

## JUNIOR OLYMPICS JANUARY 20<sup>th</sup> thru 22<sup>nd</sup>, 2012

SPONSOR/HOST	BETHEL PARK RECREATION SWIM TEAM																																										
SANCTION #	AM-012012-01																																										
MEET DIRECTOR	MIKE WYCINSKY	E-MAIL: mikewyc13@verizon.net	PHONE: 412-913-7342																																								
LOCATION	Bethel Park High School 309 Church Rd Bethel Park, PA 15102																																										
FACILITY DESCRIPTION	An indoor, 6 lane, 25 yard pool with electronic timing system and watch back-up.																																										
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 feet.																																										
EVENTS	This meet will be conducted in accordance with the attached schedule of events.																																										
ENTRIES OPEN	DECEMBER 28 <sup>th</sup> , 2011																																										
ENTRY DEADLINE	JANUARY 6 <sup>th</sup> , 2012																																										
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"> <li>• Entry times must be in <b>SC Yards</b> or <b>LC Meters</b>. NT entries will not be accepted;</li> <li>• Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail;</li> <li>• A hard copy of the entries must be submitted with payment and postmarked by the entry deadline;</li> <li>• 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.</li> <li>• Hard copies of entry report and fees must be mailed to the entry chair postmarked by the entry deadline date.</li> <li>• <b>FINAL</b> entry reports must be mailed or e-mailed to the entry chair five (5) days prior to the meet start</li> </ul>																																										
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	bpr-entries@amswim.org																																										
MAIL CHECKS/ REPORTS	JUDY WAGNER, 1271 ARROWOOD DRIVE, PITTSBURGH, PA 15243																																										
CHECKS PAYABLE TO	BETHEL PARK RECREATION SWIM TEAM																																										
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 " <b>Include Proof of Time</b> " box. Times will be run against the SWIMSS database.																																										
BONUS EVENTS	If bonus events are offered, please click the " <b>Bonus</b> " 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	KEITH WRIGHT	E-MAIL: ksmlawright@verizon.net	PHONE: 412-833-4939																																								
OFFICIALS CONTACT	MIKE WYCINSKY	E-MAIL: mikewyc13@verizon.net	PHONE: 412-236-7439																																								
AWARDS	<b>Individual</b> - Medals for 1st through 3rd Place; Ribbons for 4th through 6th Place <b>Relays</b> : Ribbons for 1st through 3rd place. <b>Team</b> : 1 <sup>st</sup> & 2 <sup>nd</sup> place trophies awarded in to 2 divisions based on the # of swimmers listed on the master entry forms.																																										
SCORING	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;"><b>PLACE</b></td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">11</td> <td style="text-align: center;">12</td> <td rowspan="3" style="vertical-align: middle; padding-left: 10px;"><b>BPR will not be considered for team trophies.</b></td> </tr> <tr> <td style="text-align: left;">INDIVIDUAL POINTS</td> <td style="text-align: center;">16</td> <td style="text-align: center;">13</td> <td style="text-align: center;">12</td> <td style="text-align: center;">11</td> <td style="text-align: center;">10</td> <td style="text-align: center;">9</td> <td style="text-align: center;">7</td> <td style="text-align: center;">5</td> <td style="text-align: center;">4</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2</td> <td style="text-align: center;">1</td> </tr> <tr> <td style="text-align: left;">RELAY POINTS</td> <td style="text-align: center;">32</td> <td style="text-align: center;">26</td> <td style="text-align: center;">24</td> <td style="text-align: center;">22</td> <td style="text-align: center;">20</td> <td style="text-align: center;">18</td> <td style="text-align: center;">14</td> <td style="text-align: center;">10</td> <td style="text-align: center;">8</td> <td style="text-align: center;">6</td> <td style="text-align: center;">4</td> <td style="text-align: center;">2</td> </tr> </table>			<b>PLACE</b>	1	2	3	4	5	6	7	8	9	10	11	12	<b>BPR will not be considered for team trophies.</b>	INDIVIDUAL POINTS	16	13	12	11	10	9	7	5	4	3	2	1	RELAY POINTS	32	26	24	22	20	18	14	10	8	6	4	2
<b>PLACE</b>	1	2	3	4	5	6	7	8	9	10	11	12	<b>BPR will not be considered for team trophies.</b>																														
INDIVIDUAL POINTS	16	13	12	11	10	9	7	5	4	3	2	1																															
RELAY POINTS	32	26	24	22	20	18	14	10	8	6	4	2																															
MISCELLANEOUS	There will be a concession stand open Sat and Sun sessions. A vendor will be on site for swim equipment needs.																																										

SESSION	WARM-UP TIMES	MEET STARTS
1 – Friday 7pm	6 PM to 6:55 PM	7 PM
2 – Saturday AM	7:30 - 8:00 AM, 8:00 – 8:30 AM	8:35 AM
3 – Saturday PM	12 noon to 12:30 PM, 12:30 PM – 1:00 PM	1:05 PM
4 – Sunday AM	7:30 - 8:00 AM, 8:00 – 8:30 AM	8:35 AM
5 – Sunday PM	12 noon to 12:30 PM, 12:30 PM – 1:00 PM	1:05 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><b>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times.</b> 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><b>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.</b></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 <b>any</b> 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><b>No unauthorized personnel will be allowed on the pool deck.</b> 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>
PHOTOGRAPHY	<p>In compliance with USA Swimming Rules and Regulations; Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the AMS Board or stated in the meet announcement, photographers are not permitted on deck at any time</p>

<b>DIRECTIONS</b>	From Pittsburgh, take Route 19 to Fort Couch Road. (South Hills Village is at the intersection.) Turn left on to Fort Couch Rd. After passing Petco on your right and McDonald's on your left, proceed to the traffic signal at the next intersection. Turn left on to Bethel Church Rd. After passing Bethel Presbyterian Church and cemetery, turn right at the traffic light on to Church Rd. Go past the Administration Building and then make a left in to the Bethel Park High School Complex. The pool is located in the last building, "GYMNASIUM". Continue past the pool to the High School Stadium parking lot. If you take Route 88 south from Pittsburgh, turn right on to Bethel Church Road. Proceed to the third light and turn left on to Church Road. Follow the directions above from this point. PLEASE NOTE: THERE IS NO PARKING ON THE DRIVEWAY OR TURNAROUNDS NEAR THE POOL BUILDING. IF YOU PARK THERE, YOU WILL BE TICKETED!
-------------------	---

## JUNIOR OLYMPICS BETHEL PARK RECREATION JANUARY 20-22, 2012

Girls	Faster Than or Equal to LCM	Faster Than or Equal to SCY	FRIDAY PM Session 1	Faster Than or Equal to SCY	Faster Than or Equal to LCM	Boys
1	6:00.99	5:17.79	13-14 400 Individual Medley	500.49	5:44.49	2
3	5:50.59	5:09.89	Senior 400 Individual Medley	4:47.79	5:27.09	4
5	6:23.99	5:36.09	12 & Under 400 Individual Medley	5:28.89	6:20.19	6
7	5:16.59	5:52.99	13-14 500 Freestyle	5:35.19	5:02.79	8
9	5:08.89	5:47.39	Senior 500 Freestyle	5:24.29	4:50.19	10
11 A	6:05.89	6:48.39	12 & Under 500 Free	6:44.59	6:06.79	12 A
11 B	5:32.39	6:09.29	10 & Under 11-12	6:04.69	5:27.09	12 B

Girls	Faster Than or Equal to LCM	Faster Than or Equal to SCY	SATURDAY AM Session 2	Faster Than or Equal to SCY	Faster Than or Equal to LCM	Boys	Girls	Faster Than or Equal to LCM	Faster Than or Equal to SCY	SUNDAY AM Session 4	Faster Than or Equal to SCY	Faster Than or Equal to LCM	Boys
13	36.39	32.19	10 & Under 50 Freestyle	31.59	36.09	14	57	1:35.29	1:22.19	10 & Under 100 Backstroke	1:21.29	1:33.29	58
15	31.79	27.99	Senior 50 Freestyle	25.29	28.79	16	59	2:44.29	2:23.89	Senior 200 Backstroke	2:12.39	2:31.29	60
17	1:37.89	1:26.69	10 & Under 100 Butterfly	1:25.59	1:36.49	18	61	42.09	37.29	10 & Under 50 Butterfly	36.69	40.99	62
19	2:42.69	2:24.49	Senior 200 Butterfly	2:13.39	2:30.59	20	63	1:14.19	1:06.29	Senior 100 Butterfly	1:00.09	1:07.69	64
21	2:58.49	2:36.39	10 & Under 200 Freestyle	2:31.89	2:52.39	22	65	1:21.89	1:11.89	10 & Under 100 Freestyle	1:10.79	1:20.59	66
23	2:27.19	2:10.39	Senior 200 Freestyle	2:00.09	2:17.19	24	67	1:08.59	1:00.79	Senior 100 Freestyle	55.19	1:03.09	68
25	43.69	38.09	10 & Under 50 Backstroke	38.29	43.89	26	69	48.29	41.99	10 & Under 50 Breaststroke	42.19	48.49	70
27	1:16.29	1:06.59	Senior 100 Backstroke	1:01.09	1:10.59	28	71	3:05.69	2:42.79	Senior 200 Breaststroke	2:30.09	2:54.29	72
29	1:46.99	1:33.39	10 & Under 100 Breaststroke	1:31.79	1:45.99	30	73		1:22.59	10 & U 100 Indiv Medley	1:21.09		74
31	1:26.69	1:15.69	Senior 100 Breaststroke	1:08.89	1:19.69	32	75	2:47.29	2:26.99	Senior 200 Indiv Medley	2:15.09	2:35.89	76
33	3:19.89	2:55.99	10 & U 200 Indiv Medley	2:55.29	3:18.89	34							

  

Girls	Faster Than or Equal to LCM	Faster Than or Equal to SCY	SATURDAY PM Session 3	Faster Than or Equal to SCY	Faster Than or Equal to LCM	Boys	Girls	Faster Than or Equal to LCM	Faster Than or Equal to SCY	SUNDAY PM Session 5	Faster Than or Equal to SCY	Faster Than or Equal to LCM	Boys
35	33.69	29.49	11-12 50 Freestyle	28.59	32.59	36	77	1:23.29	1:14.19	11-12 100 Backstroke	1:12.29	1:23.59	78
37	32.49	28.69	13-14 50 Freestyle	26.29	30.29	38	79	1:16.49	1:07.79	13-14 100 Butterfly	1:02.89	1:11.09	80
39	1:22.89	1:13.19	11-12 100 Butterfly	1:11.69	1:21.49	40	81	36.29	32.39	11-12 50 Butterfly	32.09	36.19	82
41	2:31.79	2:13.79	13-14 200 Freestyle	2:05.29	2:23.29	42	83	1:10.39	1:02.19	13-14 100 Freestyle	57.39	1:05.99	84
43	2:37.69	2:19.89	11-12 200 Freestyle	2:16.19	2:34.89	44	85	1:13.49	1:03.09	11-12 100 Freestyle	1:02.69	1:11.39	86
45	1:17.79	1:08.49	13-14 100 Backstroke	1:04.19	1:14.49	46	87	2:51.49	2:30.49	13-14 200 Indiv Medley	2:20.29	2:42.39	88
47	38.99	33.89	11-12 50 Backstroke	33.49	38.69	48	89	42.09	37.79	11-12 50 Breaststroke	37.29	43.09	90
49	1:28.99	1:17.59	13-14 100 Breaststroke	1:12.09	1:21.29	50	91	3:00.19	2:35.89	11-14 200 Backstroke	2:32.89	2:56.39	92
51	1:33.79	1:22.19	11-12 100 Breaststroke	1:20.49	1:32.49	52	93		1:13.99	11-12 100 Indiv Medley	1:11.49		94
53	2:59.79	2:37.59	11-12 200 Indiv Medley	2:35.59	2:58.09	54	95	3:23.69	2:56.89	11-14 200 Breaststroke	2:52.89	3:20.79	96
55	2:59.29	2:38.59	11-14 200 Butterfly	2:35.29	2:58.49	56							

**Comments:**

- NT's shall not be accepted.
- All times must be proven through 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 subject to Allegheny Mountain Swimming fine for falsifying documents.
- All times are taken from the National "A" Time Standards as established by USA Swimming.
  - Senior Events use 15 – 16 National "A" Time Standards.
  - 11 – 14 Events use 11 – 12 National "A" Time Standards
- 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
- No Qualifying Times for Bonus Events.
- 400 IM and 500 Free are not eligible for Bonus Events.
- Swimmers are only eligible to compete in 4 individual events per day.
- Events 400 Yards/Meters or longer will be swum fastest to slowest alternating Girls/Boys.
- There may be a 10 minute warm up prior to the 400 Individual Medleys.