



# UPPER DUBLIN AQUATIC CLUB

PRESENTS

## "Winter Wonderland" Mini Meet

January 9, 2011

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc. MA SANCTION#

<b>LOCATION</b>	Upper Dublin High School (UDHS), 800 Loch Alsh Avenue, Fort Washington, PA 19034 <a href="#">Google Map</a> . 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.
<b>FACILITIES</b>	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. This pool has not yet been certified according to the USA Swimming Rules & Regulations.  Balcony seating for approximately 400 spectators. Food concession available in lobby. Parking in lots surrounding Upper Dublin High School Athletic Complex and Upper Dublin Township Building <a href="#">Site and Parking Information</a> .
<b>MEET DIRECTOR</b>	Stephanie Rozick, 8312 Sentinel Ridge, Eagleville, PA 19403 (814) 404-5824 e-mail: <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a> Please direct all questions to the Meet Director
<b>SAFETY DIRECTOR</b>	Stephanie Rozick, 8312 Sentinel Ridge, Eagleville, PA 19403 (814) 404-5824 e-mail: <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a> Please direct all questions to the Meet Director
<b>OFFICIALS</b>	Meet Referee: Jim Leigh <a href="mailto:jim.leigh@comcast.net">jim.leigh@comcast.net</a> 215-572-0787 Anyone interested in helping with the meet as a USA Swimming-certified official should contact the meet referee.
<b>ELIGIBILITY</b>	The Meet Director will accept entries until the meet fills.  Open to all registered USA Swimming athletes eight (8) years of age or younger. Swimmer's age as of day of meet governs age group entry. The meet will be conducted according to current USA Swimming rules.  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 2010-11 registration). This applies to all swimmers attached to a club.

	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.
<b>ENTRY LIMITATIONS</b>	<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 five (5) events per day. If the meet is undersubscribed and at the discretion of the meet director, deck entries will be accepted for participants to swim 5 events.</p>
<b>WARM-UP &amp; START TIMES QUALIFYING TIMES</b>	<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><b>Dates and times:</b> Sun, Jan 9 Warm-up 8:00am Meet starts 9:00 am</p>
<b>DECK ENTRIES /TIME TRIALS</b>	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.
<b>SWIMMERS WITHOUT A COACH</b>	Swimmers without a coach should report to the meet director before the warm- up of each session.
<b>SEEDING</b>	All events are pre-seeded.
<b>HOW TO ENTER</b>	<p><b>Electronic entries (Hy-Tek Team Manager) entry file are preferred.</b></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 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>
<b>ENTRY FEES</b>	<p>Entry fees are \$4.00 per individual event.</p> <p>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</p>
<b>SEND ENTRIES TO</b>	Stephanie Rozick, e-mail: <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a>

	8312 Sentinel Ridge, Eagleville, PA 19403 cell: (814) 404-5824 Request signature waiver if needed.
<b>ENTRY DEADLINE</b>	Last day to submit entries December 29, 2010. No late entries will be accepted. As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. 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.  A download of Team Manager Lite is available here <a href="http://www.hytek ltd.com/downloads.html">http://www.hytek ltd.com/downloads.html</a> Instructions are here <a href="http://maswim.org/0910/TM%20Lite%20Instructions.pdf">http://maswim.org/0910/TM%20Lite%20Instructions.pdf</a>
<b>RULES</b>	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. 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. All events are timed finals. 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.
<b>SCORING &amp; AWARDS</b>	Awards will be presented to the following finishers. Individual Events: Rosettes 1 <sup>st</sup> to 3 <sup>rd</sup> ; Ribbons 4 <sup>th</sup> to 12 <sup>th</sup> Heat Awards: Ribbons 1 <sup>st</sup> ; plus fun prizes for Hot Heats (one per event) Please pick up ribbons at the conclusion of the meet.
<b>PROGRAMS &amp; ADMISSION</b>	\$5 per session, includes heat sheet
<b>RESULTS</b>	Results will be posted on the Middle Atlantic Swimming website, <a href="http://www.maswim.org">www.maswim.org</a> .
<b>DIRECTIONS</b>	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. <a href="#">Site and Parking Information</a>
<b>ACCOMODATIONS</b>	<b>Lodging in Fort Washington:</b> 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 <b>Lodging in surrounding area:</b> 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

**Restaurants:**

Fireside Bar and Grill, 1211 S. Bethlehem Pike, Ft. Washington 215-643-6540  
Friendly's Restaurant, 325 Pennsylvania Ave. Ft. Washington 215-646-1944  
Mama's Pizza, 1704 Susquehanna Road., Dresher, 215-540-8280  
Nick's Pizza, Dreshertown Plaza, 1650 Limekiln Pike, Dresher, 215- 628-3775  
Luciani's Pizza, 471 Pinetown Road, 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  
Wawa Food Market, 582 S. Bethlehem Pike, Ft. Washington 215-646-2972

# UDAC "WINTER WONDERLAND" MINI MEET

## Sunday, January 9, 2011

### EVENTS

<b>GIRLS</b>	<b>EVENT/DISTANCE</b>	<b>AGE</b>	<b>BOYS</b>
1	25 Free	6 & Under	2
3	25 Free	7 Year Olds	4
5	25 Free	8 Year Olds	6
7	50 Free	8 & Under	8
9	25 Back	6 & Under	10
11	25 Back	7 Year Olds	12
13	25 Back	8 Year Olds	14
15	50 Back	8 & Under	16
17	25 Breast	6 & Under	18
19	25 Breast	7 Year Olds	20
21	25 Breast	8 Year Olds	22
23	50 Breast	8 & Under	24
25	25 Fly	6 & Under	26
27	25 Fly	7 Year Olds	28
29	25 Fly	8 Year Olds	30
31	50 Fly	8 & Under	32
33	100 IM	7 & Under	34
35	100 IM	8 & Under	36

# UDAC 2011 "WINTER WONDERLAND" MINI MEET 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: Stephanie Rozick, 8312 Sentinel Ridge, Eagleville, PA 19403

ENTRY DEADLINE: Received by 5:00 pm, December 29, 2010

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

## ENTRY FEES:

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

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

**UPPER DUBLIN  
AQUATIC CLUB**

**STANDARD ENTRY FORM FOR  
INDIVIDUAL EVENTS AND RELAYS**

**\$4.00 PER INDIVIDUAL EVENT**

*USE A SEPARATE SHEET FOR EACH AGE-GROUP & SEX. USE A SEPARATE SHEET FOR RELAYS.*

**MEET:** UDAC "WINTER WONDERLAND" MINI MEET    **DATES:** JAN 9, 2011

**TEAM:** \_\_\_\_\_    **TEAM CODE:** \_\_\_\_\_    **AGE GROUP:** \_\_\_\_\_

<b>EVENT NUMBER:</b>														
<b>EVENT NAME:</b>														
<b>QUANTITY:</b>														

NAME (LAST, FIRST, MI)	AGE	USA SWIMMING REGISTRATION#	SEED TIME	<i>Indicate any meter times with designation of "S" for short course or "L" for long course meters.</i>										

**PLEASE TALLY IN EACH:**    \_\_\_\_\_

I ATTEST THAT THE ATHLETES LISTED ABOVE ARE PROPERLY REGISTERED WITH UNITED STATES SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

IF YOU HAVE ANY QUESTIONS REGARDING THESE ENTRIES, PLEASE CONTACT THE MEET DIRECTOR DIRECTLY.

**TOTAL ENTRIES THIS PAGE:** \_\_\_\_\_ X \$4 = \$ \_\_\_\_\_

ENTRIES WILL NOT BE PROCESSED WITHOUT THIS FOLLOWING INFORMATION:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TEAM REPRESENTATIVE'S NAME      SIGNATURE      TEAM REPRESENTATIVE'S ADDRESS      PHONE**