## 31st ANNUAL LAST CHANCE MEET

***SATURDAY FEBRUARY 17, 2024***

***HOSTED BY EMMAUS HIGH SWIMMING & DIVING TEAMS***

***MEET DIRECTOR MIKE SEIP***

**PURPOSE:**  The purpose of this meet is several fold.  It is designed to…
1- provide any High School swimmer from a PIAA member school the opportunity to qualify for their District Championship Meet.

2- allow all swimmers who are not representing their respective schools in the District Championship in a certain event the opportunity to swim the event one last time.

3- allow an independent school a forum to swim in a meet where they do not have to swim alone between events in order to qualify for districts.

Please note a swimmer may enter this meet in an event they do not intend to swim at Districts even if they have already met the qualifying time.

**WHERE:**  Emmaus High School, 500 Macungie Avenue, Emmaus, PA

**QUESTIONS:**  Please call Mike Seip at 610-393-5714.

**WHEN:**  Saturday, February 17, 2024.  Warm-ups 11:00AM, Meet 1:00 p.m. Depending on number of entries warm-up and meet start time may be adjusted to better serve the swimmers.

**FACILITY:**  6 Lane Pool, 8 foot wide lanes, shallow end 4 feet deep, starting end 12 feet deep, Paragon Starting Blocks with Wedges, Colorado System 6 Timing with a 6-lane display, Hy-Tek Meet Manager Software, site of 2004 & 2018 District XI Championships.

**ENTRY DEADLINE:**  All entries should be emailed to michaeljseip@gmail.com by Tuesday, February 13, 2024 at noon, 12:00 PM.  ***ALL ENTRIES MUST BE SUBMITTED USING HYTEK SOFTWARE E-MAILED,*** just like the District Championships.

**ENTRIES:**  A swimmer may enter a maximum of two events.  The cost is $5.00 per event. Please make checks payable to ***Hornet H2O Booster Club***-- NO CASH!  Please bring the check to the meet. DO NOT MAIL TO EMMAUS HIGH SCHOOL. All entries must be submitted electronically using Active Network or Team Unified software. ***If you do not have the event file email Mike Seip*** ***michaeljseip@gmail.com***

***Please use the 2024 event file, do not use a previous year’s.***

**LATE ENTRIES:**  Will be dealt with on a case by case basis.

**RULES:**  The meet will be run following the National Federation Rule Book and all PIAA Rules and Regulations.  A reminder that this means all swimmers must be accompanied by and supervised by their school-approved coach or official.  NO EXCEPTIONS!

**ADMISSION:**  Admission is free.  Refreshments & programs will be available at the snack bar.

**LOCKERS:**  Emmaus High School strongly encourages all swimmers to secure all valuables; please encourage your swimmers to bring locks or plan on carrying valuables on deck with them.

**31st LAST CHANCE MEET 02/17/24**

**EMMAUS HIGH SCHOOL**

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| **BOYS Consideration Qualifying Time** | **BOYS** **Automatic Qualifying Time** | **EVENT** | **GIRLS Automatic Qualifying Time** | **GIRLS****Consideration Qualifying Time** |
| **2:28.00** | **2:22.00** | **200 YD. FREESTYLE** | **2:30.00** | **2:34.00** |
| **2:51.00** | **2:47.00** | **200 YD. IND. MEDLEY** | **2:55.00** | **2:59.00** |
| **30.00** | **:28.00** | **50 YD. FREESTYLE** | **31.00** |  **33.00** |
| **1:10.00** | **1:08.00** | **100 YD. BUTTERFLY** | **1:17.00** | **1:19.00** |
| **1:04.00** | **1:02.00** | **100 YD. FREESTYLE** | **1:08.00** | **1:10.00** |
| **6:47.00\*** |  **6:37.00\*** | **\*\*500 YD. FREESTYLE\*\*** |  **6:52.00\*** |  **7:02.00\*** |
| **1:17.00** | **1:15.00** | **100 YD. BACKSTROKE** | **1:17.00** | **1:19.00** |
| **1:20.00** | **1:18.00** | **100 YD. BREASTSTROKE** | **1:26.00** | **1:29.00** |

Heats with empty lanes after automatic times are entered, will be filled with the fastest consideration times.

**\*\*Meet Management reserves the right to limit entries in this event. Note: \*500 Freestyles will be limited to 2 Girls heats and 2 Boys heats based on the fastest 12 times even if automatic times are achieved.**

WARM UP BREAKS WILL BE SCHEDULED THE DAY OF THE MEET

**USA Swimming Times:  If you have swimmers who want to use the times from this meet for USA Swimming purposes, you must enter their USA number in your entry file.  Please make sure it is the correct number. Please remove any computer-generated numbers for non-USA registered swimmers. If you have any questions, please contact Mike before sending your file.**

**ALL TEAMS - Please make sure you include the following information in the body of your email:**
1) High School name 2) Total number of athletes 3) total number of entries 4) Coach’s Name and

5) COACH phone/cell phone # and email where he/she can be reached for any questions regarding your entry.

**REMEMBER: IF YOU NEED TO CONFIRM THAT YOUR ENTRIES HAVE BEEN RECEIVED, PLEASE CALL MIKE SEIP AT 610-393-5714.**

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