



ALLEGHENY MOUNTAIN SWIMMING PRESENTS THE 2011 SPEEDO CHAMPIONS SERIES

AUGUST 4-7, 2011

Joe C. Trees Pool, University of Pittsburgh
Pittsburgh, PA

Held under the sanction of USA Swimming through Allegheny Mountain Swimming

Meet Sanction Number: **AM-080411-01**

Time Trials Sanction Number: **TT-080411-02**

Officials Qualifying Meet Number: **QM11-067**

Order of Events Long Course Meters

Prelims – 9:00am
Women's Events

Finals – 5:00pm
Men's Events

Day 1 - Thursday, August 4

1	1500 Meter Free *+++	
2	200 Individual Medley	3
4	100 Meter Freestyle	5
6	100 Meter Breaststroke	7
	800 Meter Freestyle *+++	8

Day 2 – Friday, August 5

9	200 Meter Freestyle	10
11	100 Meter Butterfly	12
13	400 Meter Individual Medley	14
	10 Minute Warm-up Break Before Relays	
15	400 Meter Freestyle Relay* ##	16

Day 3 – Saturday, August 6

17	200 Meter Butterfly	18
19	100 Meter Backstroke	20
21	400 Meter Freestyle	22
	10 Minute Warm-up Break Before Relays	
23	800 Meter Freestyle Relay* ##	24

Day 4 – Sunday, August 7

25	800 Meter Freestyle *+++	
26	200 Meter Backstroke	27
28	50 Meter Freestyle	29
30	200 Meter Breaststroke	31
	1500 Meter Freestyle* +++	32
	10 Minute Warm-up Break Before Relays	
33	400 Meter Medley Relay* ##	34

***800 & 1500 Freestyle and ALL Relay Events are positive check-in events. Swimmers/Teams must check in with the Clerk of Course by the scratch deadline for that event in order to be seeded.**

RELAYS are Timed Final Events with the fastest two heats swum in Finals.

+++ The 800 and 1500 DISTANCE EVENTS are Timed Final Events with the fastest heat swum in finals and all other heats swum as indicated in the meet info.



Administrative Information

<u>Meet Referee:</u>	Peter LaGow	peterlagow@gmail.com	
<u>Meet Directors:</u>	Jeff Berghoff	berghoff@pitt.edu	412-849-2350
	Scott Wilshire	scott.wilshire@comcast.net	412-352-9127
	Greg Stein	g.allion@verizon.net	412-779-4745
<u>AMS Officials Chair:</u>	Bob Mermelstein	bob.mermelstein@gmail.com	
<u>Facility Director:</u>	Kevin McLaughlin	kjmclaug@education.pitt.edu	412-383-8774

Facility Info

Joe C. Trees Pool, 3469 Allequippa St., Pittsburgh, PA 15261

Trees Pool was built in 1962 and has undergone several renovations including a 2008 renovation that upgraded the filtration system and shortened the pool to 50 meters from its original 55 yards. Trees Pool also contains a separate 6-lane 25 yard pool for continuous warm-up and warm-down. The competition pool is 8 lanes, 50 meters from wall to wall. It ranges from a depth of 16 feet to 12 feet at the start end and slopes to a depth of 4 feet at the turn end. The competition course has been certified in accordance with Article 104.2.2C (4) of the USA Swimming Rules and Regulations. Trees Pool has been host to:

- 1963 AAU National Championships
- 1979, 1982 Women's Collegiate AIAW National Championship
- 2005 Senior Olympic Games
- 2011 National Veterans Wheelchair Games
- Multiple Eastern Zone Long Course Championships
- Numerous ECAC and Big East Conference Collegiate Championships

Facility Schedule

Trees Pool Hours

Wednesday, August 3	5:00pm – 9:00pm
Thursday, August 4	6:30am – 9:00pm (or 30 minutes after the last event, whichever is later)
Friday, August 5	6:30am – 9:00pm (or 30 minutes after the last event, whichever is later)
Saturday, August 6	6:30am – 9:00pm (or 30 minutes after the last event, whichever is later)
Sunday, August 7	6:30am – 9:00pm (or 30 minutes after the last event, whichever is later)

Credentials pickup for Swimmers, Coaches, & Officials

Wednesday, August 3	4:00pm – 9:00pm
Thursday, August 4	6:30am – 10:00am
Friday, August 5	6:30am – 9:00am

As needed - contact Jeff Berghoff, Scott Wilshire or Greg Stein.

Credentials must be worn at all times. \$10 will be charged for replacement of badges.

Ticket Information

Due to parking costs, there will be no admissions fees. Heat Sheets will be \$5 for prelims and \$2 for finals.



Officials Info

Certified officials wishing to work the meet should submit an application to Jamy Pfister at jamyjaypfi@verizon.net, Eastern Zone Officials Coordinator, by July 15 for assigned positions. The application form can be found at: http://www.easternzoneswimming.org/meet_info/2011SuperSectionals_ApplicationtoOfficiate.pdf

Details of the certification program can be found at

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1515&Alias=Rainbow&Lang=en>.

Meeting Schedule

Wednesday, August 3

4:00pm

General Meeting

Trees Hall, University of Pittsburgh

Each team is responsible for the information discussed at this meeting (207.12.1C).

It is the obligation of every athlete entered in the meet to attend or be represented at this meeting and to become acquainted with the changes, if any, and the decisions made at this meeting.

Thursday, August 4

7:30am

Initial Officials Briefing

Trees Pool

- **All other Officials Briefings will start 1 hour prior to the start of the session**

Meet Info

Prelims Events August 4, 5, 6 & 7

9:00am

Finals Events August 4, 5, 6 & 7

5:00pm

Time Trial Events August 4, 5, 6 & 7

½ hour after conclusion of prelims

For Thursday's Events:

Scratch Box closes at 6:30pm on Wednesday.

All other days' events:

Scratch Box will close at 5:30pm for the next day's events.

Rules

CURRENT USA SWIMMING RULES WILL GOVERN ALL COMPETITION.

Qualifying Period

The Qualifying period for this meet is January 1, 2010 through the entry deadline.

Seeding

This meet will be seeded LCM, SCM, SCY.

Entry Information

ONLINE MEET ENTRY

Except for qualifying times achieved for the first time between July 27, 2011 and July 31, 2011 all entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet MUST be included with the entry for the confirmation of coach credentials prior to receiving coach's packet or deck credentials. Any coach not on the original entry MUST show proof of current credentials prior to receiving the coach's packet or deck credentials (no exceptions).

ENTRY DEADLINE

Entry deadline is Tuesday July 26, 2011 at 11:59pm (EST).

OME will open for this meet on June 26, 2011 at www.usaswimming.org/ome



TIMES ACHIEVED AFTER JULY 26, 2011

Additional entries from meets occurring between July 27, 2011 and July 31, 2011 are due by 10:00pm (EST) on Monday August 1, 2011. These entries must be submitted to the host club via email only, using a Hy-tek entry file. These entries should be emailed directly to berghoff@pitt.edu. This is for first time cuts achieved in this specific time period. All other entries must use the on-line entry procedure.

Payment for the entries must be received at the pre-meet coaches meeting (no exceptions) on Wednesday, August 3, 2011. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this "late entry period" is for new qualifying times that occur between July 27, 2011 and July 31, 2011 **ONLY**. Once the OME deadline passes no time updates are permitted.

PROOF OF TIME:

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) or times achieved during the late qualifying period must be prepared to prove the times with a copy of the official meet results.

QUESTIONS REGARDING OME

USA Swimming On-Line Meet Entry Questions contact:

Susan Woessner Office: 719-866-3589 Cell: 719-332-0184 www.usaswimming.org/ome

ENTRY INSTRUCTIONS

Payment for entries using OME is accepted using Visa, MasterCard, American Express, or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial July 26, 2011 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy, at the meet. Times must be entered in the proper course in which achieved, converted times will not be accepted. Times other than Long Course Meters will be treated as "non-conforming" and will be seeded according to USA Swimming procedures. *Do not convert times before entering them.* Entries that have NOT used the OME entry process will not be accepted, except for those times achieved during the extended entry period (July 27-July 31, 2011). These times must be submitted using Hy-Tek Team Manager. No fax entries can be accepted at any time. Meet Event file will be on www.amswim.org available for download on July 26th.

ENTRY FEES

\$10 per individual event, \$10 per bonus event, \$25 per relay, there is also a \$2 per swimmer Swimming Surcharge, and a \$5 per team surcharge.

EVENT LIMITATIONS

Swimmers may enter any number of events in which he/she has qualified, but may not compete in more than three (3) individual events per day, and a total of seven (7) for the meet. Each team is allowed to enter up to two (2) relays in each event. At least one (1) swimmer swimming on each relay must be entered in the meet in an individual event.

Final Results

Complete meet results (including the meet manager results for TM and backup files will be available on both the Eastern Zone and AMS websites after the meet.

Live Results

Live results will be available at www.teampittsburgh.com.



Bonus Events:

Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last. There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition. Any Swimmer achieving a qualifying time in the 800 freestyle or the 1500 freestyle may choose to enter the other distance event as a bonus entry, not to exceed the event limitations.

Relays and Relay Check-In Procedures

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. Teams are limited to two relay entries in each relay event. There will be a 10 minute warm-up break before the relays swim.

B. Relay Check-In- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation at least one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

C. At the relay Check-In teams may designate whether their Sunday Relays will swim in Prelims Only, or whether they are willing to swim in Finals.

Meet Scoring

Scoring will be on a sixteen (16) place basis.

Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

Relay events receive double these point values.

Distance Freestyle

A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the days of the distance freestyle

B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for Thursday's events, which will be published by 8 PM on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest

C. Order of Distance Events

Thursday events (W-1500 & M-800) will swim, with only the fastest (single) heat swum in the final session. All other heats are to swim immediately following the last morning event (Men's 100 Breaststroke). Both events will swim **fastest to slowest**. The heats swum in the morning will alternate between the Women's and the Men's events in the following pattern:

- a) Second fastest women's heat 1st
- b) Second fastest men's heat next
- c) Third fastest women's heat 3rd
- d) Third fastest men's heat fourth and continuing until all heats are swum

In Finals the events will swim in numerical order.

Sunday events (W-1500 & M-800) will swim, with only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4pm. Both events will swim **slowest to fastest**. The heats swum in the afternoon will alternate between the Women's and the Men's events in the following pattern:

- a) Second fastest men's heat last
- b) Second fastest women's heat next to last
- c) Third fastest men's heat third from last
- d) Third fastest women's heat fourth from last and continuing until all heats are swum

In Finals the events will swim in numerical order.



Scratch Procedures

The scratch box will be located at the Registration Desk at the conclusion of the General Meeting until the end of the meet. The scratch box will be at the General Meeting.

Following the General Meeting, the scratch box will be located with the Clerk of Course until the scratch box closes each day.

Positive Check-in Sheets for the 800 Freestyle, 1500 Freestyle, and all Relays will be located with the scratch box. The 1500 Free, 800 Free & Relays are timed final events. Entries must be checked in by the scratch deadline for that event in order to be seeded.

Scratch procedures and penalties will follow the National Championship Scratch Rules as specified in the USA Swimming Rule Book, section 207.12.6. Specific procedures will be explained at the General Meeting on Wednesday evening. Scratches from Finals can only be done directly with the Administrative Referee. **DO NOT USE THE SCRATCH BOX TO SCRATCH FROM FINALS. A \$50.00 fine, per no show, will be given for No Shows in Sunday's finals.**

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Relays that do not check-in by the appropriate deadline will be scratched.

Scratch Deadlines:

Thursday's Events

* 6:30pm Wednesday evening

Friday, Saturday, and Sunday's Events

* 5:30 PM the previous evening.

Please Note: No email, fax or phone scratches or positive check-ins will be accepted.

Finals Event Order

There will be a bonus final in each Prelim- Final event. The order of the final events shall be C, B, and A (bonus, consolation, and championship). Finals Scratch Rules applies to C,B and A Finals (207.12.6.D) Bios will be used for the A Finals.

Time Trials

Any swimmer entered in the meet may participate in Time Trials. Relay only swimmers **are** permitted to enter Time Trials.

Time Trials shall be swum as follows:

That day's events, followed by the events of the remaining days of the meet, followed by the events of the previous days. Thursday's Time Trials will occur 30 minutes after the conclusion of the morning distance events. The 800 & 1500 Free will only be swum only on Friday – (or another day at the meet referee's discretion). Any change will be announced at the General Meeting.

Swimmers are limited to a maximum of 2 time trials for the meet, and must adhere to the daily limit of events.

Entry Fee for Time Trials

\$10 per individual event entry

\$25 per relay event entry



Awards

Individual Awards: 1st – 3rd place

Relay Awards: 1st - 3rd place

Team Awards: 1st -3rd place for Women and Men, 1st place combined

(These awards will be for Women, Men, & Combined).

Individual High Point Awards: 1st place woman, 1st place man.

Ready Room

A ready room will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals **must** report to the ready room 10 minutes preceding the event.

Pool Access

Only working USA Swimming Registered Officials, Coaches, Swimmers, and meet volunteers will be permitted on the pool deck. Credentials will be provided and must be shown to gain access and should be visible while on the deck. \$10 will be charged for the replacement of these credentials. No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the athlete must be assigned a supervising coach per USA Swimming Rule 202.3.2. Arriving with a fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

Check-In

Plan to arrive in time for the General Meeting. **You are responsible for all business conducted at this meeting.** If for any reason, you cannot attend, make arrangements to find out what occurred.

Coach's Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$45 that will contain a general admission pass, heat sheets, a psych sheet, team roster, and a set of final results. The packet is available during regular registration hours.

Site Information

*Information/Lost & Found

Information will be available at the Registration Table. The Lost & Found is located on the deck of the large pool, between the offices underneath the spectators' balcony.

* Shaving

Shaving down is not allowed in the facility.

* Medical Assistance

Lifeguards are trained for emergency situations. UPMC Medical facilities are located throughout the University of Pittsburgh's campus.

* Parking

Parking is available in the OC lot. More information will be forthcoming.

* Concessions

Concessions will be located in the lobby of Trees Pool.

* Hospitality

A lunch hospitality room for coaches and officials will be located in room 166 on the second floor of Trees Hall. A deck hospitality room will be located in the copy room beneath the spectator's balcony.



Warm-up Procedures

Warm-up procedures are as follows and they will be posted on deck:

- General warm-up all lanes until 40 minutes prior to meet start, then lanes 3-6
- Sprint lane (2) or lanes (2 & 7) as needed from 40 minutes prior to meet start
- Pace lanes 1 & 8, 40 minutes prior to meet start
- Clear pool 10 minutes prior to meet start
- Training equipment not allowed during the last hour of each warm-up session.

*Meet Jury

A Meet Jury will adjudicate eligibility and issues of conduct only which may occur in the meet venue. All protests must be in writing. Meet Referee to appoint the jury.

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In granting the sanction for this meet it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by means of injuries to anyone during the conduct of the meet.



Long Course 2011 Speedo Super Sectional Qualifying Times

WOMEN			MEN			
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.49	27.79	24.89	50 Freestyle	22.19	24.79	25.49
1:01.29	59.99	53.49	100 Freestyle	47.89	54.59	55.99
2:11.19	2:08.49	1:54.79	200 Freestyle	1:44.19	1:58.59	2:01.29
4:34.89	4:29.29	5:03.69	400 Freestyle	4:42.99	4:12.99	4:15.99
9:29.49	9:18.29	10:27.99	800 Freestyle	9:51.09	8:43.49	8:56.19
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:49.09	17:02.89	17:23.89
1:09.19	1:07.79	59.59	100 Backstroke	53.99	1:02.39	1:03.79
2:28.29	2:25.49	2:08.19	200 Backstroke	1:56.39	2:14.09	2:16.89
1:18.69	1:17.29	1:07.39	100 Breaststroke	1:00.79	1:11.29	1:12.19
2:48.99	2:46.19	2:25.59	200 Breaststroke	2:13.29	2:36.19	2:35.59
1:06.89	1:06.29	58.89	100 Butterfly	52.69	59.59	1:00.99
2:27.89	2:25.09	2:09.69	200 Butterfly	1:59.79	2:14.09	2:14.99
2:28.89	2:26.09	2:08.69	200 Individual Medley	1:56.29	2:14.39	2:16.69
5:14.89	5:09.29	4:35.49	400 Individual Medley	4:14.79	4:48.99	4:51.29
4:15.39	4:09.79	3:43.79	4 X 100 Freestyle Relay	3:19.29	3:47.39	3:52.99
9:06.19	8:54.99	7:57.59	4 X 200 Freestyle Relay	7:13.39	8:14.99	8:26.89
4:47.99	4:42.39	4:09.49	4 X 100 Medley Relay	3:43.89	4:17.99	4:23.59



Long Course 2011 Speedo Super Sectional Bonus Event Qualifying Times

WOMEN			Men			
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.99	28.29	25.19	50 Freestyle	22.49	25.29	25.99
1:01.90	1:00.99	54.59	100 Freestyle	48.19	55.59	56.39
2:12.69	2:10.49	1:56.69	200 Freestyle	1:46.19	2:00.59	2:02.69
4:37.79	4:33.29	5:08.09	400 Freestyle	4:47.29	4:16.99	4:20.89
9:29.49	9:18.29	10:27.99	800 Freestyle	9:51.09	8:43.49	8:56.19
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:49.09	17:02.89	17:23.89
1:09.69	1:08.79	1:00.69	100 Backstroke	54.99	1:03.39	1:04.79
2:29.99	2:29.49	2:11.19	200 Backstroke	1:57.69	2:16.09	2:18.89
1:19.69	1:18.29	1:08.49	100 Breaststroke	1:01.79	1:12.29	1:13.69
2:50.99	2:48.19	2:27.59	200 Breaststroke	2:15.29	2:38.19	2:40.99
1:08.69	1:07.29	59.89	100 Butterfly	53.69	1:00.59	1:01.89
2:29.89	2:27.09	2:11.69	200 Butterfly	2:03.39	2:16.09	2:18.89
2:29.69	2:28.09	2:10.89	200 Individual Medley	1:58.19	2:16.39	2:18.29
5:17.79	5:13.29	4:38.19	400 Individual Medley	4:18.79	4:52.99	4:57.19

Bonus events:

Make 1 individual event receive 1 bonus event.

Make 2 individual events receive 2 bonus events.

Make 3 or more individual events receive 1 bonus event, not to exceed daily and meet limits.

No Bonus swims for the 800M or 1500M unless you qualify for one event distance event 800M or longer you may swim the other distance event, if you so choose.



	Pittsburgh Marriott City Center 112 Washington Place Pittsburgh, PA 15219 (412) 471-4000 www.marriott.com/pitdt 0.8 miles from competition pool	\$159 – King Room: Breakfast Buffet for 1 Included \$173 – Double Room: Breakfast Buffet for 1 Included <i>Individual attendees will make reservations for the Event directly with Marriott reservations at 877-645-3553 or 412-471-4000. Please reference group code “PAT” or “Pittsburgh Aquatics”</i> Cut-Off Date to Reserve: July 6, 2011 Special request or team rooming list submission please contact Brian Holupka, bholupka@shanerhotels.com
	Renaissance Pittsburgh Hotel 107 6th Street Pittsburgh, PA 15222 USA (412)-562-1200 www.marriott.com/pitbr 0.4 miles from competition pool	\$159 – King or Queen/Queen Room <i>Individual attendees will make reservations for the Event directly with Marriott reservations at the Renaissance Pittsburgh Hotel at 1-866-454-4400. Please reference “Pittsburgh Aquatics” or “Allegheny Mountain Swimming”</i> Cut-Off Date to Reserve: June 29, 2011 Special request or team rooming list submission please contact Ryan Hunt, rhunt@renpgh.com
	SpringHill Suites Pittsburgh Bakery Square 134 Bakery Square Boulevard Pittsburgh, PA 15206 (412) 362-8600 www.marriott.com/pitel 2.5 miles from competition pool	\$139 – Queen/Queen Room: Complimentary Garage Parking, Complimentary Continental Breakfast and Internet <i>Individual attendees will make reservations for the Event directly with the hotel at 866-275-0741. Please reference “Super Sectionals” or group code “SSPB”</i> Cut-Off Date to Reserve: July 12, 2011 Special request or team rooming list submission please contact Corin Daniels, c.daniels@concordhotels.com
	Residence Inn Pittsburgh University/Medical Center 3896 Bigelow Boulevard Pittsburgh, PA 15213 USA (412)-621-2200 www.marriott.com/pitro 0.3 miles from competition pool	\$129 - Studio Suite or One Bedroom Suite: Complimentary Continental Breakfast & Internet included <i>Individual attendees will make reservations for the Event directly with the hotel at 412-621-2200. Please reference “Super Sectionals Swim Meet” or group code “SSS”</i> Cut-Off Date to Reserve: July 13, 2011 Special request or team rooming list submission please contact Mark Koltiska, mark.koltiska@ihrc.com

Alternate NON-Marriott Hotels

2011 Speedo Championship Series Long Course "Super Sectional"

August 4-7, 2011, Pittsburgh, PA (hosted by Team Pittsburgh)

Venue Address: Joe C. Trees Pool, 3469 Allequippa St., Pittsburgh, PA 15261

	Holiday Inn University Center (Oakland) 100 Lytton Ave Pittsburgh, PA 15213 (412) 482-6200 http://www.holidayinn.com/hotels/us/en/pittsburgh/pittp/hoteldetail 0.6 miles from competition pool	\$105 – Double Room: Parking - \$8 nightly parking charge. <i>Please reference group code "Super Sectionals" or "Pittsburgh Aquatic Program"</i> Cut-Off Date to Reserve: July 20, 2011 Special request or team rooming list submission please contact Garry Mintz, Garry.Mintz@ihg.com
	Quality Inn University Center 3401 Blvd of the Allies Pittsburgh, PA 15213 USA (412) 683-6100 http://www.qualityinn.com/hotel-pittsburgh-pennsylvania-PA369 0.6 miles from competition pool	\$99 Non Smoking Double Room or Non Smoking Queen Room: Overnight Parking fees will apply. <i>Individual attendees will make reservations for the Event directly with Quality Inn Choice Hotels. Please reference "Pittsburgh Aquatic Program" or "Super Sectionals"</i> Cut-Off Date to Reserve: July 4, 2011 Special request or team rooming list submission please contact Meagan Christner, sales@qualityinnpittsburgh.com
	Wyndham Hotel 3454 Forbes Ave Pittsburgh, PA 15213 (412) 683-2040 http://www.wyndham.com/hotels/PITUP/main.wnt 0.3 miles from competition pool	\$139 – Deluxe Single or Double: \$18.00 Overnight Parking per vehicle. <i>Individual attendees will make reservations for the Event directly with Wyndham Hotel. Please reference "Super Sectionals" or group code "Pittsburgh Aquatic Program"</i> Cut-Off Date to Reserve: July 5, 2011 Special request or team rooming list submission please contact Sean Groth, csgroth@wyndham.com



RECOMMENDED RESTAURANTS

2011 Speedo Championship Series Long Course "Super Sectional"

August 4-7, 2011, Pittsburgh, PA (hosted by Team Pittsburgh)

Venue Address: Joe C. Trees Pool, 3469 Allequippa St., Pittsburgh, PA 15261

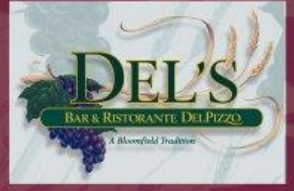


	Red Oak Cafe 3610 Forbes Avenue Pittsburgh, PA 15213 (412) 621-2221 www.redoakusa.com On Pitt's Campus	Offers healthier breakfasts and lunches all cooked right on the premises. Reasonable prices, and located right on campus at the bottom of the hill.
	Pamela's 3703 Forbes Ave. Pittsburgh, PA 15213 (412) 683-4066 http://www.pamelasdiner.com/ on Pitt's Campus, as well as nearby in Shadyside, the Strip District, and Squirrel Hill	Considered the best pancakes in Pittsburgh. Multiple locations in Pittsburgh including one right on Forbes Avenue in the heart of Pitt's campus.
	Jimmy John's 3444 Forbes Ave Pittsburgh, PA 15213 (412) 681-9010 http://www.jimmyjohns.com/findAJJs/map.aspx?zip=15213 On Pitt's Campus	Great subs for lunch or dinner. Ask for Brian, the manager. They cater as well with box lunches to the pool or your hotel.
	The Bagel Factory 5885 Forbes Avenue Pittsburgh, PA 15217 (412) 521-8100 Located in Squirrel Hill, minutes from campus	Able to cater breakfasts and lunches. Contact Dave.



	Uncle Sam's Subs 210 Oakland Avenue Pittsburgh, PA 15213 (412) 621-1885 http://www.unclesamssubs.com/ Locations on campus and in Squirrel Hill, minutes away	Considered some of the best subs in town. A local company with locations throughout Pittsburgh. Can arrange delivery as well.
	Joe Mama's Italian 3716 Forbes Ave. Pittsburgh, PA 15213 (412) 621-7282 http://www.joemamas.com/ Located on Pitt's campus.	Excellent local Italian food right on campus. Able to do buffet style for you and banquet style for large numbers. Contact info is also on their website.
	Penn Station Subs 4815 Centre Ave. Pittsburgh, PA 15213 (412) 688-7366 http://psburgh.com/ Located minutes from campus.	Excellent subs and sandwiches. Able to do catering for you.
	Panera Forbes Ave – (412) 683-3727 Blvd of Allies – (412) 683-9616 Centre Ave – (412) 687-2177 http://www.panerabread.com/ 3 Locations on or within 5 minutes of Pitt's campus.	Several locations on or near campus. Eat in or cater. Have box lunch options to feed the whole team, lunch or dinner.
	Bruegger's Bagels 3714 Forbes Ave. Pittsburgh, PA 15213 (412) 682-6360 http://www.brueggers.com/ Located on campus.	Catering available for breakfast, lunch, or dinner.

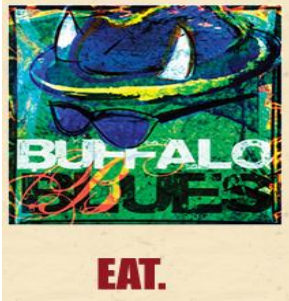


	The Spaghetti Warehouse 2601 Smallman Street Pittsburgh, PA 15222 (412) 261-6511 http://www.meatballs.com/ Located in Pittsburgh's historic Strip District	Able to handle large groups of 50 or more as well as cater for you. 10-15 minutes from campus.
	Del's Restaurant 4428 Liberty Ave. Pittsburgh, PA 15224 (412) 683-1448 http://www.delsrest.com/ Located in Bloomfield, minutes from the pool	Able to handle large groups and cater as well.
	Qdoba Forbes Ave. – (412) 802-7866 Centre Ave. – (412) 621-2003 http://www.qdoba.com/default.aspx 2 Locations right on or near campus	Has the ability to cater. Other location on the South Side as well, minutes from campus.
	Chipotle 3619 Forbes Ave. Pittsburgh, PA 15213 (412) 621-1557 www.chipotle.com Located right on campus	They have an alternate site a mile from campus as well.
	The Cheesecake Factory 415 South 27th Street Pittsburgh, PA 15203 (412) 431-7800 http://www.thecheesecakefactory.com/#lobby Located in Pittsburgh's South Side Works	Minutes from campus on the other side of the Monongahela River.



	Lu Lu's Noodles 400 South Craig Street Pittsburgh, PA 15213 (412) 687-7777 http://www.urbanspoon.com/r/23/271003/restaurant/Oakland/Lu-Lus-Noodles-Pittsburgh Locate on Pitt's campus	Minutes from the pool near the museums and Cathedral of Learning. A popular restaurant with the college crowd and local high school crowd.
	Gullifty's 1922 Murray Ave. Pittsburgh, PA 15217 (412) 521-8222 http://www.gulliftys.us/ Located minutes from campus	Located in Pittsburgh's Squirrel Hill neighborhood. Noted for some of the best desserts in Pittsburgh. A wide ranging lunch and dinner menu.
	Alexander's Italian Bistro 5104 Liberty Ave. Pittsburgh, PA 15224 (412) 687-8741 http://www.alexandersitalianbistro.com/aboutus.html Located in Pittsburgh's Bloomfield neighborhood, minutes from campus	Off-campus fantastic Italian fare. Have the abilities to serve large groups as well as cater.
	Lot 17 Bar and Grill 4617 Liberty Ave. Pittsburgh, PA 15224 (412) 687-8117 www.lot17.net Located in Bloomfield	One of the top sports bars in Pittsburgh with excellent food and the ability to cater for you.
	Union Grill 413 South Craig Street Pittsburgh, PA 15213 (412) 681-8620 http://www.urbanspoon.com/r/23/271829/restaurant/Oakland/Union-Grill-Pittsburgh Located on campus near museums	A wide variety of fare with reasonable prices located near the Cathedral and the museums between Pitt's and Carnegie Mellon University's campuses.



	The Elbow Room 5533 Walnut Street Pittsburgh, PA 15232 (412) 441-5222 http://www.elbowroompittsburgh.com/ Off campus, minutes from the pool	Located in Pittsburgh's Shadyside neighborhood, a short drive down Fifth Avenue from campus. A wide ranging menu of salads, burgers. And sandwiches with free delivery.
	Buffalo Blues 216 South Highland Ave. Pittsburgh, PA 15206 (412) 362-5837 http://www.buffalobluespittsburgh.com/ Off campus, 10-15 minutes from pool	A wide ranging menu with catering and free delivery available. Excellent sandwiches and wraps, as well as salads, burgers, and entrees.
	Joe's Crab Shack 226 W Station Square Dr. Pittsburgh, PA 15219 (412) 690-2404 http://www.joescrabshack.com/locations/store/default.aspx?store=93 10-15 minutes from the pool	Located right on the water with a great view of downtown in Pittsburgh's historic Station Square. Great service and atmosphere and an excellent menu (not just seafood).
	Buca Di Beppo 3 Station Square Pittsburgh, PA 15219 http://www.bucadibepo.com/locations/italian_restaurant_pittsburgh_station_square_pa.aspx 10-15 minutes from the pool	Located on the water in Pittsburgh's historic Station Square. Able to host larger groups.
	Papa John's Pizza 4815 Centre Ave. Pittsburgh, PA 15213 (412) 682-7272 http://www.papajohns.com/index.html 5-10 minutes from pool	Pizzas for the whole team. Fast and Easy.



	Larry & Carol's Pizza 410 Semple St. Pittsburgh, PA 15213 412-687-1189 http://www.larryncarolspizza.com/ On Campus	Salads, pizzas, pastas, sandwiches, calzones and wedgies. Available for pickup, delivery, and catering.
	The Original Hot Dog Shop 3901 Forbes Ave. Pittsburgh, PA 15213 412-621-7388 http://www.urbanspoon.com/r/23/271241/restaurant/Oakland/Original-Hot-Dog-Shop-Pittsburgh On Campus	A Pittsburgh tradition, the "O" opened in 1960 to serve the crowds at the old Forbes Field baseball stadium. A lot of food for a little price.
	Primanti Brothers 3803 Forbes Ave. Pittsburgh, PA 15213 412-621-4444 http://www.primantibros.com/ On Campus	Another Pittsburgh tradition since 1933 as seen on the Travel Channel's <i>Man v. Food</i> as well as their "Sandwich Paradise" section on their <i>Food Paradise</i> shows. Sandwiches unlike any you've ever had.
	Dave & Andy's 207 Atwood St. Pittsburgh, PA 15213 412-681-9906 http://www.urbanspoon.com/r/23/270465/restaurant/Oakland/Dave-Andys-Pittsburgh On Campus	Need something to cool off with in a hot August? Dave & Andy's is the place to be. Homemade ice cream right on the premises. Rated by USA Today as one of the nation's top "non-chain" ice cream shops. You can read the article on the wall. CASH ONLY.

<http://www.pittsburghpanthers.com/travel/pitt-travel-center.html> for more choices.



Balcony

Entrance

Exit to Patio Seating

Deck
Hospitality

Seating is up here

Exit to Lobby

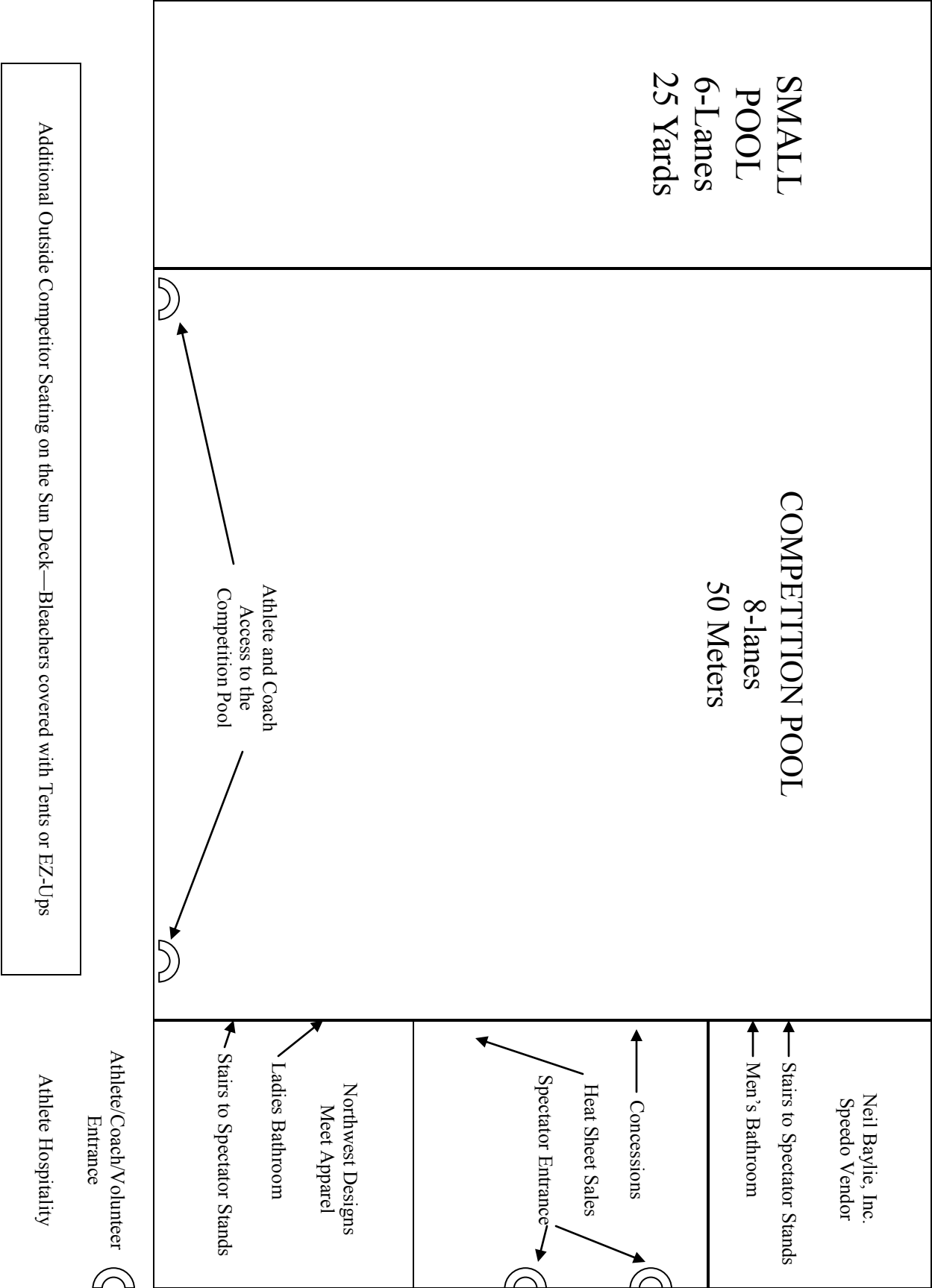
Diving

---COMPETITION LANES---

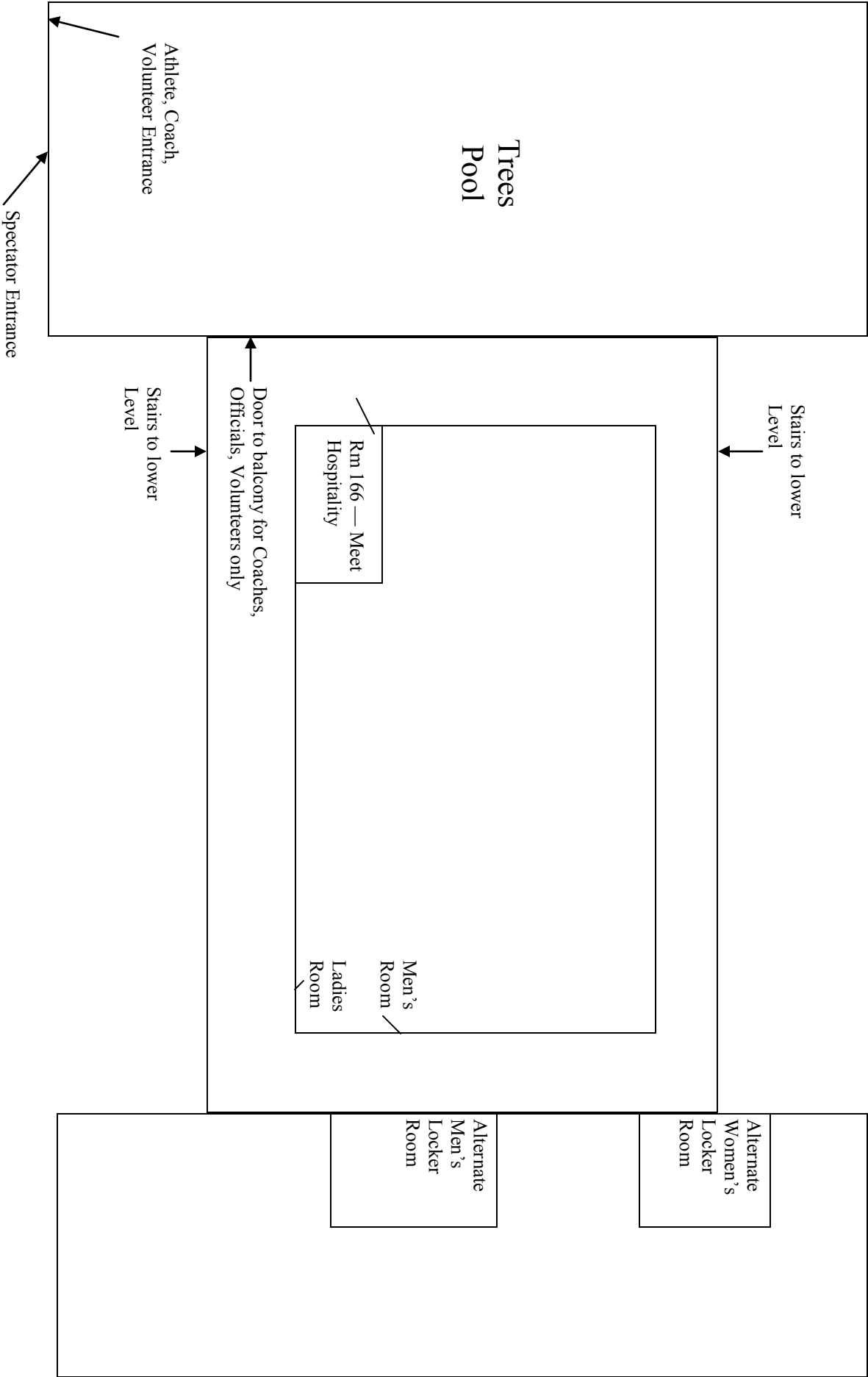
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TREES POOL BUILDING LAYOUT



Joe C. Trees Hall



Allequippa Street