

LANCASTER AQUATIC CLUB
LAC SPEEDO CLASSIC
Friday-Sunday, July 10-12, 2009

Ephrata Community Pool
418 Vine Street
Ephrata, PA 17501

FACILITIES: Outdoor 50 meter pool. Free parking is available adjacent to pool. A food stand will be provided for spectators. A Speedo vendor will be on site to sell suits and equipment. The upper (public pool) will be available for warm up or warm down until it opens for general admission. A small warm up and warm down area will be available (except during the 50 free) in the L shaped portion of the 50 meter pool. Spectator seating provided. You are allowed to bring lawn chairs.

ELIGIBILITY: This meet is open to swimmers registered with USA Swimming for 2009. The 2009 USA Swimming rules will apply. Swimmer's age is as of the first day of the meet; Age Group is determined by the swimmer's age as of July 10, 2009. Each swimmer may compete in a maximum of four (4) individual events per day.

ENTRY: Swimmers are limited to 4 events per day. The 1500 Freestyle will be deck seeded fastest to slowest alternating 1-heat women and 1-heat men. Positive check-in for this event will close at 11:45AM Friday, July 10, 2009. This event may be limited to three heats of women and three heats of men in order to fall in the four hour session rule. Swimmers cut from the 1500 freestyle will be refunded entry fees. 1500 Freestyle swimmers must provide their own timer and lap counter.

POSITIVE CHECK-IN EVENTS

A positive check in is required for the following events:

OPEN 400IM - positive check in closes at 7:30AM

9-12 400 FREE- positive check in closes 9AM

OPEN 1500 FREE- positive check in closes 11:45AM

SENIOR 400 FREE- positive check in closes 8:30AM

SPECIAL NOTES

'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.

WARM-UP & Warm up sessions

Session	Warm Up	Group	Meet Start
ONE, FRI	7:00AM	OPEN/9-12	8:00AM
TWO, FRI	12:00PM	MILE	12:30PM
THREE, FRI	4:30PM	9-12	5:30PM
FOUR, SAT	6:30AM	SENIOR	7:30AM
FIVE, SAT	11:30AM	13-14	12:30PM
SIX, SAT	4:30PM	9-12	5:30PM
SEVEN, SUN	6:30AM	SENIOR	7:30AM
EIGHT, SUN	11:30AM	13-14	12:30PM
NINE, SUN	4:30PM	9-12	5:30PM

DECK ENTRIES Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10.00 per event.

ENTRY FEES - \$5.00 per individual event. Deck entries \$10.00

ENTRY DEADLINE All entries must be received by Thursday, May 7. Later entries may not get in to this meet. Take payment and entry form to the front desk of BRY.

SCORING & AWARDS: Level A: Medals 1st - 3rd, Ribbons 4th - 6th
Level B: Rosettes 1st - 3rd, Ribbons 4th - 6th
Level C: Ribbons 1st - 6th

The 9-12 400 Free and the 9-10, 11-12, and 13-14 age groups will be awarded separately. Awards will not be presented for the Senior events.

PROGRAMS & ADMISSION

Admission \$3.00 per day. Children under 12 years of age will be admitted free.
Programs: \$10.00 per program. Program includes the entire meet.

DIRECTIONS (AS PER MEET PACKET)

From NJ & East & West: Take PA turnpike to Exit 286. Proceed straight from the tollbooth to the light. Turn left onto RT 272 South and follow to RT 322 East. Take 322 East, through the next traffic light and across the bridge. After the bridge, make a sharp right turn and proceed to the stop sign. The pool is straight ahead.

From South: Take RT 30 East to RT 222 North. Take RT 222 to Brownstown Exit. Turn right off the exit ramp. Go to the light (RT 272) turn right. Continue on 272

North to 322 East, through the next traffic light and across the bridge. Make a sharp right turn and go straight ahead to the pool.

For those of you wishing to stay overnight, below is a list of area hotels as provided by the host team:

Holiday Inn Exp Stes Lititz, PA, 17543 866-539-0036
 Courtyard by Marriott Lancaster 866-539-0036
 Quality Inn & Suites Conference Center 866-539-0036
 Lancaster Arts Hotel 866-539-0036
 Fairfield Inn Lancaster Phone: 1-717-581-1800
 Hilton Garden Inn Lancaster (717) 560-0880
 Hampton Inn & Suites Ephrata - Mountain Springs (717) 733-0661
 Eden Resort & Conference Center Lancaster (717) 569-6444

LANCASTER AQUATIC CLUB SPEEDO CLASSIC
ORDER OF EVENTS

FRIDAY, July 10, 2009 SESSION #1 Warm up 7:00 AM - Start 8:00 AM		
WOMENS	EVENT	MENS
1 Check in required	Open 400 IM	2 Check in required
3 Check in required	9-12 400 Free	4 Check in required

FRIDAY, JULY 10, 2009 SESSION #2 Warm up 12:00 PM - Start 12:30 PM		
WOMENS	EVENT	MENS
5 Check in required	Open 1500 Free	6 Check in required

FRIDAY, JULY 10, 2009
SESSION #3
Warm up 4:30 PM - Start 5:30 PM

WOMENS	EVENT	MENS
7	11-12 200 IM	8
9	9-10 200 IM	10
11	11-12 100 BREAST	12
13	9-10 100 BREAST	14
15	11-12 100 FREE	16
17	9-10 100 FREE	18

SATURDAY, JULY 11, 2009
SESSION #4
Warm up 6:30 AM - Start 7:30 AM

WOMENS	EVENT	MENS
19	Senior 200 IM	20
21	Senior 100 FREE	22
23	Senior 200 BACK	24
25	Senior 100 BREAST	26
27	Senior 100 FLY	28
29	Senior 400 FREE	30
Check in Required		Check in required

SATURDAY, JULY 11, 2009
SESSION #5
Warm up 11:30 AM - Start 12:30 PM

WOMENS	EVENT	MENS
31	13-14 200 IM	32
33	13-14 100 FREE	34
35	13-14 200 BACK	36
37	13-14 100 BREAST	38
39	13-14 100 FLY	40

SATURDAY, JULY 11, 2009
SESSION #6
Warm up 4:30 PM - Start 5:30 PM

WOMENS	EVENT	MENS
41	11-12 50 BACK	42
43	9-10 50 BACK	44
45	11-12 200 FREE	46
47	9-10 200 FREE	48
49	11-12 100 FLY	50
51	9-10 100 FLY	52

SUNDAY, JULY 12, 2009		
SESSION #7		
Warm up 6:30 AM - Start 7:30 AM		
WOMENS	EVENT	MENS
53	SENIOR 200 FREE	54
55	SENIOR 100 BACK	56
57	SENIOR 200 BREAST	58
59	SENIOR 200 FLY	60
61	SENIOR 50 FREE	62

SUNDAY, JULY 12, 2009		
SESSION #8		
Warm up 11:30 AM - Start 12:30 PM		
WOMENS	EVENT	MENS
63	13-14 200 FREE	64
65	13-14 100 BACK	66
67	13-14 200 BREAST	68
69	13-14 200 FLY	70
71	13-14 50 FREE	72

SUNDAY, JULY 12, 2009		
SESSION #9		
Warm up 4:30 PM - Start 5:30 PM		
WOMENS	EVENT	MENS
73	11-12 50 FREE	74
75	9-10 50 FREE	76
77	11-12 100 BACK	78
79	9-10 100 BACK	80
81	11-12 50 BREAST	82
83	9-10 50 BREAST	84
85	11-12 50 FLY	86
87	9-10 50 FLY	88

DUE DATE: Thursday, May 7th, 2009

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Ephrata Community Pool

418 Vine Street

Ephrata, PA 17501

Friday-Sunday, JULY 10-12, 2009

Swimmer Name	Event	Event	Event	Event
1.				
2.				

All entries are due by Thursday, May 7th. This meet does fill up quickly so late entries may not be able to be processed.

of events _____ x \$5 = _____ total amount for entries

of swimmers _____ x \$5 = _____ total BRY Surcharge

_____ Total amount due