

**BOYS A/AA Division Championship**  
**Hosted by**  
**Lansdowne YMCA**  
**Sunday, January 31st, 2010**

<b>LOCATION:</b>	<p><b>Widener University</b>  <b>Schwartz Athletic Center</b>  <b>Chester, PA 19013</b></p> <p>The following phone number is available for emergency use during the meet.  Facility Phone#: 610-499-4448</p>
<b>FACILITY:</b>	<p>This meet will be run in a 6 lane, 25-yard indoor pool with fully automatic timing (Semi-automatic timing for 25's). The starting end has a depth of 5 feet.</p> <p>Seating for swimmers is on the pool deck and balcony seating is available for spectators. Due to the limited seating space we ask that swimmers stay on the pool deck and off the balcony.</p> <p>Free parking is available adjacent to the Facility.  <b>No Smoking is allowed during any Penn-Del League Championship Meet.</b></p>
<b>MEET DIRECTOR:</b>	Anthony Carano, 484-410-3589 - <a href="mailto:ajcarano@earthlink.net">ajcarano@earthlink.net</a>
<b>START TIMES:</b>	<p><b>Warm-up: 7:00 AM; 12:30 PM (Times will be confirmed 1 Week Prior)</b>  <b>Meet Start: 8:30 AM; 2:00 PM</b>  <b>Officials Meeting: 7:45 AM; 1:15 PM</b>  <b>Timers Meeting 8:00AM; 1:30 PM</b>  <b>Scratch Meeting: 7:30 AM; 1:00 PM</b></p>
<b>WARM-UP:</b>	<p>The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered. Warm-up schedules will be posted on the Penn-Del web site Monday prior to the meet and will be made available to the coaches at the meet. Warm-up times may need to be adjusted based on actual attendance.</p> <p>Sprint/Start lanes will be available at the end of each warm-up session.  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>
<b>RULES:</b>	<p>This meet will be run according to USA Swimming and Penn-Del Swim League rules and regulations.  All events are Pre-Seeded, Timed Finals. Coaches <b>MUST</b> attend the coaches meeting.</p>
<b>ELIGIBILITY:</b>	<p>This meet is open to any swimmer that is currently on their teams' active roster and has swum in at least two (2) league dual meets. Swimmers will compete in age groups based on their age as of December 1<sup>st</sup>, 2009 as rostered for the dual meet season. Swimmers must compete in their own age group, except for the Open 500 Freestyle and the Open Age Group Relays.</p>
<b>ENTRIES:</b>	<p>Swimmers may enter up to three (3) individual events and two (2) relays for a maximum of five (5) events. <b>No Deck Entries Will Be Permitted.</b></p>
<b>ENTRY FEES:</b>	<p>Entry fees are \$2.50 per event for individual events and \$10.00 for relays.  <b>Please send one check per club, payable to:</b>  <b>"Lansdowne Y Marlins Parents Association"</b>  <u>Entries will NOT be accepted without full payment and Meet Volunteer Sign-up Sheet.</u></p>
<b>HOW TO ENTER:</b>	<p>All Events are Pre-Seeded, Timed Final Events.  Entries must be submitted using the Championship Entry Link found on the Penn-Del Swimming League Website. Entries must be submitted in the course in which they were achieved. The host team will convert all times to yards for seeding. All times submitted must be the swimmer's best time. Entries must be submitted using HY-TEK software format. A completed <b>Meet Summary Sheet</b>, a hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times <b>MUST</b> accompany the entry fees. Entry Fees and all paperwork <b>MUST</b> be postmarked by: <b>January 21<sup>st</sup>, 2010</b>. An <b>"Internal Entry Form"</b> is provided for your convenience to collect entry information from your swimmers. <b>PLEASE CHECK THE ONLINE MEET ENTRY SYSTEM FOR YOUR ENTRY CONFIRMATION. YOU WILL NOT RECEIVE AN EMAIL CONFIRMING YOUR ENTRIES. MEET VOLUNTEERS MUST BE ENTERED ONLINE AND MAILED WITH PAPERWORK.</b></p>

<b>SEND TO:</b>	<p>Entries <b>MUST</b> be submitted through the Penn-Del Swimming League Website.  Mail check, meet summary form, hard copy of meet entries and meet volunteer list to:  <b>Lansdowne YMCA</b>  <b>Attention: Jill Stabinski</b>  <b>2110 Garrett Rd.</b>  <b>Lansdowne, PA 19050</b>  <b>All requested information must be postmarked by January 21, 2010.</b></p>
<b>DECK ACCESS:</b>	<p>Deck Access will be limited to swimmers, coaches, officials and meet workers.  Deck Passes will be issued to gain access to the deck.</p>
<b>AWARDS:</b>	<p>Medals are awarded for 1<sup>st</sup>-6<sup>th</sup> place in individual events and 1<sup>st</sup>-3<sup>rd</sup> place in relays. Ribbons are awarded for 7<sup>th</sup>-18<sup>th</sup> place in individual events and 4<sup>th</sup>-9<sup>th</sup> place in relays. League Record Holder patches to be given to any swimmer setting a new Championship Record.  <b>High Point Trophy will be awarded to the Team finishing in First Place.</b></p>
<b>ADMISSIONS:</b>	<p>Admission is \$3.00/session Programs available for \$3.00/session</p>
<b>SPECTATORS:</b>	<p>Balcony seating is available for approximately 125 spectators. <b>No swimmers are allowed in the balcony area for safety reasons.</b></p>
<b>VOLUNTEERS:</b>	<p>A minimum of three (3) timers and one (1) official <b>MUST</b> be provided from each team per session, at the time team entries are submitted. Additional volunteers are welcome. Be sure to include your email address on the Meet Volunteer Sheet along with certification expiration date. We will have a hospitality room to provide refreshments for all volunteers during the meet. Volunteers and officials will also receive free admission and a heat sheet. <b>Meet Volunteer list MUST be submitted through the PennDel website with meet entries by January 21, 2010.</b></p>
<b>T-SHIRTS:</b>	<p>T-Shirts must be pre-ordered at a cost of \$15.00 per shirt.  <b>T-Shirt orders are due by 7:00 pm on January 14<sup>th</sup>, 2010.</b></p>
<b>REFRESHMENTS:</b>	<p>Food and Drinks will be on sale throughout the meet. NO FOOD will be allowed on the pool deck or in the balcony. There will also be swim shop on-site during the meet.</p>
<b>EMAIL LIST</b>	<p>Be sure and include your coach's email address on the Meet Summary Sheet. An E-Mail list will be created to ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.</p>
<b>WEB SITE:</b>	<p>For more information, please visit the Penn-Del Swimming web site at:  <a href="http://www.penndelswim.org/champ.htm">http://www.penndelswim.org/champ.htm</a></p>
<b>SAFETY:</b>	<p>Safety Marshals will be posted at different locations through out the meet area. First Aid will be located on the pool deck in the Aquatic Office. Swimmers are requested to wear sandals and towel off before traveling the corridors. No swimmers will be served in the concession area unless they are wearing a T-shirt, shorts and footwear.</p>

**Due to the use of the electronic starting system, spectators MUST refrain from using flash photography at the start of each race!**

**NO SMOKING IS ALLOWED DURING ANY CHAMPIONSHIP MEET.**

**Boys A/AA Division Championship**  
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**Sunday, January 31st, 2010**  
**Order of Events**

**Session: 1 Boys A/AA - 8 & UNDER & 9-10**  
**Day of Meet: 1 Starts at 8:30 AM**

<b>Event #</b>	<b>Event Name</b>
1	Boys 9-10 200 Medley Relay
2	Boys 8 & Under 100 Medley Relay
3	Boys 9-10 50 Freestyle
4	Boys 8 & Under 25 Freestyle
5	Boys 9-10 100 IM
6	Boys 8 & Under 25 Butterfly
7	Boys 9-10 50 Butterfly
<b>Break: 25 Minutes for Awards Presentation</b>	
8	Boys 8 & Under 50 Freestyle
9	Boys 9-10 100 Freestyle
10	Boys 8 & Under 25 Backstroke
11	Boys 9-10 50 Backstroke
12	Boys 8 & Under 25 Breaststroke
13	Boys 9-10 50 Breaststroke
14	Boys 8 & Under 100 Freestyle Relay
15	Boys 9-10 200 Freestyle Relay

**Session: 2 Boys A/AA – 11-12, 13-14 & 15-19**  
**Day of Meet: 1 Starts at 2:00 PM**

<b>Event #</b>	<b>Event Name</b>
16	Boys 15-19 400 Medley Relay
17	Boys 13-14 200 Medley Relay
18	Boys 11-12 200 Medley Relay
19	Boys 15-19 100 Freestyle
20	Boys 13-14 100 Freestyle
21	Boys 11-12 100 Freestyle
22	Boys 15-19 200 IM
23	Boys 13-14 200 IM
24	Boys 11-12 200 IM
25	Boys 15-19 100 Butterfly
26	Boys 13-14 100 Butterfly
27	Boys 11-12 50 Butterfly
28	Boys Open 500 Freestyle
<b>Break: 25 Minutes for Awards Presentation</b>	
29	Boys 11-12 50 Freestyle
30	Boys 13-14 50 Freestyle
31	Boys 15-19 50 Freestyle
32	Boys 11-12 200 Freestyle
33	Boys 13-14 200 Freestyle
34	Boys 15-19 200 Freestyle
35	Boys 11-12 50 Backstroke
36	Boys 13-14 100 Backstroke
37	Boys 15-19 100 Backstroke
38	Boys 11-12 50 Breaststroke
39	Boys 13-14 100 Breaststroke
40	Boys 15-19 100 Breaststroke
41	Boys 11-12 200 Freestyle Relay
42	Boys 13-14 200 Freestyle Relay
43	Boys 15-19 400 Freestyle Relay



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**Volunteer Summary Sheet**

It is a league requirement that each participating team furnish a number of their **most qualified** officials to represent them at League Championships. Each team **MUST** provide a minimum of three (3) timers and one (1) certified official for both morning and afternoon sessions. Please consider sending two (2) officials if at all possible.

**Stroke/Turn judges must possess certification as defined in the League rules and must be dressed in “whites” with patches and certification cards.** Please have all officials and timers check-in at the hospitality room upon arrival at the meet. **Mail this form to the Meet Director by the entry due date and submit with meet entries through the PennDel League Website..**

**Team/Association** \_\_\_\_\_

**Morning Session — 10 & under and 8 & under age groups:**

★Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

★Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

★Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

★Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

**Afternoon Session — 12 & under, 14 & under, and 15-19 age groups:**

★Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

★Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

★Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

★Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

★ **This is a required volunteer.**

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**Internal Entry Form**

Swimmer's Name \_\_\_\_\_

Please enter me in (Circle no more than three)

<b>8&amp;U</b>	25 Free	25 Fly	50 Free	25 Back	25 Breast			
<b>9-10</b>	50 Free	100 IM	50 Fly	100 Free	50 Back	50 Breast		
<b>11-12</b>	100 Free	200 IM	50 Fly	50 Free	200 Free	50 Back	50 Breast	
<b>13-14</b>	100 Free	200 IM	100 Fly	50 Free	200 Free	100 Back	100 Breast	
<b>15-19</b>	100 Free	200 IM	100 Fly	500 Free	50 Free	200 Free	100 Back	100 Breast

Individual entries must be submitted no later than \_\_\_\_\_.  
(Insert your team's entry deadline here.)

One check per family payable to: \_\_\_\_\_.  
(Insert your team's check payable information here.)

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**Driving Directions**

**FROM PHILADELPHIA**

Take I-95 South to I-476 North and MacDade Boulevard. Turn west onto MacDade Boulevard. Follow the Widener University sign. MacDade Boulevard will become East 22nd Street. Turn left onto Providence Avenue, Route 320 South. Follow the Widener University sign. Turn left onto East 14th Street into the main entrance of the university.

**FROM WESTERN AND NORTHERN PENNSYLVANIA**

Follow the Pennsylvania Turnpike to Exit 20, I-476. Take I-476 South toward Chester to Exit 1 (MacDade Boulevard). Turn west onto MacDade Boulevard. Follow the Widener University sign. MacDade Boulevard will become East 22nd Street. Turn left onto Providence Avenue, Route 320 South. Follow the Widener University sign. Turn left onto East 14th Street. Follow **ALL**.

**FROM DELAWARE, MARYLAND AND WASHINGTON, DC**

Take I-95 North to Exit 6 (Routes 320 and 352). At first traffic light, turn left over bridge. Bear right at the fork on other side of bridge. Go to first traffic light and turn right onto East 14th Street into the main entrance of the university. Follow **ALL**.

**FROM HARRISBURG**

Follow I-76 East (exiting the Pennsylvania Turnpike at Valley Forge) to Exit 331A (I-476 South). Follow I-476 South to Exit 1 (MacDade Boulevard). Go Right off the exit onto MacDade Boulevard West and follow the signs for Widener University. After three traffic signals, MacDade Boulevard will become East 22nd Street. At the fourth traffic signal, turn left onto Providence Avenue (Route 320 South). Follow the Widener University sign. After one traffic signal, turn left onto East 15th Street into the University Campus. At the stop sign turn right onto Walnut Street. At the stop sign, turn left onto 14th Street. Follow **ALL**.

**FROM SOUTHERN NEW JERSEY**

Take the Atlantic City Expressway to I-295 South to the Commodore Barry Bridge. Follow signs for I-95 North and Philadelphia. Take I-95 North to Exit 6 (Routes 320 and 352). At first traffic light, turn left over bridge. Bear right at the fork on other side of bridge. Go to first traffic light and turn right onto East 14th Street into the main entrance of the university. Follow **ALL**.

**ALL**

Go two blocks to Walnut Street and turn left. Go to 17th Street and turn right (first street after Kirkbride Hall). Continue straight through campus to athletic facility. Parking is available around the back of the facility. There is limited availability, so please plan some time to find parking.

# **BOYS A/AA Division Championship**

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**Hotel Information**

**All Hotels are within 30 Minutes of Campus**

Widener University / Lansdowne YMCA does not guarantee nor endorse any hotel listed.

This list is provided for informational purposes only.

Comfort Inn

53 Industrial Highway  
Essington, PA 19029  
610-521-9800

McIntosh Inn

Routes 1 & 352  
Media, PA 19063  
610-565-5800

Quality Hotel

45 Industrial Highway  
Essington, PA 19029  
610-521-2400

Renaissance Hotel

500 Stevens Drive  
Lester, PA 19113  
610-521-5900

Red Roof Inn

I-95 & Route 420  
Essington, PA 19029  
610-521-5090

Ramada Inn

76 Industrial Highway  
Essington, PA 19029  
610-521-9600

Best Western Inn

Rte 322 & 1  
Concordville, PA 19331  
610-358-9400

Marriott Philadelphia Airport

1 Arrivals Road  
Philadelphia, PA 19153  
215-492-9000

Fairfield Inn by Marriott

8800 Bartram Avenue  
Philadelphia, PA 19153  
215-365-2254

Airport Hilton

4509 Island Avenue  
Philadelphia, PA 19153  
215-365-4150

Courtyard Marriott

8900 Bartram Avenue  
Philadelphia, PA 19153  
215-365-2200

Embassy Suites Hotel

9000 Bartram Avenue  
Philadelphia, PA 19153  
215-365-4500

Days Inn

1300 Providence Avenue  
Chester, PA 19013  
610-876-7211

Longfellow House

Bed and Breakfast  
124 Park Ave.  
Swarthmore, PA  
610-544-4566

Magnolia House

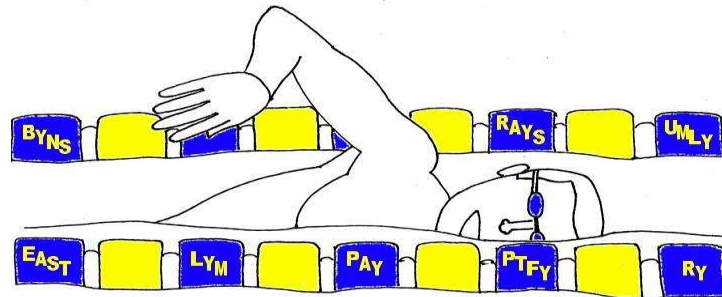
Bed and Breakfast  
314 Harvard Ave.  
Swarthmore, PA  
610-544-6779

Holiday Inn Select

630 Naamans Road  
Claymont, DE 19703  
302-792-2700

**BOYS A/AA Division Championship**  
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**Pre-Order BOYS A/AA Championship Meet T-Shirt Form**  
**Order Due January 14<sup>th</sup>, 2010**

Lansdowne YMCA is offering BOYS A/AA Championship Meet T-Shirts by pre-order only. There will be **LIMITED** extra shirts available for sale on the day of the meet, so please make sure your team has the opportunity to purchase shirts. The Shirts are short sleeved. The Shirts will have a logo on the front left chest with a motivational quote, design, and the participating teams listed on the back. Shirts will be given to your team contact upon check-in. T-Shirts cost \$15.00 each and should be paid for by check. **Please return the form below and payment in full no later than January 14<sup>th</sup> at 7:00 pm**



***"YOU'LL NEVER BECOME A FAILURE, UNTIL YOU FAIL TO TRY"***

Make a single check payable to: **Lansdowne Y Marlins Parents Association**

Mail form and payment to:

Lansdowne YMCA  
 Attn: Anthony Carano  
 2110 Garrett Rd  
 Lansdowne, PA 19050

Any questions?? Please contact Anthony Carano by email: [ajcarano@earthlink.net](mailto:ajcarano@earthlink.net)

Contact Name \_\_\_\_\_ Team \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email \_\_\_\_\_

SIZE	Quantity		Total Price
Short sleeve Youth Medium	_____	@\$15.00	\$ _____
Short sleeve Youth Large	_____	@\$15.00	\$ _____
Short sleeve Adult Small	_____	@\$15.00	\$ _____
Short sleeve Adult Medium	_____	@\$15.00	\$ _____
Short sleeve Adult Large	_____	@\$15.00	\$ _____
Short sleeve Adult XLarge	_____	@\$15.00	\$ _____
Short sleeve Adult 2XLarge	_____	@\$17.00	\$ _____
Short sleeve Adult 3XLarge	_____	@\$17.00	\$ _____
		<b>TOTAL</b>	\$ _____