



	to the start of the meet at the cost of \$8.00 per event. <b>Swimmers not already entered in the meet must provide proof of USA Swimming registration.</b> Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the MD before or during warm-ups.
<b>ON-SITE USA REGISTRATION</b>	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 2012 registration). This applies to all swimmers attached to a club.
<b>SWIMMERS WITHOUT A COACH AND DIVING CERTIFICATION</b>	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before warm-ups. 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>SWIMMERS WITH DISABILITIES</b>	<b>NEW FOR 2011-2012:</b> Athletes with disabilities: Middle Atlantic Swimming makes every effort to accommodate swimmers who are disabled in some way. Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
<b>SEEDING</b>	Sessions 2 thru 5 are pre-seeded timed finals events. Friday night's Session 1 is positive check-in, after which the events will be seeded and heat sheets printed.
<b>HOW TO ENTER</b>	Entries must be submitted using software such as Hy-Tek or Team Unify, and must be submitted in the course in which they were achieved. Supporting paperwork <u>and recap sheet</u> must accompany all entries in a pdf format. If electronic (Team Manager or Team Unify file) entry is not possible, use the attached entry form (please note manual processing fee).
<b>ENTRY FEES</b>	\$4.00 per individual event. Deck entries, if accepted, will be \$8 per event.
<b>SEND ENTRIES TO:</b>	Mail entries to EMAC, 2546 Millrace Rd, Emmaus, PA 18049. Phone 610-965-5800, Fax 610-965-7704 Entries may be emailed to <a href="mailto:emacmeetentry@gmail.com">emacmeetentry@gmail.com</a>  Make checks payable to <b>Emmaus Aquatic Club</b>
<b>ENTRY DEADLINE:</b>	<b>Tuesday, January 17, 2012 by 6:00 PM.</b>

	<b>No late entries will be accepted</b>								
<b>ENTRY LIMITATIONS</b>	Swimmers may enter a maximum of 5 events per day.								
<b>INQUIRIES</b>	Refer questions regarding the meet or meet entries to EMAC Meet Director at <a href="mailto:emacmeetentry@gmail.com">emacmeetentry@gmail.com</a> .								
<b>RULES</b>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. We will be using “Fly-over” starting procedures at this meet. All swimmers (except backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. Positive check-in required for all Friday night events. This meet will be conducted using the Whistle command and No-Recall False Start procedures.</p> <p>Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer’s best time for any event. Penalties may include fines or suspension. <b>Swimmers must provide their own timers and counters for the 500.</b></p>								
<b>SCORING &amp; AWARDS</b>	<p><b>A</b> – Individual events receive medals 1st thru 3<sup>rd</sup> ; Ribbons 4th thru 6th.</p> <p><b>BB</b> – Individual events receive ribbons 1st thru 6<sup>th</sup> .</p> <p><b>C</b> – Individual events receive ribbons 1<sup>st</sup> thru 6<sup>th</sup> . All awards are based on entry times.</p> <p>Awards not picked up immediately after the meet will not be mailed.</p>								
<b>PROGRAMS &amp; ADMISSION</b>	Programs \$6.00. Admission \$3.00 per day. Children under 5 admitted free. Free admission to all volunteers.								
<b>RESULTS</b>	Results will be posted on the Middle Atlantic website <a href="http://www.maswim.org">www.maswim.org</a> and on EMAC’s website <a href="http://www.emacswim.org">www.emacswim.org</a>								
<b>DIRECTIONS</b>	From South or North – N.E. Extension of the turnpike to the Lehigh Valley exit, Route 22 East to 309 South to Cedar Crest Blvd. Turn right at bottom of ramp; stay on Cedar Crest approx. 4 miles, high school football stadium will be on left, turn left onto North St. Use entrance located near the tennis courts, the words “Sports Center” are directly above these doors.								
<b>ACCOMODATIONS</b>	<table> <tr> <td><b>Holiday Inn Express</b></td> <td><b>Comfort Suites</b></td> </tr> <tr> <td>3620 Hamilton Blvd.</td> <td>3712 Hamilton Blvd</td> </tr> <tr> <td>Allentown, PA</td> <td>Allentown, PA</td> </tr> <tr> <td>610-437-9255</td> <td>610-437-9100</td> </tr> </table>	<b>Holiday Inn Express</b>	<b>Comfort Suites</b>	3620 Hamilton Blvd.	3712 Hamilton Blvd	Allentown, PA	Allentown, PA	610-437-9255	610-437-9100
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**Day of Meet: 1**  
**Session: 1 Friday PM – January 27, 2012**  
**Warm up 5:00 PM/ Meet Starts at 06:00 PM**

Girls Event #	Event Description	Boys Event #
1	11/Over 400 IM	2
3	Open 500 Free	4

**Day of Meet: 2**  
**Session: 2 Saturday AM – January 28, 2012**  
**Warm up 8:00 AM/ Meet Starts at 09:00 AM**

Girls Event #	Event Description	Boys Event #
5	13-14 200 Breast	6
7	15/Over 200 Breast	8
9	13-14 100 Free	10
11	15/Over 100 Free	12
13	13-14 200 Back	14
15	15/Over 200 Back	16
17	13-14 100 Fly	18
19	15/Over 100 Fly	20
21	13-14 200 IM	22
23	15/Over 200 IM	24

**Day of Meet: 2**  
**Session: 3 Saturday PM – January 28, 2012**  
**Warm up – 1:00 PM/ Meet Starts at 02:00 PM**

Girls Event #	Event Description	Boys Event #
25	11-12 100 Breast	26
27	9-10 100 Breast	28
29	11-12 50 Free	30
31	9-10 50 Free	32
33	11-12 100 I.M.	34
35	9-10 100 I.M.	36
37	11-12 200 Back	38
39	9-10 50 Back	40
41	11-12 100 Fly	42
43	9-10 100 Fly	44
45	11-12 200 Free	46
47	9-10 200 Free	48

**Day of Meet: 3**  
**Session: 4 Sunday AM – January 29, 2012**  
**Warm up at 8:00 AM/ Meet Starts at 09:00AM**

Girls Event #	Event Description	Boys Event #
49	13/14 200 Free	50
51	15/Over 200 Free	52
53	13-14 100 Breast	54
55	15/Over 100 Breast	56
57	13/14 200 Fly	58
59	15/Over 200 Fly	60
61	13-14 50 Free	62
63	15/Over 50 Free	64
65	13/14 100 Back	66
67	15/Over 100 Back	68

**Day of Meet: 3**

**Session: 5 Sunday PM – January 29, 2012**  
**Warm ups at 1:00 PM/ Meet Starts at 02:00PM**

Girls Event #	Event Description	Boys Event #
69	11-12 200 Breast	70
71	9-10 50 Breast	72
73	11-12 100 Free	74
75	9-10 100 Free	76
77	11-12 200 Fly	78
79	9-10 50 Fly	80
81	11-12 100 Back	82
83	9-10 100 Back	84
85	11-12 200 IM	86
87	9-10 200 IM	88

**EMMAUS AQUATIC CLUB – 15<sup>th</sup> ANNUAL A/BB/C MEET  
JANUARY 27-29, 2012  
MEET SUMMARY SHEET**

**This form MUST accompany team entries.**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

Coach or Club Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Person to contact for questions concerning entries, fees, etc. This person is responsible for receiving messages about any changes to meet times, format, etc.

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Mail Entries to: EMAC  
2546 Millrace Rd  
Emmaus, PA 18049

Entry Deadline: Tuesday, January 17, 2012 No late entries accepted!

Please make checks payable to EMAC.

Entry Fees: \_\_\_\_\_ Individual Events @ \$4.00 \$ \_\_\_\_\_

Manual Processing Fee \$15.00 per swimmer  
for non-disk entries \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

**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

