INTER-AC SWIMMING INVITATIONAL
Saturday, February 3, 2024
Hosted by Episcopal Academy

Meet Director: Brian McMillin bjmcmillin@verizon.net
Contact by e-mail is preferred. In the case of an emergency - cell phone (610) 331-8648

Times:
Morning session - Girls
    Warm-up 7:30 - 8:45 AM
        Session 1 – 7:30 AM – 7:50 AM   MP Lanes 1–3, HS Lanes 4-6
        Session 2 – 7:50 AM – 8:10 AM   GA Lanes 1–3, EA Lanes 4-6
        Session 3 – 8:10 AM – 8:30 AM   PC Lanes 1-3, Open Lanes 4-6
        Sprints 8:30 AM – 8:45 AM – All teams, all lanes
    Coaches Meeting 8:00 AM
    Senior Recognition 8:45 AM – Seniors report to the center bulkhead
    Meet Start 9:00 AM
Afternoon Session - Boys
    Warm-up 12:00 - 1:15 PM
        Session 1 – 12:00 Noon – 12:20 PM   ND Lanes 1–3, Bald Lanes 4-6
        Session 2 – 12:20 PM – 12:40 PM   AIS Lanes 1–3, EA Lanes 4-6
        Session 3 – 12:40 PM – 1:00 PM   GA Lanes 1-3, PC Lanes 4-6
        Sprints 1:00 PM – 1:15 PM – All teams, all lanes
    Coaches Meeting 12:30 PM
    Senior Recognition 1:15 PM - Seniors report to the center bulkhead
    Meet Start 1:30 PM

Entry due date: Tuesday 1/23/24, by 6:00 PM

Rules: The meet will follow current National Federation of State High School Associations (NFHS) Rules

United States Swimming Observation: The meet will be USS Observed. Coaches who wish to have times entered into the National Database (SWIMS) for their athletes who are currently registered with United States Swimming **must** input into your Team Manager database the United States Swimming I.D. numbers for their registered athletes. Be aware that USA Swimming has changed the format for ID numbers. All athletes have new numbers since September 2022. IDs are now random 14 alpha numeric digits. **They will not be hand entered at the meet**. DO NOT BUILD ID NUMBERS FOR ATHLETES WHO ARE NOT REGISTERED.. Teams wishing to have relays observed must complete attached Request for Observation Forms for relays. All athletes in the relay must be from the same USS team for the relay time to be entered into SWIMS. The completed forms are to be turned in to the meet director at the meet. These forms are attached to the e-mail. Lead-off swims are not automatically uploaded to SWIMS. Notify the Meet Director if you would like these to be uploaded**.**
Please note that there is a $10.00/splash fee, charged by Middle Atlantic, for post meet requests for SWIMS inputs for swimmers in database without a US Swimming ID registration or an incorrect ID

Entry Instructions:
Each swimmer may enter a maximum of four events, of which no more than 2 may be individual events. A, B and C relays may be entered for each relay event.
All entries must be submitted using software compatible with Hy-tek Meet Manager software. The event file is attached to the e-mail. E-mail Hy-tek entry file to bjmcmillin@verizon.net. Identify your team and "Inter-Acs" in the subject.

Coaches having questions about entry submission are to contact the Meet Director.

Awards:
Awards will be given to the top 12 places in individual events and top 6 in relays. A school may enter as many athletes in an individual event as desired but only the top four from any school will be eligible to receive an award.
A school many enter 3 relays (A, B & C) only the A team is eligible to receive an award.

Graduating Seniors:
The names of the graduating seniors will be printed in the program and they will be honored during the meet. Please provide a list of all graduating senior swimmers for this purpose with your entries.

Each school is to provide two timers.

Schedule of Events:

Session 1 Girls Warm-up 7:30 Meet Start 9:00

2. 200 Medley Relay	8. 500 Freestyle
3. 200 Free	9. 200 Freestyle Relay
4. 200 Individual Medley	Award Ceremony - Events 6, 7, 8 & 9
5. 50 Freestyle	10. 100 Backstroke
Award Ceremony - Events 2, 3, 4 & 5	11. 100 Breaststroke
6. 100 Butterfly	12. 400 Freestyle Relay
7. 100 Freestyle	Award Ceremony Events - 10, 11 & 12

Session 2 Boys Warm-up 12:00 Meet Start 1:30

14. 200 Medley Relay	20. 500 Freestyle
15. 200 Free	21. 200 Freestyle Relay
16. 200 Individual Medley	Award Ceremony - Events 18, 19, 20 & 21
17. 50 Freestyle	22. 100 Backstroke
Award Ceremony - Events 14, 15, 16 &17	23. 100 Breaststroke
18. 100 Butterfly	24. 400 Freestyle Relay
19. 100 Freestyle	Award Ceremony Events – 22, 23 & 24