

LAST SPLASH MARCH 17 - 18, 2012

SPONSOR/HOST	PENN HILLS DOLPHINS		
SANCTION #	AM-031712-02		
MEET DIRECTOR	KAREN MCCLELLAND	E-MAIL: mccloldolph@msn.com	PHONE: 412-793-3455
LOCATION	LINTON MIDDLE SCHOOL, 250 ASTER STREET, PITTSBURGH, PA 15235		
FACILITY DESCRIPTION	Six Lane, 25 yard pool, electronic timing, anti-turbulence lane markers, Colorado 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	FEBRUARY 22, 2012		
ENTRY DEADLINE	MARCH 2, 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"> • 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 <i>(no calls before 9:00 AM or after 9:00 PM)</i>	
E-MAIL ENTRY FILES TO	PHD-ENTRIES@AMSWIM.ORG		
MAIL CHECKS/ REPORTS	JUDY WAGNER, 1271 ARROWOOD DR., PITTSBURGH, PA 15243		
CHECKS PAYABLE TO	PENN HILLS DOLPHINS		
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	JILL WHITE	E-MAIL: jillnjayw@verizon.net	PHONE:
OFFICIALS CONTACT	KAREN MCCLELLAND	E-MAIL: mccloldolph@msn.com	PHONE: 412-793-3455
AWARDS	Gold Flight: Ribbons 1 st through 6 th place Silver Flight: Ribbons 1 st through 6 th place		
SCORING	This meet will not be scored		
MISCELLANEOUS	Concessions will be available in the gym. Knabe's will have swimming apparel and supplies.		

SESSION	WARM-UP TIMES	MEET STARTS
AM	7:00 to 7:30 and 7:30 to 8:00 a.m.	8:05 a.m.
PM	No earlier than 12:00 - 12:00 to 12:30 and 12:30 to 1:00 p.m.	1:05 p.m.
	Warm-ups will be by team assignment which we be sent at a later time.	
	There will be no break for warm-ups prior to distance events - small pool will be open	
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 after consultation with the Age Group Chair (prior to the meet) or the referee (day of the meet).	

DECK PRIVILEGES	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.
RACING START CERTIFICATION	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.
DURATION	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.
ELIGIBILITY	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.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	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.
MEET MARSHALS	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.
RULES:	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. 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.
DISABLED SWIMMERS	Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet
PROTESTS	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
AMS SCRATCH RULE <i>Pre-seeded Meets</i>	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.
PHOTOGRAPHY	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.
DIRECTIONS	Take the Parkway East to the Penn Hills Exit (Rodi Road). Follow Rodi Road to 3rd red light. Turn right on Frankstown Road. At 3rd red light turn right (should see Arby's) onto Saltsburg Road. Follow Saltsburg Road through the next light at Rite-Aid (stay right). Linton Middle School is on the right just past Different Twist Ice Cream. Take Allegheny River Boulevard to Sandy Creek Road. Follow Sandy Creek Road to first light and turn left onto Verona Road. As you go up the hill bear to the right and the road becomes Saltsburg Road. Go thru lights and school is on the right just past Different Twist Ice Cream.

**LAST SPLASH
PENN HILLS DOLPHINS
MARCH 17 – 18, 2012**

Girls	SATURDAY AM	Boys	Girls	SUNDAY AM	Boys
1	11 – 14 200 Medley Relay	2	59	11 – 14 200 Freestyle Relay	60
3	11 – 12 50 Backstroke	4	61	11 – 12 50 Breaststroke	62
5	13 – 14 200 Individual Medley	6	63	13 – 14 100 Breaststroke	64
7	11 – 12 100 freestyle	8	65	11 – 14 200 Backstroke	66
9	11 – 14 200 Breaststroke	10	67	13 – 14 100 Freestyle	68
11	11 – 12 50 Butterfly	12	69	11 – 12 100 Butterfly	70
13	13 – 14 100 Backstroke	14	71	13 – 14 100 Butterfly	72
15	11 – 12 100 Backstroke	16	73	11 – 12 50 Freestyle	74
17	13 – 14 50 Freestyle	18	75	11 – 12 100 Individual Medley	76
19	11 – 12 200 Individual Medley	20	77	13 – 14 200 Freestyle	78
21	11 – 14 200 Butterfly	22	79	11 – 12 200 Freestyle	80
23	11 – 12 100 Breaststroke	24	81	11 – 14 400 Individual Medley	82
25	11 – 14 500 Freestyle	26			
Girls	SATURDAY PM	Boys	Girls	SUNDAY PM	Boys
27	10 & Under 200 Medley Relay	28	83	10 & Under 200 Freestyle Relay	84
29	15 & Older 200 Medley Relay	30	85	15 & Older 200 Freestyle Relay	86
31	10 & Under 50 Breaststroke	32	87	10 & Under 200 Individual Medley	88
33	9 – 10 200 Breaststroke	34	89	15 & Older 200 Individual Medley	90
35	15 & Older 100 Breaststroke	36	91	10 & Under 50 Backstroke	92
37	10 & Under 100 Butterfly	38	93	9 – 10 200 Backstroke	94
39	15 & Older 100 Freestyle	40	95	10 & Under 100 Breaststroke	96
41	10 & Under 50 Freestyle	42	97	15 & Older 100 Backstroke	98
43	9 – 10 200 Butterfly	44	99	10 & Under 100 Freestyle	100
45	15 & Older 200 Backstroke	46	101	15 & Older 200 Breaststroke	102
47	10 & Under 100 Individual Medley	48	103	10 & Under 50 Butterfly	104
49	15 & Older 100 Butterfly	50	105	15 & Older 50 Freestyle	106
51	10 & Under 200 Freestyle	52	107	10 & Under 100 Backstroke	108
53	15 & Older 200 Freestyle	54	109	15 & Older 200 Butterfly	110
55	9 – 10 500 Freestyle	56	111	9 – 10 400 Individual Medley	112
57	15 & Older 400 Individual Medley	58	113	15 & Older 500 Freestyle	114

Comments:

1. NT times shall not be accepted
2. Entry limit is 4 individual events per day
3. Relays may be deck entered.
4. Entry maximum is 2,000 unless otherwise approved by the Age Group Chair.
5. 400 Individual Medleys and 500 Freestyles require positive check in and shall be swum fastest to slowest alternating girls/boys
6. There may be up to a 10 minute warm up before 400 Individual Medley and 500 Freestyles.
7. Sessions durations are regulated by 205.3.F.