



Dates: Friday July 28th & Saturday July 29th
Rain Date July 30

Location: Kay Brook Green Hills Swim Club
1519 Russet Road
Orefield PA 18069

Host Director: KBGH Swim Champs Committee
kbghswimchamps@gmail.com
Laurie Bus 484-695-7748
Janelle Tewksbury 301-751-9035

Meet Director: Carol Facchiano
paacmeetdirector@hotmail.com
610-442-9077

Head Official: Ted Brennan

Session Times:

Friday, July 29th

8 & Unders and Crescendo

- 3:45 - 4:45 PM 8 & Under Warmups - (3 groups @ 20 minutes each)
- 5:00 PM - Meet Start
- 6:20 - 7:10 - Crescendo Warm-Up - (2 groups @ 25 minutes each)
- 7:15 - Crescendo Relays

Saturday, July 30th

13 & Overs

- 7:00 - 8:15 AM Warm-Ups - (3 groups @ 25 minutes each)
- 8:30 AM - Meet Start

- 11:15 (approx) - ABE Scholarship Announcement
- Please exit the pool and parking lot upon session end.

***** Parking Lot Emptied by 11:45 *****

Families with swimmers in AM & PM Session may stay

12 & Unders

- 12:30-1:30 PM - Warm-Ups (3 groups @ 20 minutes each)
- ** 1:30-1:40 PM Tentative Coaches Relay Warm up
- **1:40 PM Tentative Coaches Relay
- 1:55 PM - Meet Start

NOTE: *This is a tentative schedule based on 2022 entries. There may be slight adjustments made after the number of entries are received.*

Warm Up : Warm up groups will be determined in the entry numbers. A warm up group assignment and schedule will be on Monday July 24.

Scratch Meeting: Coaches-There will be a mandatory Scratch Meeting in the Ready Tent on Friday at 4:15 pm for all sessions. **No line-up changes will be permitted.**

Breaks: In-Session breaks will be determined by the Meet Director based on the number of entries and the session timeline. Coaches and teams will be informed of when they are occurring prior to the meet.

Eligibility: Any swimmer or diver entering champs must have participated in a minimum of 3 ABE League sanctioned meets.

- To enter in an event, the swimmer must submit a 2023 time
- "No time entries" (NT) or made up times are NOT 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 enter only one (1) relay team in the Medley and Crescendo relays. *See note below for 15 & Overs.**

- An athlete 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.
- You may have one Alternate listed for each event - this counts as an entry.

*Note:

- 15 & Overs: Each team must designate the 3 scoring athletes for each

15 & over event. Additional swimmers may participate and should be marked as exhibition, but will not count towards scoring.

Entry Deadline: Entries will be accepted starting on **July 17th, 2023**. The deadline for submitting entries is **NOON on Friday, July 21st 2023**. All entry files should be sent to the Meet Director: Carol Facchiano-paacmeetdirector@hotmail.com.

Entry Format: Electronic entries in a Hy-Tek Team Manager entry file submitted via email 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 **2023** ABE Swim League competition and in **SCY** or an applicable conversion.

NO MANUAL ENTRIES WILL BE ACCEPTED

Rules: This meet will be conducted in accordance with all current NFHS rules and ABE adoptions.

Results: Results will be published on Meet Mobile and also posted at a central location at the pool.

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.)

Parking: There will be limited handicap parking and is available upon request. Please request prior to the event to kbghchamps@gmail.com Request should include: name, vehicle, make, model, and color. Please provide name to parking attendant upon arrival.

There will be designated parking for officials and team coaches (one per team.) Carpooling is highly encouraged.

Drop off area: There will be a designated drop off area on Russet Road in front of the pool. Cars are only permitted to drop off in this area. They can not remain parked in this area. Proceed to the designated parking area.

Parking Plan A: Event Parking is in Russet Park adjacent to Kay Brook Pool. The entrance will be designated by signs. There will be parking attendants available that will direct cars in parking. Please follow the direction of the parking attendant. Carpooling is highly recommended as space is limited for parking.

Per Upper Macungie Township request. There will be **NO PARKING** permitted on both sides of **Russet Road, Juniper, and Lotus**. This is a special request by the UMT in order for Kay Brook to host the event. There will be signage along the parking restricted area. Cars will be asked to move to an appropriate parking area. Cars will be subject to UMT fines if not adhering to parking guidelines

Parking Plan B: In the event that there is rain prior to or during the event, parking is not available in Russet Park. In addition, parking restrictions will remain for Russet, Juniper and Lotus as listed above. Plan B parking will be at St. Joe's the worker school. This location is .08 from KBGH. There will be a 48 passenger bus that will provide transportation to and from the event.

Detailed parking instructions and maps will be provided prior to the event. Also parking updates will be emailed to swim teams and announced on REMIND..

Carpooling is highly encouraged as space is limited. In addition, it is encouraged by swimmers and family members in order to maximize space on the bus. You may also drop off swimmers and group members at the

pool in drop off area. You may also drop off items such as chairs to take into the pool. We ask that you immediately exit the parking lot upon the conclusion of your session. Parking lot will be cleared for the upcoming session.

Admissions: Adults 18 over \$5.00. Program included in admission. Suggested one program per group.

Athletes and children under 18 FREE

Spectator Seating: Each team will have a designated area with team signs. Each team is permitted to bring a team tent. Two tents suggested max per area. Spacing is limited for tents. Please bring chairs. Chairs will not be available. There will be bleachers available poolside to view events.

Concessions: Food and refreshments will be available throughout all sessions. Cash/Credit/ Card/ApplePay.

Food Vendors: Saturday Am Session: Donut V

Merchandise Vendors:

D & J will be onsite Friday & Saturday selling custom Championship shirts. They will also have a swim store for all swim needs and Joylyn suits.

Swim Culture will be on site Friday selling towels, blankets, hats, stickers, etc.

Restrooms:

Swimmers: Swimmers participating in the session will be permitted to utilize the restroom and changing areas inside KBGH pool house.

Non-swimmers: All spectators, volunteers, coaches, and officials will use Porta Potties and handwashing stations outside the gate near the event entrance.

Grounds:

Entrance/ Exit. There will be two gates for entrance and exit. One gate directly to the left of the KBGH pool house. Second entrance from Russet Park along the side of the Kay Brook fence (this entrance may be closed if Parking Plan is used.)

Please observe all roped off areas including baby pool and diving area (diving area may be open for warm up/warm down during Saturday session only.)

Safety/Medical: Lifeguards will be in stands to oversee safe conduct and support in the pool.

Safety Marshals will patrol grounds and provide support any assistance.

LVHN Medical Trainers will have a tent for any additional first aid or medical support.

Communications:

Remind App for communication for any announcements or weather announcements. This will be created and distributed by the meet director prior to the event.

Coaches Relay: There will be 2 heats of coaches relays. Only one entry per club. All relay team members **MUST** be a team coach for the 2023 season.

Fundraising:

Basket Raffles: a variety of basket raffles will be available! Tickets will be sold at each session. Winners will be notified at the conclusion of the meet on Saturday. Winners do not need to be present to win.

50/50 Raffle will be conducted at each session. All proceeds will go to the ABE Scholarship.

Code of Conduct: All participants are bound by the ABE Code of Conduct. Respect the rights of swimmers/competitors, members of KBGH swim club and surrounding community.

Theme: Pirates!! Coaches are encouraged to dress up! Teams are highly encouraged to get into the spirit and decorate their team tent. Prizes will be awarded!

Questions: Please direct all questions to kbghswimchamps@gmail.com

2023 ABE Suburban League Swimming Championships Hosted by Kay Brook Green Hills Swim Club

Friday Session

5 Girls 8 & Under 25 Freestyle
6 Boys & Under 25 Freestyle
7 Girls 8 & Under 25 Butterfly
8 Boys 8 & Under 25 Butterfly
9 Girls 8 & Under 25 Backstroke
10 Boys 8 & Under 25 Backstroke
11 Girls 8 & Under 25 Breaststroke
12 Boys 8 & Under 25 Breaststroke
13 Girls 5-18 200 Crescendo Relay
14 Boys 5-18 200 Crescendo Relay

Saturday Morning Session

15 Girls 13 & Over 200 Medley Relay
16 Boys 13 & Over 200 Medley Relay
17 Girls 13-14 50 Freestyle
18 Boys 13-14 50 Freestyle
19 Girls 15 & Over 100 Freestyle
20 Boys 15 & Over 100 Freestyle
21 Girls 13-14 50 Butterfly
22 Boys 13-14 50 Butterfly
23 Girls 15 & Over 50 Butterfly
24 Boys 15 & Over 50 Butterfly
25 Girls 13-14 100 IM
26 Boys 13-14 100 IM
27 Girls 15 & Over 100 IM
28 Boys 15 & Over 100 IM
29 Girls 13-14 50 Backstroke

30 Boys 13-14 50 Backstroke
31 Girls 15 & Over 50 Backstroke
33 Girls 13-14 50 Breaststroke
34 Boys 13-14 50 Breaststroke
35 Girls 15 & Over 50 Breaststroke
36 Boys 15 & Over 50 Breaststroke

Saturday Afternoon Session

37 Girls 12 & Under 200 Medley Relay
38 Boys 12 & Under 200 Medley Relay
39 Girls 9-10 50 Freestyle
40 Boys 9-10 50 Freestyle
41 Girls 11-12 50 Freestyle
42 Boys 11-12 50 Freestyle
43 Girls 9-10 25 Butterfly
44 Boys 9-10 25 Butterfly
45 Girls 11-12 50 Butterfly
46 Boys 11-12 50 Butterfly
47 Girls 12 & Under 100 IM
48 Boys 12 & Under 100 IM
49 Girls 9-10 25 Backstroke
50 Boys 9-10 25 Backstroke
51 Girls 11-12 50 Backstroke
52 Boys 11-12 50 Backstroke
53 Girls 9-10 25 Breaststroke
54 Boys 9-10 25 Breaststroke
55 Girls 11-12 50 Breaststroke
56 Boys 11-12 50 Breaststroke