



SUNDAY, JANUARY 15, 2012

FOR SWIMMERS AGED 12 OR YOUNGER ON OCTOBER 31, 2011

WARM-UP/START:	Session 1: Eight and Under	Warm-up 7:00 a.m. Meet Start 7:30 a.m.
	Session 2: Nine and Ten	Warm-up 10:45 a.m. Meet Start 11:30 a.m.
	Session 3: Eleven and Twelve	Warm-up 3:00 p.m. Meet Start 3:45 p.m.

****Teams are responsible for lane marshalling their swimmer warm-ups****

Warm-up times and lanes will be provided in the coach's packet

FACILITY: 8 lane, 25 yard competition pool plus a warm-down pool in the College of New Jersey Natatorium located in Ewing, NJ. Depth of the pool at the starting end is 6½ feet and the turn end is 4 feet.

CERTIFICATION: The competition course has not been certified in accordance with 104.2.2c(4).

DIRECTIONS: Facility is approximately 2 miles off I-95 just across the PA/NJ state line. Take the Route 31 south exit. College will be on your left. Directions are on our website: www.pennaquatics.com.

SANCTIONING Suburban Aquatic League for SAL members. SPLASH is also an approved meet (**MA # TBD**) with Middle Atlantic Swimming (MA) for USA swimmers entering MA events. Results will be sent to SAL and MA (USA) and count toward championship meet status.



SCHEDULE OF EVENTS

SESSION 1: EIGHT and UNDER

Warm-up 7:00 am Meet starts: 7:30 am

Event	Girls Event #	Boys Event #	Event	Girls Event #	Boys Event #
8&U 25 Free	1	2	8&U 25 Breast	13	14
7&U 25 Free	3	4	7&U 25 Back	15	16
6&U 25 Free	5	6	6&U 25 Back	17	18
8&U 50 Free	7	8	8&U 25 Back	19	20
7&U 25 Breast	9	10	7&U 25 Fly	21	22
6&U 25 Breast	11	12	8&U 25 Fly	23	24

SESSION 2: NINE and TEN

Warm Up: 10:45 am Meet Starts: 11:30 am

Event	Girls Event #	Boys Event #	Event	Girls Event #	Boys Event #
10&U 100 Free	25	26	10&U 50 Fly	37	38
9&U 100 Free	27	28	9&U 50 Fly	39	40
10&U 50 Breast	29	30	10&U 100 IM	41	42
9&U 50 Breast	31	32	9&U 100 IM	43	44
10&U 50 Back	33	34	10&U 50 Free	45	46
9&U 50 Back	35	36	9&U 50 Free	47	48

SESSION 3: ELEVEN and TWELVE

Warm-up 3:00 pm Meet starts: 3:45 pm

Event	Girls Event #	Boys Event #	Event	Girls Event #	Boys Event #
12&U 100 Free	49	50	12&U 50 Fly	61	62
11&U 100 Free	51	52	11&U 50 Fly	63	64
12&U 50 Breast	53	54	12&U 100 IM	65	66
11&U 50 Breast	55	56	11&U 100 IM	67	68
12&U 50 Back	57	58	12&U 50 Free	69	70
11&U 50 Back	59	60	11&U 50 Free	71	72

RULES: Current MA LSC rules will govern the meet. MA swimming safety guidelines will be in effect. Fly-over starts will be used for sessions 2 and 3. All swimmers (except backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

The meet director reserves the right to make changes to the meet if needed, in order to minimize the impact of weather conditions and ensure each competition session is conducted within 3 hours.

WARM UP RULES: All entries into the pool during the warmup session will be feet first. Warmups will be circle swimming.

DECK ACCESS: Deck access is limited to coaches, officials, and essential meet personnel displaying proper credentials.

ELIGIBILITY: All swimmers 12 years old or younger. Age for event entry is the swimmer's age as of **October 31, 2011**. All SAL, USA, YMCA, and other Team swimmers are welcome.

ENTRIES: Swimmers may enter a maximum of **five (5)** events.

ENTRY FEES: \$5.00 for each event.