

WHAT DECEMBER “B” MEET DECEMBER 10 – 11, 2011

SPONSOR/HOST	WOODLAND HILLS AQUATIC TEAM		
SANCTION #	AM-121011-01		
MEET DIRECTOR	BOB AND MERLE MERMELSTEIN	E-MAIL: mmermel@aol.com	PHONE: 412-657-8853
LOCATION	Woodland Hills High School		
FACILITY DESCRIPTION	Six lane, 25-yard indoor pool with wave reduction lane markers and Daktronics Timing System		
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	NOVEMBER 16, 2011		
ENTRY DEADLINE	NOVEMBER 28, 2011		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$5.00	
ENTRY LIMIT	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 sdif 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	JUDY WAGNER	PHONE #: 412-276-0145 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	what-entries@amswim.org		
MAIL CHECKS & REPORTS TO	JUDY WAGNER, 1271 ARROWOOD DRIVE, PITTSBURGH, PA 15243		
CHECKS PAYABLE TO	Woodland Hills Aquatic Team		
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	SARAH WERNER-AUL	E-MAIL: swaul1@verizon.net	PHONE: 412-823-1379
OFFICIALS CONTACT	ANNE COUNTOURIS	E-MAIL: acountouri@aol.com	PHONE: 412-860-1626
AWARDS	INDIVIDUAL AWARDS: Ribbons 1st - 6th Place (for swimmers 14 and under) RELAY AWARDS: Ribbons 1st - 3rd Place		
SCORING	This meet will not be scored		
MISCELLANEOUS	Full concession stand will be available throughout the meet. No Food or Drink permitted in pool area. Swimming apparel and supplies will be provided by Knabes Swim & Trophy Shop		

SESSION	WARM-UP TIMES	MEET STARTS
Saturday AM	7:30 - 8:00 AM and 8:00 - 8:30 AM	8:35 AM
Saturday PM	12:30 - 1:00 PM and 1:00 - 1:30 PM	1:35 PM
Sunday AM	7:30 - 8:00 AM and 8:00 - 8:30 AM	8:35 AM
Sunday PM	12:30 - 1:00 PM and 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	<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 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.</p>
RACING START CERTIFICATION	<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. 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.</p>
DURATION:	<p>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.</p>
ELIGIBILITY	<p>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.</p>
QUALIFYING TIMES	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
MEET/DECK REFEREE	<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 any issues that arise that day during the course of the meet.</p>
MEET MARSHALS	<p>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.</p>
RULES:	<p>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.</p> <p>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.</p>
DISABLED SWIMMERS	<p>Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet</p>
PROTESTS	<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>
AMS SCRATCH RULE <i>Pre-seeded Meets</i>	<p>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.</p>
DIRECTIONS	<p>From Pittsburgh, take the Parkway East to Exit 9 Greensburg Pike exit. At the first light, turn left onto Greensburg Pike. Woodland Hills High School is on the right in approximately 0.3 miles.</p> <p>From Monroeville, take the Parkway East to Exit 10 Churchill exit. At the second light, turn left onto Graham Blvd. At Stop sign, turn left onto Greensburg Pike. Woodland Hills High School is on the right in approximately 0.4 miles.</p>

B MEET WHAT DECEMBER 10 - 11, 2011

Girls	SATURDAY MORNING Session 1		Boys	Girls	SUNDAY MORNING Session 3		Boys
	No Faster Than LCM	No Faster Than SCY			No Faster Than LCM	No Faster Than SCY	
1			2	47			48
			3				49
4	36.39	31.89	5	50	3:15.29	2:48.89	51
			6				52
7	3:14.19	2:51.79	8	53	1:31.09	1:21.09	54
			9				55
10	1:30.79	1:20.19	11	56	39.39	35.09	57
12	2:50.79	2:31.49	13	58	1:19.59	1:08.29	59
			14				60
15	42.29	36.79	16	61	3:40.59	3:11.69	62
			17				63
18	1:41.89	1:29.29	19	64	45.59	40.89	65
			20				66
21	3:14.79	2:50.69	22	67		1:20.09	68
			23				69
24	6:55.89	6:04.19	25	70	6:00.09	6:40.09	71
Girls	SATURDAY AFTERNOON Session 2		Boys	Girls	SUNDAY AFTERNOON Session 4		Boys
	No Faster Than LCM	No Faster Than SCY			No Faster Than LCM	No Faster Than SCY	
26			27	72			73
28				74			
29	40.79	35.99	30	75	1:48.89	1:33.99	76
31	34.49	30.39		77	2:57.99	2:35.89	
32	1:55.19	1:42.09	33	78	48.59	42.99	79
34	2:56.19	2:36.49		80	1:20.39	1:11.79	
35	3:23.59	2:58.29	36	81	1:32.99	1:21.59	82
37	2:39.49	2:21.19		83	1:14.39	1:05.79	
38	49.89	43.49	39	84	54.89	47.79	85
40	1:22.69	1:12.09		86	3:21.19	2:56.39	
41	2:02.29	1:46.69	42	87		1:33.79	88
43	1:33.89	1:21.99		89	3:01.19	2:39.29	
44	3:46.49	3:19.39	45	90	6:51.59	7:39.49	91
46	6:19.79	5:35.69		92	5:34.69	6:16.29	

Comments:

1. NT's shall not be accepted.
2. All times are taken from the national time standards as established by USA Swimming for each age group.
3. 13 and Older events use 15 -16 national time standards.
4. Swimmers are eligible to compete in 4 individual events per day.
5. **Notes that 11 & 12 and 13 and Older shall be swum as combined events.
6. Events 400 yards and longer will be swum fastest to slowest alternating girls and boys.
7. There may be a 10 minute warm-up period prior to the 500 Freestyles and 400 Individual Medleys