



UPPER DUBLIN AQUATIC CLUB

PRESENTS

CLOSED DUAL SWIM MEET

October 2, 2011

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc. MA 1234 D

LOCATION	Upper Dublin High School (UDHS), 800 Loch Alsh Avenue, Fort Washington, PA 19034 Google Map . Approximately 20 min from King of Prussia, 30 min from Philadelphia; 50 min from Wilmington, DE; 50 min. from Cherry Hill, NJ; 2 hrs from Harrisburg; 5 hrs from Pittsburgh.
FACILITIES	Upper Dublin High School Natatorium. New (2010) 40 yd, 10-lane Wallover-designed pool with moveable Stark bulkhead, non-turbulent Competitive lane lines, Colorado Timing System with 10-lane display. Water depth is 13 feet at the start end and is 7 feet at the turn end. 5-lane 25-yard warm-up/warm-down area available throughout competition. The competition course has not been certified in accordance with 104.2.2C(4). Balcony seating for approximately 400 spectators with elevator access. Food concession available in lobby (no food allowed in balcony). Parking in lots surrounding Upper Dublin High School Athletic Complex and Upper Dublin Township Building Site and Parking Information .
MEET DIRECTOR	Brian McMillin bjmcmillin@verizon.net 610-287-3515 125 Markley Road, Schwenksville, PA 19473 Please direct all questions to the Meet Director.
SAFETY DIRECTOR	Jeff Hyde jwhyde50@yahoo.com w: 215-591-0575 c: 267-808-9766 904 Davis Road, Lower Gwynedd, PA 19002 Meet day only pool emergency phone number: 215-643-8900 ext. 2283
OFFICIALS	All USA Swimming Certified Officials and Trainees are invited to work the meet. Anyone interested in helping with the meet should contact Jeff Hyde jwhyde50@yahoo.com Office: 215-591-0575 Cell: 267-808-9766

ELIGIBILITY	<p>The Meet Director will accept entries until the meet fills.</p> <p>This meet is open to all 9 and over swimmers from invited teams, registered with USA Swimming for 2011. Swimmers age as of October 2, 2011 will apply for the entire meet. The 2011 USA Swimming rules will apply.</p> <p>Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2011-2012 registration). This applies to all swimmers attached to a club.</p> <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.</p>
ENTRY LIMITATIONS	<p>The meet director reserves the right to change the meet format if necessary to conduct each meet session in a four-hour time span. If the meet should fill, all unprocessed entries will be returned with a full refund.</p> <p>Swimmers may enter a maximum of three (3) individual events and two (2) relays.</p> <p>'Fly-over' starts will be used at this meet. All swimmers (except for backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p>
WARM-UP & START TIMES QUALIFYING TIMES	<p>Warm-up times and lanes will be assigned. Sprint and pace lanes will be assigned during warm-ups. 5-lane 25-yard warm-up/warm-down area available throughout meet.</p> <p>We will follow USA swimming and MA Swimming policies and procedures for warm-up.</p> <p>Dates and times:</p> <p>Sun, Oct 2nd Session 1 Warm-up 7:30 AM Meet starts 8:30 AM</p> <p> Session 2 Warm-up 1:00 PM Meet starts 2:00 PM</p>
DECK ENTRIES /TIME TRIALS	<p>Deck entries, if time permits, are \$8.00 per event for swimmers. Please see the Meet Director for deck entries. Deck entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. Swimmers not already entered in the meet must provide proof current of USA Swimming registration.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers without a coach should report to the meet director before the warm-up of each session. A coach will be designated for all unattached athletes.</p>
ATHLETES WITH DISABILITES	<p>Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.</p>
SEEDING	<p>All events are pre-seeded.</p>

HOW TO ENTER	<p>Electronic entries (Hy-Tek Team Manager) entry file are preferred.</p> <p>Entries may be sent via e-mail to the meet director. Include with your entry file a Team Manager report by entry (saved in Word for Windows format). In the body of your e-mail, provide the number of girls, boys and total entries. Include contact information (name, address, phone and cell phone).</p> <p>Swimmers failing to enter best times will result in MA Swimming imposed penalties.</p> <p>Entries and fees must be accompanied by the MASTER ENTRY FORMS with hard copy print out. No entries will be processed until fees are received. No entries will be accepted if they do not have the hard copy print out.</p> <p>We request each club remit <u>ONE</u> check made payable to "UDAC" to cover team entry fees.</p> <p>Email entries supersede all other forms of entry.</p>
ENTRY FEES	Entry fees are \$4.00 per individual event and \$8.00 per relay.
SEND ENTRIES TO	<p>Brian McMillin bjmcmillin@verizon.net 610-287-3515 125 Markley Road, Schwenksville, PA 19473 Request signature waiver if needed.</p>
ENTRY DEADLINE	<p>Last day to submit entries September 23, 2011. No late entries will be accepted.</p> <p>As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically.</p> <p>All clubs are encouraged to enter electronically, regardless of the number of swimmers entered. If this is not possible, the official entry form must be used. If entering more than five (5) swimmers (per Club) on this form, a processing fee of \$15.00 per swimmer must be included.</p> <p>A download of Team Manager Lite is available here http://www.hy-tekLtd.com/downloads.html</p> <p>Instructions are here http://maswim.org/0910/TM Lite Instructions.pdf</p>
RULES	<p>USA Swimming / Middle Atlantic Swimming rules shall apply. USA Swimming / MA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>All events are timed finals.</p> <p>Any swimmer observed swimming under or through the bulkhead by an official or Safety Monitor at the Meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be strictly enforced.</p>
SCORING & AWARDS	Awards will not be given at this meet.
PROGRAMS & ADMISSION	\$5 per session, includes heat sheet
RESULTS	Results will be posted on the Middle Atlantic Swimming website, www.maswim.org .

DIRECTIONS	PA Turnpike to exit 339 (Fort Washington). After toll, bear right onto Route 309 North to the first exit (Highland Avenue) and bear right. Immediately make a left at the first traffic light onto Fort Washington Avenue past Fort Washington Elementary and athletic fields. Turn left onto Loch Alsh Ave, past UDHS on right, and turn right on Spark Drive. UDHS Athletic Complex will be on your right. Site and Parking Information
ACCOMODATIONS	<p>Lodging in Fort Washington: Best Western, 285 Commerce Drive, Ft. Washington 215-542-7930 Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington 215-646-4637 Holiday Inn, 432 Pennsylvania Ave., Ft. Washington 215-643-3000</p> <p>Lodging in surrounding area: Courtyard Marriott, 2350 Easton Road Route 611, Willow Grove, 215-830-0550 Residence Inn Marriott, 3 Walnut Grove Drive, Horsham, 215-443-7330 Philadelphia Marriott West, 111 Crawford Ave., W. Conshohocken, 610-941-5600 Residence Inn Marriott, 191 Washington St., Conshohocken, 610-828-8800 Courtyard Marriott, 651 Fountain Rd., Plymouth Meeting, 610-238-0695 Spring Hill Suites, 430 Plymouth Rd., Plymouth Meeting, 610-940-0400 Comfort Inn, 678 Bethlehem Pike, Montgomeryville, 215-361-3600 Joseph Ambler Inn, 1005 Horsham Rd., North Wales, 215-362-7500</p> <p>Restaurants: Cantina Feliz, 424 South Bethlehem Pike, Fort Washington 215-646-1320 Fireside Bar and Grill, 1211 S. Bethlehem Pike, Ft. Washington 215-643-6540 Friendly's Restaurant, 325 Pennsylvania Ave. Ft. Washington 215-646-1944 From The Boot, 110 East Butler Avenue, Ambler 610-834-8680 KC's Alley, 10 West Butler Pike, Ambler 215-628-3300 MaGerks Pub & Grill, 582 South Bethlehem Pike, Fort Washington 215-948-3329 Mama's Pizza, 1704 Susquehanna Road., Dresher, 215-540-8280 Maple Glen Pizza, 641 Welsh Road, maple Glen 215-542-7720 Nick's Pizza, Dreshertown Plaza, 1650 Limekiln Pike, Dresher, 215-628-3775 Jade Garden, 1650 Limekiln Pike, Dresher 215-542-3890 Jarrettown Hotel , 1425 Limekiln Pike, Dresher 215.654.6880 Luciani's Pizza, 471 Commerce Drive, Fort Washington, 215-643-3433 Saladworks, Dreshertown Plaza, 1650 Limekiln Pike, Dresher 215-654-7500 Subway, 285 Commerce Drive, Ft. Washington, 215-643-5560 Little Italy Pizza, 416 S. Bethlehem Pike, Ft. Washington 215-628-3845 Rich's Deli, 430 S. Bethlehem Pike, Ft. Washington 215-646-9860 Toner's Beef & Ale Tavern, 101 E. Pennsylvania Ave., Ft. Washington 215-646-5655 Umami Umami, 1708 Limekiln Pike, Dresher 215-542-6993 Wawa Food Market, 582 S. Bethlehem Pike, Ft. Washington 215-646-2972 West Ave Grille, 1650 Limekiln Pike, Dresher 215-367-5428 Zakes Café, 444 S Bethlehem Pike, Fort Washington 215-654-7600</p>

SESSION #1	Women's	Event Description	Men's
Sunday Afternoon – Oct 2 nd , 2011 (Warm-up 7:30 AM; Start 8:30 AM)	1	13-14 200 Medley Relay	2
	3	15-18 200 Medley Relay	4
	5	13-18 1000 Freestyle	6
	7	13-14 200 Freestyle	8
	9	15-18 200 Freestyle	10
	11	13-14 100 Backstroke	12
	13	15-18 100 Backstroke	14
	15	13-14 100 Breaststroke	16
	17	15-18 100 Breaststroke	18
	19	13-14 200 Butterfly	20
	21	15-18 200 Butterfly	22
	23	13-14 100 Freestyle	24
	25	15-18 100 Freestyle	26
	27	13-14 200 Backstroke	28
	29	15-18 200 Backstroke	30
	31	13-14 200 Breaststroke	32
	33	15-18 200 Breaststroke	34
	35	13-14 50 Freestyle	36
	37	15-18 50 Freestyle	38
	39	13-14 200 IM	40
41	15-18 200 IM	42	
43	13-14 400 Free Relay	44	
45	15-18 400 Free Relay	46	

SESSION #2	Women's	Event Description	Men's
Sunday Afternoon – Oct 2 nd , 2011 (Warm-up 1:00 PM; Start 2:00 PM)	47	11-12 200 Medley Relay	48
	49	9-10 200 Medley Relay	50
	51	11-12 200 Freestyle	52
	53	9-10 200 Freestyle	54
	55	11-12 200 IM	56
	57	9-10 200 IM	58
	59	11-12 50 Freestyle	60
	61	9-10 50 Freestyle	62
	63	11-12 100 Butterfly	64
	65	9-10 100 Butterfly	66
	67	11-12 100 Freestyle	68
	69	9-10 100 Freestyle	70
	71	11-12 500 Freestyle	72
	73	9-10 500 Freestyle	74
	75	11-12 200 Free Relay	76
	77	9-10 200 Free Relay	78
	79	11-12 100 Backstroke	80
	81	9-10 100 Backstroke	82
	83	11-12 100 Breaststroke	84
	85	9-10 100 Breaststroke	86
87	11-12 400 Free Relay	88	
89	9-10 400 Free Relay	90	

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FINANCIAL SUMMARY

ENTRIES WILL NOT BE PROCESSED
WITHOUT THE FOLLOWING INFORMATION

Team Name: _____ Team Code: _____

Head Coach: _____

Coach's Address: _____

City: _____ State: _____ Zip Code: _____

Phone: Home () _____ Office () _____ e-mail: _____

Person and address designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

(VERY IMPORTANT) e-mail: _____

Mail Entries to: Brian McMillin 125 Markley Road, Schwenksville, PA 19473

ENTRY DEADLINE: Received by 5:00 pm, September 23, 2011

Please make check payable to UDAC, one check per club.

ENTRY FEES:

_____ Women's Individual events @ \$4.00	\$_____
_____ Women's Relay events @ \$8.00	\$_____
_____ Men's Individual events @ \$4.00	\$_____
_____ Men's Relay events @ \$8.00	\$_____
_____ Surcharge @ \$15.00 per swimmer (for non-disk entry of 5 or more swimmers only)	\$_____
TOTAL	\$_____

NUMBER OF SWIMMERS: 13-Over: _____

12-Under: _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative

