

# GOLDEN RAM AQUATICS

## “FEBRUARY FREEZE”

### A/BB/C MEET

**FEBRUARY 5<sup>TH</sup>, 2010 – FEBRUARY 7<sup>TH</sup>, 2010**

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 1020 A

<b>LOCATION</b>	West Chester University, South Campus Pool South New Street West Chester, PA 19380  Day of meet ONLY emergency phone 610-436-2127 (pool office) or 610-662-3436 (Meet Director)
<b>FACILITIES</b>	Golden Ram Aquatics has a 6 lane, 25 yd. pool, 8 ft. deep at both ends with Competitor Anti-Wave lane lines. Colorado timing equipment with a 6 lane scoreboard is utilized. There is a separate 6 lane warm-up pool. Seating capacity is 750. Ample, on-site parking is free. Refreshments and snack bar will be available during the meet. There will also be a hospitality room available for coaches, officials and volunteers working the meet.
<b>MEET DIRECTOR</b>	Dana Halkowski 610-662-3436
<b>SAFETY DIRECTOR</b>	Debbie McMahon 610-429-0488
<b>OFFICIALS</b>	GRA Meet Referee is Brian Emerich. We welcome any certified officials interested in working this meet. Please call the Meet Director with name, address and telephone number and availability. Walk-ons appreciated.
<b>ELIGIBILITY</b>	This meet is open to all swimmers who are currently registered with USA Swimming. The swimmer's age as of the first day of the meet governs age group participation for the entire meet. Swimmers must be 9 years of age or older to participate in this meet. <b>Swimmers may enter a maximum of 4 events each day.</b>
<b>ENTRY LIMITATIONS</b>	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.
<b>ENTRY DEADLINE</b>	<b>No entries will accepted before 6 pm on Sunday, November 15<sup>th</sup>, 2009 in order to avoid confusion with November meet entries. All entries must be received no later than 6PM on Thursday, January 21<sup>st</sup>, 2010.</b> <b>No early or late entries will be accepted.</b>
<b>ENTRY FEES</b>	\$4.00 per Individual Event



<p><b>ORDER OF EVENTS</b></p> <p><b>WARM-UP &amp; START TIMES</b></p>	<p>An Order of events page is included with this invitation which should be referred to for the Event #, swimmer's age and Event Name.</p> <p><b>Friday, February 5<sup>th</sup> Session 1 (400 IM, 500 Free)*</b></p> <p><i>*Refer to Seeding Section</i></p> <p>Warm-up 5:30 PM Start 6:30 PM</p> <p><b>Saturday, February 6<sup>th</sup> Session 2 (9&amp;10, 11&amp;12)</b></p> <p>Warm-up 7:15 AM Start 8:30 AM</p> <p><b>Saturday, February 6<sup>th</sup> Session 3 (13&amp;14, 15&amp;O)</b></p> <p>Warm-up 1:15 PM Start 2:30 PM</p> <p><b>Sunday, February 7<sup>th</sup> Session 4 (9&amp;10, 11&amp;12)</b></p> <p>Warm-up 7:15 AM Start 8:30 AM</p> <p><b>Sunday, February 7<sup>th</sup> Session 5 (13&amp;14, 15&amp;O)</b></p> <p>Warm-up 1:15 PM Start 2:30 PM</p> <p>The warm-up period will be divided into 2 sessions. The warm-up schedule will be included in the coach's packets and posted in the pool entryway. All entries during warm-up must be from the starting end, feet first, in a cautious manner. NO DIVING off blocks or edge of pool during this time. During the last 10 minutes of each warm-up session, the deep pool will be open for sprints. Racing starts only, swim one length of the pool and exit at opposite end. All starts during warm-up begin at starting block end. The warm-up pool will be open during the meet. Absolutely NO DIVING in warm-up pool at any time. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will cause the swimmer to be disqualified for the remainder of the meet.</p>
<p><b>SEEDING</b></p>	<p>All events except the 400IM and the 500 Free are pre-seeded and will swim slowest to fastest. <b>A psych sheet will be included in the program for swimmers in the 400 IM and 500 Free. These swimmers are required to check-in at the scoring table by 5:30 PM. These events will be seeded following the positive check-in period and lane assignments will be posted by 6:00 PM. All swimmers in these events must provide their own timers; swimmers in the 500 free are also required to provide their own lap counters.</b></p> <p>"Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has positively checked in for that event, must swim the event unless the swimmer notifies the Referee or Clerk of Course prior to the seeding of the event that the swimmer wishes to scratch. Failure to scratch prior to seeding after positively checking-in and not swimming the event will result in the swimmer being barred from the next individual event in which they are entered whether on the same or later meet day. Deck-seeded events normally close for seeding no earlier than thirty (30) minutes before the scheduled start of the event."</p>
<p><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups. Meet packets for "non-coached" swimmers will be available at the programs table. Warm-up times for "non-coached" swimmers will be posted along with team warm-up times. There will be a bench designated for "non-coached" swimmers alongside the pool.</p>

<b>AWARDS</b>	<p>A Entries: 1<sup>st</sup> through 3<sup>rd</sup> Medals, 4<sup>th</sup> through 8<sup>th</sup> Ribbons</p> <p>BB Entries: 1<sup>st</sup> through 3<sup>rd</sup> Rosettes, 4<sup>th</sup> through 8<sup>th</sup> Ribbons</p> <p>C Entries: 1<sup>st</sup> through 3<sup>rd</sup> Rosettes, 4<sup>th</sup> through 8<sup>th</sup> Ribbons</p> <p>Swimmers entered with a No Time are placed in “C” category. Award levels will be determined by the entry times. All awards must be picked up at the meet. No awards will be mailed.</p>
<b>PROGRAMS &amp; ADMISSION</b>	<p>No admission charge.</p> <p>Program cost is \$10.00 (All sessions included)</p>
<b>RESULTS</b>	<p>Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a>.</p> <p>Results will not be mailed to clubs, but will be transmitted by e-mail to any club that provides their entries via e-mail.</p>
<b>DIRECTIONS TO POOL</b>	<p>From North: PA turnpike to Exit 312/Downingtown, Rte. 100 S. to Rte. 202 S. Continue on 202 S. past High St. exit – Turn right onto Pleasant Grove Rd., which is the 1<sup>st</sup> right after Stetson Middle School (large Presbyterian Church on corner beyond turn) – Turn right at stop sign onto New St. – Follow 1.5 mile past University Farrell Stadium – Turn right into athletic building parking lot – Proceed to back of lot to glass enclosed Natatorium entrance at left rear corner of building.</p> <p>From South: Rte. 202 N. – Turn left onto Rte. 926 – Take 1<sup>st</sup> right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>
<b>ACCOMODATIONS</b>	<p>Holiday Inn West Chester: 943 S. High St., West Chester, 19382 Phone: 610-692-1900</p> <p>Microtel Inn &amp; Suites: 500 Willow Brook Lane, West Chester, 19382 (off Route 202 at the Matlack St. exit -Spaz Beverage, Kelly’s Sports &amp; Federal Express on corners). Phone: 610-738-9111</p> <p>Comfort Inn Brandywine Valley: 1310 Wilmington Pike/Route 202, West Chester, PA, 19382 just past Dilworthtown Rd. Phone: 610-399-4600</p>

# GOLDEN RAM AQUATICS

## A/BB/C MEET

### ORDER OF EVENTS

#### FEBRUARY 5<sup>TH</sup>, 6<sup>TH</sup>, AND 7<sup>TH</sup>, 2010

**Friday, February 5, 2010**

**Session 1**

**Warm-up: 5:30 PM Start: 6:30 PM**

All Session 1 Events are Deck Seeded-  
See "Seeding" for Check-in Times

Girls Event #	Age	Event	Boys Event #
1	Senior	400 Y IM	2
3	9-12	500 Y Free	4
5	13 & Over	500 Y Free	6

**Saturday, February 6, 2010**

**Session 2**

**Warm-up: 7:15 AM Start: 8:30 AM**

Girls Event #	Age	Event	Boys Event #
7	11&12	200 Free	8
9	9&10	200 Free	10
11	11&12	50 Breast	12
13	9&10	100 Breast	14
15	11&12	50 Fly	16
17	9&10	100 Fly	18
19	11&12	50 Free	20
21	9&10	50 Free	22
23	11&12	100 Back	24
25	9&10	100 Back	26
27	11&12	200 IM	28

**Session 3**

**Warm-up: 1:15 PM Start: 2:30 PM**

Girls Event #	Age	Event	Boys Event #
29	13&14	200 Free	30
31	15&O	200 Free	32
33	13&14	200 Breast	34
35	SENIOR	200 Breast	36
37	13&14	200 Fly	38
39	SENIOR	200 Fly	40
41	13&14	50 Free	42
43	15&O	50 Free	44
45	13&14	100 Back	46
47	15&O	100 Back	48

**Sunday, February 7, 2010**

**Session 4**

**Warm-up: 7:15 AM Start: 8:30 AM**

Girls Event #	Age	Event	Boys Event #
49	9&10	200 IM	50
51	11&12	50 Back	52
53	9&10	50 Back	54
55	11&12	100 Free	56
57	9&10	100 Free	58
59	11&12	100 Breast	60
61	9&10	50 Breast	62
63	11&12	100 Fly	64
65	9&10	50 Fly	66
67	11&12	100 IM	68
69	9&10	100 IM	70

**Session 5**

**Warm-up: 1:15 PM Start: 2:30 PM**

Girls Event #	Age	Event	Boys Event #
71	13&14	200 IM	72
73	15&O	200 IM	74
75	13&14	100 Fly	76
77	15&O	100 Fly	78
79	13&14	100 Free	80
81	15&O	100 Free	82
83	13&14	100 Breast	84
85	15&O	100 Breast	86
87	13&14	200 Back	88
89	SENIOR	200 Back	90

# GOLDEN RAM AQUATICS

## MEET ENTRY FORM SUMMARY OF EVENTS

**\*\*\*\*\* This form, properly completed, must accompany all entries! \*\*\*\*\***

Team Name: \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_  
Head Coach: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

Number of GIRL swimmers: \_\_\_\_\_  
Female Individual Entries: \_\_\_\_\_ x \$4.00 = Entry Fees GIRLS: \_\_\_\_\_  
Number of BOY swimmers: \_\_\_\_\_  
Male Individual Entries: \_\_\_\_\_ x \$4.00 = Entry Fees BOYS: \_\_\_\_\_  
**Total # of Swimmers:** \_\_\_\_\_  
**Total Individual Entries:** \_\_\_\_\_ x \$4.00 = Total Enclosed: \_\_\_\_\_

**ENTRY DEADLINE IS 6PM THURSDAY, JANUARY 21<sup>ST</sup>, 2010.**

Make check payable to: **GRA PARENTS CLUB**

Mail entries to:

**Golden Ram Aquatics**  
**c/o Chris McCormick**  
PO Box 548  
West Chester PA 19380

610-637-5612 (cell)

[cmccormick1@comcast.net](mailto:cmccormick1@comcast.net)

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT  
THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

\_\_\_\_\_  
Signature of head coach or authorized team representative



