

FEBRUARY "A" MEET FEBRUARY 10 - 12, 2012

SPONSOR/HOST	PINE RICHLAND AQUATICS		
SANCTION #	AM-021012-01		
MEET DIRECTOR	PETE BARRY	E-MAIL: pracoach@gmail.com	PHONE: 412-8889-8314
LOCATION	PINE RICHLAND HIGH SCHOOL, 700 WARRENDALE RD., GIBSONIA, PA 15044		
FACILITY DESCRIPTION	Six lane, 25 yard pool with anti-turbulence land lines, Daktronic touch pads and six lane electronic score board.		
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 3.5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	JANUARY 18, 2011		
ENTRY DEADLINE	JANUARY 26, 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 sdf 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	GEORGIANN BARRY	PHONE #: 724-591-5065 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	PRA-ENTRIES@AMSWIM.ORG		
MAIL CHECKS/ REPORTS	GEORGIANN BARRY 108 HESTON DR. CRANBERRY TOWNSHIP, PA 16066		
CHECKS PAYABLE TO	PRA INC.		
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 " Include Proof of Time " box. Times will be run against the SWIMSS database.		
BONUS EVENTS	If bonus events are offered, please click the " Bonus " box next to bonus events.		
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	SHANNON KABALA	E-MAIL:	PHONE: 412-613-0189
OFFICIALS CONTACT	PETE BARRY	E-MAIL: pracoach@gmail.com	PHONE: 412-889-8314
AWARDS	Individual Awards: Single Ribbons for places 1 through 6 Relay Awards: Single Ribbons for places 1 through 3		
SCORING	This is not a scored meet.		
MISCELLANEOUS	Concessions will be available for the duration of the meet. Knabes will be selling swimming merchandies.		

SESSION	WARM-UP TIMES	MEET STARTS
Friday PM	6:00 - 6:45 PM	6:50 PM
Saturday & Sunday AM	7:30 - 8:00 AM and 8:00 - 8:30 AM	8:35 AM
Saturday & Sunday PM	11:30 AM - 12:00 PM and 12:00 - 1:00 PM	12:35 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).	

DECK PRIVILEGES	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.
RACING START CERTIFICATION	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.
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 <i>any</i> 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. 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
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 PA Turnpike Exit 4/ Rt. 8 N - go north on Rt. 8 three miles; bear R on ramp to Red Belt. At stop sign, turn L (west) onto the Red Belt. Follow Red Belt (L at 1st stop sign, R at 2nd stop sign) for 4.5 miles to PRHS on L. From Butler/ Rt. 8 S --- go south on Rt. 8 to Red Belt (Bakerstown-Warrendale Rd.). Turn R. (west) onto Red Belt. Follow Red Belt (L at 1st stop sign, R at 2nd stop sign) for 4.5 miles to PRHS on L. From Rt. 19 --- From Rt. 19 at Warrendale, take Red Belt east for 5.3 miles to PRHS on R. From I-79 N --- take exit 75 (Warrendale). At traffic light at end of exit ramp, turn R (east) onto Red Belt. Follow Red Belt 5.5 miles to PRHS on R. From I-79 S --- take exit 78 (Cranberry Twp / Rt 228). At traffic light at exit ramp, turn R (east) onto Rt. 228. Go 4.3 miles to Pittsburgh St./Warrendale Rd. Turn R onto Warrendale Rd. Go 2.2 miles to end. Turn L onto Red Belt, go 1.8 miles to PRHS on R. Parking is in front of the building; entrance is through the last (left-most) doors in the front of the building. The pool is to your left as you enter.

**PRA "A" MEET
FEBRUARY 10 – 12, 2012**

FRIDAY PM						
Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys
1A	5:50.59	5:09.89	400 Individual Medley Senior 13 – 14	4:47.79	5:27.09	2A
1B	6:00.99	5:17.79		5:00.49	5:44.49	2B
1C	6:23.99	5:36.09		5:28.89	6:20.19	2C
3A	5:08.89	5:47.39	500 Freestyle Senior 13 – 14 11 – 12 10 & Under	5:24.29	4:50.19	4A
3B	5:16.59	5:52.99		5:35.19	5:02.79	4B
3C	5:32.39	6:09.29		6:04.69	5:27.09	4C
3D	6:05.89	6:48.39		6:44.59	6:06.79	4D

SATURDAY AM										SUNDAY AM			
Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys	Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys
5	33.69	29.49	11-12 50 Freestyle	28.59	32.59	6	49	1:23.29	1:14.19	11-12 100 Backstroke	1:12.29	1:23.59	50
7	32.49	28.69	13-14 50 Freestyle	26.29	30.29	8	51	3:00.19	2:35.89	11-14 200 Backstroke	2:32.89	2:59.39	52
9	1:22.89	1:13.19	11-12 100 Butterfly	1:11.69	1:21.49	10	53	36.29	32.39	11-12 50 Butterfly	32.09	36.19	54
11	2:37.69	2:19.89	11-12 200 Freestyle	2:16.19	2:34.89	12	55	1:16.49	1:07.79	13-14 100 Butterfly	1:02.89	1:11.09	56
13	2:31.79	2:13.79	13-14 200 Freestyle	2:05.29	2:23.29	14	57	1:13.49	1:03.09	11-12 100 Freestyle	1:02.69	1:11.39	58
15	38.99	33.89	11-12 50 Backstroke	33.49	38.69	16	59	1:10.39	1:02.19	13-14 100 Freestyle	57.39	1:05.99	60
17	1:17.79	1:08.49	13-14 100 Backstroke	1:04.19	1:14.49	18	64	42.09	37.79	11-12 50 Breaststroke	37.29	43.09	62
19	1:33.79	1:22.19	11-12 100 Breaststroke	1:20.49	1:32.49	20	63	3:23.69	2:56.89	11-14 200 Breaststroke	2:52.89	3:20.79	64
21	1:28.99	1:17.59	13-14 100 Breaststroke	1:12.09	1:21.29	22	65		1:13.99	11-12 100 Indiv Medley	1:11.49		66
23	2:59.79	2:37.59	11-12 200 Indiv Medley	2:35.59	2:58.09	24	67	2:51.49	2:30.49	13-14 200 Indiv Medley	2:20.29	2:42.39	68
25	2:59.29	2:38.59	11-14 200 Butterfly	2:35.29	2:58.49	26							
SATURDAY PM										SUNDAY PM			
Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys	Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys
27	36.39	32.19	10 & Under 50 Freestyle	31.59	36.09	28	69	1:35.29	1:22.19	10 & Under 100 Backstroke	1:21.29	1:33.29	70
29	31.79	27.99	Senior 50 Freestyle	25.29	28.79	30	71	2:44.29	2:23.89	Senior 200 Backstroke	2:12.39	2:31.29	72
31	1:37.89	1:26.69	10 & Under 100 Butterfly	1:25.59	1:36.49	32	73	42.09	37.29	10 & Under 50 Butterfly	36.69	40.99	74
33	2:58.49	2:36.39	10 & Under 200 Freestyle	2:31.89	2:52.39	34	75	1:14.19	1:06.29	Senior 100 Butterfly	1:00.09	1:07.69	76
35	2:27.19	2:10.39	Senior 200 Freestyle	2:00.09	2:17.19	36	77	1:21.89	1:11.89	10 & Under 100 Freestyle	1:10.79	1:20.59	78
37	43.69	38.09	10 & Under 50 Backstroke	38.29	43.89	38	79	1:08.59	1:00.79	Senior 100 Freestyle	55.19	1:03.09	80
39	1:16.29	1:06.59	Senior 100 Backstroke	1:01.09	1:10.59	40	81	48.29	41.99	10 & Under 50 Breast	42.19	48.49	82
41	1:46.99	1:33.39	10 & Under 100 Breast	1:31.79	1:45.99	42	83	3:05.69	2:42.79	Senior 200 Breaststroke	2:30.09	2:54.29	84
43	1:26.69	1:15.69	Senior 100 Breaststroke	1:08.89	1:19.69	44	85		1:22.59	10 Under 100 Indiv Medley	1:21.09		86
45	3:19.89	2:55.99	10 Under 200 Indiv Medley	2:55.29	3:18.89	46	87	2:47.29	2:26.99	Senior 200 Indiv Medley	2:15.09	2:35.89	88
47	2:42.69	2:24.49	Senior 200 Butterfly	2:13.39	2:30.59	48							

Comments:

- This meet is a closed meet open only to AMS and WV teams/athletes.
- All times (including bonus events) must be proven through the National Swims Data Base. Times not in SWIMS must be proven 30 minutes prior to the start on the session with official results from a USA Swimming Sanctioned, Approved, or Observed meet. If a time is not proven and the athlete competes in the event, that swim is subject to AMS fine for falsifying documents.
- Qualifying Times are equal to or faster than National "A" Time Standards.
 - Senior Events use 15 – 16 National Time Standards
 - 11 – 14 Events use 11 – 12 National Time Standards
- Swimmers achieving 4 or fewer qualifying times are eligible for up to 2 bonus events (total for the meet) 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.
- Swimmers are eligible to compete in a maximum of four (4) individual events per day.
- Events 400 yards and longer require positive check-in and will be swum fastest to slowest alternating girls and boys.
- All 400 Individual Medley and 500 Freestyle Events shall be seeded and swum combined.
- At the Meet Referee's discretion, there may be a 10-minute breaks during the Friday Distance Session.