

LANCASTER AQUATIC CLUB
LAC SPEEDO CLASSIC
Friday-Sunday, June 27-29, 2008

Golden Meadows Swim Center at Workouts
2301 Harrisburg Pike
Lancaster, PA 17603

FACILITIES: OUTDOOR competition pool is 50 meters; 8 lanes with non-turbulent lane lines. Water depth is 12 feet at the starting end; and 3.5-4.0 feet at the turn end. Colorado electronic timing system, with a single-line scoreboard. An indoor 25-yd pool will be available for warm-up and warm-down throughout the meet. There will be no breaks during competition in the main pool.

Seating: There are no provisions for Spectator seating. You are encouraged to bring lawn chairs.

ELIGIBILITY: This meet is open to swimmers registered with USA Swimming for 2008. The 2008 USA Swimming rules will apply. Swimmer's age is as of the first day of the meet Age Group is determined by the swimmer's age as of June 27, 2008. Each swimmer may compete in a maximum of four (4) individual events per day.

ENTRY: Swimmers are limited to 4 events per day.

The 1500 Freestyle will be deck seeded fastest to slowest alternating 1-heat women and 1-heat men. Positive check-in for this event will close at 11:45AM Friday, June 27, 2008. This event may be limited to three heats of women and three heats of men in order to fall in the four hour session rule. Swimmers cut from the 1500 freestyle will be refunded entry fees. 1500 Freestyle swimmers must provide their own timer and lap counter.

POSITIVE CHECK-IN EVENTS

A positive check in is required for the following events:

SENIOR 400IM - positive check in closes at 7:30AM

9-12 400 FREE- positive check in closes 9AM

SENIOR 1500 FREE- positive check in closes 11:45AM

SENIOR 400 FREE- positive check in closes 8:30AM

SPECIAL NOTES This will be a last chance meet for Summer JO's. Times achieved at the meet (both updated times and new qualifiers) **MUST** be submitted with the swimmer's team entry by the JO deadline.

'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

WARM-UP & Warm up sessions

Session	Warm Up	Group	Meet Start
ONE, FRI	7:00AM	SENIOR/9-12	8:00AM
TWO, FRI	12:00PM	MILE	12:30PM
THREE, FRI	4:30PM	9-12	5:30PM
FOUR, SAT	6:30AM	SENIOR	7:30AM
FIVE, SAT	11:30AM	13-14	12:30PM
SIX, SAT	4:30PM	9-12	5:30PM
SEVEN, SUN	6:30AM	SENIOR	7:30AM
EIGHT, SUN	11:30AM	13-14	12:30PM
NINE, SUN	4:30PM	9-12	5:30PM

DECK ENTRIES Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10.00 per event.

ENTRY FEES - \$5.00 per individual event. Deck entries \$10.00

ENTRY DEADLINE All entries must be received by Friday, May 9. We'd like to get a preliminary file in by May 9th. Later entries may not get in to this meet.

SCORING & AWARDS: Level A: Medals 1st - 3rd, Ribbons 4th - 6th
 Level B: Rosettes 1st - 3rd, Ribbons 4th - 6th
 Level C: Ribbons 1st - 6th

The 9-12 400 Free and the 9-10, 11-12, and 13-14 age groups will be awarded separately. Awards will not be presented for the Senior events.

PROGRAMS & ADMISSION

Admission \$3.00 per day. Children under 12 years of age will be admitted free.
Programs: \$10.00 per program. Program includes the entire meet.

DIRECTIONS (AS PER MEET PACKET)

From West - Take PA Turnpike to Lancaster exit, (I-283 Exit 247). Just past toll booth bear right onto Rt. 283 East toward Lancaster. Follow Rt. 283 to Pa-722 exit. Turn right at end of off ramp onto State Road. Proceed to the traffic light at Harrisburg Pike. Turn left onto Harrisburg Pike. Pool is 1.3 miles on the left.

From North - South via Rt. 81. Take the exit for Harrisburg and follow Rt. 83 South 3 miles until the exit for Rt. 283. Then follow directions from the west. From East - Follow Rt. 30 West, exit at Harrisburg Pike (same exit as Franklin and Marshall). Turn right onto Harrisburg Pike. Follow Harrisburg Pike past the Lancaster Health Campus, cross Rt. 741, pool is 0.3 of a mile on right.

From South - Rt. 83 North to US Rt. 30 East. Exit Pa-741. Turn left onto PA741 Rohrerstown Road. Turn left onto Harrisburg Pike; pool is 0.3 of a mile on right.

LANCASTER AQUATIC CLUB SPEEDO CLASSIC
ORDER OF EVENTS

FRIDAY, JUNE 27, 2008 SESSION #1 Warm up 7:00 AM - Start 8:00 AM		
WOMENS	EVENT	MENS
1 Check in required	Senior 400 IM*	2 Check in required
3 Check in required	9-12 400 Free *	4 Check in required

FRIDAY, JUNE 27, 2008 SESSION #2 Warm up 12:00 PM - Start 12:30 PM		
WOMENS	EVENT	MENS
5 Check in required	Senior 1500 Free	6 Check in required

FRIDAY, JUNE 27, 2008 SESSION #3 Warm up 4:30 PM - Start 5:30 PM		
WOMENS	EVENT	MENS
7	11-12 200 IM*	8
9	9-10 200 IM*	10
11	11-12 100 BREAST*	12
13	9-10 100 BREAST*	14
15	11-12 100 FREE	16
17	9-10 100 FREE	18

*IMX EVENT

SATURDAY, JUNE 28, 2008 SESSION #4 Warm up 6:30 AM - Start 7:30 AM		
WOMENS	EVENT	MENS
19	Senior 200 IM*	20
21	Senior 100 FREE	22
23	Senior 200 BACK*	24
25	Senior 100 BREAST	26
27	Senior 100 FLY	28
29	Senior 400 FREE*	30
Check in Required		Check in required

SATURDAY, JUNE 28, 2008 SESSION #5 Warm up 11:30 AM - Start 12:30 PM		
WOMENS	EVENT	MENS
31	13-14 200 IM*	32
33	13-14 100 FREE	34
35	13-14 200 BACK*	36
37	13-14 100 BREAST	38
39	13-14 100 FLY	40

*IMX EVENT

SATURDAY, JUNE 28, 2008 SESSION #6 Warm up 4:30 PM - Start 5:30 PM		
WOMENS	EVENT	MENS
41	11-12 50 BACK	42
43	9-10 50 BACK	44
45	11-12 200 FREE	46
47	9-10 200 FREE*	48
49	11-12 100 FLY*	50
51	9-10 100 FLY*	52

SUNDAY, JUNE 29, 2008 SESSION #7 Warm up 6:30 AM - Start 7:30 AM		
WOMENS	EVENT	MENS
53	SENIOR 200 FREE	54
55	SENIOR 100 BACK	56
57	SENIOR 200 BREAST*	58
59	SENIOR 200 FLY*	60
61	SENIOR 50 FREE	62

*IMX EVENT

SUNDAY, JUNE 29, 2008 SESSION #8 Warm up 11:30 AM - Start 12:30 PM		
WOMENS	EVENT	MENS
63	13-14 200 FREE	64
65	13-14 100 BACK	66
67	13-14 200 BREAST*	68
69	13-14 200 FLY*	70
71	13-14 50 FREE	72

SUNDAY, JUNE 29, 2008 SESSION #9 Warm up 4:30 PM - Start 5:30 PM		
WOMENS	EVENT	MENS
73	11-12 50 FREE	74
75	9-10 50 FREE	76
77	11-12 100 BACK*	78
79	9-10 100 BACK*	80
81	11-12 50 BREAST	82
83	9-10 50 BREAST	84
85	11-12 50 FLY	86
87	9-10 50 FLY	88

*IMX EVENT

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Swimmer Name	Event	Event	Event	Event
1.				
2.				

All entries are due by Friday, May 9th. This meet does fill up quickly so late entries may not be able to be processed.

of events _____ x \$5 = _____ total amount due