

B CHAMPIONSHIP MEET FEBRUARY 18 - 19, 2012

SPONSOR/HOST	ALLEGHENY NORTH SWIM CLUB		
SANCTION #	AM-021812-01		
MEET DIRECTOR	REBECCA JUNEAU	E-MAIL: rebecca@copiesatcarson.com	PHONE: 412-369-9649
LOCATION	NORTH ALLEGHENY HIGH SCHOOL - 10375 PERRY HIGHWAY, WEXFORD, PA 15090		
FACILITY DESCRIPTION	6 Lane indoor pool with wave reduction lane markers and 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	JANUARY 25, 2012		
ENTRY DEADLINE	FEBRUARY 3, 2012		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$5.00	
ENTRY LIMIT	4 Individual Events per day (excluding relays).		MEET ENTRY LIMIT: 2400
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	DAVID BUERGER	PHONE #: 724-934-8336 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	ANSC-ENTRIES@AMSWIM.ORG		
MAIL CHECKS/ REPORTS	DAVID BUERGER, 286 HIGHVUE CIRCLE, WEXFORD, PA 15090		
CHECKS PAYABLE TO	ANSC		
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	SHELLY SPRYS	E-MAIL: sprys.pa@netzero.com	PHONE: 412-367-0227
OFFICIALS CONTACT	ANDREA ROUSSEAU	E-MAIL: asrousseau@verizon.net	PHONE: 412-417-9186
AWARDS	Individual: Medals 1st - 3rd Ribbons 4 th - 6 th Place; Relay: Single Ribbons 1st - 3rd Place		
SCORING	This is not a scored meet.		
MISCELLANEOUS	Full concession available from one hour prior to the start of the meet. Knabe's Swimming Shop will be on site for swimming equipment.		

SESSION	WARM-UP TIMES	MEET STARTS
Saturday & Sunday AM	7:15 AM - 7:40 AM, 7:40 AM - 8:05 AM	8:10 AM
Saturday & Sunday PM	12:15 PM - 12:40 PM, 12:40 PM - 1:05 PM	1:10 PM
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).	
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	

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.
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	From the North - Take I-79 south to the Wexford Exit, Turn left at the top of the ramp. Follow Route 910 from the exit ramp to Route 19 South. Go seven traffic Lights on Route 19 south. Make a right into North Allegheny High School and follow the signs around back of the Senior High. From the South - Take I-279 North to I-79 North. Follow I-79 to the Wexford Exit, turn right at the end of the ramp. Follow Route 910 from the exit ramp to Route 19 South. Go seven traffic Lights on Route 19 south. Make a right into North Allegheny High School and follow the signs around back of the Senior High. From the PA Turnpike - Exit Cranberry Exit 23. Follow the signs to I-79 South. Take I-79 south to the Wexford Exit, Turn left at the top of the ramp. Follow Route 910 from the exit ramp to Route 19 South. Go seven traffic Lights on Route 19 south. Make a right into North Allegheny High School and follow the signs around back of the Senior High. Parking is available in both the front and back side of the building.

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ANSC
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Girls	No Faster Than LCM	No Faster Than SCY	SATURDAY AM	No Faster Than SCY	No Faster Than LCM	Boys	Girls	No Faster Than LCM	No Faster Than SCY	SUNDAY AM	No Faster Than SCY	No Faster Than LCM	Boys
1			10 & Under 200 Freestyle Relay		2		47			10 & Under 200 Medley Relay			48
3			13 & Older Girls 400 Freestyle Relay				49			13 & Older Girls 400 Medley Relay			
4	40.79	35.99	10 & Under 50 Freestyle	35.19	40.19	5	50	1:48.89	1:33.99	10 & Under 100 Backstroke	1:32.09	1:45.69	51
6	34.49	30.39	13 & Older Girls 50 Freestyle				52	2:57.99	2:35.89	13 & Older Girls 200 Backstroke			
7	1:55.19	1:42.09	10 & Under 100 Butterfly	1:40.39	1:53.19	8	53	48.59	42.99	10 & Under 50 Butterfly	41.99	46.89	54
9	2:56.19	2:36.49	13 & Older Girls 200 Butterfly				55	1:20.39	1:11.79	13 & Older Girls 100 Butterfly			
10	3:23.59	2:58.29	10 & Under 200 Freestyle	2:50.89	3:13.99	11	56	1:32.99	1:21.59	10 & Under 100 Freestyle	1:19.99	1:31.09	57
12	2:39.49	2:21.19	13 & Older Girls 200 Freestyle				58	1:14.39	1:05.79	13 & Older Girls 100 Freestyle			
13	49.89	43.49	10 & Under 50 Backstroke	43.69	50.09	14	59	54.89	47.79	10 & Under 50 Breaststroke	47.89	55.09	60
15	1:22.69	1:12.09	13 & Older Girls 100 Backstroke				61	3:21.19	2:56.39	13 & Older Girls 200 Breaststroke			
16	2:02.29	1:46.69	10 & Under 100 Breaststroke	1:43.69	1:59.79	17	62		1:33.79	10 & Under 100 Individual Medley	1:31.19		63
18	1:33.89	1:21.99	13 & Older Girls 100 Breaststroke				64	3:01.19	2:39.29	13 & Older Girls 200 Indiv Medley			
19	3:46.49	3:19.39	10 & Under 200 Individual Medley	3:18.09	3:44.79	20	65	6:51.59	7:39.49	***10 & Under 500 Freestyle	7:35.19	6:52.69	66
21	6:19.79	5:35.69	13 & Older Girls 400 Indiv Medley				67	5:34.69	6:16.29	***13 & Older Girls 500 Freestyle			
Girls	No Faster Than LCM	No Faster Than SCY	SATURDAY PM	No Faster Than SCY	No Faster Than LCM	Boys	Girls	No Faster Than LCM	No Faster Than SCY	SUNDAY PM	No Faster Than SCY	No Faster Than LCM	Boys
22			11 – 12 200 Freestyle Relay			23	68			11 – 12 200 Medley Relay			69
			13 & Older Boys 400 Freestyle Relay			24				13 & Older Boys 400 Medley Relay			70
25	36.39	31.89	11 – 12 50 Freestyle	30.99	35.29	26	71	3:15.29	2:48.89	***11 – 12 200 Backstroke	2:45.59	3:11.09	72
			13 & Older Boys 50 Freestyle	27.39	31.19	27				***13 & Older Boys 200 Backstroke	2:23.39	2:43.89	73
28	3:14.19	2:51.79	***11 – 12 200 Butterfly	2:48.29	3:13.39	29	74	1:31.09	1:21.09	11 – 12 100 Backstroke	1:19.09	1:31.39	75
			***13 & Older Boys 200 Butterfly	2:24.49	2:43.19	30				13 & Older Boys 100 Butterfly	1:05.09	1:13.39	76
31	1:30.79	1:20.19	11 – 12 100 Butterfly	1:18.69	1:29.49	32	77	39.39	35.09	11 – 12 50 Butterfly	35.19	39.59	78
33	2:50.79	2:31.49	11 – 12 200 Freestyle	2:27.49	2:47.79	34	79	1:19.59	1:08.29	11 – 12 100 Freestyle	1:07.89	1:17.39	80
			13 & Older Boys 200 Freestyle	2:10.09	2:28.59	35				13 & Older Boys 100 Freestyle	59.79	1:08.39	81
36	42.29	36.79	11 – 12 50 Backstroke	36.49	42.19	37	82	3:40.59	3:11.69	***11 – 12 200 Breaststroke	3:07.29	3:37.49	83
			13 & Older Boys 100 Backstroke	1:06.19	1:16.49	38				***13 & Older Boys 200 Breaststroke	2:42.59	3:08.79	84
39	1:41.89	1:29.29	11 – 12 100 Breaststroke	1:27.79	1:40.89	40	85	45.59	40.89	11 – 12 50 Breaststroke	40.79	47.09	86
			13 & Older Boys 100 Breaststroke	1:14.69	1:26.39	41				13 & Older Boys 200 Indiv Medley	2:26.39	2:48.89	87
42	3:14.79	2:50.69	11 – 12 200 Individual Medley	2:49.39	3:13.89	43	88		1:20.09	11 – 12 100 Individual Medley	1:17.59		89
			***13 & Older Boys 400 Indiv Medley	5:11.79	5:54.39	44				**13 & Older Boys 500 Freestyle	5:51.29	5:14.39	90
45	6:55.89	6:04.19	***11 – 12 400 Individual Medley	5:56.29	6:51.79	46	91	6:00.09	6:40.09	**11 – 12 500 Freestyle	6:35.09	5:54.39	92

Comments:

1. NT's shall not be accepted.
2. All times are taken from the national time standards as established by USA Swimming for each age group.
3. 13 and Older events use 15 -16 national time standards.
4. Swimmers are only eligible to compete in 4 individual events per day.
5. *** Notes that 11 & 12 and 13 and Older shall be swum as combined events.
6. Events 400 yards and longer will be swum fastest to slowest alternating girls and boys.
7. There may be a 10 minute warm-up period prior to the 500 Freestyles and 400 Individual Medleys