

# MIDDLE ATLANTIC SWIMMING

# ELITE INVITATIONAL

**January 21-23, 2005**

**McGuinness Pool  
Kunkel Aquatic Center  
Franklin & Marshall College  
929 Harrisburg Pike  
Lancaster, PA 17604**

**Held under the sanction of Middle Atlantic Swimming  
Sanction # MA 0542 AG  
Time Trials # MA 0542 TT**

<b>General Chair</b>	<b>George Breen</b>	<b>Admin Chair</b>	<b>Fred Killian</b>
<b>Age Group Chair</b>	<b>Kip Hein</b>	<b>Safety</b>	<b>Patric Mills</b>
		<b>Co-Chairs</b>	<b>Michael Ramone</b>
<b>Officials Chair</b>	<b>Fred Killian</b>		
<b>Meet Director</b>	<b>Kathy Trabosh</b>	<b>215/945-9091</b>	
<b>Meet Referee</b>	<b>Fred Killian</b>	<b>302-994-3389</b>	

**Middle Atlantic Swimming  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810  
302/529-5859 (voice) 302/529-5549 (fax)  
[www.maswim.org](http://www.maswim.org)**

**A**



**Sponsored LSC**

# Middle Atlantic Elite Invitational

## January 21-23, 2005

### Please note important Information for 2005 Elite Meet:

- There will again be a Senior Age Group in 2005. This age group is intended primarily for swimmers 15 years and older, but is open to any swimmer meeting the qualifying time standards for that age group.
- There is a \$2 surcharge for each swimmer entered in the meet, including Relay only swimmers.
- All Relays for 12 and older swimmers will be swum at the beginning of morning Prelims. There are no Relays at Finals.
- All swimmers must be entered in the Meet prior to the closing of entries; this includes Relay-only swimmers. **NO SWIMMER WILL BE ADDED INTO THE MEET DATABASE AT THE MEET.**
- The top eight swimmers (from combined 11/12, 13/14 and Senior age-groups) entered in the 1650 and 1000 Free MUST swim during Finals. There will be NO option for those swimmers to swim the event during the Prelim session.
- Entries MUST be submitted electronically. Only swimmers who are registered with MA/USA Swimming as UNATTACHED may use the manual entry form.

Eligibility: This Meet is open to all swimmers currently registered with USA Swimming who meet the qualifying time standard in an event. Age group is determined by the swimmer's age on January 21, 2005. Each swimmer is limited to no more than three (3) individual events and one (1) relay per day.

Facility: The Kunkel Aquatic Center (F&M) has two 8-lane/25-yard pools equipped with Wave-Eater lane lines; water depth is 9 and 6 ft at the starting ends. F&M has Colorado timing systems with an eight lane scoreboard at the deep (Finals) pool and a one lane scoreboard display on shallow pool. The balcony spectator area has seating for 400 persons.

There is ample parking available in two lots located on either end of Kunkel facility. Please obey all parking regulations; parking security will direct parking and violators are subject to their vehicles being towed.

Entries: All entries MUST be submitted using Hy-Tek Team Manager or a compatible program using swimmer information generated by the Team's registration database (e.g., Team Manager). Teams may either (a) send an electronic computer disk containing the entry information, a Hy-Tek entry report, the Meet Summary Sheet and check to the MA Office, or (b) send the entry information and entry report via E-mail to [office@maswim.org](mailto:office@maswim.org); then send the Meet Summary Sheet and check to the MA Office. Include the number of swimmers, events and relays in the text of your e-mail. Please waive the 'signature required' if your entry is sent via a Postal Service that provides one. **Do not send a disk if you e-mail your entries to the office.** MANUAL ENTRIES WILL NOT BE ACCEPTED! This insures that all results achieved by the swimmer will be correctly assigned to that swimmer in the SWIMS database. Only swimmers who are currently registered as UNATTACHED may use the manual entry form provided in the meet information.

Swimmers must enter their best time in an event. All times submitted must be for the course in which they were achieved; converted times are not acceptable. Non-conforming times will be seeded according to USA Swimming policy (Rule 207.7.10B).

Deck entries will not be accepted at this Meet.

Proof-of-Time: Middle Atlantic Swimming will require proof of entry time from any swimmer who does not swim the Qualifying Time at the Meet. Middle Atlantic swimmers who cannot prove their entry time (in the course entered) will be charged a \$50 fine and be suspended from competition in Middle Atlantic-hosted meets until the fine is paid.

Entry Fee: \$ 4.00 per individual event.  
\$ 8.00 per relay entry.  
Make checks payable to "Middle Atlantic Swimming"; please submit one check per Club.

Entry Deadline: All entries must be received by **5:00 p.m., Tuesday, January 11, 2005**. No late entries will be accepted. Entries will be processed on a 'first come, first served' basis. Middle Atlantic reserves the right to limit the number of entries to keep each session within a reasonable time limit. Refunds will be given for eliminated events. **Entries will not be processed without payment of the entry fees. No exceptions.**

Mail to: Mail entries to: Middle Atlantic Swimming  
Elite Invitational Entries  
2018 Naamans Road, Suite 3  
Wilmington, DE 19810

Electronic entries and any entry questions can be sent to the Middle Atlantic Office at: [office@maswim.org](mailto:office@maswim.org)

**Awards:** Individual events: Medals for 1<sup>st</sup>-8<sup>th</sup> places  
 Relays: Medals for 1<sup>st</sup>-3<sup>rd</sup> places

A High Point Award will be presented to the top three Teams based on overall points.  
 A High Point Award will be presented to the top scoring Boy and Girl in each individual Age Group.

**Finals:** All 10 & Under events are Timed Finals, swum in afternoon session only.  
 11/12, 13/14 and Senior age groups will swim an A- and B- Final in the evening Finals session, except the 11/12 age 200 Back, Breast, Fly events which will swim A-Final only.  
 The B-Final will precede the A-Final at Finals.  
 All Friday night events, plus the 1000 Free and 1650 Free, are Timed Finals.

**Relays:** All relays will be swum at Prelims, as Timed Finals.

**Scratch policy:** Any swimmer who does not swim a pre-seeded Preliminary or pre-seeded Timed-Final event will not be penalized. Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same or next meet day. Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and swim the Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the Preliminary results. Swimmers declaring possible intention must confirm their intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session or they will be seeded into the event and expected to swim. Swimmers who are initially announced as Alternates for the Finals will not be so penalized.

**Seeding:** The 400 IM, 500 Free, 1000 Free and 1650 Free individual events and all Relays will be Deck-seeded; all other events will be Pre-seeded. Positive check-in is required to be seeded into Deck-seeded events. The 400 IM and 500 Free will swim slow-to-fast; the 1000 and 1650 Free will swim fast-to-slow. The top eight entered swimmers (from combined Senior, 13/14 and 11/12) based on their entry time will swim the 1000/1650 at Finals and will not have the option to swim the event during Prelims. Check-in for the 1000 / 1650 Free events will close at 10:00 a.m. on the respective morning; **all** swimmers must check in by the morning deadline.

**Time Trials:** Time Trials will be available after Finals on Saturday and Sunday at a fee of \$6.00 per individual swim and \$12.00 per relay. To swim a Time Trial, a swimmer must have a qualifying time within 0.5-sec per 50-yd of the Eastern Zone Sectional Time Standard for that event. A swimmer may swim one Time Trial per day in an event, and a maximum of two Time Trials per day. A Time Trial event counts in the total allowable events to be swum each day (3 individual and 1 relay.) Time Trials are open to any USA Swimming registered swimmer. Note: Time Trials cannot be used as consideration times for the Middle Atlantic Zone All Star team.

			<u>Warm-ups</u>	<u>Meet Starts</u>
<b>Schedule:</b>	Friday	All events Timed Finals	4:30 pm	5:30 pm
	Saturday	11/12,13/14 and Senior Prelims	7:00 am	8:30 am
		10/Under Timed Finals	1:15 pm	2:00 pm
		11/12,13/14 and Senior Finals	4:30 pm	5:30 pm
	Sunday	11/12,13/14 and Senior Prelims	7:00 am	8:30 am
		10/Under Timed Finals	1:15 pm	2:00 pm
		11/12,13/14 and Senior Finals	4:30 pm	5:30 pm

Sprint and pace lanes will be assigned at appropriate times by the Referee.

Prelims for 11/12, 13/14 and Senior will be held in both courses. The 10/Under Timed Finals session, and the Finals for 11/12, 13/14 and Senior will be held in the deep pool. The order of events for Finals will be identical to the order for Prelims, except for one heat each of the 1000 Free and 1650 Free which will swim as the first event at Finals.

**Officials:** Officials attending and interested in working at this meet may contact Fred Killian at [Officials@maswim.org](mailto:Officials@maswim.org) or 302-994-3389 prior to the meet. Officials without prior contact should report to the Referee at the start of warm-ups for any session.

Safety Requirements: USA Swimming and Middle Atlantic safety procedures will be enforced during the Meet. There may be no diving during Warm-up, except in designated sprint lanes. The Referee may remove anyone from the Meet for failure to comply with the Warm-up rules. Swimmers without a Coach should report to the Referee prior to entering the pool to obtain assignment to a Team for that session.

**Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor 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: Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relays 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Deck ID: Only SWIMMERS, COACHES, OFFICIALS and MEET VOLUNTEERS are allowed on Deck. All Coaches must display their current 2005 USA Swimming Coach's Membership Card. This requirement will be strictly enforced! Spectators may view the Meet from the balcony.

Admission: Free

Programs: A 3-day Program will be sold for \$10. Included in the program are coupons to be redeemed for a Finals program at night. Finals Programs can be purchased for \$2.

Final Results: Meet Results will not be mailed to the entered clubs. Meet results will be available on the Middle Atlantic Website.

Team Work  
Assignments: This Meet is sponsored and administered by Middle Atlantic Swimming. MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET. This requirement is necessary for the smooth running of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide assigned workers could cause penalties to be imposed on that Team's entries in the Meet.

Hospitality: A Snack Bar will be available in the upper-level Activity room.

T-Shirts: Elite Invitational 2005 T-Shirts will be available for purchase.

Directions: **From Baltimore, Washington and points south:** Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fitness Center to your left.

**From Harrisburg, Pittsburgh and points west:** Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit onto Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fitness Center to your left.

**From Philadelphia, South Jersey and points east:** Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fitness Center to your left.

Accommodations:

In town and Suburban options....

- Comfort Inn, 500 Centerville Rd., Lancaster, Pa., 800-223-8963
- Eden Resort, 222 Eden Rd., Lancaster, Pa., 717-569-6444
- Quality Inn, 2363 Oregon Pike, Lancaster, Pa., 717-569-0477
- The Sleep Inn, 310 Primrose Lane, Mountville, Pa., 717-285-0444
- Hampton Inn, 545 Greenfield Rd., Lancaster, Pa., 717-299-1200
- Westfield Inn, 2929 Hempland Rd., Lancaster, Pa, 717-397-9300
- Fairfield Inn, 150 Granite Run Dr., Lancaster, Pa., 717-581-1800
- Travel Lodge, 2101 Columbia Ave, Lancaster, Pa, 717-397-4201
- Hotel Brunswick, N.Queen & Chestnut Sts., Lancaster, Pa., 717-397-4800
- Econo Lodge, 2140 US Highway Rt 30, Lancaster, Pa., 717-397-1900
- Days Inn, 30 Keller Ave, Lancaster, Pa., 717-299-5700
- Hilton Garden Inn, 101 Granite Run Drive, Lancaster, PA, 717-560-0880

Near the Outlets

- Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster, Pa., 717-299-5500
- Ramada Inn, 2250 Lincoln Highway East, Lancaster, Pa., 717-393-5499
- Super 8 Motel, 2129 Lincoln Highway East, Lancaster, Pa., 717 393-8888
- Travel Inn, 2151 Lincoln Highway East, Lancaster, Pa., 717-299-8971
- Howard Johnson, 2100 Lincoln Highway East, Lancaster, Pa., 717-397-7781

## Qualifying Standards

Elite Invitational 2005

Girls	SCM	LCM	SCY	Friday Evening Timed Finals	SCY	LCM	SCM	Boys
1	5:16.39	5:22.89	6:01.59	500 Free 11-12	6:05.99	5:26.49	5:20.29	2
3	4:56.09	5:02.19	5:38.39	500 Free 13/14	5:30.09	4:58.79	4:48.79	4
5	4:50.59	4:56.49	5:31.99	500 Free Senior	5:04.49	4:36.39	4:26.49	6
7	5:57.39	6:04.49	6:48.39	500 Free 10/U	6:49.59	6:01.19	5:54.09	8
9	2:50.99	2:54.09	2:33.19	200 IM 11/12	2:36.69	2:57.49	2:53.99	10
11	3:14.49	3:20.59	2:55.99	200 IM 10/Under	2:55.29	3:18.89	3:13.69	12
13	5:45.49	5:52.39	5:11.19	400 IM 13/14	5:02.89	5:43.09	5:36.29	14
15	5:32.79	5:42.09	5:01.19	400 IM Senior	4:31.29	5:11.99	4:59.79	16
17	6:23.59	6:28.39	5:43.69	400 IM 11/12	5:40.69	6:21.09	6:13.79	18
Girls	SCM	LCM	SCY	Saturday Preliminary 11&O	SCY	LCM	SCM	Boys
19				200 Medley Relay 11/12				20
21				200 Medley Relay 13/14				22
23				400 Medley Relay Senior				24
25	2:30.79	2:32.69	2:15.09	200 Free 11/12	2:17.89	2:34.99	2:31.99	26
27	2:18.89	2:20.59	2:04.39	200 Free Senior	1:53.39	2:10.59	2:05.29	28
29	2:21.09	2:22.89	2:06.39	200 Free 13/14	2:00.79	2:18.05	2:14.89	30
31	1:30.69	1:33.09	1:21.19	100 Breast 11/12	1:22.29	1:33.19	1:31.39	32
33	1:21.39	1:24.49	1:13.69	100 Breast Senior	1:04.99	1:15.19	1:11.89	34
35	1:24.89	1:27.39	1:15.99	100 Breast 13/14	1:12.29	1:21.89	1:20.29	36
37	1:20.09	1:20.59	1:11.69	100 Fly 11/12	1:12.99	1:22.09	1:20.49	38
39	1:11.29	1:12.29	1:04.49	100 Fly Senior	56.89	1:04.49	1:02.89	40
41	1:14.09	1:14.59	1:06.39	100 Fly 13/14	1:03.89	1:12.19	1:11.39	42
43	2:50.39	2:52.49	2:32.59	200 Back 11/12	2:34.39	2:53.69	2:50.29	44
45	2:35.09	2:40.39	2:20.39	200 Back Senior	2:05.19	2:25.19	2:18.29	46
47	2:40.59	2:42.59	2:23.89	200 Back 13-14	2:19.49	2:37.99	2:34.89	48
49	37.29	38.09	33.59	50 Back 11/12	33.99	38.69	37.79	50
51	1:04.29	1:06.29	58.19	100 Free Senior	52.09	1:00.09	57.59	52
53	1:05.39	1:06.59	58.59	100 Free 13/14	55.69	1:03.59	1:02.19	54
55	1:09.09	1:10.39	1:01.89	100 Free 11/12	1:01.99	1:10.19	1:08.89	56
57	9:58.59	10:10.09	11:23.99	1000 Free Senior *	10:36.19	9:34.09	9:16.79	58
	10:36.79	10:47.99	12:07.59	1000 Free 13/14 *	11:43.89	10:31.29	10:15.99	
	11:44.79	11:57.49	13:25.29	1000 Free 11/12 *	13:00.49	11:49.09	11:23.09	
Girls	SCM	LCM	SCY	Saturday Timed Finals 10&U	SCY	LCM	SCM	Boys
59	1:18.19	1:19.79	1:10.19	100 Free 10/Under	1:11.79	1:22.09	1:19.69	60
61	46.49	47.39	41.99	50 Breast 10/Under	42.99	48.69	47.79	62
63	1:36.29	1:38.19	1:26.69	100 Fly 10/Under	1:26.69	1:38.19	1:36.29	64
65	42.79	43.59	38.49	50 Back 10/Under	38.49	43.59	42.79	66
67	1:30.19	N/A	1:21.19	100 IM 10/Under	1:22.19	N/A	1:31.39	68
69				200 Medley Relay 10/Under				70

\* This is a timed final event, swum combined but scored separately. Positive Check-in is required to be seeded. The top eight seeded swimmers will swim the event in the evening Finals session. Remaining swimmers will swim in Prelim session, fastest to slowest. Swimmers at Prelims must provide their own timer and counter.

## Qualifying Standards

Elite Invitational 2005

Girls	SCM	LCM	SCY	Sunday Preliminary 11 & O	SCY	LCM	SCM	Boys
71				200 Free Relay 11/12				72
73				200 Free Relay 13/14				74
75				400 Free Relay Senior				76
77	3:01.99	3:05.59	2:44.69	200 Fly 11/12	2:38.29	2:59.29	2:55.79	78
79	2:32.69	2:35.59	2:18.19	200 Fly Senior	2:04.19	2:23.29	2:17.29	80
81	2:44.99	2:47.19	2:28.59	200 Fly 13/14	2:22.29	2:40.79	2:37.99	82
83	35.29	36.09	31.79	50 Fly 11/12	32.39	36.69	35.99	84
85	29.99	30.49	26.79	50 Free Senior	23.79	27.39	26.59	86
87	30.39	30.99	27.19	50 Free 13/14	25.09	28.89	28.09	88
89	31.59	32.19	28.29	50 Free 11/12	28.39	32.29	31.59	90
91	1:12.29	1:15.19	1:05.49	100 Back Senior	58.09	1:07.69	1:04.09	92
93	1:13.99	1:14.99	1:06.29	100 Back 13/14	1:04.29	1:12.79	1:11.39	94
95	1:20.29	1:21.29	1:11.89	100 Back 11/12	1:13.09	1:23.79	1:21.19	96
97	3:21.19	3:24.79	3:00.19	200 Breast 11/12	2:54.99	3:20.89	3:12.09	98
99	2:55.59	3:01.19	2:38.89	200 Breast Senior	2:21.49	2:43.29	2:36.29	100
101	3:04.29	3:08.29	2:45.99	200 Breast 13/14	2:36.29	2:56.99	2:53.99	102
103	41.69	42.49	37.49	50 Breast 11/12	37.59	42.59	41.79	104
105	2:37.69	2:40.59	2:21.29	200 IM Senior	2:07.19	2:27.79	2:20.59	106
107	2:40.19	2:43.09	2:23.49	200 IM 13/14	2:17.99	2:37.89	2:34.09	108
109	1:19.19	N/A	1:11.29	100 IM 11/12	1:12.49	N/A	1:20.49	110
111	18:52.09	19:26.39	18:58.69	1650 Free Senior *	17:41.09	18:13.29	17:34.89	112
	20:05.09	20:39.79	20:12.19	1650 Free 13/14 *	19:39.49	20:14.39	19:32.59	
	22:15.19	22:59.89	22:22.99	1650 Free 11/12 *	21:47.59	22:31.29	21:39.99	
Girls	SCM	LCM	SCY	Sunday Timed Finals 10&U	SCY	LCM	SCM	Boys
113	35.09	35.79	32.09	50 Free 10/Under	31.89	35.59	35.99	114
115	1:44.19	1:46.29	1:33.79	100 Breast 10/Under	1:34.79	1:46.29	1:44.19	116
117	40.89	41.69	36.79	50 Fly 10/Under	37.29	42.19	41.39	118
119	1:31.29	1:33.09	1:22.19	100 Back 10/Under	1:22.69	1:35:09	1:32.29	120
121	2:53.59	2:57.99	2:36.39	200 Free 10/Under	2:33.89	2:54.29	2:50.89	122
123				200 Free Relay 10/Under				124

*\* This is a timed final event, swum combined but scored separately. Positive Check-in is required to be seeded. The top eight seeded swimmers will swim the event in the evening Finals session. Remaining swimmers will swim in Prelim session, fastest to slowest. Swimmers at prelims must provide their own timer and counter.*

# ELITE INVITATIONAL SUMMARY SHEET

THIS FORM **MUST** ACCOMPANY THE OFFICIAL ENTRY SUBMISSION

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Head Coach \_\_\_\_\_

Coach's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone: Daytime ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

Person designated to receive entry limitation information, if needed:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Mail Entries to: Middle Atlantic Swimming Inc.  
2018 Naamans Road, Suite 3  
Attn: Elite Meet entries  
Wilmington, DE 19810

**ENTRY DEADLINE:** Must be received by **5 pm, Tuesday, January 11, 2005**. No entries will be accepted after that date. Please make checks payable to **Middle Atlantic Swimming**. One check per club, please.

## ENTRY FEES:

\_\_\_\_\_ Swimmers @ \$2.00 surcharge \$ \_\_\_\_\_

\_\_\_\_\_ Individual Events @ \$4.00 \$ \_\_\_\_\_

\_\_\_\_\_ Relay Events @ \$8.00 \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_ *(did you include the surcharge?)*

**WORKER CONTACT PERSON:** THIS PERSON WILL BE RESPONSIBLE FOR OBTAINING WORKERS FROM YOUR CLUB FOR THIS MEET. THE AGE GROUP COMMITTEE WILL CONTACT THEM AFTER THE ENTRIES ARE SUBMITTED. NO ENTRIES WILL BE ACCEPTED WITHOUT THIS INFORMATION.

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

FAX NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**IF THERE ARE SPECIFIC JOBS\*\* THAT YOUR CLUB HAS EXPERIENCE IN, AND WOULD LIKE TO BE ASSIGNED TO, PLEASE LIST THOSE POSITIONS:** \_\_\_\_\_ **We cannot guarantee specific assignments but will do our best to accommodate Clubs that request such positions.**

\*\* Positions needed: Hy-Tek computer operator, Colorado timing system, scorer, admissions, t-shirt sales, runner, announcer, safety marshal, awards, head timer.

*I certify that all swimmers from this team entered in this meet are current members of USA Swimming and that all coaches from this team who will attend the meet hold current USA Swimming coaching credentials.*

*Head coach's signature* \_\_\_\_\_

This form is for swimmers who are registered with Middle Atlantic /USA Swimming as UNATTACHED. Swimmers registered to a team, including those swimming unattached at this meet, must submit their entry electronically through their team. You must include the summary sheet with your entry form and payment.

## ELITE INVITATIONAL JANUARY 21-23, 2005 INDIVIDUAL EVENTS FORM

Swimmer's Name: \_\_\_\_\_  
Last
First (legal name)
Middle Initial

Swimmer's Birthday \_\_\_\_\_  
Month
Day
Year

Team Code: \_\_ Unattached \_\_

Contact: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Contact e-mail: \_\_\_\_\_

Friday		Saturday		Sunday	
Even #	Time	Event	Time	Event	Time

**Double check your event numbers. Female events are odd numbered; male events have even numbers.**

**Entry Deadline: 5pm, Tuesday, January 11, 2005** Individual Events \_\_\_\_\_ @ \$4.00 = \_\_\_\_\_