



NITTANY LION AQUATIC CLUB

PRESENTS

SWIMFEST 2014 A/BB/C/MINI

June 27 – June 29 2014

**Pennsylvania State University
State College, Pennsylvania**

Held under the sanction of USA Swimming / Middle Atlantic Swimming Sanction # MA 14130 A

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

LOCATION	The Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs. From Harrisburg; 3-1/2hrs. From Philadelphia; and 3 hrs. from Pittsburgh. Pool is located at the corner of Bigler Road and Curtain Road
FACILITIES	50meter heated outdoor 8-Lane facility. Pool depth at the starting end is 12'-6". Water depth at the turn end is 4'-6" feet. <i>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</i> Separate 25 yd indoor pool for warm-up and swim down during meet. Non-turbulent lane markers. ColoradoSystem5 Timing System. PARKING: Available in parking decks near the Natatorium. Penn State University controls all parking and fees. Lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully. Pets: There will be no pets, except service animals, permitted inside the indoor or outdoor facility. FOOD: A limited selection of food and swimming apparel will be available throughout the meet. Emergency Contact - (814) 865-1433 Day of meet only
MEET DIRECTOR	Justine Gible, 1282 Chestnut Ridge Drive, State College, PA16803 Phone: 814-571-5764 Email: nlcjgible@gmail.com Renee Donelan & Stephanie Blake - Trainees

SAFETY DIRECTOR	Bridget Donnelly Meet day pool emergency phone number: 814-360-3259
MEET REFEREE	
OFFICIALS	Anyone interested in helping with the meet as a USA Swimming certified official should contact Scott Etter at setter@mkclaw.com
ELIGIBILITY	<p>Open to all 2014 USA Swimming registered swimmers. Swimmers age as of June 27, 2014 will apply for entire meet. The 2014 USA Swimming Rules will apply. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2013-14 registration). Swimmers wishing to deck enter, not previously entered in the meet must bring proof of USA registration.</p>
ENTRY LIMITATIONS	<p>The meet director reserves the right to limit entries or heats, if necessary, to conduct each meet session in a four or five(13 & O) hour time span. Positive check in and/or scratch policy for all events maybe implemented if the meet is over subscribed.</p> <p>If the meet should fill before the entry deadline all unprocessed entries will be returned with a full refund. Penalties will be imposed on swimmers (in accordance with USA/MALSC rules) when any coach, parent, or swimmer enters a time other than a best time, for any event.</p> <p>Entry LIMITATIONS: 8 & under are permitted to swim five events. 9 - 12 swimmers are permitted four events per day. 13 & over swimmers are permitted four events per day plus the 400m free on Friday and the 400IM on Saturday.</p> <p>As a minimum, the 40 fastest times for each event will be accepted for entry. However, we may permit more than 40 entries in a given event provided some of the other events are not filled.</p>
WARM-UP	<p>General warm-up will be held. During the final 10-15 minutes, lanes 1 and 8 will be pace lanes and lanes 2 and 7 will be sprint lanes. Warm-down lanes will be available during the meet, in the 25yard racing pool, in McCoy Natatorium, adjacent to the outdoor 50 meter pool.</p>

<p>WARM-UP & START TIMES</p>	<p>Friday, June 27: (1500 Free) Warm up 3:30 PM. Meet begins at 4:30 PM</p> <p>Saturday, June 28: AM Session (13-14, 15&O) Warm-up at 6:30 AM, Meet begins at 8:00 AM</p> <p>Saturday Distance, June 28: 400 Free (9-12, 13%O) Warm-up at 12:30 PM, Meet begins at 1:00 PM</p> <p>Saturday, June 28: PM Session (9-10, 11-12) Warm-up at 3:15 PM, Meet begins at 4:15 PM</p> <p>Sunday, June 29: AM Session (13-14, 15&O, Senior 400IM) Warm-up at 6:30 AM, Meet begins at 8:00 AM. 400 IM will begin 10 minutes after completion of event 68.</p> <p>Sunday, June 29: Mini Session Warm-up at 1:00 PM, Meet begins at 1:30 PM</p> <p>Sunday, June 29: PM Session (9-10, 11-12) Warm-up at 3:30 PM, Meet begins at 4:15 PM</p>
<p>DECK ENTRIES</p>	<p>Deck entries, if time permits, are \$10.00 per event. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. (USA registration Card or official club roster from SWIMS database). Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers without a coach should report to the Meet Director before the warm-up of each session. Any swimmer entering the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA member swimming coach as being proficient as 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>
<p>RECORDING BAN</p>	<p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
<p>SWIMMERS WITH DISABILITIES</p>	<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, timed finals EXCEPT the 1500 Freestyle, 400 Freestyle, and the 400 IM. Positive check in for those events is required.</p> <p>Swimmers must have own timers and counter for the 400 and 1500 Freestyle events.</p> <p>We will swim the 1500 and 400 Freestyle and the 400IM fastest to slowest heats, alternating one heat of girls then one heat of boys.</p> <p>The MA Scratch policy will be enforced. Policy stated below under Rules.</p> <p>Entry times must be submitted in the course they were achieved.</p> <p>Times submitted in Long Course Meters will be seeded first, followed by Short Course Meters and then Short Course Yards.</p> <p>The meet will be swum entirely in long course meters.</p>
HOW TO ENTER	<p>ENTRIES/FEES:</p> <p>Email entries of Hytek files are preferred and supersede all other forms of entry.</p> <p>Entries and fees must be accompanied by the MASTER ENTRY FORMS or HY-TEK DISK with hardcopy print out.</p> <p>Times must be submitted in the course in which they were achieved.</p> <p>Request signature waiver if using express mail.</p>
ENTRY FEES	<p>Entry fees are \$5.00 per individual event plus a \$5 per swimmer surcharge. Deck entries, if time permits, are \$10.00 per event.</p> <p>Entries and fees must be accompanied by the Financial Recap form.</p> <p>No phone entries will be accepted. Please make entry fees check payable to "NLAC"</p> <p>Fees must be received within 7 days of entry.</p> <p>As per Middle Atlantic rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. An additional \$25 per swimmer fee will be charged to any team submitting manual entries for more than 5 swimmers.</p> <p>We have information on the final page of this meet information about a Hy-tek product that is FREE(TM –Lite). This product will assist you in completing your electronic entry.</p>
SEND ENTRIES TO	<p>Justine Gible, 1282 Chestnut Ridge Drive, State College, PA16803 Phone: 814-571-5764 Email: nlacjgible@gmail.com</p> <p>Request signature waiver if needed.</p>
ENTRY DEADLINE	<p>All entries must be received by: 5:00 PM JUNE 13, 2014.</p> <p>No late entries will be accepted.</p>

<p>RULES/POLICIES</p>	<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. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>MA Swimming Scratch Policy: Any swimmer who has positively checked in for a deck seeded event and then does not swim that event will be barred from swimming the next individual event in which the swimmer is entered, whether on the same or later meet day.</p> <p>'Fly-over' starts will be used in all sessions except the Mini Session for swimmers aged 8 and under. Swimmers aged 9 and over (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p>
<p>SCORING& AWARDS</p>	<p>Awards will be based on time achieved. Individuals: 9-12 Ribbons: 1st-8th in A/BB/and C divisions. 8 and under: 1-8th ribbons</p>
<p>PROGRAMS & ADMISSION</p>	<p>\$5 admission includes heat sheet. Children 12 and under admitted free. Spectators bring your favorite lawn chair/beach blanket for general poolside seating. Teams are encouraged to bring their own portable tent(s) to setup on the grassy areas around the pool. Large party tents are not being provided this year.</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic Swimming website, www.maswim.org. Real time results will be available at: http://results.teamunify.com/masbca/</p>

DIRECTIONS	322 to the Penn State Exit (Park Ave). Turn on to Park Ave., follow to third light past stadium at Bigler Rd. Turn left on to Bigler Rd. Pool is past the first stop sign, on the left.
ACCOMODATIONS	<p>COMFORT SUITES: 132 Village Drive State College, PA 16801 Phone: 814-235-1900. Mention “Nittany Lion Aquatics” when making reservation. http://www.comfortsuites.com/hotel-state-college-pennsylvania-PA276</p> <p>COUNTRY INN & SUITES: 1357 East College Avenue, State College PA 16801 Phone 814-234-6000 Mention “Nittany Lion Aquatics” when making reservation. http://www.countryinns.com/state-college-hotel-pa-16801/pastate</p> <p>RAMADA CONFERENCE CENTER, 1450 South Atherton St., State College, PA 16801 Phone: 814-238-3001 Ask for Nittany Lion Aquatic Meet http://www.ramadasc.com/</p> <p>SLEEP INN GROUP BLOCKS: 111 Village Drive State College, PA 16801 Phone : 814-235-1020 Mention “Nittany Lion Aquatics” when making reservation. http://www.sleepinn.com/hotel-state-college-pennsylvania-PA421</p> <p>THE ATHERTON HOTEL (a full service hotel): 125 S. Atherton St., State College, PA 16802 Phone: 814-231-2100 Mention “NITTANY LION AQUATIC CLUB” when making reservation. www.athertonhotel.net</p> <p>HOLIDAY INN EXPRESS: 1925 Waddle Rd. State College, PA 16803 Phone: 814-867-1800. http://www.ihg.com/holidayinnexpress/hotels/us/en/state-college/scewr/hoteldetail</p> <p>FAIRFIELD INN & SUITES: 2215 N. Atherton St. State College, PA 16803 Phone: 814-238-3871. http://www.marriott.com/hotels/travel/sceco-fairfield-inn-and-suites-state-college/</p> <p>SPRINGHILL SUITES: 1935 Waddle Rd. State College, PA 16803 Phone: 814-867-1807. http://www.marriott.com/hotels/travel/scesh-springhill-suites-state-college/</p> <p>HAMPTON INN & SUITES: 1955 Waddle Rd. State College, PA 16803 Phone: 814-231-1899. http://hamptoninn3.hilton.com/en/hotels/pennsylvania/hampton-inn-and-suites-williamsburg-square-SCEHSHX/index.html</p>

GIRLS	Friday Session 1	BOYS
1	Senior 1500 FREESTYLE	2
	Saturday AM Session 2	
3	13-14 100 FREESTYLE	4
5	15&O 100 FREESTYLE	6
7	13-14 200 BREASTROKE	8
9	15&O 200 BREASTROKE	10
11	13-14 100 BACKSTROKE	12
13	15&O 100 BACKSTROKE	14
15	13-14 200 IM	16
17	15&O 200 IM	18
19	13-14 100 BUTTERFLY	20
21	15&O 100 BUTTERFLY	22
	Saturday DISTANCE Session 3	
23	Open 400 FREESTYLE	24
	Saturday PM Session 4	
25	9-10 50 BREASTROKE	26
27	11-12 50 BREASTROKE	28
29	9-10 100 BACKSTROKE	30
31	11-12 100 BACKSTROKE	32
33	9-10 100 BUTTERFLY	34
35	11-12 100 BUTTERFLY	36
37	11-12 200 BREASTROKE	38
39	9-10 50 FREESTYLE	40
41	11-12 50 FREESTYLE	42
43	9-10 200 IM	44
45	11-12 200 IM	46

GIRLS	Sunday AM Session 5		BOYS
47	13-14	200 BACKSTROKE	48
49	15&O	200 BACKSTROKE	50
51	13-14	50 FREESTYLE	52
53	15&O	50 FREESTYLE	54
55	13-14	200 BUTTERFLY	56
57	15&O	200 BUTTERFLY	58
59	13-14	100 BREASTSTROKE	60
61	15&O	100 BREASTSTROKE	62
63	13-14	200 FREESTYLE	64
65	15&O	200 FREESTYLE	66
	Sunday DISTANCE Session 6		
67	400 IM To start 10 minutes after completion of event 68		68
	Sunday MINI Session 7		
201	8 and under	50 FREESTYLE	202
203	8 and under	50 BACKSTROKE	204
205	8 and under	50 BREASTSTROKE	206
207	8 and under	50 BUTTERFLY	208
209	8 and under	100 FREESTYLE	210
	Sunday PM Session 8		
69	11-12	200 BUTTERFLY	70
71	9-10	50 BACKSTROKE	72
73	11-12	50 BACKSTROKE	74
75	9-10	100 BREASTSTROKE	76
77	11-12	100 BREASTSTROKE	78
79	9-10	200 FREESTYLE	80
81	11-12	200 FREESTYLE	82
83	9-10	50 BUTTERFLY	84
85	11-12	50 BUTTERFLY	86
87	11-12	200 BACKSTROKE	88
89	9-10	100 FREESTYLE	90
91	11-12	100 FREESTYLE	92

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: _____

(VERYIMPORTANT) e-mail: _____

ENTRY DEADLINE: Friday, June 13, 2014

Mail Entries To: Justine Gibble, 1282 Chestnut Ridge Drive, State College, PA 16803

Please make check payable to **NLAC**. One check per club, please.

ENTRYFEES:

_____ **Women's Individual events @ \$5.00**

_____ **Men's Individual events @ \$5.00**

_____ **Surcharge per athlete entered @ \$5**

_____ **Surcharge @ \$15 per athlete per manual entry**

Subtotal for Entries= \$ _____

GRANDTOTAL\$ _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

Coach's Signature: _____

I ATTEST THAT THE ENTERED ATHLETES ARE PROPERLY REGISTERED WITH USA SWIMMING AND THAT THEY HAVE ACHIEVED THE SEED TIMES RECORDED.

Signature of head coach or authorized team representative

Nittany Lion Aquatics **STANDARD ENTRY FORM FOR INDIVIDUAL EVENTS AND RELAYS**

\$5.00 PER INDIVIDUAL EVENT

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

\$8.00 PER RELAY EVENT

USE A SEPARATE SHEET FOR RELAYS.

MEET: EVENT NR: _____

TEAM: NAME: _____

TEAM INITIALS: QT: _____

DATES: _____

AGE GROUP: _____

AGE USS # NAME SEED

LAST, First, MI TIME _____

PLEASE TALLY IN EACH DIRECTION:

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

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

ENTRIES WILL NOT BE PROCESSED WITHOUT THIS INFORMATION TOTAL ENTRIES THIS PAGE _____ X _____ = \$ _____

TEAM REPRESENTATIVE'S NAME	SIGNATURE	
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TEAM REPRESENTATIVE'S e-mail

TEAM REPRESENTATIVE'S ADDRESS

PHONE

TEAM MANAGER Lite is software designed for a **meet host to distribute to teams** entering the meet so that those teams can send their meet entries to the meet host electronically by disk or over the Internet. **TMLite** is provided **FREE** to a meet host using **MEET MANAGER** to distribute to the teams entering the meet. The meet host can create TM Lite product CDs to distribute to the participating teams or purchase additional TM Lite CDs from our Sales Office. The participating teams can also download and install TM Lite right from our web site- [Click Here to download TM Lite.](#)

TEAM MANAGER Lite is basically **TEAM MANAGER** with the following features enabled:

- *Standard Set-Up and Options Features
- *Enter Teams, Athletes, Relays, Meets and Browsers
- *Specifying Meet Entry Custom Times by Event or by Name
- *Import of Meet Events from a MEET MANAGER Database
- *Export of Meet Entries to send to the meet host by diskette or over the Internet
- *Meet Entry Report

Please note that TM Lite is supported only by email.

[Click Here to view the TM Lite Instructions](#) in Acrobat format.

The screenshot shows a web browser window with the URL <http://www.hy-tek.com/downloads.html>. The page content is as follows:

Swimming

- TEAM MANAGER:** Please Note that the TM 5.0 FREE Service Pack is not available for TM 2.1, TM 3.0, or TM 4.0 Customers. [Click Here](#) for information about upgrading to TM 5.0.
- MEET MANAGER:** Please Note that the MM 2.0 FREE Service Pack is not available for MM 1.4 Customers. [Click Here](#) for information about upgrading to MM 2.0.

TEAM MANAGER 5.0	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
Sports BUSINESS MANAGER 5.1	Update	User Guide	Getting Started	Demo
Personal SWIM MANAGER 2.1	Update	User Guide	N/A	Demo
TM 4.0SM - Not supported by HY-TEK	Update	N/A	N/A	N/A
MM 1.4QE - Not supported by HY-TEK	Update	N/A	N/A	N/A

Track and Field

- TEAM MANAGER:** Please Note that the Track TM 2.0 FREE Service Pack is not available for Track TM 1.2 Customers. [Click Here](#) for information about upgrading to the Track TM 2.0 CD.
- MEET MANAGER:** Please Note that the Track MM 2.0 FREE Service Pack is not available for Track MM 1.2 Customers. [Click Here](#) for information about upgrading to the Track MM 2.0 CD.

TEAM MANAGER 2.0	Update	User Guide	Getting Started	Lite
MEET MANAGER 2.0	Update	User Guide	Getting Started	Demo
TM 1.2Kd - Not supported by HY-TEK	Update	N/A	N/A	N/A
MM 1.2Lb - Not supported by HY-TEK	Update	N/A	N/A	N/A

[Swimming Time Standard and Record Files](#)