

2018
TWIN VALLEY SWIM TEAM
SUNRISE SWIMFEST
INVITATIONAL

Meet Director: Heather Hurley hhurley@pavcs.us 484-364-1373

Facility: Twin Valley Pool
5981 Morgantown Road
Morgantown, PA 19543
Five Lanes, 25 yards

Directions: We are located right next to the entrance of the Morgantown Interchange of the PA Turnpike along Route PA-10.

From the North, take I-176 South and take Exit 1, PA-10 towards Morgantown/Beckersville. At the bottom of the off-ramp, turn right onto PA-10 South and the entrance to the pool is immediately on your left.

If travelling the PA Turnpike, exit at the Morgantown Interchange. After the tollbooth, take the 2nd exit (1B) towards PA-10 South. Merge onto PA-10 South and the entrance to the pool is about ¼ mile on your left.

Date: Saturday, June 30, 2018

Time: Warm-up begins at 7:00AM
Meet begins at 9:00AM

Warm-up: Each club will be assigned specific warm up time. May have to combine lanes depending on swimmer numbers from each team. We will try to allow a few minutes of unassigned warm up for those swimmers who may arrive late to their assigned warm up.
One coach only per team **must be on deck** with their team during warm-ups.
Feet first entries **ONLY** until cones are removed from starting block.

Eligibility: All swimmers must meet summer membership requirements of their team.
All ages are as of **July 24th**.

Limitations: Swimmers may participate in as many events as the swimmer chooses.

- Lane Seeding:** If times are available, we will seed with times, otherwise all “no time” swimmers will be randomly seeded.
- Awards:** Medals will be awarded for first through third place and ribbons awarded for fourth through eighth place. Awards will be given by age in all open events such that awards will be given for 9-10, 11-12, 13-14, and 15 and up age groups in all open events and distances.
- Entries:** **All entries must be received by 8:00 PM Friday, June 22nd or sooner.**
Send to hhurley@pavcs.us or drop off at Twin Valley Pool Attn: Heather Hurley
A meet manager file will be sent out as soon as it is ready to all coaches.
- Cost:** \$5 per event; make all team checks payable to:
Twin Valley Swim Team
\$8 per event for deck entries day of meet.
- Coaches:** The coach of every team is responsible for the accuracy of your meet entry. You are also responsible for the conduct of your team for the entire day. Coaches are allowed on deck during the meet, but please stay out of the clerk-of-course area! Also, please keep all parents, team photographers and “helpers” off the deck at all times or behind the taped off areas.
One team coach must be on deck with your team during warm-ups.
- T-Shirts:** T-shirts may be available day of meet for \$15
- Nurse:** A registered nurse will be available during the meet.
- Concessions:** Reasonably priced food will be available at the food table by the locker rooms.
“Best of Berks” Twin Valley Coffee may be available!
- Officials:** If your team has any officials that would like to help out with the meet, we would be happy to put them into our rotation. So, please let me know if you have any officials who would like to help out at our meet. Walk-ons will gladly be accepted a well.

Girls Event #	Event Name	Boys Event #
1	8 & Under 25 Freestyle	2
3	Open 50 Freestyle	4
5	Open 100 Freestyle	6
7	8 & Under 25 Breaststroke	8
9	Open 50 Breaststroke	10
11	Open 100 Breaststroke	12
13	12 & Under 100 IM	14
15	Open 200 IM	16
17	8 & Under 25 Backstroke	18
19	Open 50 Backstroke	20
21	Open 100 Backstroke	22
23	8 & Under 25 Butterfly	24
25	Open 50 Butterfly	26
27	Open 100 Butterfly	28
29	Open 400 Free	30

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TEAM INFORMATION SHEET

Team/Club Name _____

Coaches Names: _____ Phone: _____

_____ Phone: _____

_____ Phone: _____

Email Address for Main Contact Person: _____

Total Participants _____

Total number of events entered in meet _____ X \$5.00

TOTAL ENTRY FEE _____