

Norristown Area Aquatic Club

HARVEST MEET '11

Saturday, November 26, 2011

Norristown Area High School

1900 Eagle Drive, Norristown, PA 19403

- Boys** warm-up 7:45 am, meet start 9:00 am
- Girls** warm-up 12:00 pm, meet start 1:00 pm
- Pool** 6 Lane, 25 Meter
New Daktronics electronic timing system and scoreboard
- Awards** Medals for 1st, 2nd and 3rd place
Double ribbons for 4th, 5th and 6th place
Ribbons for 7th through 18th place
Participation ribbons for all swimmers
Hot heat prizes
- Fees:** \$4.00 per event [payable to NAAC] One check from each team Check must accompany team entries.
- Entries** All entries submitted as yard times.
Each swimmer is limited to four events.
Entry file can be downloaded from SAL website under Invitationals.
Entries must be submitted on disk or e-mailed to: Nora DiLemmo: NAAC.Registrar@gmail.com
An entry summary sheet and entry fees should also accompany the email
Entries are not considered complete until check is received
- Entry Deadline** Entries must be received no later than 4 pm, Friday, November 11. No late entries will be accepted
- Eligibility** Eligibility is determined by the age of the swimmer on October 31, 2011.
SAL swimmers and area Y team swimmers 14 & Under
- Event workers** Each club will be asked to provide timers for each session. Details to follow.
- Rules and Regulations** The meet will follow all rules in accordance to USA swimming guidelines. Fly-over starts will be used in all events over 25 meters.
- Refreshments** Available throughout both sessions serving breakfast and lunch.
The snack bar opens at 7:00 am. **Chick-Fil-a** will be sold at both sessions
- Swim apparel** Available for sale in the lobby.
- T-shirts** A wide variety of T-shirt designs available for sale in the lobby.
- Meet Director** **Brett Tounge**, btounge@yahoo.com
The Norristown Area Aquatic Club is committed to hosting a quality meet. If you have any questions please contact the Meet Director.

Complementary meal for coaches
- Harvest Meet Food Drive** Thanksgiving is a time of giving thanks and giving back. NAAC would like all participating Harvest Meet swimmers to help support our food drive to replenish the local Norristown area food banks. Please bring any non-perishable foods with you. A drop off box will be in the lobby.

SUMMARY SHEET | NAAC HARVEST MEET '11

Club Name _____

If boys & girls are mailing separate entries, fill out two separate entries.

Boy's Coach _____ Phone _____ e-mail address _____

Girl's Coach _____ Phone _____ e-mail address _____

Boy's Contact Person _____ Phone _____ e-mail address _____

Girl's Contact Person _____ Phone _____ e-mail address _____

Person responsible to receive e-mailed Meet Results. _____

Boy's Results _____ Phone _____ e-mail address _____

Girl's Results _____ Phone _____ e-mail address _____

Number of boy swimmers _____ Number of individual boy events _____ x \$4.00 = \$ _____

Number of girl swimmers _____ Number of individual girl events _____ x \$4.00 = \$ _____

Check payable to NAAC | Total amount enclosed \$ _____

Mail check and disk entries to:

Send e-mail entries to:

Nora DiLemmo
NAAC.Registrar@gmail.com

For more information:

Brett Tounge
btounge@yahoo.com

EVENTS | NAAC HARVEST MEET '11

EVENT	Boys Event #	Girls Event #	EVENT	Boys Event #	Girls Event #
8 & U 25 Freestyle	1	2	8 & U 25 Backstroke	27	28
10 & U 50 Freestyle	3	4	10 & U 50 Backstroke	29	30
8 & U 50 Freestyle	5	6	12 & U 50 Backstroke	31	32
12 & U 100 Freestyle	7	8	14 & U 100 Backstroke	33	34
14 & U 100 Freestyle	9	10	8 & U 25 Butterfly	35	36
10 & U 100 Freestyle	11	12	10 & U 50 Butterfly	37	38
8 & U 25 Breaststroke	13	14	12 & U 50 Butterfly	39	40
10 & U 50 Breaststroke	15	16	14 & U 100 Butterfly	41	42
12 & U 50 Breaststroke	17	18	12 & U 50 Freestyle	43	44
14 & U 100 Breaststroke	19	20	14 & U 50 Freestyle	45	46
10 & U 100 IM	21	22			
12 & U 100 IM	23	24			
14 & U 200 IM	25	26			