.19	1:06.59	13 & Older 100 Backstroke	1:09.59	1:01.09	1:20.59	1:10.59	72
73	49.89	43.69	43.49	38.09	10 & Under 50 Backstroke	43.69	38.29	50.09	43.89	74
75	1:41.89	1:33.79	1:29.29	1:22.19	11-12 100 Breaststroke	1:27.79	1:20.49	1:40.89	1:32.49	76
77	1:36.39	1:26.69	1:24.09	1:15.69	13 & Older 100 Breaststroke	1:18.09	1:08.89	1:28.09	1:19.69	78
79	2:02.29	1:46.99	1:46.69	1:33.39	10 & Under 100 Breaststroke	1:43.69	1:31.79	1:59.79	1:45.99	80
81	3:14.79	2:59.79	2:50.69	2:37.59	11-12 200 Individual Medley	2:49.39	2:35.59	3:13.89	2:58.09	82
83	3:46.49	3:19.89	3:19.39	2:55.99	10 & Under 200 Individual Medley	3:18.09	2:55.29	3:44.79	3:18.89	84
85	3:14.19	2:59.29	2:51.79	2:38.59	11-12 200 Butterfly	2:48.29	2:35.29	3:13.39	2:58.49	86
87	6:31.09	5:50.59	5:44.29	5:09.89	13 & Older 400 Individual Medley	5:25.49	4:47.79	6:13.19	5:27.09	88

Girls	Faster Than or Equal to LCM	No Faster Than LCM	Faster Than or Equal to SCY	No Faster Than SCY	SUNDAY AFTERNOON	Faster Than or Equal to SCY	No Faster Than SCY	Faster Than or Equal to LCM	No Faster Than LCM	Boys
97	3:15.29	3:00.19	2:48.89	2:35.89	11-12 200 Backstroke	2:45.59	2:32.89	3:11.09	2:56.39	98
99	39.39	36.29	35.09	32.39	11-12 50 Butterfly	35.19	32.09	39.59	36.19	100
101	3:01.29	2:44.29	2:39.59	2:23.89	13 & Older 200 Backstroke	2:29.79	2:12.39	2:54.09	2:31.29	102
103	1:48.89	1:35.29	1:33.99	1:22.19	10 & Under 100 Backstroke	1:32.09	1:21.29	1:45.69	1:33.29	104
105	1:19.59	1:13.49	1:08.29	1:03.09	11-12 100 Freestyle	1:07.89	1:02.69	1:17.39	1:11.39	106
107	1:22.89	1:14.19	1:13.49	1:06.29	13 & Older 100 Butterfly	1:08.09	1:00.09	1:16.99	1:07.69	108
109	45.59	42.09	40.89	37.79	11-12 50 Breaststroke	40.79	37.29	47.09	43.09	110
111	1:16.19	1:08.59	1:07.39	1:00.79	13 & Older 100 Freestyle	1:02.19	55.19	1:11.49	1:03.09	112
113	48.59	42.09	42.99	37.29	10 & Under 50 Butterfly	41.99	36.69	46.89	40.99	114
115			1:20.09	1:13.99	11-12 100 Individual Medley	1:17.59	1:11.49			116
117	3:27.99	3:05.69	3:00.69	2:42.79	13 & Older 200 Breaststroke	2:49.39	2:30.09	3:17.19	2:54.29	118
119	1:32.99	1:21.89	1:21.59	1:11.89	10 & Under 100 Freestyle	1:19.99	1:10.79	1:31.09	1:20.59	120
121	1:31.09	1:23.29	1:21.09	1:14.19	11-12 100 Backstroke	1:19.09	1:12.29	1:31.39	1:23.59	122
123	3:05.69	2:47.29	2:42.99	2:26.99	13 & Older 200 Individual Medley	2:31.99	2:15.09	2:55.99	2:35.89	124
125	54.89	48.29	47.79	41.99	10 & Under 50 Breaststroke	47.89	42.19	55.09	48.49	126
127	3:40.59	3:23.69	3:11.69	2:56.89	11-12 200 Breaststroke	3:07.29	2:52.89	3:37.49	3:20.79	128
129			1:33.79	1:22.59	10 & Under 100 Individual Medley	1:31.19	1:21.09			130
131	5:42.99	5:08.89	6:22.39	5:47.39	13 & Older 500 Freestyle	6:03.19	5:24.29	5:27.99	4:50.19	132

## BB COMMENTS

- NT's shall not be accepted.
- All times must be proven though the National Swims Data Base. Times not in swims must be proven 30 minutes prior to the start of the session with official results from a USA Swimming Sanctioned, Approved, or Observed swim meet. If a time is not proven and the athlete competes in the questioned event, that swim is subject to Allegheny Mountain Swimming fine for falsifying documents.
- All times are taken from the national time standards as established by USA Swimming.
- 13 and over events: Faster than or equal to 13 -14 National BB time standards; no faster than 15 - 16 National A time standards.
- Swimmers achieving 4 or less qualifying times are eligible for up to 2 bonus events as long as they do not swim more than the daily maximum. Must achieve at least one QT to be eligible for bonus events. "Bonus" must be marked when submitting entries.
- No Qualifying Times for bonus events.
- 400 IM and 500 Free are not eligible for bonus events.
- Entry limit is 4 individual events per day (not to exceed 5 including distance session).
- Events 400 yards/meters or longer require positive check in and shall be swum fastest to slowest alternating girls/boys
- There may be a 10 minute warm-up prior to the 400 Individual Medley and 500 Freestyle