



# UPPER DUBLIN MASTERS SWIMMING

PRESENTS

# FALL HARVEST

## SCM Meet

**Sat, November 3, 2012**

Held under the Sanction of US Masters Swimming

Event LMSC: Delaware Valley SANCTION# TBD

<b>LOCATION</b>	Upper Dublin High School (UDHS), 800 Loch Alsh Avenue, Fort Washington, PA 19034 <a href="#">Google Map</a> . 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; 90 min from New York, NY; 3 hrs from Washington DC.
<b>FACILITIES</b>	Upper Dublin High School Natatorium. New (2010) 40 yd, 10-lane pool with moveable bulkhead, non-turbulent lane lines; timing system with 10-lane display. Water depth is 13 feet at the start end and is 7 feet at the turn end. Pool will be configured for 25-meters short course, bulkhead start, with a 4-lane 25-yard warm-up/warm-down area available throughout competition. The competition course will be certified in accordance with 104.2.2C(4).  Balcony seating for approximately 400 spectators with elevator access. Food table will be available in the lobby (NOTE: NO FOOD OR DRINKS IN THE NATATORIUM – WATER ONLY).  Parking in lots surrounding Upper Dublin High School Athletic Complex and Upper Dublin Township Building <a href="#">Site and Parking Information</a> .  The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.
<b>EVENT COORDINATOR</b>	Kate Scheuer, UDAC, P.O. Box 52, Fort Washington, PA e-mail: <a href="mailto:email@udac.us">email@udac.us</a> Please direct all questions to the Event Coordinator
<b>DATA COORDINATOR</b>	Kate Scheuer, UDAC, P.O. Box 52, Fort Washington, PA e-mail: <a href="mailto:email@udac.us">email@udac.us</a>
<b>OFFICIALS</b>	Meet Referee TBD; The referee shall be certified as a stroke and turn judge, starter, or referee by USA Swimming, YMCA, or any other USMS-approved certifying body. See article 103 of the USMS rule book for certification requirements
<b>ELIGIBILITY</b>	This meet is open to all currently (2012 or 2013) USMS-registered athletes age 18 and older. A swimmer's age for this meet will be determined by his/her age as of December 31 <sup>st</sup> , 2012. A copy of your current USMS registration card must accompany your entry form to corroborate membership.
<b>ATHLETES WITH DISABILITIES</b>	Swimmers with a disability are welcome to enter this meet. The participant or coach must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
<b>WARM-UP &amp; START TIMES</b>	3:00 PM warm-up, 4:00 PM start.  Warm-up will be conducted in accordance with the current USMS Policies and Procedures. Feet-first entry only during general warm-up. Designated sprint lanes will be available beginning 30 minutes prior to clearing the competition pool. Four warm-up/warm-down lanes will be available throughout competition.

<b>RULES</b>	The 2012 USMS Swimming Rules and USMS Handbook will apply to and govern this competition. If you have lost or misplaced your USMS card, simply log on to <a href="http://www.clubassistant.com/club/usms_member_card_request.cfm">www.clubassistant.com/club/usms_member_card_request.cfm</a> ? for an e-mailed copy of your card. Need to register with USMS to participate? Go to: <a href="http://www.usms.org/reg/">http://www.usms.org/reg/</a> to sign up in ten minutes or less!
<b>SEEDING</b>	Swimmers will be seeded by time submitted, slow to fast. If time is unknown, please estimate. If you are unsure of your short course meters time you can use this converter tool: <a href="http://www.swimmingworldmagazine.com/results/conversions.asp">http://www.swimmingworldmagazine.com/results/conversions.asp</a> . Swimmers may choose to swim either the 1500 or 800, not both, and must check in by 3:30 PM. There are 10 spots available for each of these events. If either event fills up, an additional heat of the 800 free may be added and will start 15 minutes before warm-up is scheduled to end. <b>Please note on entry form if you are signing up for the 1500 but would be interested in this option if it fills up.</b> The 1 <sup>st</sup> event, 100 IM, will not start before the scheduled meet start time.
<b>ENTRY FEES &amp; LIMITS</b>	\$10 meet fee plus \$5 entry fee per event (up to 5 individual events). Relays are \$10 and can be paid onsite and must be handed in by the start of event #7. Deck entries may be allowed, space permitting for \$10 per event plus the \$10 meet fee. Please make checks payable to "UDAC".
<b>ONLINE ENTRY</b>	Online entries preferred via Club Assistant. <b>If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."</b> Click here to enter online: <a href="https://www.clubassistant.com/club/meet_information.cfm?c=1993&amp;smid=4218">https://www.clubassistant.com/club/meet_information.cfm?c=1993&amp;smid=4218</a> .
<b>SEND ENTRIES TO</b>	Mailed entries must include a completed entry form plus payment, and mailed to: Kate Scheuer, UDAC, P.O. Box 52, Fort Washington, PA (questions? <a href="mailto:email@udac.us">email@udac.us</a> )
<b>ENTRY DEADLINE</b>	Online registration deadline is Nov 1, 2012. Hard copy (mailed) entries must be in the hands of the Meet Director by Nov 1 <sup>st</sup> . All entries received after this deadline will be considered deck entries.
<b>RESULTS</b>	Results are posted on the USMS Website <a href="http://www.dvmasters.org/">http://www.dvmasters.org/</a> under results tab usually within 2 weeks following the meet. Electronic results will also be e-mailed at no cost. Meet info will be available via SwimPhone: <a href="http://www.swimphone.com/mobile/meets/meet_menu.cfm?smid=4218">http://www.swimphone.com/mobile/meets/meet_menu.cfm?smid=4218</a>

### EVENTS:

NOTE: heats for individual and relay events will be mixed, with separate results reported for gender and age group (except event #12, which is a coed relay comprised of 2 women and 2 men).

**Sprint Pentathlon:** participants who enter all five "sprint events (\*) will automatically have their results entered in the "Fall Harvest Sprint Pentathlon" combination event (prizes for each age group!).

#	EVENT
1	100 IM*
2	1500 Free
3	50 Fly*
4	800 Free
5	50 Back*
6	400 IM
7	50 Breast*
8	400 Free
9	50 Free*
10	800 Free Relay
11	200 Medley Relay
12	800 Free Coed Relay (2 women, 2 men)
13	200 Free Relay

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

# UD MASTERS FALL HARVEST LCM MEET Nov 3, 2012

## ENTRY FORM

Team: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Initial: \_\_\_\_\_

Birth Date: \_\_\_\_\_ USMS #: \_\_\_\_\_ M/F: \_\_\_\_\_

Event #	Event Description	Time

Swimmers are limited to 5 individual events and may enter the 1500 or the 800, not both. The first 10 entries received for each of these events will be assured entry. A bonus heat of the 800 may be added if these fill up. Please provide your own counter for the 1500/800 and 400 Free events.

**Attention 1500 swimmers:**

If the 1500m free fills up would you be interested in swimming the 800m free instead?     Yes     No

Are you interested in a social after the meet?     Yes     No

*Please send entries with payment to: Kate Scheuer, UDAC, P.O. Box 52, Fort Washington, PA*