

NOVEMBER "A" PRELIMS/FINALS MEET
NOVEMBER 18 - 20, 2011

SPONSOR/HOST	PINE RICHLAND AQUATICS		
SANCTION #	AM-111111-01		
MEET DIRECTOR	PETE BARRY	E-MAIL: pracoach@gmail.com	PHONE: 412-889-8314
LOCATION	PINE RICHLAND HIGH SCHOOL, 700 WARRENDALE RD., GIBSONIA, PA 15044		
FACILITY DESCRIPTION	Six lane, 25 yard pool with anti-turbulence land lines, Daktronic touch pads and six lane electronic score board.		
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	OCTOBER 26, 2011		
ENTRY DEADLINE	NOVEMBER 4, 2011		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$5.00	
ENTRY LIMIT	3 Individual Events/Day (11 & Over); 4 Individual Events/Day (10 & under)		MEET ENTRY LIMIT: 1800
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	GEORGIANN BARRY	PHONE #: 724-594-5065 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	pra-entries@amswim.org		
MAIL CHECKS & REPORTS TO	PINE RICHLAND AQUATICS, PO BOX 15, GIBSONIA, PA 15044		
CHECKS PAYABLE TO	PRA		
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	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	SHANNON BARRY	E-MAIL: dolphin_delphi@hotmail.com	PHONE: 412-885-8745
OFFICIALS CONTACT	JOHN SCHAEFER	E-MAIL: johnmschaefer@comcast.net	PHONE: 412-487-5494
AWARDS	Individual Awards: 1 st through 3 rd Place - medals; 4 th through 6 th place - ribbons Relay Awards: 1 st through 3 rd Place - ribbons		
SCORING	This is not a scored event		
MISCELLANEOUS	Concessions will be available starting at 7:00 AM and continue through the meet. Swimming apparel and supplies will be available for purchase at this meet		
SESSION	WARM-UP TIMES		MEET STARTS
FRI PM	Open Warm-ups 5:30 - 6:25 PM		6:30 PM
SAT & SUN AM PRELIMS	7:30 - 8:25 AM		8:30 AM
SAT & SUN PM PRELIMS	11:45 AM - 12:40 PM		12:45 PM
SAT & SUN FINALS	5:45 - 6:25 PM		6:30 PM
WARM-UP INFORMATION	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		

	<p>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 PA Turnpike Exit 4/ Rt. 8 N - go north on Rt. 8 three miles; bear R on ramp to Red Belt. At stop sign, turn L (west) onto the Red Belt. Follow Red Belt (L at 1st stop sign, R at 2nd stop sign) for 4.5 miles to PRHS on L.</p> <p>From Butler/ Rt. 8 S --- go south on Rt. 8 to Red Belt (Bakerstown-Warrendale Rd.). Turn R. (west) onto Red Belt. Follow Red Belt (L at 1st stop sign, R at 2nd stop sign) for 4.5 miles to PRHS on L.</p> <p>From Rt. 19 --- From Rt. 19 at Warrendale, take Red Belt east for 5.3 miles to PRHS on R.</p> <p>From I-79 N --- take exit 75 (Warrendale). At traffic light at end of exit ramp, turn R (east) onto Red Belt. Follow Red Belt 5.5 miles to PRHS on R.</p> <p>From I-79 S --- take exit 78 (Cranberry Twp / Rt 228). At traffic light at exit ramp, turn R (east) onto Rt. 228. Go 4.3 miles to Pittsburgh St./Warrendale Rd. Turn R onto Warrendale Rd. Go 2.2 miles to end. Turn L onto Red Belt, go 1.8 miles to PRHS on R.</p> <p>Parking is in front of the building; entrance is through the last (left-most) doors in the front of the building. The pool is to your left as you enter.</p>

**A MEET - PRELIM/FINAL
PRA
NOVEMBER 18-20, 2011**

		FRIDAY PM						
Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys		
1A	5:50.59	5:09.89	Senior 400 Individual Medley	4:47.79	5:27.09	2A		
1B	6:00.99	5:17.79	13-14 400 Individual Medley	5:00.49	5:44.49	2B		
1C	6:23.99	5:36.09	11-12 400 Individual Medley	5:28.89	6:20.19	2C		
3A	5:08.89	5:47.39	Senior 500 Freestyle	5:24.29	5:44.49	4A		
3B	5:16.59	5:52.99	13-14 500 Freestyle	5:35.19	5:02.79	4B		
3C	5:32.39	6:09.29	11-12 500 Freestyle	6:04.69	5:27.09	4C		
3D	6:05.89	6:48.39	10 & Under 500 Freestyle	6:44.59	6:06.79	4D		

		SATURDAY AM						SUNDAY AM					
Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys	Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys
7	33.69	29.49	11-12 50 Freestyle	28.59	32.59	8	51	1:23.29	1:14.19	11-12 100 Backstroke	1:12.29	1:23.59	52
9	32.49	28.69	13-14 50 Freestyle	26.29	30.29	10	53	3:00.19	2:35.89	11-14 200 Backstroke	2:32.89	2:59.39	54
15	1:22.89	1:13.19	11-12 100 Butterfly	1:11.69	1:21.49	16	59	36.29	32.39	11-12 50 Butterfly	32.09	36.19	60
19	2:37.69	2:19.89	11-12 200 Freestyle	2:16.19	2:34.89	20	61	1:16.49	1:07.79	13-14 100 Butterfly	1:02.89	1:11.09	62
21	2:31.79	2:13.79	13-14 200 Freestyle	2:05.29	2:23.29	22	67	1:13.49	1:03.09	11-12 100 Freestyle	1:02.69	1:11.39	68
27	38.99	33.89	11-12 50 Backstroke	33.49	38.69	28	69	1:10.39	1:02.19	13-14 100 Freestyle	57.39	1:05.99	70
29	1:17.79	1:08.49	13-14 100 Backstroke	1:04.19	1:14.49	30	75	42.09	37.79	11-12 50 Breaststroke	37.29	43.09	76
35	1:33.79	1:22.19	11-12 100 Breaststroke	1:20.49	1:32.49	36	77	3:23.69	2:56.89	11-14 200 Breaststroke	2:52.89	3:20.79	78
37	1:28.99	1:17.59	13-14 100 Breaststroke	1:12.09	1:21.29	38	83		1:13.99	11-12 100 Indiv Medley	1:11.49		84
43	2:59.79	2:37.59	11-12 200 Indiv Medley	2:35.59	2:58.09	44	85	2:51.49	2:30.49	13-14 200 Indiv Medley	2:20.29	2:42.39	86
45	2:59.29	2:38.59	11-14 200 Butterfly	2:35.29	2:58.49	46							
		SATURDAY PM						SUNDAY PM					
Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys	Girls	Equal to or Faster Than LCM	Equal to or Faster Than SCY	Event	Equal to or Faster Than SCY	Equal to or Faster Than LCM	Boys
5	36.39	32.19	10 & Under 50 Freestyle	31.59	36.09	6	49	1:35.29	1:22.19	10 & Under 100 Backstroke	1:21.29	1:33.29	50
11	31.79	27.99	Senior 50 Freestyle	25.29	28.79	12	55	2:44.29	2:23.89	Senior 200 Backstroke	2:12.39	2:31.29	56
13	1:37.89	1:26.69	10 & Under 100 Butterfly	1:25.59	1:36.49	14	57	42.09	37.29	10 & Under 50 Butterfly	36.69	40.99	58
17	2:58.49	2:36.39	10 & Under 200 Freestyle	2:31.89	2:52.39	18	63	1:14.19	1:06.29	Senior 100 Butterfly	1:00.09	1:07.69	64
23	2:27.19	2:10.39	Senior 200 Freestyle	2:00.09	2:17.19	24	65	1:21.89	1:11.89	10 & Under 100 Freestyle	1:10.79	1:20.59	66
25	43.69	38.09	10 & Under 50 Backstroke	38.29	43.89	26	71	1:08.59	1:00.79	Senior 100 Freestyle	55.19	1:03.09	72
31	1:16.29	1:06.59	Senior 100 Backstroke	1:01.09	1:10.59	32	73	48.29	41.99	10 & Under 50 Breast	42.19	48.49	74
33	1:46.99	1:33.39	10 & Under 100 Breast	1:31.79	1:45.99	34	79	3:05.69	2:42.79	Senior 200 Breaststroke	2:30.09	2:54.29	80
39	1:26.69	1:15.69	Senior 100 Breaststroke	1:08.89	1:19.69	40	81		1:22.59	10 Under 100 Indiv Medley	1:21.09		82
41	1:37.89	2:55.99	10 Under 200 Indiv Medley	2:55.29	3:18.89	42	87	2:47.29	2:26.99	Senior 200 Indiv Medley	2:15.09	2:35.89	88
47	2:42.69	2:24.49	Senior 200 Butterfly	2:13.39	2:30.59	48							

Comments:

- This meet is open only to AMS and WV teams/athletes.
- All times (including bonus events) must be proven through the National Swims Data Base. Times not in SWIMS must be proven 30 minutes prior to the start on the session with official results from a USA Swimming Sanctioned, Approved, or Observed meet. If a time is not proven and the athlete competes in the event, that swim is subject to AMS fine for falsifying documents.
- Qualifying Times are equal to or faster than National "A" Time Standards.
- Senior Events are 15-16 "A" Times; 11-14 Events are 11-12 "A" Times.
- 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.
- 400 IM and 500 Free are not eligible for bonus events.**
- Entries are limited to three (3) individual events per day for 11 & over and four (4) individual events per day for 10 & under
- Events 400 yards and longer require positive check-in will be swum fastest to slowest alternating girls and boys.
- All events 200 yards and shorter will be swum as prelims/finals with the exception of 10 and under events which shall be swim as times finals.
- There are Consolation (B) and Final (A) Heats for all age group events (except 10 & under) and one Final (A) heat for all Senior Events 200 yards and shorter.
- The national scratch rule 207.12.6 shall be used.
- To control the duration of the sessions and allow athletes adequate rest between prelims and finals, the meet director, with the authority of the Age Group Chairman reserves the right to limit entries.
- All 400 Individual Medley and 500 Freestyle Events shall be seeded and swum combined.
- At the Meet Referee's discretion, there may be up to two (2) 10-minute breaks for warm down.
- Finals: Saturday Events 5 – 48 in order; Sunday Events 49 – 88 in order (excluding 10 & under events).