



BIGCAT

AQUATICS

PRESENTS

FALL KICK OFF A/BB/C MINI

October 30 – November 1, 2009

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc. MA 1030 A (9 & over) MA 1031 M (8 & under)

LOCATION	The Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs from Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh
FACILITIES	Penn State University, McCoy Natatorium, State College, PA, 25 yd, 6 lane pool, non-turbulent lane lines, Colorado Timing System with a 6 lane display. Water depth at the starting end is 9 feet. Seating available for approximately 900 spectators. FOOD: A limited selection of food and Penn State apparel will be available throughout the meet. PARKING: Available in lots close to the Natatorium. Penn State University controls all parking and fees.
MEET DIRECTOR	Stephanie Rozick, 5249 W. Buffalo Run Rd Port Matilda, PA 16870, (814) 404-5824, e-mail bcatmeet@comcast.net Please direct all questions to the Meet Director
SAFETY DIRECTOR	Stephanie Rozick; Meet day only pool emergency phone number, (814) 865-1433
OFFICIALS	Meet Referee: Grant Forrest at grant.forrest@comcast.net Anyone interested in helping with the meet as a USS certified official should contact Grant Forrest at grant.forrest@comcast.net
ELIGIBILITY	The Meet Director reserves the right to allow teams that have participated in the past years first entry into the meet and will accept entries until the meet fills. Open to all 2009 - 2010 USA Swimming registered swimmers. Swimmers age as of October 30, 2009 will apply for the entire meet. The 2009 United States Swimming rules will apply.
ENTRY LIMITATIONS	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. Swimmers may enter a maximum of 3 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 4 events. '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>	<p>Warm up times and lanes will be assigned. Due to safety issues 8 and under swimmers will be assigned to a separate lane for warm up. Sprint and pace lanes will be assigned during warm ups. Warm down lanes will be available in the 25 meter pool during the meet We will follow USA swimming and MA Swimming policies and procedures for warm up. Dates and times: Fri Oct 30 Session 1 Warm up 5:30pm Meet starts 6:30pm Sat Oct 31 Session 2 Warm up 7:30 am Meet starts 9:00am Sat Oct 31 Session 3 Warm up 1:30 pm Meet starts 2:15pm Sun Nov 1 Session 4 Warm up 7:30am Meet starts 9:00pm Sun Nov 1 Session 5 Warm up 1:30pm Meet starts 2:15pm</p>
<p>DECK ENTRIES /TIME TRIALS</p>	<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>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers without a coach should report to the meet director before the warm-up of each session.</p>
<p>SEEDING</p>	<p>All events are pre-seeded, timed finals with the exception of the 500 Freestyle and the 400 IM. Positive check in is required for the 500 Freestyle and the 400 IM. We will swim both events fastest to slowest, alternating one heat of girl's then one heat of boys. Swimmers must provide their own timer and counter for the 500 Free and the 400 IM The MA Scratch policy will be enforced. Policy stated below under Rules.</p>
<p>HOW TO ENTER</p>	<p>ENTRIES/FEES: Swimmers failing to enter best times will result in MA Swimming imposed penalties. 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. We request each club remit ONE check made payable to "BCAT" to cover team entry fees. Email entries supercede all other forms of entry.</p>
<p>ENTRY FEES</p>	<p>Entry fees are \$4.00 per individual event. Deck entries, if accepted, are \$8.00. Deck entries must be submitted to the meet director prior to the start of each session.</p>
<p>SEND ENTRIES TO</p>	<p>Stephanie Rozick, 5249 W. Buffalo Run Rd. Port Matilda, PA 16870, (814-234-8955), e-mail: bcatmeet@comcast.net Request signature waiver if needed.</p>
<p>ENTRY DEADLINE</p>	<p>Last day to submit entries October 20, 2009. 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 http://www.hy-tek ltd.com/downloads.html Instructions are here http://maswim.org/0910/TM%20Lite%20Instructions.pdf</p>

<p>RULES</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 the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>MA Swimming Scratch Policy: Deck Seeded Events: 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>SCORING & AWARDS</p>	<p>Awards to be given to 12 and under swimmers only. Award levels will be determined by entry times. “A” Awards: Medals 1st-3rd Ribbons 4th-6th “BB” Awards: Rosettes 1st-3rd Ribbons 4th-6th “C” Awards: Ribbons 1st-6th All awards must be picked up by the end of the meet. Awards will not be available after the last day of the meet.</p>
<p>PROGRAMS & ADMISSION</p>	<p>\$4 per session, includes heat sheet</p>
<p>RESULTS</p>	<p>Results will be posted on the Middle Atlantic Swimming website, www.maswim.org.</p>
<p>DIRECTIONS</p>	<p>US Route 322 to the Penn State Exit (Park Ave). Turn onto Park Ave, follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left.</p>
<p>ACCOMODATIONS</p>	<p>Days Inn Penn State (814-238-8454) or (800-258-3297), 240 Pugh St., State College.</p> <p>Fairfield Inn & SuitesSM by Marriott[®] State College 2215 North Atherton Street State College, Pennsylvania 16803 USA 814-238-3871</p> <p>Motel 6 (814-234-1600), 1274 N. Atherton St., State College.</p> <p>Hampton Inn (814-231-1590) or (800-426-7866), 1101 East College Ave., State College.</p> <p>Courtyard By Marriott (814-238-1881) or (800-321-2211), 1730 University Dr. State College.</p> <p>Autoport (814-237-7666) Business Route 322, State College.</p> <p>Super 8 (814-237-8005) S. Atherton St. & Branch Rd., State College.</p> <p>Ramada Inn (814-238-3001) or (800-2RAMADA), 1450 S. Atherton St., State College.</p> <p>Nittany Lion Inn (814-865-8500), 200 West Park Ave., State.</p> <p>Nittany Budget Motel (814-238-0015), 1274 N. Atherton St., State College.</p> <p>Sleep Inn (814-235-1020), 111 Village Dr., State College.</p> <p>The Penn Stater, (814-863-5000), 215 Innovation Blvd., Penn State Research Park, State College.</p>

Session 1

- 1 Women Senior 500 Freestyle
- 2 Men Senior 500 Freestyle
- 3 Women Senior 400 IM
- 4 Men Senior 400 IM

Session 2

- 5 Women 13 & Over 200 Butterfly
- 6 Men 13 & Over 200 Butterfly
- 7 Women 13 & Over 100 Freestyle
- 8 Men 13 & Over 100 Freestyle
- 9 Women 13 & Over 200 Breaststroke
- 10 Men 13 & Over 200 Breaststroke
- 11 Women 13 & Over 100 Backstroke
- 12 Men 13 & Over 100 Backstroke
- 13 Women 13 & Over 200 IM
- 14 Men 13 & Over 200 IM

Session 3

- 15 Women 8 & Under 100 Freestyle
- 16 Men 8 & Under 100 Freestyle
- 17 Women 9-10 100 Freestyle
- 18 Men 9-10 100 Freestyle
- 19 Women 11-12 50 Freestyle
- 20 Men 11-12 50 Freestyle
- 21 Women 9-10 50 Backstroke
- 22 Men 9-10 50 Backstroke
- 23 Women 11-12 100 Backstroke
- 24 Men 11-12 100 Backstroke
- 25 Women 8 & Under 50 Backstroke
- 26 Men 8 & Under 50 Backstroke
- 27 Women 11-12 200 Breaststroke
- 28 Men 11-12 200 Breaststroke
- 29 Women 9-10 100 Breaststroke
- 30 Men 9-10 100 Breaststroke
- 31 Women 11-12 50 Breaststroke
- 32 Men 11-12 50 Breaststroke
- 33 Women 9-10 100 Butterfly
- 34 Men 9-10 100 Butterfly
- 35 Women 11-12 200 Butterfly
- 36 Men 11-12 200 Butterfly
- 37 Women 11-12 50 Butterfly
- 38 Men 11-12 50 Butterfly
- 39 Women 8 & Under 50 Butterfly
- 40 Men 8 & Under 50 Butterfly
- 41 Women 9-10 100 IM
- 42 Men 9-10 100 IM
- 43 Women 11-12 200 IM
- 44 Men 11-12 200 IM

Session 4

- 45 Women 13 & Over 200 Freestyle
- 46 Men 13 & Over 200 Freestyle
- 47 Women 13 & Over 100 Breaststroke
- 48 Men 13 & Over 100 Breaststroke
- 49 Women 13 & Over 200 Backstroke
- 50 Men 13 & Over 200 Backstroke
- 51 Women 13 & Over 100 Butterfly
- 52 Men 13 & Over 100 Butterfly
- 53 Women 13 & Over 50 Freestyle
- 54 Men 13 & Over 50 Freestyle

Session 5

- 55 Women 8 & Under 50 Freestyle
- 56 Men 8 & Under 50 Freestyle
- 57 Women 9-10 50 Freestyle
- 58 Men 9-10 50 Freestyle
- 59 Women 11-12 100 Freestyle
- 60 Men 11-12 100 Freestyle
- 61 Women 9-10 100 Backstroke
- 62 Men 9-10 100 Backstroke
- 63 Women 11-12 50 Backstroke
- 64 Men 11-12 50 Backstroke
- 65 Women 11-12 200 Backstroke
- 66 Men 11-12 200 Backstroke
- 67 Women 8 & Under 50 Breaststroke
- 68 Men 8 & Under 50 Breaststroke
- 69 Women 9-10 50 Breaststroke
- 70 Men 9-10 50 Breaststroke
- 71 Women 11-12 100 Breaststroke
- 72 Men 11-12 100 Breaststroke
- 73 Women 9-10 50 Butterfly
- 74 Men 9-10 50 Butterfly
- 75 Women 11-12 100 Butterfly
- 76 Men 11-12 100 Butterfly
- 77 Women 9-12 200 Freestyle
- 78 Men 9-12 200 Freestyle
- 79 Women 8 & Under 100 IM
- 80 Men 8 & Under 100 IM
- 81 Women 9-10 200 IM
- 82 Men 9-10 200 IM
- 83 Women 11-12 100 IM
- 84 Men 11-12 100 IM

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 5249 W. Buffalo Run Rd Port Matilda PA 16870

ENTRY DEADLINE: Received by 5:00 pm, October 20, 2009

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

ENTRY FEES:

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

NUMBER OF SWIMMERS: 13-Over: Sat. _____ Sun. _____

12-Under: Sat. _____ Sun. _____

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

