



## Welcome to Stones Crossing Swim Club

**Date:** July 27, 2019; rain date July 28

**Location:** Stones Crossing Swim Club (6 lane, 25 meter pool).  
1200 Stones Crossing Road, Easton, PA 18045

**Time:** Session 1 Ages 13&14 and 15 & Over: Warm Ups begin promptly at 6:15 AM. There will be two groups for warm ups. Each team is assigned one lane for warm-ups from 6:45 –7:45 am. Diving will only be permitted from the starting end of the pool under the direct supervision of a coach for starts only.

Group 1 (06:45 – 07:15)  
Lane 1: Westwood Heights  
Lane 2: Saucon Valley CC  
Lane 3: Stonecrest  
Lane 4: Northwest  
Lane 5: Stones Crossing  
Lane 6: Trident

Group 2 (07:15 – 07:45)  
Alburtis  
Kaybrook Green Hills  
Lehigh CC  
Brookside CC  
Northampton  
Orchard View

Crescendo relay warm ups at 11:00 with same lane assignments as above.  
Crescendo relay race for 11:15.

Session 2 Ages 8 & Under, 9&10, and 11&12: Warm Ups begin promptly at 12:00 PM. There will be two groups for warm ups. Each team is assigned one lane for warm-ups from 12:00 –12:45 am. Diving will only be permitted from the starting end of the pool under the direct supervision of a coach for starts only.

Group 1 (12:00-12:20)  
Same lane assignments as above

Group 2 (12:20-12:40)  
Same lane assignments as above

**Coaches: There will be a mandatory Scratch Meeting in the Seeding tent at 7:15 am. *No Lineup changes will be permitted.***

***The pool will be open for warm-ups after event 18 and event 44.***

**Eligibility:**

Any swimmer or diver entering champs must have participated in a minimum of 4 ABE League sanctioned meets.

To enter in an event, the swimmer must have a time from this summer season no "no times" (NT) or made up times are not permitted.

No swimmers or divers may age up at Championships. No tech suits permitted at the meet. Any eligibility questions about other team's swimmers should be directed to the ABE League President.

**Entry Limitations:**

The maximum number of entries for each club in each individual event is three (3). Each club may still only enter one (1) relay team in the Medley and Crescendo relays.

A swimmer may participate in a maximum of four (4) events, one of which must be a relay.

Each club is allowed to seed a maximum of three (3) qualified divers for each diving event at Championships. Diving at the Diving Championship meet counts as an individual event.

**Entry Deadline:**

All swimming and diving entries are due to the Host Director by **Thursday, July 18<sup>th</sup> at 8 pm.**

**How to Enter:**

Electronic entries in a Hy-Tek Team Manager entry file submitted via e-mail are required. Include with your file a Team Manager report by entry. In the body of your email, provide the number of girls, boys, and total entries. Include contact information (name, address and phone). Send all entries to [paacmeetdirector@hotmail.com](mailto:paacmeetdirector@hotmail.com).

All entries should list the Swimmer's best time in an ABE Swim League competition and in SCM or an applicable conversion.

**NO MANUAL ENTRIES WILL BE ACCEPTED!**

**Awards and Scoring:**

Awards will be handed out for six places for individual events and relays. The meet will be scored up to and including twelve places for individual events (16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1) and twelve places for relays (relays will be double points.) Heat winner awards will be distributed after each heat.

**Parking:**

Handicapped parking is available upon request. Advanced notice is preferred by contacting Dave Gordon at [StonesCrossing.Champs@gmail.com](mailto:StonesCrossing.Champs@gmail.com). Please provide name, vehicle Make/Model Color, and estimate time of arrival.

Parking for officials and head coaches **ONLY** will be available in the parking area immediately adjacent to the pool. Please inform the parking attendants.

Parking will be available first come first serve at the Club and nearby grass. Carpooling is encouraged as spots are limited. Additional parking is available at St. Andrew's Lutheran Church on the corner of Freemansburg Ave and Stones Crossing Road and at 4000 Freemansburg Ave. Please be sure to follow the directions of the parking attendants.

On-street parking along nearby streets is available. Please respect our neighbors and avoid blocking driveways. Illegally parked vehicles may be towed. Refer to attached parking map for more information.

Drop-off ONLY is available at Stones Crossing entrance.

- Programs:** \$1 per program, program includes team pictures, team roster, meet timeline, meet program, and advertisements.
- Admission:** \$2 per spectator. Meet volunteers do not pay admission fee but must be pre-registered on the volunteer list provided.
- Seating:** Each team will have a clearly marked area to setup your own tents. We encourage you to bring your own chairs for additional seating in your designated team areas. There will be bleachers available for poolside viewing.
- Food & Refreshments:** Will be available for purchase with tickets throughout the sessions. No refunds will be given for unused tickets. We will have the following: Pizza, Hamburgers, Hotdogs, Walking-Tacos, Chips, Fruit, Drinks, Snacks, Coffee, Breakfast Sandwiches and much more!
- The Kona Ice Truck will be onsite during the meet.
- T-Shirt Sales:** While supplies last, T-Shirts will be available for purchase the day of the event from A&H Sportswear for \$14.00 (Cotton T-Shirt) or \$17 (Sport-Tek Shirt). **Pre-orders are available for a slightly lower cost via <https://abeswimleaguechampionships2019.itemorder.com/sale> and pre-orders close on Friday, July 19<sup>th</sup> 12PM.** The pre-orders will be available for pick up the day of the event at the A&H Sportswear table.
- Merchandise:** A&H Sportswear will be onsite selling all swimming essentials and much more!
- Rules:** This meet will be conducted in accordance with all current NFHS rules and ABE adoptions.
- Volunteers:** Each team will be required to supply three (3) volunteers for each session of the swim meet. Volunteers receive free admission and must register on our sign-up genius. Please report to scorer's table 15 min prior to the start of the session.
- Scoreboard:** We will be using a scoreboard to show race times and places. Keep in mind all times and places are unofficial. Final results for each event will be posted on the bulletin board located between the club restrooms.

**Facilities:** Portable restrooms will be located on the Club property. Changing tents will be provided on the tennis courts for swimmer use. Club showers and toilets will be closed during this event.

Please observe roped off areas, including the baby pool (this will be closed during the meet).

**Safety:** Volunteer safety marshals wearing bright yellow vests will be patrolling the grounds. If assistance is needed, please find a marshal or lifeguard.

**Weather Delays:** In the event of delays due to weather, email will be the primary form of communication. In an emergency, please call Dave Gordon at 845-981-9770 or Christa Daukshus at 610-597-0863.

**Coach Relays:** There will be two (2) heats of the coach relays. Only 1 entry will be permitted per team. It will be swum in the break between the 200 freestyle crescendo relay and the start of the afternoon session.

**Team Areas:** There will be areas designated to each team, please note some areas are macadam and some areas have limited shade. It is recommended to bring tents and ground covering accordingly.

**Team Tents:** Each team is encouraged to decorate their team tent and show their team spirit. A prize will be awarded to the best team tent.

**Conduct:** Please follow good sportsmanship conduct, and please respect the rights of the other swimmers, competitors, members, and neighbors of the Stones Crossing Swim Club.

**2019 ABE Suburban League Championships  
Hosted by Stones Crossing Swim Club**

- #5 Girls 13 & Over Medley Relay
- #6 Boys 13 & Over Medley Relay
- #7 Girls 13-14 50 Meter Freestyle
- #8 Boys 13-14 50 Meter Freestyle
- #9 Girls 15-18 100 Meter Freestyle
- #10 Boys 15-18 100 Meter Freestyle
- #11 Girls 13-14 50 Meter Butterfly
- #12 Boys 13-14 50 Meter Butterfly
- #13 Girls 15-18 50 Meter Butterfly
- #14 Boys 15-18 50 Meter Butterfly
- #15 Girls 13-14 100 Meter Individual Medley
- #16 Boys 13-14 100 Meter Individual Medley
- #17 Girls 15-18 100 Meter Individual Medley
- #18 Boys 15-18 100 Meter Individual Medley
- #19 Girls 13-14 50 Meter Backstroke
- #20 Boys 13-14 50 Meter Backstroke
- #21 Girls 15-18 50 Meter Backstroke
- #22 Boys 15-18 50 Meter Backstroke
- #23 Girls 13-14 50 Meter Breaststroke
- #24 Boys 13-14 50 Meter Breaststroke
- #25 Girls 15-18 50 Meter Breaststroke
- #26 Boys 15-18 50 Meter Breaststroke
- #27 Girls 6-18 200 Meter Freestyle Crescendo Relay
- #28 Boys 6-18 200 Meter Freestyle Crescendo Relay
- #29 Girls 12 & Under 200 Medley Relay
- #30 Boys 12 & Under 200 Medley Relay
- #31 Girls 8 & Under 25 Meter Freestyle
- #32 Boys 8 & Under 25 Meter Freestyle
- #33 Girls 9 & 10 50 Meter Freestyle
- #34 Boys 9 & 10 50 Meter Freestyle
- #35 Girls 11-12 50 Meter Freestyle
- #36 Boys 11-12 50 Meter Freestyle
- #37 Girls 8 & Under 25 Meter Butterfly
- #38 Boys 8 & Under 25 Meter Butterfly
- #39 Girls 9-10 25 Meter Butterfly
- #40 Boys 9-10 25 Meter Butterfly
- #41 Girls 11-12 50 Meter Butterfly
- #42 Boys 11-12 50 Meter Butterfly
- #43 Girls 11-12 100 Meter Individual Medley
- #44 Boys 11-12 100 Meter Individual Medley
- #45 Girls 8 & Under 25 Meter Backstroke
- #46 Boys 8 & Under 25 Meter Backstroke
- #47 Girls 9-10 25 Meter Backstroke
- #48 Boys 9-10 25 Meter Backstroke
- #49 Girls 11-12 50 Meter Backstroke
- #50 Boys 11-12 50 Meter Backstroke
- #51 Girls 8 & Under 25 Meter Breaststroke
- #52 Boys 8 & Under 25 Meter Breaststroke
- #53 Girls 9-10 25 Meter Breaststroke
- #54 Boys 9-10 25 Meter Breaststroke
- #55 Girls 11-12 50 Meter Breaststroke
- #56 Boys 11-12 50 Meter Breaststroke