

PAAC GROUNDHOG DAY MEET
FEBRUARY 1-2, 2025

MEET HOST	PARKLAND AQUATIC CLUB (PAAC)		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 25112 A <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
MEET DIRECTOR	MA CAROL FACCHIANO	E-MAIL: paacmeetdirector@hotmail.com	PHONE: (484)397-4092
LOCATION	Pool name WILLIAM ALLEN HIGH SCHOOL NATATORIUM Street address 106 N. 17TH STREET City, state and zip ALLENTOWN, PA 18104 Day of meet ONLY emergency phone (610)442-9077		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a Colorado timing system with a 6 line scoreboard and turbulence-reducing lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 400 and spectator seating for 800. ParkingX Hospitality X Snack bar X		
WATER DEPTH	The depth of the water at the start end of the pool is 5.5 feet and at the turn end is 4 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	NOVEMBER 1, 2024		
ENTRY DEADLINE	JANUARY 17, 2025 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00	Relay Events: \$20.00	
ENTRY LIMITs	4 Individual Events per day (excluding relays).	0 Relays per day	MEET ENTRY LIMIT: 8
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to ALL USA swimming registered swimmers.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> • The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. • Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded after conforming times . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with Hy-tek meet management software. • All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information • Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found here. • FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by January 17, 2025 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	CAROL FACCHIANO	PHONE #: (484)397-4092 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	PAACMEETDIRECTOR@HOTMAIL.COM		
MAIL CHECKS/ REPORTS	PARKLAND AQUATIC CLUB (PAAC) #1 TEKPARK/SUITE #120 9999 HAMILTON BOULEVARD BREINIGSVILLE, PA 18031		
CHECKS PAYABLE TO	PARKLAND AQUATIC CLUB		
OPERATIONAL RISK DIRECTOR	JUSTIN TEWKSBURY	E-MAIL: paacmeetdirector@hotmail.com	PHONE: (484)397-4092
OFFICIALS CONTACT	STEVE EVANS	E-MAIL: paacmeetdirector@hotmail.com	PHONE: (484)-397-4092

Session 1
 Saturday, February 1, 2025
 Start 1:00pm (Warm-up 12:00pm)

GIRLS	EVENT	BOYS
1	13-14 100 Free	2
3	15 & Over 100 Free	4
5	13-14 200 Breast	6
7	15 & Over 200 Breast	8
9	13-14 200 Back	10
11	15 & Over 200 Back	12
13	13-14 100 Fly	14
15	15 & Over 100 Fly	16
17	13-14 200 IM	18
19	15 & Over 200 IM	20

Session 2
 Saturday, February 1, 2025
 Start 5:00pm (Warm-up 4:00pm)

GIRLS	EVENT	BOYS
21	11-12 100 IM	22
23	9-10 100 IM	24
25	11-12 50 Back	26
27	9-10 50 Back	28
29	9-12 200 Free	30
31	11-12 100 Breast	32
33	9-10 100 Breast	34
35	11-12 100 Fly	36
37	9-10 100 Fly	38
39	9-12 200 Back	40
41	11-12 50 Free	42
43	9-10 50 Free	44

Session 3
 Sunday AM, February 2, 2025
 Start 9:00am (Warm-up 8:00am)

GIRLS	EVENT	BOYS
45	13-14 200 Free	46
47	15 & Over 200 Free	48
49	13-14 100 Breast	50
51	15 & Over 100 Breast	52
53	13-14 100 Back	54
55	15 & Over 100 Back	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

Session 4

Sunday Mid-day, February 2, 2025

Start will be 30 minutes after the conclusion of the morning session. Positive check-in required by 11:00am and will be swim together by gender, alternating heats of girls and boys. Entries for the 1000 Free are limited. The session will run no longer than 1 1/2 hours. NT entries will be accepted if space permits. Swimmers in the 1650 Free will need their own timers and counters

GIRLS	EVENT	BOYS
65	Open 1650 Free	66

Session 5

Sunday PM, February 2, 2025

Start not before 2:00pm (Warm-up not before 1:00pm)

GIRLS	EVENT	BOYS
67	9-12 200 Breast	68
69	9-12 200 Fly	70
71	11-12 100 Free	72
73	9-10 100 Free	74
75	11-12 100 Back	76
77	9-10 100 Back	78
79	11-12 50 Breast	80
81	9-10 50 Breast	82
83	11-12 50 Fly	84
85	9-10 50 Fly	86
87	11-12 200 IM	88
89	9-10 200 IM	90

DECK ENTRIES	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet 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 \$20 per event. 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 Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	This meet will be deck-seeded with the exception of the event(s) noted below.
AWARDS	This meet will be scored at each level: A, BB and C for each event. The top eight times in the 9/10 and 11/12 groups will receive awards. Award levels determined by entry time. - "A" individual entries: medals 1st-3rd, ribbons 4th-8th - "BB" individual entries: rosettes 1st-3rd, ribbons 4th-8th - "C" individual entries: ribbons 1st-8th
SCORING	The meet will not be scored.
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input type="checkbox"/> session <input checked="" type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5.00 per person per session. Children under 3 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	All positive check-in events will be deck seeded. In case of delays or cancellation, check the PAAC website (www.paacswim.com) or call PAAC at (610)442-9077.

SESSION	WARM-UP TIMES	MEET STARTS
Saturday (1)	12:00pm	1:00pm
Saturday (2)	4:00pm	5:00pm
Sunday AM (3)	8:00am	9:00am
Sunday Mid (4)	Immediately at the conclusion of the Sunday AM session.	30 minutes after the conclusion of the AM session

Sunday PM (5)	Not before 1:00pm	Not before 2:00pm.
WARM-UP INFORMATION	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>	
MEDICAL SUPERVISION AVAILABLE	Lifeguards and AED Devices.	
ATHLETE PROTECTION (MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.	
DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>	
TECH SUIT POLICY	102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.	
RACING START CERTIFICATION	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.	
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure	
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.	
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Operational Risk Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.	
RULES:	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be STRICTLY enforced.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p>No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p>	
DISABLED SWIMMERS	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.	
PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator	

PHOTOGRAPHY	<p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e., cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</p>
DRONES	<p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.</p>
DECK CHANGING	<p>Deck changes are prohibited.</p>
DIRECTIONS	<p>Athlete drop-off and limited parking is available by entering the gated parking lot from West Turner Street at the intersection with North St. Cloud Street. A few parking spots are located in that lot and in the adjacent parking garage. Additional parking is available at the Fairgrounds a few blocks north.</p>
ACCOMMODATIONS	