

USCS MINI/DISTANCE/BB MEET DECEMBER 3 – 4, 2011

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| SPONSOR/HOST | UPPER SAINT CLAIR SWIM CLUB (USCS) | | |
| SANCTION # | AM-120311-01 | | |
| MEET DIRECTOR | DOUG SHAFFER | E-MAIL: douglas.shaffer@pnc.com | PHONE #: 412.220.4233 |
| LOCATION | UPPER ST. CLAIR HIGH SCHOOL, 1820 MCLAUGHLIN RUN ROAD, UPPER ST CLAIR, PA 15241 | | |
| FACILITY DESCRIPTION | Five (5) Lane, 25 yard pool with anti-turbulent lane lines and Daktronic 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 4 feet. | | |
| EVENTS | This meet will be conducted in accordance with the attached schedule of events. | | |
| ENTRIES OPEN | NOVEMBER 7, 2011 | | |
| ENTRY DEADLINE | NOVEMBER 20, 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"> • Entry times may be submitted in SC Yards or LC Meters, NT entries will not be accepted; • Entries must be submitted by Hy-Tek CL2 or HY3 file or sdiff 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 date. | | |
| MEET ENTRY CHAIR | JUDY WAGNER | PHONE #: 412.276.0145 (no calls before 9:00 AM after 9:00 PM) | |
| E-MAIL ENTRY FILES TO | uscs-entries@amswim.org | | |
| MAIL CHECKS TO | JUDY WAGNER, 1271 ARROWOOD DRIVE, PITTSBURGH, PA 15243 | | |
| CHECKS PAYABLE TO | UPPER ST. CLAIR SWIM CLUB | | |
| 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 "Include Proof of Time" box. Times will be run against the SWIMSS database. | | |
| BONUS EVENTS | If bonus events are offered, Please click the "Bonus" box next to bonus events | | |
| SEEDING | <ul style="list-style-type: none"> • The Mini session of this meet will be Pre-Seeded. • The BB Sessions 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. • The Distance Session 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. • Events 400 yards or longer will be swum fastest to slowest alternating girls/boys | | |
| SAFETY CHAIR | DR. JOSEPH GURECKA | E-MAIL: jlgdmd@aol.com | PHONE #: 724.941.2103 |
| OFFICIALS CONTACT | SCOTT WILLIAMS | E-MAIL: sandmwilliams@gmail.com | PHONE #: 412.722.9918 |
| AWARDS | Individual Events: Single Ribbons 1 st - 6 th Place, Relay Events: Single Ribbons 1 st - 3 rd Place | | |
| SCORING | This Meet will not be scored. | | |
| MISCELLANEOUS | Concessions & rest area will be located outside of the pool veiwing area within the smal gymnasium and hall way | | |
| SESSION | WARM-UP TIMES | | MEET STARTS |
| Saturday AM Mini | 7:30 AM - 8:00 AM; 8:00 AM - 8:30 AM | | 8:35 AM |
| Saturday PM BB | 12:00 Noon - 12:30 PM; 12:30 PM - 1:00 PM | | 1:05 PM |
| Sunday AM Distance | 7:30 AM - 8:00 AM; 8:00 AM - 8:30 AM | | 8:35 AM |
| Sunday PM BB | 12:00 Noon - 12:30 PM; 12:30 PM - 1:00 PM | | 1:05 PM |

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| 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 <i>any</i> 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> |

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| DIRECTIONS | <p>From Route 19 South - Stay on Rt 19 South for approximately 1/2 mile past the South Hills Village Mall. Turn right onto Devonwood Drive (just past the Westminster Presbyterian Church) at the traffic light. Just past the Church parking lots, on your left onto the High School Drive. Directions to the pool entrance will be marked. Parking is available in both lower and upper levels in front of the High School.</p> <p>From 79 South - Take 79 South to the Bridgeville exit (53). Make a right turn at the end of the exit ramp and proceed to the intersection (stay in the middle lane). At the intersection (Exxon station will be straight ahead) make a left turn onto Washington Road. At the first traffic light make a left onto Chartiers Street. Follow this street to the stop sign. At the stop sign proceed straight. This is Lesnett Road. Follow Lesnett Road to the first traffic light (Post Office is on your right). At the traffic light, make a right turn onto McLaughlin Run Road. Proceed approximately 1/2 mile to the next traffic light. At this traffic light, make a left turn onto the entrance of the High School. This road will take you to the lower parking lot. Parking is available in both the lower and upper lots. Directions to the pool entrance will be marked.</p> <p>PLEASE FOLLOW SIGNS TO THE ATHLETIC ENTRANCE.</p> |
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**MINI/DISTANCE/BB
USCS
DECEMBER 3-4, 2011**

MINI SESSION

| Girls | Faster Than LCM | Faster Than SCY | SATURDAY MORNING | Faster Than SCY | Faster Than LCM | Boys |
|-------|-----------------|-----------------|---------------------------------|-----------------|-----------------|------|
| 1 | | | 8 & Under 200 Free Relay | | | 2 |
| 3 | | | 8 & Under 100 Individual Medley | | | 4 |
| 5 | | | 8 & Under 50 Free | | | 6 |
| 7 | | | 6 & Under 25 Fly | | | 8 |
| 9 | | | 7 Year Old 25 Fly | | | 10 |
| 11 | | | 8 Year Old 25 Fly | | | 12 |
| 13 | 2:12.59 | 1:57.49 | 8 & Under 100 Fly | 1:55.19 | 2:09.79 | 14 |
| 15 | | | 8 & Under 50 Breast | | | 16 |
| 17 | | | 6 & Under 25 Back | | | 18 |
| 19 | | | 7 Year Old 25 Back | | | 20 |
| 21 | | | 8 Year Old 25 Back | | | 22 |
| 23 | 2:02.39 | 1:45.69 | 8 & Under 100 Back | 1:42.89 | 1:58.09 | 24 |
| 25 | | | 8 & Under 50 Back | | | 26 |
| 27 | | | 6 & Under 25 Breast | | | 28 |
| 29 | | | 7 Year Old 25 Breast | | | 30 |
| 31 | | | 8 Year Old 25 Breast | | | 32 |
| 33 | 2:17.49 | 1:59.99 | 8 & Under 100 Breast | 1:55.69 | 2:13.59 | 34 |
| 35 | | | 8 & Under 50 Fly | | | 36 |
| 37 | | | 6 & Under 25 Free | | | 38 |
| 39 | | | 7 Year Old 25 Free | | | 40 |
| 41 | | | 8 Year Old 25 Free | | | 42 |
| 43 | | | 8 & Under 100 Free | | | 44 |
| 45 | 4:12.99 | 3:42.69 | 8 & Under 200 Individual Medley | 3:40.89 | 4:10.69 | 46 |
| 47 | | | 8 & Under 200 Medley Relay | | | 48 |
| 49 | 3:48.59 | 3:20.19 | 8 & Under 200 Free | 3:09.89 | 3:35.49 | 50 |

MINI COMMENTS:

1. NT's shall not be accepted. Entry times are needed for seeding and timeline purposes
2. Swimmers may enter 4 individual events per day.
3. 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.

DISTANCE SESSION

| Girls | Faster Than LCM | Faster Than SCY | SUNDAY MORNING | Faster Than SCY | Faster Than LCM | Boys |
|-------|-----------------|-----------------|--|-----------------|-----------------|------|
| 89 | 22:23.09 | 21:53.19 | Girls 11 & Over 1650 Freestyle | | | |
| | | | Boys 11 & Over 1000 Freestyle | 12:34.39 | 11:21.79 | 90 |
| 91 | 6:00.09 | 6:40.09 | Girls 12 & Under 500 Freestyle | | | |
| | | | Boys 12 & Under 400 Individual Medley | 5:56.29 | 6:51.79 | 92 |
| 93 | 11:41.99 | 13:08.29 | Girls 11 & Over 1000 Freestyle | | | |
| | | | Boys 11 & Over 1650 Freestyle | 20:51.99 | 21:35.29 | 94 |
| 95 | 6:55.89 | 6:04.19 | Girls 12 & Under 400 Individual Medley | | | |
| | | | Boys 12 & Under 500 Freestyle | 6:35.09 | 5:54.39 | 96 |

DISTANCE COMMENTS:

1. All times require proof of time as established by Allegheny Mountain Swimming.
2. NT's shall not be accepted.
3. All times must be proven though the National Swims Data Base. Times not in swims must be proven 30 minutes prior to the start of the session with official results from a USA Swimming Sanctioned, Approved, or Observed swim meet. If a time is not proven and the athlete competes in the questioned event, that swim is subject to Allegheny Mountain Swimming fine for falsifying documents.
4. 1000 and 1650 Freestyle are 13 – 14 BB times
5. 400 IM and 500 Free are 11 – 12 BB Times
6. All events require positive check in and shall be swum fastest to slowest alternating girls/boys

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 |
|-------|-----------------------------|--------------------|-----------------------------|--------------------|----------------------------------|-----------------------------|--------------------|-----------------------------|--------------------|------|
| | | | | | | | | | | |
| 51 | 36.39 | 33.69 | 31.89 | 29.49 | 11-12 50 Freestyle | 30.99 | 28.59 | 35.29 | 32.59 | 52 |
| 53 | 35.19 | 31.79 | 30.99 | 27.99 | 13 & Older 50 Freestyle | 28.49 | 25.59 | 32.79 | 28.79 | 54 |
| 55 | 40.79 | 36.39 | 35.99 | 32.19 | 10 & Under 50 Freestyle | 35.19 | 31.59 | 40.19 | 36.09 | 56 |
| 57 | 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 | 58 |
| 59 | 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 | 60 |
| 61 | 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 | 62 |
| 63 | 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 | 64 |
| 65 | 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 | 66 |
| 67 | 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 | 68 |
| 69 | 42.29 | 38.99 | 36.79 | 33.89 | 11-12 50 Backstroke | 36.49 | 33.49 | 42.19 | 38.69 | 70 |
| 71 | 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 | 72 |
| 73 | 49.89 | 43.69 | 43.49 | 38.09 | 10 & Under 50 Backstroke | 43.69 | 38.29 | 50.09 | 43.89 | 74 |
| 75 | 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 | 76 |
| 77 | 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 | 78 |
| 79 | 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 | 80 |
| 81 | 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 | 82 |
| 83 | 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 | 84 |
| 85 | 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 | 86 |
| 87 | 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 | 88 |

| 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 |
|-------|-----------------------------|--------------------|-----------------------------|--------------------|----------------------------------|-----------------------------|--------------------|-----------------------------|--------------------|------|
| | | | | | | | | | | |
| 97 | 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 | 98 |
| 99 | 39.39 | 36.29 | 35.09 | 32.39 | 11-12 50 Butterfly | 35.19 | 32.09 | 39.59 | 36.19 | 100 |
| 101 | 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 | 102 |
| 103 | 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 | 104 |
| 105 | 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 | 106 |
| 107 | 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 | 108 |
| 109 | 45.59 | 42.09 | 40.89 | 37.79 | 11-12 50 Breaststroke | 40.79 | 37.29 | 47.09 | 43.09 | 110 |
| 111 | 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 | 112 |
| 113 | 48.59 | 42.09 | 42.99 | 37.29 | 10 & Under 50 Butterfly | 41.99 | 36.69 | 46.89 | 40.99 | 114 |
| 115 | | | 1:20.09 | 1:13.99 | 11-12 100 Individual Medley | 1:17.59 | 1:11.49 | | | 116 |
| 117 | 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 | 118 |
| 119 | 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 | 120 |
| 121 | 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 | 122 |
| 123 | 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 | 124 |
| 125 | 54.89 | 48.29 | 47.79 | 41.99 | 10 & Under 50 Breaststroke | 47.89 | 42.19 | 55.09 | 48.49 | 126 |
| 127 | 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 | 128 |
| 129 | | | 1:33.79 | 1:22:59 | 10 & Under 100 Individual Medley | 1:31.19 | 1:21.09 | | | 130 |
| 131 | 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 | 132 |

BB COMMENTS

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3. All 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