



Welcome to Northwest Swim Club

Date: July 24, 2019; rain date July 25

Location: Northwest Swim Club (6 lane, 25 meter pool).
1470 Pennsylvania Ave Allentown, PA 18109

Time: Session 1 Ages 13&14 and 15 & Over: Warm Ups begin promptly at 6:15 AM. There will be two groups for warm ups. Each team is assigned one lane for warm-ups from 6:15 –7:45 am. Diving will only be permitted from the starting end of the pool under the direct supervision of a coach for starts only.

Group 1	Group 2
Lane 1: Albutis	Northwest
Lane 2: Lehigh CC	Saucon CC
Lane 3: Brookside CC	Stonecrest
Lane 4: Westwood	Kaybrook
Lane 5: Stones Crossing	Orchard View
Lane 6: Trident	

Session 2 Ages 8 & Under, 9&10, and 11&12: Warm Ups begin promptly at 11:15 AM. There will be two groups for warm ups. Each team is assigned one lane for warm-ups from 11:15 –12:45 am. Diving will only be permitted from the starting end of the pool under the direct supervision of a coach for starts only.

Group 1	Group 2
Lane 1: Albutis	Northwest
Lane 2: Lehigh CC	Saucon CC
Lane 3: Brookside CC	Stonecrest
Lane 4: Westwood	Kaybrook
Lane 5: Stones Crossing	Orchard View
Lane 6: Trident	

Coaches: There will be a mandatory Scratch Meeting in the Seeding tent at 7:15 am. *No Lineup changes will be permitted.*

The pool will be open for warm-ups after event 18 and event 44.

Eligibility:

Any swimmer or diver entering champs must have participated in a minimum of 2 ABE League sanctioned meets.

To enter in an event, the swimmer must have a time from this summer... no "no times" (NT) or made up times are permitted.

Any eligibility questions about other team's swimmers should be directed to the President.

No swimmers or divers may age up at Champs.

No tech suits permitted at the meet.

Entry Limitations:

The maximum number of entries for each club in each individual event is three (3). Each club may still only enter one (1) relay team in the Medley and Crescendo relays.

A swimmer may participate in a maximum of four (4) events, one of which must be a relay.

Each club is allowed to seed a maximum of three (3) qualified divers for each diving event at Champs.

Diving at the Diving Championship meet counts as an individual event.

Entry Deadline:

All swimming and diving entries are due to the Host Director by **Friday, July 16th at 8 pm.** (paacmeetdirector@hotmail.com)

How to Enter:

Electronic entries in a Hy-Tek Team Manager entry file submitted via e-mail are required. Include with your file a Team Manager report by entry. In the body of your email, provide the number of girls, boys, and total entries. Include contact information (name, address and phone). Send all entries to paacmeetdirector@hotmail.com.

All entries should list the Swimmer's best time in an ABE Swim League competition and in SCM or an applicable conversion.

NO MANUAL ENTRIES WILL BE ACCEPTED!

Awards and Scoring:

Awards will be handed out for six places for individual events and relays. The meet will be scored up to and including twelve places for individual events (16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1) and twelve places for relays (relays will be double points.)

Heat winner awards will be distributed after each heat.

Parking:

Handicapped parking is available upon request. Advanced notice is preferred by contacting Jillian Mikovich at nwscswimteam@gmail.com. Please provide name, vehicle Make/Model Color, and estimate time of arrival.

Parking for officials and head coaches **ONLY** will be available in the parking area immediately adjacent to the pool. Please inform the parking attendants.

Parking will be available first come first serve at the Club and nearby grass. Carpooling is encouraged as spots are limited. Additional parking is available at St. Andrews Church at 1900 Pennsylvania Ave and Crosspoint Church at 1414 Pennsylvania Ave. on July 24th only. Please be sure to follow the directions of the parking attendants. (Parking map provided)

On-street parking along nearby streets is available. Please avoid blocking driveways, alleys, etc.

Refer to attached parking map for more information.

Drop-off is available at Northwest entrance.

Programs:

Free – please limit 1 per family

Admission:

\$2 per spectator. Meet volunteers do not pay admission fee.

Seating:

Each team will have a clearly marked area to setup your own tents. We encourage you to bring your own chairs for additional seating in your designated team areas. There will be bleachers available for poolside viewing.

Food & Refreshments:

Will be available for purchase with tickets throughout the sessions. No refunds will be given for unused tickets. We will have the following: Pizza, Hamburgers, Hotdogs, Grilled Chicken, Chips, Fruit, Drinks, Snacks, Coffee, Bagels and much more!

T-Shirt Sales:

Stay tuned, will update shortly!

Merchandise:

Stay tuned, will update shortly!

- Rules:** This meet will be conducted in accordance with all current NFHS rules and ABE adoptions.
- Volunteers:** Each team will be required to supply six (6) volunteers for the swim meet on Saturday. Additional details will be sent in July. Please report to scorer's table 15 min prior to the start of the session.
- Scoreboard:** We will be using a scoreboard this year to show race times. Keep in mind all times are unofficial. Final results for each event will be posted on the bulletin board located between the club restrooms, and will be available on MeetMobile.
- Facilities:** Restrooms will be located on the Club property. Changing area will be provided for swimmer use. Club showers will be closed during this event.
- Please observe roped off areas, including the baby pool (closed during the meet.)
- Safety:** Volunteer safety marshals wearing bright t-shirts will be patrolling the grounds. If assistance is needed, please find a marshal or lifeguard.
- Weather Delays:** In the event of delays due to weather, please see the Remind document attached for live updates.
- Coach Relays:** There will be two (2) heats of the coach relays. Only 1 entry will be permitted per club. It will be swum in the break between the 200 freestyle crescendo relay and the start of the afternoon session.
- Conduct:** Please respect the rights of the other swimmers, competitors, and members of the Northwest Swim Club.

**2021 ABE Suburban League Championships
Hosted by Northwest Swim Club**

- #5 Girls 13 & Over Medley Relay
- #6 Boys 13 & Over Medley Relay
- #7 Girls 13-14 50 Meter Freestyle
- #8 Boys 13-14 50 Meter Freestyle
- #9 Girls 15-18 100 Meter Freestyle
- #10 Boys 15-18 100 Meter Freestyle
- #11 Girls 13-14 50 Meter Butterfly
- #12 Boys 13-14 50 Meter Butterfly
- #13 Girls 15-18 50 Meter Butterfly
- #14 Boys 15-18 50 Meter Butterfly
- #15 Girls 13-14 100 Meter Individual Medley
- #16 Boys 13-14 100 Meter Individual Medley
- #17 Girls 15-18 100 Meter Individual Medley
- #18 Boys 15-18 100 Meter Individual Medley
- #19 Girls 13-14 50 Meter Backstroke
- #20 Boys 13-14 50 Meter Backstroke
- #21 Girls 15-18 50 Meter Backstroke
- #22 Boys 15-18 50 Meter Backstroke
- #23 Girls 13-14 50 Meter Breaststroke
- #24 Boys 13-14 50 Meter Breaststroke
- #25 Girls 15-18 50 Meter Breaststroke
- #26 Boys 15-18 50 Meter Breaststroke
- #27 Girls 6-18 200 Meter Freestyle Crescendo Relay
- #28 Boys 6-18 200 Meter Freestyle Crescendo Relay
- #29 Girls 12 & Under 200 Medley Relay
- #30 Boys 12 & Under 200 Medley Relay
- #31 Girls 8 & Under 25 Meter Freestyle
- #32 Boys 8 & Under 25 Meter Freestyle
- #33 Girls 9 & 10 50 Meter Freestyle
- #34 Boys 9 & 10 50 Meter Freestyle
- #35 Girls 11-12 50 Meter Freestyle
- #36 Boys 11-12 50 Meter Freestyle
- #37 Girls 8 & Under 25 Meter Butterfly
- #38 Boys 8 & Under 25 Meter Butterfly
- #39 Girls 9-10 25 Meter Butterfly
- #40 Boys 9-10 25 Meter Butterfly
- #41 Girls 11-12 50 Meter Butterfly
- #42 Boys 11-12 50 Meter Butterfly
- #43 Girls 11-12 100 Meter Individual Medley
- #44 Boys 11-12 100 Meter Individual Medley
- #45 Girls 8 & Under 25 Meter Backstroke
- #46 Boys 8 & Under 25 Meter Backstroke
- #47 Girls 9-10 25 Meter Backstroke
- #48 Boys 9-10 25 Meter Backstroke
- #49 Girls 11-12 50 Meter Backstroke
- #50 Boys 11-12 50 Meter Backstroke

- #51 Girls 8 & Under 25 Meter Breaststroke
- #52 Boys 8 & Under 25 Meter Breaststroke
- #53 Girls 9-10 25 Meter Breaststroke
- #54 Boys 9-10 25 Meter Breaststroke
- #55 Girls 11-12 50 Meter Breaststroke
- #56 Boys 11-12 50 Meter Breaststroke