



UPPER DUBLIN AQUATIC CLUB

PRESENTS

“ROCKTOBERFEST” A/BB/C SWIM MEET

October 22 & 23, 2011

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc. MA SANCTION# MA 1233 A

LOCATION	Upper Dublin High School (UDHS), 800 Loch Alsh Avenue, Fort Washington, PA 19034 Google Map . Approximately 20 min from King of Prussia, 30 min from Philadelphia; 50 min from Wilmington, DE; 50 min. from Cherry Hill, NJ; 2 hrs from Harrisburg; 5 hrs from Pittsburgh.
FACILITIES	Upper Dublin High School Natatorium. New (2010) 40 yd, 10-lane Wallover-designed pool with moveable Stark bulkhead, non-turbulent Competitive lane lines, Colorado Timing System with 10-lane display. Water depth is 13 feet at the start end and is 7 feet at the turn end. 5-lane 25-yard warm-up/warm-down area available throughout competition. The competition course has not been certified in accordance with 104.2.2C(4). Balcony seating for approximately 400 spectators with elevator access. Food concession available in lobby (no food allowed in balcony). Parking in lots surrounding Upper Dublin High School Athletic Complex and Upper Dublin Township Building Site and Parking Information .
MEET DIRECTOR	Stephanie Rozick, 100 South Valley Road, Paoli, PA 19301 (814) 404-5824 e-mail: bcatmeet@comcast.net Please direct all questions to the Meet Director
SAFETY DIRECTOR	Stephanie Rozick, 100 South Valley Road, Paoli, PA 19301 (814) 404-5824 e-mail: bcatmeet@comcast.net Meet day only pool emergency phone number: 215-643-8900 ext. 2283
OFFICIALS	All USA Swimming Certified Officials and Trainees are invited to work the meet. Anyone interested in helping with the meet should contact Jeff Hyde jwhyde50@yahoo.com Office: 215-591-0575 Cell: 267-808-9766
ELIGIBILITY	The Meet Director will accept entries until the meet fills. Open to all 2011-2012 USA Swimming registered swimmers. Swimmers age as of October 22, 2011 will apply for the entire meet. The 2011 USA Swimming rules will apply. Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120 per swimmer for 2011-2012 registration). This applies to all swimmers attached to a club. Any swimmer entered in the meet, unaccompanied by a USA Swimming

ENTRY FEES	Entry fees are \$4.00 per individual event.
SEND ENTRIES TO	Stephanie Rozick, e-mail: bcatmeet@comcast.net 100 South Valley Road, Paoli, PA 19301 cell: (814) 404-5824 Request signature waiver if needed.
ENTRY DEADLINE	Last day to submit entries October 14, 2011. No late entries will be accepted. As per Middle Atlantic Swimming Rules, a \$15 per swimmer fee will be charged to all entries submitted on paper rather than electronically. All clubs are encouraged to enter electronically, regardless of the number of swimmers entered. If this is not possible, the official entry form must be used. If entering more than five (5) swimmers (per Club) on this form, a processing fee of \$15.00 per swimmer must be included. A download of Team Manager Lite is available here: http://www.hy-tekltd.com/downloads.html Instructions are here: http://maswim.org/0910/TM%20Lite%20Instructions.pdf
RULES	USA Swimming / Middle Atlantic Swimming rules shall apply. USA Swimming / MA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on the pool deck. This meet will be conducted using the Whistle command and No-Recall False Start procedures. All events are timed finals. Any swimmer observed swimming under or through the bulkhead by an official or Safety Monitor 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.
SCORING & AWARDS	Awards to be given to 12 and under swimmers only. Award levels will be determined by entry times. "A" Awards: Medals 1st-3rd Ribbons 4th-6th "BB" Awards: Rosettes 1st-3rd Ribbons 4th-6th "C" Awards: Ribbons 1st-6 th Fun prizes for Hot Heats (12 & under sessions only ; one per event) All awards must be picked up by the end of the meet. Awards will not be available after the last day of the meet.
PROGRAMS & ADMISSION	\$5 per session, includes heat sheet
RESULTS	Results will be posted on the Middle Atlantic Swimming website, www.maswim.org .

<p>DIRECTIONS</p>	<p>PA Turnpike to exit 339 (Fort Washington). After toll, bear right onto Route 309 North to the first exit (Highland Avenue) and bear right. Immediately make a left at the first traffic light onto Fort Washington Avenue past Fort Washington Elementary and athletic fields. Turn left onto Loch Alsh Ave, past UDHS on right, and turn right on Spark Drive. UDHS Athletic Complex will be on your right. Site and Parking Information</p>
<p>ACCOMODATIONS</p>	<p>Lodging in Fort Washington: Best Western, 285 Commerce Drive, Ft. Washington 215-542-7930 Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington 215-646-4637 Holiday Inn, 432 Pennsylvania Ave., Ft. Washington 215-643-3000</p> <p>Lodging in surrounding area: Courtyard Marriott, 2350 Easton Road Route 611, Willow Grove, 215-830-0550 Residence Inn Marriott, 3 Walnut Grove Drive, Horsham, 215-443-7330 Philadelphia Marriott West, 111 Crawford Ave., W. Conshohocken, 610-941-5600 Residence Inn Marriott, 191 Washington St., Conshohocken, 610-828-8800 Courtyard Marriott, 651 Fountain Rd., Plymouth Meeting, 610-238-0695 Spring Hill Suites, 430 Plymouth Rd., Plymouth Meeting, 610-940-0400 Comfort Inn, 678 Bethlehem Pike, Montgomeryville, 215-361-3600 Joseph Ambler Inn, 1005 Horsham Rd., North Wales, 215-362-7500</p> <p>Restaurants: Cantina Feliz, 424 South Bethlehem Pike, Fort Washington 215-646-1320 Fireside Bar and Grill, 1211 S. Bethlehem Pike, Ft. Washington 215-643-6540 Friendly's Restaurant, 325 Pennsylvania Ave. Ft. Washington 215-646-1944 From The Boot, 110 East Butler Avenue, Ambler 610-834-8680 KC's Alley, 10 West Butler Pike, Ambler 215-628-3300 MaGerks Pub & Grill, 582 South Bethlehem Pike, Fort Washington 215-948-3329 Mama's Pizza, 1704 Susquehanna Road., Dresher, 215-540-8280 Maple Glen Pizza, 641 Welsh Road, maple Glen 215-542-7720 Nick's Pizza, Dreshertown Plaza, 1650 Limekiln Pike, Dresher, 215-628-3775 Jade Garden, 1650 Limekiln Pike, Dresher 215-542-3890 Jarrettown Hotel , 1425 Limekiln Pike, Dresher 215.654.6880 Luciani's Pizza, 471 Commerce Drive, Fort Washington, 215-643-3433 Saladworks, Dreshertown Plaza, 1650 Limekiln Pike, Dresher 215-654-7500 Subway, 285 Commerce Drive, Ft. Washington, 215-643-5560 Little Italy Pizza, 416 S. Bethlehem Pike, Ft. Washington 215-628-3845 Rich's Deli, 430 S. Bethlehem Pike, Ft. Washington 215-646-9860 Toner's Beef & Ale Tavern, 101 E. Pennsylvania Ave., Ft. Washington 215-646-5655 Umami Umami, 1708 Limekiln Pike, Dresher 215-542-6993 Wawa Food Market, 582 S. Bethlehem Pike, Ft. Washington 215-646-2972 West Ave Grille, 1650 Limekiln Pike, Dresher 215-367-5428 Zakes Café, 444 S Bethlehem Pike, Fort Washington 215-654-7600</p>

Session 1 Sat, Oct 22

Warm-up 7:30 am Meet starts 8:30 am

1. Women 13 & Over 500 Freestyle
2. Men 13 & Over 500 Freestyle
3. Women 13 & Over 200 Butterfly
4. Men 13 & Over 200 Butterfly
5. Women 13 & Over 200 Breaststroke
6. Men 13 & Over 200 Breaststroke
7. Women 13 & Over 100 Backstroke
8. Men 13 & Over 100 Backstroke
9. Women 13 & Over 200 IM
10. Men 13 & Over 200 IM
11. Women 13 & Over 100 Freestyle
12. Men 13 & Over 100 Freestyle

Session 2 Sat, Oct 22

Warm-up 12:30 pm Meet starts 1:30 pm

13. Women 9-10 50 Backstroke
14. Men 9-10 50 Backstroke
15. Women 11-12 100 Backstroke
16. Men 11-12 100 Backstroke
17. Women 11-12 200 Breaststroke
18. Men 11-12 200 Breaststroke
19. Women 9-10 100 Breaststroke
20. Men 9-10 100 Breaststroke
21. Women 11-12 50 Breaststroke
22. Men 11-12 50 Breaststroke
23. Women 9-10 100 Butterfly
24. Men 9-10 100 Butterfly
25. Women 11-12 200 Butterfly
26. Men 11-12 200 Butterfly
27. Women 11-12 50 Butterfly
28. Men 11-12 50 Butterfly
29. Women 9-10 100 IM
30. Men 9-10 100 IM
31. Women 11-12 200 IM
32. Men 11-12 200 IM
33. Women 9-10 100 Freestyle
34. Men 9-10 100 Freestyle
35. Women 11-12 50 Freestyle
36. Men 11-12 50 Freestyle

Session 3 Sun, Oct 23

Warm-up 7:30 am Meet starts 8:30 am

37. Women 13 & Over 400 IM
38. Men 13 & Over 400 IM
39. Women 13 & Over 200 Freestyle
40. Men 13 & Over 200 Freestyle
41. Women 13 & Over 100 Breaststroke
42. Men 13 & Over 100 Breaststroke
43. Women 13 & Over 200 Backstroke
44. Men 13 & Over 200 Backstroke
45. Women 13 & Over 100 Butterfly
46. Men 13 & Over 100 Butterfly
47. Women 13 & Over 50 Freestyle
48. Men 13 & Over 50 Freestyle

Session 4 Sun, Oct 23

Warm-up 12:30 pm Meet starts 1:30 pm

49. Women 9-10 100 Backstroke
50. Men 9-10 100 Backstroke
51. Women 11-12 50 Backstroke
52. Men 11-12 50 Backstroke
53. Women 11-12 200 Backstroke
54. Men 11-12 200 Backstroke
55. Women 9-10 50 Breaststroke
56. Men 9-10 50 Breaststroke
57. Women 11-12 100 Breaststroke
58. Men 11-12 100 Breaststroke
59. Women 9-10 50 Butterfly
60. Men 9-10 50 Butterfly
61. Women 11-12 100 Butterfly
62. Men 11-12 100 Butterfly
63. Women 11-12 200 Freestyle
64. Men 11-12 200 Freestyle
65. Women 9-10 200 IM
66. Men 9-10 200 IM
67. Women 11-12 100 IM
68. Men 11-12 100 IM
69. Women 9-10 50 Freestyle
70. Men 9-10 50 Freestyle
71. Women 11-12 100 Freestyle
72. Men 11-12 100 Freestyle

UDAC ROCKTOBERFEST 2011

FINANCIAL SUMMARY

ENTRIES WILL NOT BE PROCESSED
WITHOUT THE FOLLOWING INFORMATION

Team Name: _____ Team Code: _____

Head Coach: _____

Coach's Address: _____

City: _____ State: _____ Zip Code: _____

Phone: Home () _____ Office () _____ e-mail: _____

Person and address designated to receive entry limitation information, if needed:

Name: _____ Phone: _____ Fax: _____

(VERY IMPORTANT) e-mail: _____

Mail Entries to: Stephanie Rozick, 100 South Valley Road, Paoli, PA 19301

ENTRY DEADLINE: Received by 5:00 pm, October 14, 2011

Please make check payable to UDAC, one check per club.

ENTRY FEES:

_____ Women's Individual events @ \$4.00	\$ _____
_____ Men's Individual events @ \$4.00	\$ _____
_____ Surcharge @ \$15.00 per swimmer (for non-disk entry of 5 or more swimmers only)	\$ _____
TOTAL	\$ _____

NUMBER OF SWIMMERS: 13-Over: Sat _____ Sun. _____

12-Under: Sat _____ Sun. _____

TOTAL NUMBER OF SWIMMERS ENTERED IN MEET: _____

I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.

Signature of Head Coach or Authorized Team Representative

