

SALVATION ARMY KROC AQUATICS  
 PRESIDENT'S DAY THROWDOWN  
 A/BB/C MEET  
 February 13 - 15, 2015

MEET HOST	SALVATION ARMY KROC AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction # MA 15121 A</b> <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
MEET DIRECTOR	MATT SCANLAN	E-MAIL: SAKASwimMeet@Hotmail.com	PHONE: 215-558-1535
LOCATION	Pool name THE SALVATION ARMY RAY & JOAN KROC CORPS COMMUNITY CENTER OF PHILADELPHIA <b>Street address</b> 4200 WISSAHICKON AVE. <b>City, state and zip</b> PHILADELPHIA, PA 19129 <b>Day of meet ONLY</b> <b>emergency phone</b> 215-717-1200		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 10 lanes for competition, a Colorado System 5 timing system with a Full Matrix Display line scoreboard and Non-Turbulent lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 250 and spectator seating for 300. Parking Lot & Street Hospitality Included Snack bar Available		
POOL CERTIFICATION	The competition course <input checked="" type="checkbox"/> has <input type="checkbox"/> 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 6 feet and at the turn end is 6 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	SEPTEMBER 1, 2014		
ENTRY DEADLINE	01/30/2015 at 11:59 PM		
ENTRY FEES	Individual Events: <b>\$5.00</b>		Relay Events: <b>\$10.00</b>
ENTRY LIMITS	4 Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 12
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <b>as of the first day of the meet</b> determines eligibility. This meet is open to All USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> <li>The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</li> <li>Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded YLS. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted.</li> <li>Entries must be submitted electronically in a format compatible with HyTek meet management software.</li> <li>All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. 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>Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's <a href="#">TM Lite</a> for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found <a href="#">here</a>.</li> <li><b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by 2/6/15 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
MEET ENTRY CHAIR	MATT SCANLAN	PHONE #: 215-558-1535 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	SAKASWIMMEET@HOTMAIL.COM		
MAIL CHECKS/ REPORTS	THE SALVATION ARMY RAY & JOAN KROC CENTER OF PHILADELPHIA SAKA PDT MEET PAYMENT C/O MATT SCANLAN - AQUATICS 4200 WISSAHICKON AVENUE PHILADELPHIA, PA 19129		
CHECKS PAYABLE TO	THE SALVATION ARMY KROC CENTER		
SAFETY DIRECTOR	ADAM KING	E-MAIL: SAKASwimMeet@Hotmail.com	PHONE: 215-558-1535
OFFICIALS CONTACT	VERNA WEEKS	E-MAIL: SAKASwimMeet@Hotmail.com	PHONE: 215-558-1535

**SAKA President's Day Throwdown  
Order of Events**

<b>Session 1- Friday Evening</b>			
<b>Warmup: 4:30 PM Start: 5:30 PM</b>			
<b>GIRLS</b>	<b>EVENT</b>	<b>AGE</b>	<b>BOYS</b>
1	500 Free	OPEN	2
3	500 Free	13 – 14	4
5	500 Free	11 – 12	6
7	500 Free	9 – 10	8
9	400 IM	OPEN	10
11	400 IM	13 – 14	12
13	400 IM	11 – 12	14

<b>Session 2 – Saturday Morning</b>			
<b>Warmup: 7:30 AM Start: 8:30 AM</b>			
<b>GIRLS</b>	<b>EVENT</b>	<b>AGE</b>	<b>BOYS</b>
15	200 IM	OPEN	16
17	200 IM	13 – 14	18
19	100 Free	OPEN	20
21	100 Free	13 – 14	22
23	200 Breast	OPEN	24
25	200 Breast	13 – 14	26
27	100 Fly	OPEN	28
29	100 Fly	13 – 14	30
31	200 Back	OPEN	32
33	200 Back	13 – 14	34
35	200 Free Relay	OPEN	36
37	200 Free Relay	13 – 14	38

<b>Session 4- Sunday Morning</b>			
<b>Warmup: 7:30 AM Start: 8:30 AM</b>			
<b>GIRLS</b>	<b>EVENT</b>	<b>AGE</b>	<b>BOYS</b>
67	200 Free	OPEN	68
69	200 Free	13 – 14	70
71	100 Breast	OPEN	72
73	100 Breast	13 – 14	74
75	200 Fly	OPEN	76
77	200 Fly	13 – 14	78
79	100 Back	OPEN	80
81	100 Back	13 – 14	82
83	50 Free	OPEN	84
85	50 Free	13 – 14	86
87	200 Medley Relay	OPEN	88
89	200 Medley Relay	13 – 14	90

<b>Session 3 – Saturday Afternoon</b>			
<b>Warmup: 1:00 PM Start: 2:00 PM</b>			
<b>GIRLS</b>	<b>EVENT</b>	<b>AGE</b>	<b>BOYS</b>
39	100 Free	11 – 12	40
41	100 Free	9 – 10	42
43	200 Breast	9 – 12	44
45	50 Breast	9 – 10	46
47	50 Breast	11 – 12	48
49	100 Back	9 – 10	50
51	100 Back	11 – 12	52
53	200 Fly	9 – 12	54
55	50 Fly	9 – 10	56
57	50 Fly	11 – 12	58
59	100 IM	9 – 10	60
61	100 IM	11 – 12	62
63	200 Free Relay	9 – 10	64
65	200 Free Relay	11 – 12	66

<b>Session 5 – Sunday Afternoon</b>			
<b>Warmup: 1:00 PM Start: 2:00 PM</b>			
<b>GIRLS</b>	<b>EVENT</b>	<b>AGE</b>	<b>BOYS</b>
91	50 Free	11 – 12	92
93	50 Free	9 – 10	94
95	100 Breast	11 – 12	96
97	100 Breast	9 – 10	98
99	200 Back	9 – 12	100
101	50 Back	9 – 10	102
103	50 Back	11 – 12	104
105	200 Free	9 – 12	106
107	100 Fly	9 – 10	108
109	100 Fly	11 – 12	110
111	200 IM	9 – 10	112
113	200 IM	11 – 12	114
115	200 Medley Relay	9 – 10	116
117	200 Medley Relay	11 – 12	118

<b>DECK ENTRIES</b>	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet 30 minutes before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
<b>SEEDING</b>	This meet will be pre-seeded with the exception of the event(s) noted below. <b>POSITIVE CHECK IN REQUIRED FOR 500 FREE &amp; 400 IM.</b>
<b>AWARDS</b>	Individual Events: Trophies: 1st and Ribbons: 2nd - 8th Relays Events: Ribbons 1st - 3rd.
<b>SCORING</b>	The top 16 places in each event will score. Individual Events = 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events = 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
<b>PROGRAMS AND ADMISSION</b>	Programs/heat sheets will be sold by <input type="checkbox"/> session <input checked="" type="checkbox"/> entire meet. Meet mobile <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be available. Admission is \$5.00 per day, Programs will be \$10.00. Children under 6 years old admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	<p>Scratch Policy Any swimmer who does not swim in a pre-seeded preliminary or a pre-seeded timed-final event will not be penalized. Any swimmer who positively checks in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same day or next day.</p> <p>Additional Information:</p> <ul style="list-style-type: none"> <li>- Chairs will be allowed on deck.</li> <li>- The Salvation Army Ray &amp; Joan Kroc Corps Community Center has an indoor water park with 2 lap swimming lanes. Swimmers will be allowed to warm up/warmdown in the lap lanes between events. No Swimmer will be allowed beyond the lap lanes into the Water Park Area. Entering the Water Park Area will subject the swimmer to immediate removal from the remainder of the meet.</li> <li>- The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms.</li> <li>- Changing into or out of swimsuits, other than in locker rooms or other designated areas, is not appropriate and is prohibited.</li> <li>- A Spectator Overflow Room will be set up in the Wells Fargo Conference Area, once the spectator seating has reached capacity, all spectators MUST watch the meet from the Spectator Overflow Room until space is available in the Competition Pool Seating Area.</li> </ul>

<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
1	4:30 PM (Meet Admission will open at 4:00 PM)	5:30 PM
2, 4	7:30 AM (Facility will open at 7:00 AM)	8:30 AM
3, 5	1:00 PM	2:00 PM
<b>WARM-UP INFORMATION</b>	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>	

<b>DECK PRIVILEGES</b>	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <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 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.</p>
<b>RACING START CERTIFICATION</b>	<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. <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></p>
<b>QUALIFYING TIMES</b>	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
<b>MEET/DECK REFEREE</b>	<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 <b>any</b> issues that arise that day during the course of the meet.</p>
<b>MEET MARSHALS</b>	<p>Meet Marshals have full authority through the Meet Referee &amp; Safety Director 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>
<b>RULES:</b>	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be STRICTLY enforced.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p><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</p>
<b>DISABLED SWIMMERS</b>	<p>Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.</p>
<b>PROTESTS</b>	<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>
<b>PHOTOGRAPHY</b>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b></p> <p>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 or videos (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 MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</p>
<b>DECK CHANGING</b>	<p>Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p>

<p><b>DIRECTIONS</b></p>	<p>From US-1/Roosevelt Expressway from the North</p> <ul style="list-style-type: none"> <li>- Follow US-1/Roosevelt Expressway south.</li> <li>- Exit at Fox Street</li> <li>- Turn Left onto Fox Street and travel .2 miles.</li> <li>- Turn Left onto Roberts Ave. and travel .4 miles.</li> <li>- Turn Right onto Wissahickon Ave. and travel .2 miles.</li> <li>- 4200 Wissahickon Ave. is on the right.</li> </ul> <p>From US-1/Roosevelt Expressway from the South</p> <ul style="list-style-type: none"> <li>- Take US-1/Roosevelt Expressway North.</li> <li>- Exit at Wissahickon Ave. South/Hunting Park Ave.</li> <li>- Travel to stop sign.</li> <li>- Turn Right onto Wissahickon Ave. and travel .4 miles.</li> <li>- 4200 Wissahickon Ave. is on the right.</li> </ul> <p>From Interstate 76/Schulykill Expressway (East or West of Philadelphia)</p> <ul style="list-style-type: none"> <li>- Take Interstate 76/Schulykill Expressway to US-1 North/Roosevelt Expressway, Exit 340B.</li> <li>- Take US-1/Roosevelt Expressway North.</li> <li>- Exit at Wissahickon Ave. South/Hunting Park Ave.</li> <li>- Travel to stop sign.</li> <li>- Turn Right onto Wissahickon Ave. and travel .4 miles.</li> <li>- 4200 Wissahickon Ave. is on the right.</li> </ul> <p>From Center City Philadelphia</p> <ul style="list-style-type: none"> <li>- Take JFK Boulevard toward North 16th St. and turn right onto North 16th St.</li> <li>- Take North 16th St. to Ben Franklin Parkway and turn left onto the Parkway.</li> <li>- At the 1st Traffic Circle, take the 2nd exit and stay on the Ben Franklin Parkway.</li> <li>- At the 2nd Traffic Circle, take the 1st exit onto Kelly Drive.</li> <li>- Take Kelly Drive to W. Hunting Park Ave. and turn right onto W. Hunting Park Ave.</li> <li>- Take West Hunting Park Ave. until Wissahickon Ave.</li> <li>- Turn left onto Wissahickon Ave. 4200 Wissahickon Ave. is on the left.</li> </ul> <p>Please call 215-717-1200 if you need assistance with directions to the center.</p> <p><b>PARKING</b>  All guests are asked to park in the Spectator Parking Lot across the street from the facility, follow signs for "SPECIAL EVENT PARKING."  Street Parking is also allowed on all streets surrounding the facility.</p>
<p><b>ACCOMODATIONS</b></p>	<p>Crowne Plaza: Philadelphia West  4010 City Line Ave.  Philadelphia, PA 19131  215-477-0200</p> <p>Best Western: Center City Hotel  501 N. 22nd St.  Philadelphia, PA 19130  1-800-780-7234</p> <p>Hilton Garden Inn  1100 Arch St.  Philadelphia, PA 19107  215-923-0100</p> <p>Philadelphia Marriot Downtown  1201 Market St.  Philadelphia, PA 19107  215-625-2900</p>

Courtyard Philadelphia Downtown  
21 N. Juniper St.  
Philadelphia, PA 19107  
215-496-3200

Residence Inn Philadelphia Center City  
1 East Penn Square  
Philadelphia, PA 19107  
215-557-0005

The Ritz Carlton, Philadelphia  
10 Avenue of the Arts  
Philadelphia, PA 19102  
215-523-8000