

# Friends' Central Aquatics 4x5 "Distance Challenge"

January 22-23, 2005

Sanctioned by Middle Atlantic Swimming  
Sanction#: MA 0562 L

**MEET DIRECTOR:** Pete Crippen: 610-585-2526  
Email: ch127533@aol.com  
**MEET REFEREE:** Meet Referee: Phone#  
Email:  
**SAFETY DIRECTOR:** Safety Director: Jeff Hyde  
Phone# 215-542-9095  
Email:

**QUESTIONS:** Questions should be referred to Iain Anderson at 610-658-5632 ext. 2 or at fcaquatics@friendscentral.org

**MEET LOCATION:** Friends' Central School, 1101 City Avenue, Wynnewood, PA 19096-3490  
**Emergency Phone Number** (day of meet only) 610-658-5609

**FACILITY:** The pool is located in the Shimada Athletic Center at Friends' Central School. The [pool](#) is a 6-lane, 25-yard pool with a Colorado Timing System scoreboard, and touch pads at both ends of the pool. The depth of the pool at the starting end is 12'. There is balcony seating for 125 spectators. Free parking is available in the school lot.

**ELIGIBILITY:** This meet is open to 11 & Up swimmers registered in 2005 with USA Swimming. Age groups are determined by the swimmer's age on January 22, 2005. This meet will be run according to current USA Swimming rules and regulations.

**MEET FORMAT:** Positive check-in required.  
FCA reserves the right to combine sessions if the numbers of entries warrant it.

**START TIMES:**  
**Session 1: Saturday** Warm-up: 1:00pm / Start: 2:00pm  
**Session 2: Sunday** Warm-up: 9:00am / Start: 10:00am

**WARM-UP:** USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- The 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 made available to coaches at the meet.
- Sprint/Start lanes will be available at the end of each warm-up session.
- No diving or backstroke starts will be permitted except in sprint lanes, when designated.
- The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.
- **Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment.**

**Note:** Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.

**ENTRIES:**

- **Middle Atlantic** team entries received by **6:00 pm, Friday, January 14, 2005** will be entered in the order in which they are received.
- **All Non-Middle Atlantic** team entries will be entered after in the order in which they were received.
- **ALL ENTRIES must be received by January 14, 2005.**
- Entries must be submitted in the course in which they were achieved.
- Converted time should NOT be used.
- All times submitted must be the swimmer's best time.
- Swimmers without a valid USS time in an event must be submitted as a "NT" in that event.
- Entries should be submitted using **HY-TEK** software format.
- A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the diskette.
- If a HY-TEK file is not possible, the **Official Entry Form** must be used.
- If entering five (5) or more swimmers on this form, a processing fee of **\$2.00** per swimmer must be included.
- **A completed Meet Summary Sheet MUST accompany each teams entry.**

**Notice:** As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of 3 months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.

**ENTRY LIMITS:**

- All swimmers may compete in one or both of the events offered.
- The Meet Director reserves the right to limit entries in any event in order to stay within a reasonable time limit, **OR** combine sessions.
- If limits become necessary, teams will be notified through their club contact.
- If limits are imposed, all eliminated swimmers/teams will receive a full refund.

**ENTRIES DUE:**

- **All entries must be received by: 6:00 pm, Friday – January 14, 2005.**
- **NO LATE, FAXED, or PHONED** entries will be accepted!
- Entries will not be processed without full payment.

Please send one check per club, made payable to "**Friends' Central School**"

Mail entries to: **Friends' Central Aquatics**  
**c/o Friends' Central School**  
**1101 City Avenue**  
**Wynnewood, PA 19096-3490**

**NOTE:** Please do not send entries **REQUIRING** a signature. These entries risk being late! For notification, please enclose a self-addressed, stamped postcard/envelope that can be returned, or **email the Meet Director.**

**MEET UPDATES:**

If you are attending this meet, please send an email message to the address below and you will be put on the Meet email list. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.

(Please note: your update email does not ensure meet acceptance. Your email only ensures that you get any new information in a timely manner.) [fcaquatics@friendscentral.org](mailto:fcaquatics@friendscentral.org)

**ENTRY FEES:**

**\$3.00 per Individual Event**

**\$6.00 per Deck Entry**

Please send **ONE** check per club, made payable to "**Friends' Central School.**"

- DECK ENTRIES:** Deck Entries may be accepted during the meet at the Meet Director's discretion. If accepted Deck Entries:
- May only be submitted during the first **30 minutes** of each warm-up session.
  - Will be for available lanes **ONLY**. Extra heats will not be added.
  - Will not be accepted after the start of a session.
  - **Swimmers will not be eligible for awards in deck-entered events.**
- CHECK IN:**
- A Positive Check-in is required for **ALL EVENTS**, which will be seeded slowest to fastest and swum in alternating heats of Women and then Men.
- Swimmers **do not** have to supply their own timer but **are** responsible for providing their own lap counter.
- Check-In closes at:**  
 Saturday: 1:30 pm  
 Sunday: 9:30 am
- Scratch Policy:**  
 Any swimmer who is positively checked in for an event, and then does not swim that event, will be scratched from their next individual event.
- SAFETY:** Current USA Swimming Safety Rules will be in effect and will be strictly enforced.
- DECK CHAIRS:** Due to space limitations and facilities requirements, swimmers will not be permitted to bring "chairs" on deck. This rule does NOT apply to coaches.
- AWARDS:** Awards will be presented to the following finishers. Please pick up ribbons at the conclusion of the meet. **Individual Events:** 1st thru 6<sup>th</sup>
- DECK ACCESS:** By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.
- START PROCEDURES:**
- This Meet will be conducted using the **No Recall** false start rule.
  - This Meet will also use the whistle command start.
- OFFICIALS:** All USA Certified Officials and Trainees are invited to work the meet. Please contact the FCA office at 610-658-5632 ext 2 or Meet Director Pete Crippen at 610-585-2526.
- ADMISSION:**
- Admission** - \$ 2.00 per Session. Children under 12 years of age will be admitted free.  
**Programs** - \$ 3.00 per Program. Program includes the entire meet.
- FINAL RESULTS:**
- Final Results will be available on the Friends' Central Aquatics website: [www.friendscentral.org/fca](http://www.friendscentral.org/fca) in a (PDF) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will also be posted on the Middle Atlantic Swimming website: <http://www.maswim.org/>
  - At the conclusion of the meet, upon request, entry disks will be returned with a result file added.
  - Results will not be mailed.

**SPECTATORS:** Balcony seating is available for up to 125 spectators. We also have a concession area in the lobby. There will also be a swimming equipment vendor on-site during the meet.

**VOLUNTEERS:** **Volunteer Timers** will be needed for this meet. Volunteers will receive a refund on their admission and access to the hospitality area.

**HOSPITALITY:** There will be food and drinks available for officials and coaches. There will also be a concession area for the general public.

**HOTELS:**

**Adam's Mark**

4000 Monument Road, Philadelphia, Pennsylvania, USA, 19131

215-581-5000 Toll-free: 800-444-2326

<http://www.adamsmark.com/philly/index.asp>

**Holiday Inn City Line**

4100 Presidential Blvd., Philadelphia, Pennsylvania, USA, 19131

215-477-0200 Toll-free: 800-465-4329

**North American Motor Inn**

4444 City Line Ave, Philadelphia, Pennsylvania, USA, 19131

215-878-3100

**Marriott Philadelphia West**

111 Crawford Avenue, West Conshohocken, Pennsylvania, USA, 19428 (off of Rt.76)

610-941-5600 Toll-free: 800-237-3639

**Hotel Windsor**

1700 Ben Franklin Pkwy, Philadelphia, Pennsylvania, USA, 19103

215-981-5678

<http://www.windsorhotel.com>

**DIRECTIONS:** [Click here for a MapQuest.com map of our location.](#)

**From 95:**

Take 95 to 76 West to Exit 339 (old 33) (City Line Avenue/Route 1).

Go south on City Line Avenue 2 miles.

Cross over Lancaster Avenue (Route 30)

1/2 mile on your right is entrance to campus.

**From NJ Turnpike:**

NJ Turnpike to Exit 6. Pennsylvania Turnpike. Follow directions for PA Turnpike.

**From PA Turnpike:**

Get on PA Turnpike to Exit 326 (old 24) (Valley Forge)

After toll; proceed on 76 East (approximately 8 miles)

to Exit 339 (old 33) (City Line Avenue/Route 1).

Go south on City Line Avenue 2 miles.

Cross over Lancaster Avenue (Rt. 30).

1/2 mile on your right is entrance to campus.

**SATURDAY – JANUARY 22, 2005**

**SESSION #1**

**(Warm-up: 1:00 p.m. – Start: 2:00 p.m.)**

<b>Girls</b>		<b>Event Description</b>	<b>Boys</b>	
<b>1</b>	11 - 12	400 IM	11 - 12	<b>2</b>
<b>3</b>	13 & Up	400 IM	13 & Up	<b>4</b>

**SUNDAY – JANUARY 23, 2005**

**SESSION #1**

**(Warm-up: 9:00 a.m. – Start: 10:00 a.m.)**

<b>Girls</b>		<b>Event Description</b>	<b>Boys</b>	
<b>5</b>	11 - 12	500 Free	11 - 12	<b>6</b>
<b>7</b>	13 & Up	500 Free	13 & Up	<b>8</b>

**PLEASE NOTE: THERE WILL BE A FIFTEEN MINUTE WARM UP BETWEEN 11 & 12 AND 13& OVER EVENTS ON SATURDAY AND SUNDAY.**

# Friends' Central Aquatics 4x5 "Distance Challenge" Meet

## MEET ENTRY FORM

January 22 and 23, 2005

Team: \_\_\_\_\_ Team Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Email: \_\_\_\_\_

**PLEASE USE A SEPARATE SHEET FOR EACH AGE GROUP & SEX.**

Name (Last, First, MI)	Age	Sex	USS#	Event#	Time	Event#	Time

Contact Name: \_\_\_\_\_

Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

email: \_\_\_\_\_

Mail entries to:

**Friends' Central Aquatics  
c/o Friends' Central School  
1101 City Avenue  
Wynnewood, PA 19096-3490**

**DEADLINE: Friday, January 14, 2005**

# FRIENDS' CENTRAL AQUATICS 4x5 "DISTANCE CHALLENGE" SUMMARY SHEET

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_ LSC Code: \_\_\_\_\_

Entry Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

## SUMMARY:

**Number of:**            **Swimmers**        **Individual Entries**

**Girls' totals:**            \_\_\_\_\_        \_\_\_\_\_

**Boys' totals:**            \_\_\_\_\_        \_\_\_\_\_

**TOTALS:**                \_\_\_\_\_        \_\_\_\_\_

## FEE SUMMARY:

**Total # of Swimmers**        \_\_\_\_\_

**Total Individual Events:** \_\_\_\_\_ X \$3.00 = \_\_\_\_\_

**Non-Disk Surcharge**        \_\_\_\_\_ X \$2.00 = \_\_\_\_\_ (For entries not submitted on disk)  
(For 5 or more swimmers)        (per swimmer)

**TOTAL:** \_\_\_\_\_

Make checks payable to **Friends' Central School**

Team Representative: \_\_\_\_\_ Date: \_\_\_\_\_

Mail entries to:  
**Friends' Central Aquatics**  
**c/o Friends' Central School**  
**1101 City Avenue**  
**Wynnewood, PA 19096-3490**

**DEADLINE: Friday, January 14, 2004**