



The PARENTS AQUATIC CLUB of the PHOENIXVILLE YMCA
presents the



TURKEY TROT

“Swim Your Own Age” Invitational
Sunday, November 21, 2010

Description:

The Turkey Trot is open to **12 & Under** swimmers from YMCA's and Suburban Aquatic League Teams in the region. We encourage your attendance at this single-age group competition.

An application for USA Swimming Approved status has been submitted for this meet. Coaches will be notified after October 11th if application is approved.

Meet Location:

Phoenixville Area YMCA, 400 E. Pothouse Rd., Phoenixville, PA 19460

For GPS & Mapping: Use 160 E. Pothouse Road, Phoenixville, PA 19460

(Directions are available on PennDel website. NOTE: Whitehorse Road bridge is out at end of Pothouse Road.)

PHONE – DAY OF MEET: 610-457-2141; 610-389-7401

Facilities:

Pool: Six lane, 25 meter pool with Kiefer lane lines and Daktronics electronic timing & scoreboard; Touchpads at 12' deep start end; Semi-automatic three-button system at 4' deep 25M end; Shallow end requires in-water relays exchanges.

Swimmer Seating: Swimmers will be seated by team in the gym, adjacent to the pool. Ready benches will be located in this same area. ***Each team must provide adult supervision for their swimmers in the ready area.***

Snack Bar: A snack bar will be open throughout the meet serving hot and cold food, beverages, and snacks. Ample room is available in concession area of gym to sit and eat.

Parking: Ample parking is available and we request swimmer families to park in the lower lot. Handicapped parking is available in the upper lot.

Meet Directors:

Tez Seiberlich; E-mail: tez.mere@verizon.net; 610-457-2141

Ryan Kennedy, Head Coach: paycoach@fvymca.org; 484-921-5843 (pool)

Please direct all questions to the meet directors. ***Please note: During the meet, all questions should be directed to your team coach who will take them to the meet director.***

Meet Session
Start Times:

Girls Session: **7:00 AM** Warm-Up; **8:15 AM** Meet Start

Boys Session*: **12:30 PM** Warm-Up (Tentative) **1:30 PM** Meet Start

***We will announce the boys session time after the entries are processed.**

Eligibility:

The age of the swimmer on **November 21st** will determine the age group the swimmer may enter.

Entries:

The meet director reserves the right to limit entries due to time restrictions. *Only grouped TEAM entries will be accepted. Entries will be accepted and processed as they are received.*

- Electronic entries in a Hy-Tek Team Manager entry file are preferred.
- **ALL ENTRIES SHOULD BE SUBMITTED IN SC METER TIMES.**
- Entries may be sent via e-mail. Include with your entry file, a Team Manager PDF report with entries by swimmer. In the body of your e-mail, provide the number of girls, boys and total entries. Include contact information (name, address, phone and cell phone); include names of all coaches attending by session. Send to: turkeytrotentries@verizon.net. **Entry Summary Form and Payment must arrive at the Y by Wednesday, November 17th at 5:00 PM.**
- If a Hy-Tek electronic file is not possible: Use official Meet Entry forms enclosed. Any team entering more than 5 swimmers, which does not submit entries via e-mail using the Hy-Tek program will be required to pay a \$5.00 per swimmer surcharge. (A copy of the Hy-Tek Lite product download/use instructions are available on the MASwim.org website.) This surcharge, as well as normal entry fees must be paid in full for the entries to be considered received. Entries must be accompanied by a completed Meet Entry Summary sheet which is enclosed in this packet.

Entry Fees:

Each swimmer may swim up to 4 individual events and 1 relay.

Individual Events: \$4.00/Event

Relay Events: \$12.00/Relay

Please send ONE check per club payable to "PAC".

Teams/Swimmers attending the meet without a coach also must send one check. No individual checks will be accepted unless it is for unattached or one-person teams.

**Mail Entries*
& Payment to:**

Tez Seiberlich, Meet Director

Turkey Trot Invitational

400 East Pothouse Road

Phoenixville, PA 19460

Hy-Tek entries can be e-mailed to the meet director:

turkeytrotentries@verizon.net (see above)

****Do not mail the entries to the attention of Phoenixville YMCA.
If using rush service, please waive signature requirement.***

Entry Deadline: **Entry deadline is Monday, November 15th at 8:00 PM. THIS DATE IS FIRM! NO LATE ENTRIES WILL BE ACCEPTED.** All entries are processed in the order received. Entries are considered received when accompanied by full payment along with all required documentation. For entries received on the same day, Hy-Tek entries will be accepted first (in the order received) followed by paper (official entry form) entries. If the meet becomes full, refunds will be issued to those teams whose swimmers are restricted from competing.

Awards: **Individual Awards:** Medals 1st - 3rd places, Ribbons 4th - 12th places.
Relay Awards: Rosettes 1st - 3rd places, Ribbons 4th - 6th places.
Heat Winner Ribbons and Participation Ribbons will be awarded.

Rules: Current USA Swimming rules will govern the meet.
FLY-OVER STARTS WILL BE UTILIZED THROUGHOUT THE MEET.

Admission : \$5.00 per person per session, and includes session program.
& Programs: **CHILDREN UNDER 10 ARE ADMITTED FREE.**

Questions: **Coaches only** may contact meet director, details listed above.

Volunteers: Any visiting team parent that would like to volunteer to time or officiate please email the meet director: tseiberlich@fvymca.org. Admission and programs fees will be waived.

Meet T-Shirts: **T-Shirts and other apparel will be available for sale at the meet.**

TURKEY TROT EVENT LIST

FOUR individual events and one relay allowed per swimmer.

| Girls | 6 & Under | Boys | Girls | 7 Yr. Old | Boys |
|-------|--------------------------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------|
| 7 & U | 100 M Free Relay (7&U) | 7 & U | 1 | 100 M Free Relay (7&U) | 61 |
| 10 | 50 M Freestyle | 70 | 11 | 50 M Freestyle | 71 |
| 17 | 25 M Backstroke | 77 | 18 | 25 M Backstroke | 78 |
| 29 | 25 M Breaststroke | 89 | 30 | 25 M Breaststroke | 90 |
| 41 | 25 M Butterfly | 101 | 42 | 25 M Butterfly | 102 |
| 48 | 25 M Freestyle | 108 | 49 | 25 M Freestyle | 109 |
| Girls | 8 Yr. Old | Boys | Girls | 9 Yr. Old | Boys |
| 2 | 100 M Freestyle Relay | 62 | 3 | 200 M Freestyle Relay | 63 |
| 12 | 50 M Freestyle | 72 | 13 | 50 M Freestyle | 73 |
| 19 | 25 M Backstroke | 79 | 20 | 50 M Backstroke | 80 |
| 24 | 100 M Freestyle* | 84 | 25 | 200 M Freestyle* | 85 |
| 31 | 25 M Breaststroke | 91 | 32 | 50 M Breaststroke | 92 |
| 36 | 100 M Individual Medley | 96 | 37 | 100 M Individual Medley | 97 |
| 43 | 25 M Butterfly | 103 | 44 | 50 M Butterfly | 104 |
| 50 | 25 M. Freestyle | 110 | 51 | 100 M Freestyle | 111 |
| Girls | 10 Yr. Old | Boys | Girls | 11 Yr. Old | Boys |
| 4 | 200 M Freestyle Relay | 64 | 5 | 200 M Freestyle Relay | 65 |
| 7 | 200 M Individual Medley* | 67 | 8 | 200 M Individual Medley* | 68 |
| 14 | 50 M Freestyle | 74 | 15 | 50 M Freestyle | 75 |
| 21 | 50 M Backstroke | 81 | 22 | 50 M Backstroke | 82 |
| 26 | 200 M Freestyle* | 86 | 27 | 200 M Freestyle* | 87 |
| 33 | 50 M Breaststroke | 93 | 34 | 50 M Breaststroke | 94 |
| 38 | 100 M Individual Medley | 98 | 39 | 100 M Individual Medley | 99 |
| 45 | 50 M Butterfly | 105 | 46 | 50 M Butterfly | 106 |
| 52 | 100 M Freestyle | 112 | 53 | 100 M Freestyle | 113 |
| Girls | 12 Yr. Old | Boys | SPECIAL NOTES: | | |
| 6 | 200 M Freestyle Relay | 66 | Entries for 9-12 age groups 200 M Free & 200 M IM events may be consolidated into one seeded event by time, but will be scored individually by age group. | | |
| 9 | 200 M Individual Medley* | 69 | | | |
| 16 | 50 M Freestyle | 76 | | | |
| 23 | 50 M Backstroke | 83 | | | |
| 28 | 200 M Freestyle | 88 | | | |
| 35 | 50 M Breaststroke | 95 | | | |
| 40 | 100 M Individual Medley* | 100 | | | |
| 47 | 50 M Butterfly | 107 | | | |
| 54 | 100 M Freestyle | 114 | | | |

*Note: Boys' event #'s start at 61.

Relay Event Meet Entry Form

| | NAMES | AGE | EVENT # | TIME |
|--------------|--------------|------------|----------------|-------------|
| Team: | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| Team: | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| Team: | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| Team: | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| Team: | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| Team: | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

**TURKEY TROT
NOVEMBER 21, 2010
PHOENIXVILLE YMCA**

MEET ENTRY SUMMARY SHEET

Team: _____

Head Coach: _____

Contact Information:

Phone: _____

E-mail: _____

Coaches Attending: _____ Session: AM PM

_____ Session: AM PM

_____ Session: AM PM

Female Swimmers: _____

Male Swimmers: _____

Female Individual Entries: _____

Male Individual Entries: _____

Female Relay Entries: _____

Male Relay Entries: _____

TOTAL # SWIMMERS: _____

TOTAL # INDIVIDUAL ENTRIES: _____ x \$4.00 = \$ _____

TOTAL # RELAY ENTRIES: _____ x \$12.00 = _____

TOTAL ENCLOSED: \$ _____

Please make check payable to: **PAC**
Payment must be received by Wednesday, November 17, 2010.

**Mail to:
Tez Seiberlich, Meet Director
Turkey Trot Invitational
400 E. Pothouse Road
Phoenixville, PA 19460**