

## POLAR BEAR PLUNGE JANUARY 14 & 15

SPONSOR/HOST	WEST ALLEGHENY AQUA CLUB		
SANCTION #	AM-011412-01		
MEET DIRECTOR	RICK SCHLOR	E-MAIL: rockschlор@yahoo.com	PHONE #: 724-695-8484
LOCATION	West Allegheny High School, 205 West Allegheny Road, Imperial, PA 15126		
FACILITY DESCRIPTION	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.		
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	DECEMBER 14, 2011 (note early entry open date due to holidays)		
ENTRY DEADLINE	DECEMBER 30, 2011		
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>• FINAL 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	DAWN MUSIOL	PHONE #: 724-695-0548 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	waac-entries@amswim.org		
MAIL CHECKS/REPORTS	WAAC, P.O. BOX 738, IMPERIAL, PA 15126		
CHECKS PAYABLE TO	WAAC		
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	KATHE NIZNIK	E-MAIL: kathen@comcast.net	PHONE #: 412-608-4583
OFFICIALS CONTACT	KAREN MANGIS	E-MAIL: kmmangis@comcast.net	PHONE #: 412-491-4744
AWARDS	Individual Awards: 1 <sup>st</sup> -6 <sup>th</sup> place will receive ribbons. Relay Awards: 1 <sup>st</sup> -3 <sup>rd</sup> will receive ribbons.		
SCORING	This is not a scored event.		
MISCELLANEOUS	Concessions will be available starting at 7:15 am and continue through the meet. Swimming apparel and supplies will be available for purchase at this meet		

SESSION	WARM-UP TIMES	MEET STARTS
Sat & Sun AM - Mini/Dist	7:30-8:00 AM; 8:00-8:30 AM	8:35 AM
Sat & Sun PM - BB	12:30-1:00 PM; 1:00-1:30 PM	1:35 PM
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	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. <b>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 <a href="#">the AMS Board</a> or stated in the meet announcement, photographers are not permitted on deck at any time
DIRECTIONS	From Pittsburgh: Take the Parkway West (West 376) to the Weirton exit (Route 22/30 West). Follow this to the Imperial exit. Turn right at the exit ramp and you will come to a 6 way intersection. Bear right onto West Allegheny Road (Rite Aid on left; First Niagara Bank on right). Follow West Allegheny Road approximately 1/4 mile to the West Allegheny High School Entrance on the left. Follow entrance road past the middle school and park in either the upper or lower parking lot. Entrance to the school is through either the cafeteria entrance or the gymnasium entrance. Follow the signs to the Natatorium.724

**MINI/DISTANCE/BB  
WAAC  
JANUARY 14 – 15, 2012**

**DISTANCE SESSION**

Girls	Faster Than LCM	Faster Than SCY	SATURDAY MORNING	Faster Than SCY	Faster Than LCM	Boys
1	11:41.99	13:08.29	Girls 11 & Over 1000 Freestyle			
			Boys 11 & Over 1650 Freestyle	20:51.99	21:35.29	2
3	6:55.89	6:04.19	Girls 12 & Under 400 Individual Medley			
			Boys 12 & Under 500 Freestyle	6:35.09	5:54.39	4
5	22:23.09	21:53.19	Girls 11 & Over 1650 Freestyle			
			Boys 11 & Over 1000 Freestyle	12:34.39	11:21.79	6
7	6:00.09	6:40.09	Girls 12 & Under 500 Freestyle			
			Boys 12 & Under 400 Individual Medley	5:56.29	6:51.79	8

**DISTANCE NOTES:**

- 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.
- NT's shall not be accepted.
- 1000 and 1650 Senior Freestyle are 13 – 14 BB times
- 400 IM and 500 Free are 11 – 12 BB Times
- All events require positive check in and shall be swum fastest to slowest alternating girls/boys
- Distance Session is not eligible for bonus events.

**MINI SESSION**

Girls	Faster Than LCM	Faster Than SCY	SUNDAY MORNING	Faster Than SCY	Faster Than LCM	Boys
45			8 & Under 200 Free Relay			46
47			8 & Under 100 Individual Medley			48
49			8 & Under 50 Free			50
51			6 & Under 25 Fly			52
53			7 Year Old 25 Fly			54
55			8 Year Old 25 Fly			56
57	2:12.59	1:57.49	8 & Under 100 Fly	1:55.19	2:09.79	58
59			8 & Under 50 Breast			60
61			6 & Under 25 Back			62
63			7 Year Old 25 Back			64
65			8 Year Old 25 Back			66
67	2:02.39	1:45.69	8 & Under 100 Back	1:42.89	1:58.09	68
69			8 & Under 50 Back			70
71			6 & Under 25 Breast			72
73			7 Year Old 25 Breast			74
75			8 Year Old 25 Breast			76
77	2:17.49	1:59.99	8 & Under 100 Breast	1:55.69	2:13.59	78
79			8 & Under 50 Fly			80
81			6 & Under 25 Free			82
83			7 Year Old 25 Free			84
85			8 Year Old 25 Free			86
87			8 & Under 100 Free			88
89	4:12.99	3:42.69	8 & Under 200 Individual Medley	3:40.89	4:10.69	90
91			8 & Under 200 Medley Relay			92
93	3:48.59	3:20.19	8 & Under 200 Free	3:09.89	3:35.49	94

**MINI NOTES:**

- NT's shall not be accepted. Entry times are needed for seeding and timeline purposes
- Swimmers may enter 4 individual events per day.
- 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.

## 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
9	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	10
11	39.39	36.29	35.09	32.39	11-12 50 Butterfly	35.19	32.09	39.59	36.19	12
13	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	14
15	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	16
17	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	18
19	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	20
21	45.59	42.09	40.89	37.79	11-12 50 Breaststroke	40.79	37.29	47.09	43.09	22
23	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	24
25	48.59	42.09	42.99	37.29	10 & Under 50 Butterfly	41.99	36.69	46.89	40.99	26
27			1:20.09	1:13.99	11-12 100 Individual Medley	1:17.59	1:11.49			28
29	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	30
31	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	32
33	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	34
35	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	36
37	54.89	48.29	47.79	41.99	10 & Under 50 Breaststroke	47.89	42.19	55.09	48.49	38
39	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	40
41			1:33.79	1:22:59	10 & Under 100 Individual Medley	1:31.19	1:21.09			42
43	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	44

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
95	36.39	33.69	31.89	29.49	11-12 50 Freestyle	30.99	28.59	35.29	32.59	96
97	35.19	31.79	30.99	27.99	13 & Older 50 Freestyle	28.49	25.59	32.79	28.79	98
99	40.79	36.39	35.99	32.19	10 & Under 50 Freestyle	35.19	31.59	40.19	36.09	100
101	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	102
103	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	104
105	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	106
107	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	108
109	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	110
111	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	112
113	42.29	38.99	36.79	33.89	11-12 50 Backstroke	36.49	33.49	42.19	38.69	114
115	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	116
117	49.89	43.69	43.49	38.09	10 & Under 50 Backstroke	43.69	38.29	50.09	43.89	118
119	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	120
121	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	122
123	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	124
125	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	126
127	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	128
129	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	130
131	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	132

## BB COMMENTS

1. NT's shall not be accepted.
2. All times must be proven through the National Swims Data Base. If a qualifying 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.
3. All qualifying times are taken from the national time standards as established by USA Swimming.
4. 13 and over events: Faster than or equal to 13 -14 National BB time standards; no faster than 15 - 16 National A time standards.
5. 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.
6. No Qualifying Times for bonus events.
7. 400 IM and 500 Free are not eligible for bonus events.
8. Entry limit is 4 individual events per day (not to exceed 5 including distance session).
9. Events 400 yards/meters or longer require positive check in and shall be swum fastest to slowest alternating girls/boys
10. There may be a 10 minute warm-up prior to the 400 Individual Medley and 500 Freestyle