

Jefferson Division Championship
Hosted by
Lionville Community YMCA
Saturday & Sunday, February 11th & 12th, 2012

LOCATION:	Lionville Community YMCA 100 Devon Drive Exton, Pa 19341 The following phone number is available for emergency use during the meet. Facility Phone#: 610-363-9622
FACILITY:	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 12 feet. The facility is equipped with Competitor non-turbulent lane lines, Colorado Time Systems' System 5 Sports Timer with Infinity Start System, AquaGrip touch pads and 6-line Series 4009 Multi-Sport Scoreboard. Seating for swimmers is in a gym and balcony seating is available for spectators. The gym may be cold, so come with the appropriate clothing. Free parking is available adjacent to the YMCA at the Downingtown East High School. No Smoking is allowed during any Penn-Del League Championship Meet.
MEET DIRECTOR:	STEVE HESSLER Phone: 610-836-1535 Email: shstudio@comcast.net
START TIMES: Meet Dates: 2/11/12 & 2/12/12	Afternoon Morning Afternoon Warm-up: 12:30 PM; 7:00 AM; 12:30 PM (Times will be confirmed 1 Week Prior) Meet Start: 2:00 PM; 8:30 AM; 2:00 PM
MEETING TIMES: Meet Dates: 2/11/12 & 2/12/12	Coach's Meeting: 1:00 PM; 7:30 AM; 1:00 PM Officials Meeting: 1:15 PM; 7:45 AM; 1:15 PM Timers Meeting: 1:30 PM; 8:00 AM; 1:30 PM
WARM-UP:	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. 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules.
RULES:	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 MUST attend the coach's meeting.
ELIGIBILITY:	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 st , 2011 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.
ENTRIES:	Swimmers may enter up to three (3) individual events and two (2) relays for a maximum of five (5) events. No Deck Entries Will Be Permitted.
ENTRY FEES:	Entry fees are \$3.00 per event for individual events and \$12.00 for relays plus a surcharge of \$5 per swimmer. Please send one check per club, payable to: <u>Lionville Riptide Swim Team</u> <u>Entries will NOT be accepted without full payment and Meet Volunteer Sign-UP Sheet.</u>
HOW TO ENTER:	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 PennDel League 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. Entry Fees MUST be postmarked by: <u>Wednesday, February 1, 2012.</u> PLEASE CHECK THE ONLINE MEET ENTRY SYSTEM FOR YOUR ENTRY CONFIRMATION. YOU WILL NOT RECEIVE AN EMAIL CONFIRMING YOUR ENTRIES. THE MEET VOLUNTEER SUMMARY SHEET MUST BE EMAILED TO THE MEET DIRECTOR BY THE ENTRY DEADLINE.

SEND TO:	<p>Entries MUST be submitted through the Penn-Del Swimming League Website. Mail check, to the host club at the below address. E-mail the meet volunteer list to the Meet Director at: shstudio@comcast.net Lionville Community YMCA Attention: Alex Baxter 100 Devon Drive Exton, PA. 19341 All requested information must be postmarked by the entry due date.</p>
DECK ACCESS:	<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>
AWARDS:	<p>Medals are awarded for 1st-6th place in individual events and 1st-3rd place in relays. Ribbons are awarded for 7th-18th place in individual events and 4th-9th place in relays. League Record Holder patches to be given to any swimmer setting a new Championship Record. High Point Trophy will be awarded to the Team finishing in First Place.</p>
ADMISSIONS:	<p>Admission is free. Programs available for \$3.00/session</p>
SPECTATORS:	<p>Balcony seating is available for approximately 200 spectators. No swimmers are allowed in the balcony area for safety reasons.</p>
VOLUNTEERS:	<p>A minimum of three (3) timers and one (1) official MUST 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, if applicable. 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. Meet Volunteer list MUST be emailed to the meet director by the Entry Due Date.</p>
T-SHIRTS:	<p>T-Shirts must be pre-ordered at a cost of \$15.00 per shirt. T-Shirt orders are due by 6 PM on Thursday, January 26, 2012.</p>
REFRESHMENTS:	<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 a swim shop on-site during the meet.</p>
EMAIL LIST	<p>Be sure and include your coach's email address and volunteer's email address on the Volunteer 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>
WEB SITE:	<p>For more information, please visit the Penn-Del Swimming web site at: http://www.penndelswim.org/</p>
SAFETY:	<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.

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Order of Events

Session: 1 Girls and Boys – 13 - 14 and 15 - 19

Day of Meet: 1 Starts at 2:00 PM

Event #	Event Name	Event #	Event Name
1	Girls 15-19 200 Medley Relay	2	Boys 15-19 200 Medley Relay
3	Girls 13-14 200 Medley Relay	4	Boys 13-14 200 Medley Relay
5	Girls 15-19 100 Freestyle	6	Boys 15-19 100 Freestyle
7	Girls 13-14 100 Freestyle	8	Boys 13-14 100 Freestyle
9	Girls 15-19 200 IM	10	Boys 15-19 200 IM
11	Girls 13-14 200 IM	12	Boys 13-14 200 IM
13	Girls 15-19 100 Butterfly	14	Boys 15-19 100 Butterfly
15	Girls 13-14 100 Butterfly	16	Boys 13-14 100 Butterfly
17	Girls Open 500 Freestyle	18	Boys Open 500 Freestyle
Break: 20 Minutes for Awards Presentation		Break: 20 Minutes for Awards Presentation	
19	Girls 13-14 50 Freestyle	20	Boys 13-14 50 Freestyle
21	Girls 15-19 50 Freestyle	22	Boys 15-19 50 Freestyle
23	Girls 13-14 200 Freestyle	24	Boys 13-14 200 Freestyle
25	Girls 15-19 200 Freestyle	26	Boys 15-19 200 Freestyle
27	Girls 13-14 100 Backstroke	28	Boys 13-14 100 Backstroke
29	Girls 15-19 100 Backstroke	30	Boys 15-19 100 Backstroke
31	Girls 13-14 100 Breaststroke	32	Boys 13-14 100 Breaststroke
33	Girls 15-19 100 Breaststroke	34	Boys 15-19 100 Breaststroke
35	Girls 13-14 200 Freestyle Relay	36	Boys 13-14 200 Freestyle Relay
37	Girls 15-19 200 Freestyle Relay	38	Boys 15-19 200 Freestyle Relay

Session: 2 Girls and Boys - 8 & UNDER

Day of Meet: 2 Starts at 8:30 AM

Event #	Event Name	Event #	Event Name
39	Girls 8 & Under 100 Medley Relay	40	Boys 8 & Under 100 Medley Relay
41	Girls 8 & Under 25 Freestyle	42	Boys 8 & Under 25 Freestyle
43	Girls 8 & Under 25 Butterfly	44	Boys 8 & Under 25 Butterfly
45	Girls 8 & Under 50 Freestyle	46	Boys 8 & Under 50 Freestyle
Break: 20 Minutes for Awards Presentation		Break: 20 Minutes for Awards Presentation	
47	Girls 8 & Under 25 Backstroke	48	Boys 8 & Under 25 Backstroke
49	Girls 8 & Under 25 Breaststroke	50	Boys 8 & Under 25 Breaststroke
51	Girls 8 & Under 100 Freestyle Relay	52	Boys 8 & Under 100 Freestyle Relay

Session: 3 Girls and Boys – 9 – 10 and 11 - 12

Day of Meet: 2 Starts at 2:00 APM

Event #	Event Name	Event #	Event Name
53	Girls 11-12 200 Medley Relay	54	Boys 11-12 200 Medley Relay
55	Girls 9-10 200 Medley Relay	56	Boys 9-10 200 Medley Relay
57	Girls 11-12 100 Freestyle	58	Boys 11-12 100 Freestyle
59	Girls 9-10 50 Freestyle	60	Boys 9-10 50 Freestyle
61	Girls 11-12 200 IM	62	Boys 11-12 200 IM
63	Girls 9-10 100 IM	64	Boys 9-10 100 IM
65	Girls 11-12 50 Butterfly	66	Boys 11-12 50 Butterfly
67	Girls 9-10 50 Butterfly	68	Boys 9-10 50 Butterfly
Break: 20 Minutes for Awards Presentation		Break: 20 Minutes for Awards Presentation	
69	Girls 11-12 50 Freestyle	70	Boys 11-12 50 Freestyle
71	Girls 9-10 100 Freestyle	72	Boys 9-10 100 Freestyle
73	Girls 11-12 200 Freestyle	74	Boys 11-12 200 Freestyle
75	Girls 9-10 50 Backstroke	76	Boys 9-10 50 Backstroke
77	Girls 11-12 50 Backstroke	78	Boys 11-12 50 Backstroke
79	Girls 9-10 50 Breaststroke	80	Boys 9-10 50 Breaststroke
81	Girls 11-12 50 Breaststroke	82	Boys 11-12 50 Breaststroke
83	Girls 9-10 200 Freestyle Relay	84	Boys 9-10 200 Freestyle Relay
85	Girls 11-12 200 Freestyle Relay	86	Boys 11-12 200 Freestyle Relay

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Driving Directions

From Pennsylvania Turnpike

Exit at Downingtown. Bear left after toll booth to take Rte. 100 South. At 2nd traffic light, turn right onto Route 113 (Uwchlan Ave). At the 4th traffic light, turn left onto Devon Drive. After the Stop sign at the upper entrance to the high school, make the next turning on the right into the YMCA parking lot.

From Rt. 202 travelling West

Take Rt. 401 to Rt. 113. Turn left onto Rt. 113 proceeding to cross over Rt. 100. At the 4th light after crossing Rt. 100, turn left onto Devon Drive. After the Stop sign at the upper entrance to the high school, make the next turning on the right into the YMCA parking lot.

Travelling East on Rt. 202 Bypass

Pass the exit for 113 South. Take ramp for 113 North. At the 3rd light, turn right onto Devon Drive. After the Stop sign at the upper entrance to the high school, make the next turning on the right into the YMCA parking lot.

Travelling East on Route 30

After passing the McDonald's intersection in Downingtown, turn left at the light for Route 113 North (Uwchlan Ave). At the 4th light, turn right onto Devon Drive. After the Stop sign at the upper entrance to the high school, make the next turning on the right into the YMCA parking lot.

Travelling West on Route 30

Cross over Rt. 100 to the 2nd light. Turn right onto Whitford Rd. and travel 1.25 miles. Turn left onto Devon Drive and make a quick left into the YMCA parking lot.

From Allentown area

Take Route 100 south to the Downingtown interchange to the PA Turnpike. Then follow the above directions from the PA Turnpike.

For GPS directions, Lionville Community YMCA is located at:

100 Devon Drive
Exton, PA 19341
Phone: 610-363-9622
Fax: 610-363-9149

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Hotel Information

Hampton Inn Downingtown/Exton

600 W. Uwchlan Ave., Exton, PA 19341

610-363-5555 <http://hamptoninn.hilton.com>

0.8 Miles East of center of 100 Devon Dr.

Hampton Inn Downingtown/Exton is located at the intersection of Routes 100 and 113 and centrally situated between downtown Philadelphia, Reading/Lancaster, the Brandywine Valley, and King of Prussia. Area attractions include two state parks with boating, sailing, and fishing, museums, shopping malls, tours of Amish Country, historical national parks, and Winterthur Museum, 25 miles south west of the hotel. Within 1 mile you can dine at Hoss Steak and Sea House, Red Robin, Lions Share, or American Bar and Grille.

We feature 122 rooms, meeting room for up to 25 people with AV and a heated outdoor pool. Amenities include complimentary continental breakfast, in-room coffee maker, iron and board, free local calls, USA Today, and TV with cable, free HBO and Nintendo. We also offer connecting rooms, cribs, cots, refrigerators and hairdryers (upon request) at no additional charge. Laundry/valet services, meeting/banquet facilities, and audio visual equipment are available for a nominal fee. Amenities include Swimming Pool

Extended Stay America-Philadelphia-Exton

877 N. Pottstown Pike (Rte. 100), Exton, PA 19341

610-524-7185

<http://www.extendedstayamerica.com>

0.9 Miles North of center of 100 Devon Dr.

Extended Stay America Philadelphia-Exton is designed specifically for people who need more than just a room while away from home. In addition to the comfortable recliner and large work desk, the oversized studio suites feature a kitchen that allows you to prepare meals at your convenience. As a guest of Extended Stay America, you receive complimentary movie channels, free local phone calls, voice-mail, and a two-line phone with a computer dataport. Guests also have access to a 24-hour, coin-operated laundry facility. Weekly housekeeping ensures that you have fresh linens throughout your stay.

Fairfield Inn by Marriott Philadelphia Exton

5 North Pottstown Pike, Exton, PA 19341

GPS or Internet directions, use address of: 1 E. Uwchian Avenue, Exton, PA 19341

610-524-8811 <http://www.marriott.com>

0.8 Miles East of center of 100 Devon Dr.

Marriott's award winning economy lodging chain features clean, convenient, quality accommodations and the peace of mind you get from Marriott consistency - all for a great value. The Fairfield Inn Philadelphia Exton is located in Chester County twenty-five miles west of downtown Philadelphia and within two miles of Bentley Systems and Viro Pharm. Please click on Area for additional location information and directions to the hotel. Amenities include Swimming Pool

Residence Inn Philadelphia Great Valley/Exton

10 North Pottstown Pike, Exton, PA 19341

610-594-9705 <http://www.marriott.com>

0.8 Miles East of center of 100 Devon Dr.

Residence Inn by Marriott is designed to make you feel at home for a day, a week, a month or more. Our suites give you fifty percent more space than a traditional hotel room. The Residence Inn Philadelphia Exton is located thirty miles west of downtown Philadelphia and two miles north of Exton Mall.

Studios are large open rooms with one king bed, full bath and furnished living area with dining counter, large work desk and sofa bed. One bedroom suites have a separate bedroom with one queen bed, full bath and furnished living room with dining area and sofa bed. Two bedroom suites have two separate bedrooms with one queen bed each, two full baths and furnished living room with dining area, large work desk and sofa bed. All accommodations have a fully equipped kitchen including coffee maker, cooking and eating utensils, dishes and glassware, dishwasher, microwave and refrigerator with icemaker. Pets are allowed with non-refundable fee of USD 50-200 based on length of stay. / A complimentary hot breakfast buffet is served daily featuring breads and pastries, cereals and hot oatmeal, fruits and juices, hot and cold beverages, scrambled eggs, waffles and yogurt. Amenities include Swimming Pool, Fitness Room

Holiday Inn Express EXTON-LIONVILLE

120 N. POTTSTOWN PIKE, Exton, PA 19341

800-345-8082 <http://www.hiexpress.com>

1.8 Miles Southeast of center of 100 Devon Dr.

The Holiday Inn Express Exton-Lionville Hotel is conveniently located at business Rte. 30 & Rte. 100 in Exton, Pa., just minutes South of the PA Turnpike Exit 312, between Valley Forge and Lancaster within the Whiteland Towne shopping Center. The Holiday Inn Express Exton-Lionville Hotel features fireside complimentary continental breakfast, free local calls and AAA / AARP discounts. Amenities include Swimming Pool, Fitness Room

INN AT CHESTER SPRINGS HOTEL CONFERENCE CENTER

815 NORTH POTTSTOWN PIKE Exton, PA 19341

610-363-1100 <http://www.wyndham.com>

1.0 Miles Southeast of center of 100 Devon Dr.

The Inn at Chester Springs Hotel Conference Center is located approximately 12 miles from King of Prussia and 35 miles from Philadelphia International Airport. West Chester is approximately six miles away, Valley Forge is 12 miles away, and Kennett Square, Reading, Lancaster, and Wilmington are within 20 miles of the inn. The properties amenities include the indoor and outdoor pools, in-house fitness center, and Arthurs Bar & Grill, serving contemporary American cuisine, with daily specials, prime rib night every Wednesday and Saturday, and a brunch every Sunday. All rooms feature lounge chairs and ottomans, telephones, high-speed Internet access, alarm clocks, hairdryers, and full bathrooms.

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Pre-Order Jefferson Division Championship Meet T-Shirt Form
Order Due January 26th, 2012

Lionville Y is offering Jefferson Division Championship Meet T-Shirts by pre-order only. There will NOT be any extra shirts available for sale at the meet. Please make sure your team has the opportunity to purchase shirts. The Shirts are short sleeved. The shirts are orange in color with white lettering. Shirts will be given to your team contact upon check-in. T-Shirts cost \$15.00 each and should be paid for by check.

*Note (Colors may vary slightly from pictures)



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Please return the form below and payment in full no later than 6 PM, January 26, 2012.

Make a single check payable to: **LCY Swim Team Parents**

Mail order form and payment to:
 Lionville Community YMCA
 Attn: Alex Baxter
 100 Devon Dr.
 Exton, PA. 19341

Any questions?? Please contact Alex Baxter
 by email: alex.baxter@umly.org

Contact Name _____ Team _____
 Phone Number _____ Email _____

SIZE	Quantity		Total Price
Short sleeve Youth XSmall	_____	@\$15.00	\$ _____
Short sleeve Youth Small	_____	@\$15.00	\$ _____
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 XXLLarge	_____	@\$15.00	\$ _____
Short sleeve Adult XXXLarge	_____	@\$15.00	\$ _____
		TOTAL	\$ _____