

2012 GNBC Distance Meet
January 28-29, 2012

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| FACILITY | <p>Greater Newark Boys & Girls Club Pool Six lane, Twenty-five (25) yard course, equipped with starting blocks (1 foot, 8 inches above water). Six feet depth at starting end and 3½ feet depth at turn end. The competition course has not been certified in accordance with 104.2.2C(4). The competition course does comply with USA minimum standards for facilities: 103.2.3, 103.4.1, 103.12.1(B), 103.12.2, 103.14. In accordance with USA Rule 102.16.2(2), a Colorado System 6 electronic timing system with plungers/buttons will be used. Determination of time will conform to USA Rule 102.16.5. USA Swimming & Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.</p> |
| DATE & TIME | <p>Saturday, January 29th</p> <ul style="list-style-type: none"> • Distance Meet: 2:15 PM warm-up, 3:00 PM meet start <p>Sunday, January 30th</p> <ul style="list-style-type: none"> • Distance Meet: 2:15 PM warm-up, 3:00 PM meet start |
| LOCATION | <p>Greater Newark Boys & Girls Club 1 Positive Place, Newark, DE 19702, 302-836-6464</p> |
| ELIGIBILITY | <p>Open to any Pioneer Swim League and/or Boys & Girls Clubs teams and swimmers. Swimmers' age is as of October 15, 2011.</p> |
| SEEDING | <p>All events:</p> <ul style="list-style-type: none"> • are positive check-in. • will be deck seeded. • will be swum girls and boys together. • will be timed finals. <p>Swimmers must provide their own counters and timers for the 500 and 1650 freestyles.</p> |
| ENTRY LIMIT | <p>Swimmers may enter a maximum of three (3) events per day.</p> |
| ENTRIES | <p>Entries should be submitted using either Hy-Tek's Meet Manager / Team Lite Software or using attached entry form. Swimmers' birthdates, first, and last names must be submitted when using the entry form.</p> <p>Entries should be submitted via email to Diana Stambaugh at dstambaugh@bgclubs.org. In body of email, please submit total number of swimmers and individual entries entered, as well as a list of timers, volunteers and officials.</p> |
| ENTRY FEE | <p>\$2.00 per individual event</p> |
| ENTRY DEADLINE | <p>Friday, January 20, 2012</p> |
| AWARDS | <ul style="list-style-type: none"> • Awards for swimmers 12 and under will be separated by age group: the top 6 finishers in each age group (10&U and 11-12) for each event will receive a ribbon. • There will be no awards for swimmers 13 and over. |
| RULES | <p>Current USA Swimming rules for starts, strokes and turns will be in effect.</p> |
| OFFICIALS & | <p>Please submit the names of all timers, officials and any other volunteers with</p> |

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| VOLUNTEERS | team entries. Each team will be required to supply 4 timers. USA certified officials will be required for the meet. |
| PROGRAM & ADMISSION | Meet Programs will be on sale for \$1. Admission is free. |
| RESULTS | Results will be posted at the meet, emailed out to the teams, and posted on the Pioneer Swim League web site (http://www.pslswim.org). |
| DIRECTIONS | From the North: <ul style="list-style-type: none"> Take I-95 South into Delaware (or I-95 South to I-495 South to I-95 South). Take exit 4A (Rt. 1 South; Christiana/Mall Road). Stay on Rt. 1 for about 3½ miles. Take the exit for Pulaski Highway (Rt. 40) towards Elkton, MD. Follow this for about 2½ miles; the club will be on your right. After you walk in the main entrance, the pool is in the back left corner. |

Order of Events

Saturday, January 28, 2011 - Session 1

Warm Up: 2:15 PM

Start: 3:00 PM

| Girls Event # | Event Description | Boys Event # |
|----------------------|------------------------------------|---------------------|
| 41 | 12 & under 200yd Individual Medley | 42 |
| 43 | OPEN 400yd Individual Medley | 44 |
| 45 | 12 & under 200yd Freestyle | 46 |
| 47 | OPEN 200yd Breastroke | 48 |
| 49 | 12 & under 100yd Breastroke | 50 |
| | 20-minute break | |
| 51 | OPEN 500 Freestyle | 52 |

Sunday, January 30, 2011 - Session 2

Warm Up: 2:15 PM

Start: 3:00 PM

| Girls Event # | Event Description | Boys Event # |
|----------------------|-----------------------------|---------------------|
| 53 | OPEN 200yd Backstroke | 54 |
| 55 | 12 & under 100yd Backstroke | 56 |
| 57 | OPEN 200yd Butterfly | 58 |
| 59 | 12 & under 100yd Butterfly | 60 |
| | 20-minute break | |
| 61 | OPEN 1650 Freestyle | 62 |

