

WAAC "A" MEET OCTOBER 29-30, 2011

SPONSOR/HOST	WEST ALLEGHENY AQUA CLUB		
SANCTION #	AM-102911-01		
MEET DIRECTOR	RICK SCHLOR	E-MAIL: rockschlор@yahoo.com	PHONE: 724-695-8484
LOCATION	West Allegheny High School, 205 West Allegheny Road, Imperial, PA 15126		
FACILITY DESCRIPTION	This is a 6 lane, 25 yard pool with anti-turbulence lane lines, Daktronic touch pads and 6 lane electronic score board. Hy-Tek computer entries and results		
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 5, 2011		
ENTRY DEADLINE	OCTOBER 14, 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	DAWN MUSIOL	PHONE #: 724-695-0548 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	waac-entries@verizon.net		
MAIL CHECKS & REPORTS TO	WAAC, P.O. BOX 738, IMPERIAL, PA 15126		
CHECKS PAYABLE TO	WAAC		
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	KATHE NIZNIK	E-MAIL: kathen@comcast.net	PHONE: 412-608-4583
OFFICIALS CONTACT	KAREN MANGIS	E-MAIL: kmmangis@comcast.net	PHONE: 412-491-4744
AWARDS	Individual Awards: 1 st -6 th place will receive ribbons. Relay Awards: 1 st -3 rd will receive double ribbons.		
SCORING	This is not a scored event.		
MISCELLANEOUS	Concessions will be available starting at 7:15 am and continue through the meet. Swimming apparel and supplies will be available for purchase at this meet.		

SESSION	WARM-UP TIMES	MEET STARTS
10/29 SAT AM	7:30 am - 8:00 am and 8:00 am - 8:30 am	8:35 am
10/29 SAT PM	12:30 pm - 1:00 pm and 1:00 pm - 1:30 pm	1:35 pm
10/30 SUN AM	7:30 am - 8:00 am and 8:00 am - 8:30 am	8:35 am
10/30 SUN PM	12:30 pm - 1:00 pm and 1:00 pm - 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 <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>
DIRECTIONS	<p>From Pittsburgh: Take the Parkway West (West 376) to the Weirton exit (Route 22/30 West). Follow this to the Imperial exit. Turn right at the exit ramp and you will come to a 6 way intersection. Bear right onto West Allegheny Road (Rite Aid on left; First Niagara Bank on right). Follow West Allegheny Road approximately 1/4 mile to the West Allegheny High School Entrance on the left. Follow entrance road past the middle school and park in either the upper or lower parking lot. Entrance to the school is through either the cafeteria entrance or the gymnasium entrance. Follow the signs to the Natatorium.724</p>

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Girls	Faster Than LCM	Faster Than SCY	SATURDAY MORNING Session 1	Faster Than SCY	Faster Than LCM	Boys	Girls	Faster Than LCM	Faster Than SCY	SUNDAY MORNING Session 3	Faster Than SCY	Faster Than LCM	Boys
1			10 & Under 200 Medley Relay			2	53			10 & Under 200 Freestyle Relay			54
3			Senior 400 Medley Relay			4	55			Senior 400 Freestyle Relay			56
5	1:35.29	1:22.19	10 & Under 100 Backstroke	1:21.29	1:33.29	6	57	36.39	32.19	10 & Under 50 Freestyle	31.59	36.09	58
7	2:44.29	2:23.89	Senior 200 Backstroke	2:12.39	2:31.29	8	59	31.79	27.99	Senior 50 Freestyle	25.29	28.79	60
9	42.09	37.29	10 & Under 50 Butterfly	36.69	40.99	10	61	1:37.89	1:26.69	10 & Under 100 Butterfly	1:25.59	1:36.49	62
11	1:14.19	1:06.29	Senior 100 Butterfly	1:00.09	1:07.69	12	63	2:42.69	2:24.49	Senior 200 Butterfly	2:13.39	2:30.59	64
13	1:21.89	1:11.89	10 & Under 100 Freestyle	1:10.79	1:20.59	14	65	2:58.49	2:36.39	10 & Under 200 Freestyle	2:31.89	2:52.39	66
15	1:08.59	1:00.79	Senior 100 Freestyle	55.19	1:03.09	16	67	2:27.19	2:10.39	Senior 200 Freestyle	2:00.09	2:17.19	68
17	48.29	41.99	10 & Under 50 Breaststroke	42.19	48.49	18	69	43.69	38.09	10 & Under 50 Backstroke	38.29	43.89	70
19	3:05.69	2:42.79	Senior 200 Breaststroke	2:30.09	2:54.29	20	71	1:16.29	1:06.59	Senior 100 Backstroke	1:01.09	1:10.59	72
21		1:22.59	10 & Under 100 Individual Medley	1:21.09		22	73	1:46.99	1:33.39	10 & Under 100 Breaststroke	1:31.79	1:45.99	74
23	2:47.29	2:26.99	Senior 200 Individual Medley	2:15.09	2:35.89	24	75	1:26.69	1:15.69	Senior 100 Breaststroke	1:08.89	1:19.69	76
25	6:05.89	6:48.39	10 & Under 500 Freestyle	6:44.59	6:06.79	26	77	3:19.89	2:55.99	10 & Under 200 Individual Medley	2:55.29	3:18.89	78
27	5:08.89	5:47.39	Senior 500 Freestyle	5:24.29	4:50.19	28	79	5:50.59	5:09.89	Senior 400 Individual Medley	4:47.79	5:27.09	80
Girls	Faster Than LCM	Faster Than SCY	SATURDAY AFTERNOON Session 2	Faster Than SCY	Faster Than LCM	Boys	Girls	Faster Than LCM	Faster Than SCY	SUNDAY AFTERNOON Session 4	Faster Than SCY	Faster Than LCM	Boys
29			11-14 400 Medley Relay			30	81			11-14 400 Freestyle Relay			82
31	1:23.29	1:14.19	11-12 100 Backstroke	1:12.29	1:23.59	32	83	33.69	29.49	11-12 50 Freestyle	28.59	32.59	84
33	1:16.49	1:07.79	13-14 100 Butterfly	1:02.89	1:11.09	34	85	32.49	28.69	13-14 50 Freestyle	26.29	30.29	86
35	36.29	32.39	11-12 50 Butterfly	32.09	36.19	36	87	1:22.89	1:13.19	11-12 100 Butterfly	1:11.69	1:21.49	88
37	1:10.39	1:02.19	13-14 100 Freestyle	57.39	1:05.99	38	89	2:31.79	2:13.79	13-14 200 Freestyle	2:05.29	2:23.29	90
39	1:13.49	1:03.09	11-12 100 Freestyle	1:02.69	1:11.39	40	91	2:37.69	2:19.89	11-12 200 Freestyle	2:16.19	2:34.89	82
41	3:00.19	2:35.89	11-14 200 Backstroke	2:32.89	2:56.39	42	93	2:59.29	2:38.59	11-14 200 Butterfly	2:35.29	2:58.49	94
43	2:51.49	2:30.49	13-14 200 Individual Medley	2:20.29	2:42.39	44	95	38.99	33.89	11-12 50 Backstroke	33.49	38.69	96
45	42.09	37.79	11-12 50 Breaststroke	37.29	43.09	46	97	1:17.79	1:08.49	13-14 100 Backstroke	1:04.19	1:14.49	98
47	3:23.69	2:56.89	11-14 200 Breaststroke	2:52.89	3:20.79	48	99	1:33.79	1:22.19	11-12 100 Breaststroke	1:20.49	1:32.49	100
49		1:13.99	11-12 100 Individual Medley	1:11.49		50	101	1:28.99	1:17.59	13-14 100 Breaststroke	1:12.09	1:21.29	102
51	5:32.39	6:09.29	11-14 500 Freestyle	6:04.69	5:27.09	52	103	2:59.79	2:37.59	11-12 200 Individual Medley	2:35.59	2:58.09	104
							105	6:23.99	5:36.09	11-14 400 Individual Medley	5:28.89	6:20.19	106

Comments:

- NT's shall not be accepted.
- 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 subject to Allegheny Mountain Swimming fine for falsifying documents.
- All times are taken from the National Time Standards as established by USA Swimming.
 - Senior Events use 15 -16 National Time Standards.
 - 11 – 14 Events use 11 – 12 National 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 500 Freestyles and 400 Individual Medleys.