



UPPER DUBLIN MASTERS SWIMMING
PRESENTS
JANUARY FREEZE
SCY Meet

Sunday, January 12, 2014

Held under the Sanction of US Masters Swimming
 Event LMSC: Delaware Valley SANCTION# 084-S001

LOCATION	Upper Dublin High School (UDHS), 800 Loch Alsh Avenue, Fort Washington, PA 19034 Google Map . 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.
FACILITIES	<p>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-yards short course 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).</p> <p>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).</p> <p>Parking in lots surrounding Upper Dublin High School Athletic Complex and Upper Dublin Township Building Site and Parking Information.</p> <p>The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.</p>
EVENT COORDINATOR	<p>Kate Scheuer, UDAC, P.O. Box 52, Fort Washington, PA</p> <p>e-mail: email@udac.us</p> <p>Please direct all questions to the Event Coordinator</p>
DATA COORDINATOR	<p>Kate Scheuer, UDAC, P.O. Box 52, Fort Washington, PA</p> <p>e-mail: email@udac.us</p>
OFFICIALS	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
ELIGIBILITY	This meet is open to all currently (2014) USMS-registered athletes age 18 and older. A swimmer's age for this meet will be determined by his/her age as of Jan 12 th , 2014. USMS Membership is verified during online meet entry. For paper/mailed meet entries, a copy of your current USMS registration card must accompany your entry form to corroborate membership.
ATHLETES WITH DISABILITES	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.
WARM-UP & START TIMES	<p>1:15 PM warm-up, 2:00 PM start.</p> <p>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.</p>

RULES	The 2014 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 www.clubassistant.com/club/usms_member_card_request.cfm? for an e-mailed copy of your card. Need to register with USMS to participate? Go to: http://www.usms.org/reg/ to sign up in ten minutes or less!
SEEDING	All events are pre-seeded except the 500 free, 200 Medley Relay and 200 Free Relay (events #1, #2 and #18), which will be deck-seeded and require positive check-in (positive check-in closes at the beginning of warm-ups). Swimmers will be seeded by time submitted, slow to fast. If time is unknown, please estimate. If you are unsure of your short course yards time you can use this converter tool: http://www.swimmingworldmagazine.com/results/conversions.asp . The 1 st event, 500 Free, will not start before the scheduled meet start time.
ENTRY FEES & LIMITS	\$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 prior to the start of the meet. Deck entries may be allowed, space permitting for \$10 per event plus the \$10 meet fee. Please make checks payable to "UDAC".
ONLINE ENTRY	Online entries preferred via Club Assistant. If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events." Click here to enter online: https://www.clubassistant.com/club/meet_information.cfm?c=1993&smid=4965 .
SEND ENTRIES TO	Mailed entries must include a completed entry form plus payment, and mailed to: Kate Scheuer, UDAC, P.O. Box 52, Fort Washington, PA (questions? email@udac.us)
ENTRY DEADLINE	Online registration deadline is Jan 8, 2014. Hard copy (mailed) entries must be in the hands of the Meet Director by Jan 8 th . All entries received after this deadline will be considered deck entries.
RESULTS	Results are posted on the USMS Website http://www.dvmasters.org/ 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: http://www.swimphone.com/mobile/meets/meet_menu.cfm?smid=4965 .

EVENTS:

NOTE: heats for individual and relay events will be mixed, with separate results reported for gender and age group. Swimmers are to provide a counter for the 500 Free. Split requests must be provided to the meet director prior to the end of the meet (forms will be available at the scoring table).

#	EVENT
1	500 Free
2	200 Medley Relay
3	100 IM
4	200 Fly
5	50 Back
6	100 Free
7	200 Breast
8	200 IM
9	100 Back
10	50 Free
11	100 Breast
12	400 IM
13	100 Fly
14	200 Back
15	50 Breast
16	200 Free
17	50 Fly
18	200 Free Relay

<p>DIRECTIONS</p>	<p>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. Site and Parking Information</p>
<p>ACCOMODATIONS</p>	<p>Lodging in Fort Washington: Best Western, 285 Commerce Drive, Ft. Washington 215-542-7930 Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington 215-646-4637 Holiday Inn, 432 Pennsylvania Ave., Ft. Washington 215-643-3000</p> <p>Lodging in surrounding area: Courtyard Marriott, 2350 Easton Road Route 611, Willow Grove, 215-830-0550 Residence Inn Marriott, 3 Walnut Grove Drive, Horsham, 215-443-7330 Philadelphia Marriott West, 111 Crawford Ave., W. Conshohocken, 610-941-5600 Residence Inn Marriott, 191 Washington St., Conshohocken, 610-828-8800 Courtyard Marriott, 651 Fountain Rd., Plymouth Meeting, 610-238-0695 Spring Hill Suites, 430 Plymouth Rd., Plymouth Meeting, 610-940-0400 Comfort Inn, 678 Bethlehem Pike, Montgomeryville, 215-361-3600 Joseph Ambler Inn, 1005 Horsham Rd., North Wales, 215-362-7500</p> <p>Restaurants: Cantina Feliz, 424 S. Bethlehem Pike, Fort Washington, 215-646-1320 Dresher Deli, 1801 S. Limekiln Pike, Dresher 267-287-8966 Fireside Bar and Grill, 1211 S. Bethlehem Pike, Ft. Washington 215-643-6540 Friendly's Restaurant, 325 Pennsylvania Ave. Ft. Washington 215-646-1944 From The Boot, 110 East Butler Avenue, Ambler 610-834-8680 KC's Alley, 10 West Butler Pike, Ambler 215-628-3300 MaGerks Pub & Grill, 582 South Bethlehem Pike, Fort Washington 215-948-3329 Mama's Pizza, 1704 Susquehanna Road., Dresher, 215-540-8280 Maple Glen Pizza, 641 Welsh Road, maple Glen 215-542-7720 Nick's Pizza, Dreshertown Plaza, 1650 Limekiln Pike, Dresher, 215-628-3775 Jade Garden, 1650 Limekiln Pike, Dresher 215-542-3890 Jarrettown Hotel , 1425 Limekiln Pike, Dresher 215.654.6880 Luciani's Pizza, 471 Commerce Drive, Fort Washington, 215-643-3433 Saladworks, Dreshertown Plaza, 1650 Limekiln Pike, Dresher 215-654-7500 Subway, 285 Commerce Drive, Ft. Washington, 215-643-5560 Little Italy Pizza, 416 S. Bethlehem Pike, Ft. Washington 215-628-3845 Rich's Deli, 430 S. Bethlehem Pike, Ft. Washington 215-646-9860 The Lucky Well 111 E Butler Ave, Ambler 215-646-4242 Toner's Beef & Ale Tavern, 101 E. Pennsylvania Ave., Ft. Washington 215-646-5655 Umami Umami, 1708 Limekiln Pike, Dresher 215-542-6993 Wawa Food Market, 582 S. Bethlehem Pike, Ft. Washington 215-646-2972 West Ave Grille, 1650 Limekiln Pike, Dresher 215-367-5428 Zakes Café, 444 S Bethlehem Pike, Fort Washington 215-654-7600</p>

UD MASTERS JANUARY FREEZE SCY MEET Jan 12, 2014

ENTRY FORM

Team: _____

Last Name: _____ First Name: _____ Initial: _____

Birth Date: _____ USMS #: _____ M/F: _____

Event #	Event Description	Time

Swimmers are limited to 5 individual events. Swimmers are to provide a counter for the 500 Free.

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