

# NAAC "Penguin Plunge" December "B" Meet

**Sunday, December 11<sup>th</sup>, 2011**

Held under the sanction of USA Swimming, Inc. Sanction Number **OH #3478**.  
All participants, coaches, officials, and teams must be members of USA Swimming, Inc.

**POOL:** New Albany HS Pool  
7600 Fodor Rd., New Albany, Ohio 43054  
6 Lanes, 25 yard, Colorado timing  
Athlete & Parent Rest Area – New Albany HS Wrestling Room

**EQUIPMENT CONCESSIONS:** Kast-A-Way Swimwear, 5322 N.Hamilton Rd,  
Columbus, Ohio 43230 614-855-SWIM

**ENTRY DEADLINE:** All entries, checks, and supporting documentation must be received by the Entry Chairperson by **8:00 P.M. Wednesday, November 30, 2011**. Please do not submit entries after this date. PLEASE see additional Entry information below.

**ENTRY CHAIRPERSON:** Martha Grodesky/NAAC 13232 Durham Circle, Pickerington, OH 43147  
(614)861-3771 marthagrodesky@gmail.com

**MEET DIRECTOR:** Amy Gleason, 7532 Ogden Woods Blvd, New Albany, Ohio 43504, (614)582-0687 email: [amy@thegleasonfamily.com](mailto:amy@thegleasonfamily.com)

**ENTRIES:** Swimmer's age as of December 11, 2011 will determine the eligibility for the age division. Submit BEST YARD times. All events will be TIMED FINALS. Indicate the total number of swimmers and individual events on the enclosed sheet and return it with the entry forms. Entries produced using Hy-Tek Team Manager or compatible software are required. Fax or telephone entries will not be accepted.

Entries must be accompanied by **1.)** a check covering entry fees and surcharges, **2.)** a completed event summary sheet (attached), **3.)** a completed and signed USA Swimming membership verification form (attached), and **4.)** an email file (or disk or flash drive) containing a Hy-Tek entry file. Please confirm receipt of information with the Entry Chair. Entries will be confirmed upon request via an entry export file emailed back to you.

**Entries will not be accepted until Saturday, November 26.** Teams should submit entries electronically to the Entry Chair. Entries received prior to this date will not be accepted.

Entries will be taken in the order in which they are received until the meet is closed. **Teams will be notified by noon on December 3 if their entries have been accepted.** Teams will also be notified if their entries were not accepted due to space limitations and will be given the opportunity to be placed on the waiting list.

Checks and supporting documentation must be received by the Entry Chair no later than 5 p.m., Monday, December 5, 2010 to complete the entry process. **If checks and supporting documentation are not received by this date, then the New Albany Aquatics Club reserves the right to reject a team's entries and allow the next team on the waiting list to register.**

Meet results will be emailed with TM results file to each team within 48 hours.

Each swimmer may enter a total of four (4) individual events in which his/her best time is slower than the time standards enclosed, plus relays.

Relays must be made up of swimmers entered in the meet.

Deck entries will be permitted if the meet director determines that time permits and provided the meet is not filled. **EMPTY LANES WILL BE FILLED, HEATS WILL NOT BE ADDED.** Swimmers not already entered in the meet **MUST** bring proof of current USA Swimming membership in order to be allowed to deck enter. All individual deck entries are \$5.00 while relay deck entries are \$10.00. Relay participants may be declared at the meet, and must be limited to swimmers entered in the meet.

**ENTRY TIMES:** Swimmers with Ohio State Qualifying times or faster may not enter the meet. Swimmers *may not* enter any event in which they have achieved this standard.

**This is a “B” Meet.**

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**ENTRY FEE:** \$4.00 per individual event                      \$7.00 per relay  
\$1.00 per swimmer to Ohio LSC Travel fund.  
\$1.00 per swimmer to the Ohio Swimming Championship Meet Facility Fund  
**Make checks payable to N.A.A.C.**

**MEET DESIGN:** Please note that we are using a split format for our 10 & under sessions.

We hope that our split session design for the 8 & under and 9-10 swimmers allows our younger swimmers to get in and out of a swimming meet in a more timely fashion. For our 11 & over swimmers, we use a meet format design that allows us to offer a wide variety of events and allows participants to choose events from several different distances while still keeping the meet to a manageable size. Swimmers and coaches must understand that, because of the structure of this session, the 15-minute rule will not be in effect. **Please remember that, though athletes of differing ages may be swimming together in this session, all age groups will be awarded separately.**

**RULES:** USA Swimming rules will govern the meet. All swimmers must be registered athletes of USA Swimming. All coaches will be required to sign in prior to each session and present their USA Swimming Coaching Membership Card to a meet director. Coaches are required to wear their USA Swimming Coach Membership Card on deck. No parent or spectator will be allowed on deck except to perform a service or function at the request of the meet management. Wheelchair/handicap access is available. Contact the meet management concerning this issue. 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.

**MEET PROCEDURE:** All events, including relays, will be pre-seeded with the first heat of each event comprised of the SLOWEST times entered and the last heat comprised of the FASTEST times entered. In some instances, the 15-minute rule will not be in effect, so please use your judgment when entering swimmers in back-to-back events.

**DISABILITY SWIMMERS:** Swimmers with a disability are welcomed to enter Ohio Swimming Meets. Coaches, entry procedures are the same as for all other swimmers. Please provide advance notice of any necessary accommodations needed by the swimmer. List with your entry the swimmer's name, entry times, strokes/distances, days/sessions, and how the swimmer prefers to be seeded. Swimmers with a disability will be seeded with the same age group in either the same distance race or a longer distance race (i.e. 50 free during the 100 free event). Qualifying time standards at regular season meets are waived for swimmers with a disability. At Ohio Swimming Championship Meets swimmers with a disability may enter if they qualify in at least one event for the US Paralympic National Championships. At the Central Zone Meet four swimmers with a disability are welcome on the Ohio Zone Team without meeting the qualifying time standards. More information is available under “Adapted Swimming” on the Ohio Swimming web site ([www.swimohio.org](http://www.swimohio.org)).

**BULLPEN:** The bullpen for 10 & under swimmers will be located in the wrestling room located through the doors to the right of the pool entry (room is on the left down the hall). This area will also be open for parents and swimmers to relax during the meet. Please NO FOOD OR DRINK is allowed on the mats.

**We ask that coaches go over bullpen procedures with their athletes so that the athletes know what to expect when they get into the bullpen.**

**WEBSITE:** All meet information included in this packet will be posted at [www.newalbanyaquatics.com](http://www.newalbanyaquatics.com)  
Any notice of changes to meet procedures, time lines, etc. will be posted here.

**FACILITY INFORMATION:** The venue has a 6 lane, 25 yard pool with an automated Daktronics touch-timing system, integrated horn starting system, and running time display with finishing order and time.

Pool Depth : Shallow End : 1m from wall = 3'8" 5m from wall = 4'3"  
Deep End : 1m from wall = 12'4" 5m from wall = 12'1"

The competition course has not been certified in accordance with 104.2.2C(4).  
There will be a concession stand open throughout the meet.

**AWARDS:** Awards will be handed out to swimmers at the meet after the results of their event have been announced. Awards not claimed by the final session of the meet will be given to the coach at the end of that session. We will award the following age group categories: 8 & under, 9 - 10, 11-12, 13 & above. Remember that in the 11 & over session, although, athletes may be swimming together with other age swimmers in their events, they will still be awarded separately by age division.

Individual Events: Custom Ribbons - 1st – 12<sup>th</sup>

Relay Events: Custom Ribbons - 1<sup>st</sup> – 6<sup>th</sup>

Heat Winner “Speeding Tickets” issued to claim Penguin Plunge Tattoo’s ! !

**WARM-UP PROCEDURE:** No diving... feet first entry with one hand on the pool deck upon entry for general warm-ups. Diving permitted only when doing one way sprints during the last 15 minutes of warm-up.

<u>Lane</u>	<u>0-15min</u>	<u>15-30min</u>
1	General	Sprint
2	General	Sprint
3	General	General
4	General	Sprint
5	General	Sprint
6	General	Sprint

**WARM-UP SCHEDULE:**

Sunday A.M. Session #1: All 8 & under swimmers – 7:30 to 8:00 A.M. Meet Starts - 8:05 A.M.

Sunday A.M. Session #2: All 9-10 swimmers – 11:00 to 11:30 A.M. Meet Starts -11:35 A.M.

Sunday P.M. Session: Girls 11 & over open 2:15 to 2:40 P.M.

Boys 11 & over open 2:40 to 3:05 P.M.

Meet Starts – 3:10 P.M.

NAAC reserves the rights to adjust warm-up assignments and procedures, as well as, meet starting times to more evenly divide the number of swimmers in the pool during each session of warm-ups for safety purposes. Any teams affected by such a decision will be contacted one week prior to the meet to allow them time to communicate any changes to their swimmers. All advanced changes will be updated at our team web address.

**CHARITY** – We will be collecting toys for Toys-for-Tots, so please ask your families to pitch in this holiday season to help those in need. A giant toy gift bin will be located in the pool entryway for you to deposit your gifts into. Thanks for giving!

<b>ORDER OF EVENTS:</b>	<u>Girls</u>		<u>Boys</u>	
<b>Sunday Events Session #1:</b>	1	8 & under	25 yd free	2
All 8 & under swimmers	3	8 & under	25 yd back	4
Warm-up 7:30 to 8:00am	5	8 & under	100 yd free	6
Meet Starts 8:05am	7	8 & under	25 yd breast	8
	9	8 & under	50 yd free	10
	11	8 & under	25 yd fly	12
	13	8 & under	100yd free relay	14
	15	8 & under	100yd IM	16
 <b>Sunday Events Session #2:</b>	17	9-10	50 yd free	18
All 9-10 swimmers	19	9-10	50 yd back	20
Warm-Up 11:00 to 11:30am	21	9-10	100 yd Free	22
Meet Starts 11:35am	23	9-10	50 yd breast	24
	25	9-10	50 yd fly	26
	27	9-10	100 yd IM	28
	29	9-10	200 yd free relay	30
	31	9-10	200 yd IM	32
 <b>Sunday Events (PM):</b>	33	11 & over open	100 yd IM	34
All 11 & over open	35	11 & over open	50 yd free	36
Girls Warm-up 2:15 to 2:40pm	37	11 & over open	100 yd back	38
Boys Warm-up 2:40 to 3:05pm	39	11 & over open	50 yd breast	40
Meet Starts – 3:10pm	41	11 & over open	100 yd free	42
	43	11 & over open	50 yd fly	44
	45	11 & over open	100 yd breast	46
	47	11 & over open	50 yd back	48
	49	11 & over open	100 yd fly	50
	51	11 & over open	200 yd free relay	52
	53	11 & over open	200 yd IM	54
	55	11 & over open	200 yd free	56

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**NEW ALBANY H.S. NATATORIUM – NEW ALBANY, OHIO**

**Sunday, December 11<sup>th</sup>, 2011**

**SANCTION NUMBER OH #3478**

Please return this form with your entry forms

The undersigned team representative certifies by his/her signature that all athletes participating for, or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, or a USA Swimming non-athlete "other" member without exception under the direction of a USA Swimming "coach" member.

**TEAM:** \_\_\_\_\_

**REPRESENTATIVE'S PRINTED NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

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## Entry Packet

Sunday, December 11<sup>th</sup>, 2011  
SANCTION NUMBER OH #3478

### ENTRY SUMMARY SHEET

Please return this form with your entries.

Date: \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Code: \_\_\_\_\_

Team Contact: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Final Results to: \_\_\_\_\_  
\_\_\_\_\_

Number of entered swimmers:      Boys \_\_\_\_\_ + Girls \_\_\_\_\_ = Total \_\_\_\_\_

\_\_\_\_\_ Swimmers @ \$2.00 per swimmer      = \$\_\_\_\_\_ (Ohio LSC surcharges)

\_\_\_\_\_ Individual Events @ \$4.00 each      = \$\_\_\_\_\_

\_\_\_\_\_ Relay Events @ \$7.00 each      = \$\_\_\_\_\_

**TOTAL AMOUNT REMITTED      = \$\_\_\_\_\_**

**Please attach check, payable to "NAAC" and mail entries to:**

Martha Grodesky  
NAAC Entry Chair  
13232 Durham Circle, Pickerington, OH 43147  
(614)861-3771  
mgrodesky@insight.rr.com