



SUNDAY, JANUARY 17, 2010

FOR SWIMMERS AGED 12 OR YOUNGER ON OCTOBER 31, 2009

WARM-UP/START

Session 1:	Eight and Under	–	Warm-up 7:30 a.m. Meet Start 8:00 a.m.
Session 2:	Nine and Ten	–	Warm-up 11:45 a.m. Meet Start 12:15 p.m.
Session 3:	Eleven and Twelve	-	Warm-up 4:00 p.m. Meet Start 4:45 p.m.

****Teams are responsible for lane marshalling their swimmer warm-ups**
Warm-up times will be provided in the coach's packet**

FACILITY 8 lane, 25 yard competition pool plus a warm-down pool in the College of New Jersey Natatorium (formerly Trenton State College) located in Ewing, NJ. Facility is approximately 2 miles off I-95 just across the PA/NJ state line. Take the Route 31 south exit. College will be about a mile off to your left just past the first traffic light. Directions are on the PAC website (www.pennaquatics.com).

SANCTIONING Suburban Aquatic League for SAL members. SPLASH is also an accepted meet (**MA 1014 AC**) with Middle Atlantic Swimming (MA) for USA swimmers entering MA events. Results will be sent to SAL and MA (USA) and count toward championship meet status.

ELIGIBILITY Any and all swimmers 12 years old or younger. Age is the swimmer's age as of **October 31, 2009**. All SAL, USA, YMCA, and other Team swimmers are welcome.

ENTRIES Swimmers may enter a maximum of **five (5)** events. Entries should be made using Hytek Team Manager software and submitted on disk or by email to address below. See the PAC website (www.pennaquatics.com) for details. The enclosed summary form must accompany each team's entries.

DEADLINE All entries must be received by **December 28, 2009**.
****NO LATE ENTRIES PLEASE****

E-MAIL ALL ENTRIES TO: businessmgr@pennaquatics.com

MAIL FORMS, CHECKS, & PRINTOUTS TO:
PAC
PO Box 991
Morrisville, PA 19067

FOR INFORMATION CONTACT:
Yvonne Cappiello-Pastor
215-295-2510
whywine@aol.com

ENTRY FEES	\$4.00 for each event. Please make ONE TEAM CHECK payable to Pennsbury Aquatic Club.
AWARDS	Medals for 1 st , 2 nd , and 3 rd places; double-ribbons for 4 th through 6 th places; ribbons for 7 th through 18 th places. Participation ribbons for all swimmers. Swimmer's awards will be given to the coaches at the end of the meet. Results will be posted on the PAC website.
RULES	Splash will follow all USA Swimming rules EXCEPT the NO FALSE START RULE. This meet is for the children – all will be allowed one false start. Please note: The Meet Director reserves the right to make changes to the meet, if needed, in order to minimize the impact of weather conditions and ensure that each competition session is conducted within 3 hours.
OFFICIALS	If you are interested in officiating (Starter/Ref, S&T judge), please contact the Meet Director, Yvonne Cappiello-Pastor at 215-295-2510. **Teams are expected to provide a timer for up to every ten (10) swimmers per session**
ADMISSION/ PARKING	Free of charge.
FOOD	Variety of breakfast, lunch, and snack items will be available at the Pool throughout the day.
EQUIPMENT	Personal Best will be selling swimming equipment and apparel. Fine Design will be selling customized decorated T-shirts and sweatshirts.