



ELIZABETHTOWN AQUATIC CLUB

The Nineteenth Annual

FROSTY FROLIC

MINI MEET

Sunday, January 4, 2009

Alternate date - January 8, 2009

ELIGIBILITY: Meet is open to all swimmers who are 10 and under as of January 4, 2009. Swimmers must swim in the events according to their age as of January 4, 2009.

LOCATION: Meet will be held at the Elizabethtown College / Alumni Pool in the Baugher Student Center (Campus Center on Map). Primary parking is in parking lot behind the Campus Center and the entrance is located at the handicap parking side of the building. Map is enclosed.

MEET FORMAT:

- 11:00 A.M. - WARMUPS BEGIN (Lanes will be assigned)
- 12:00 NOON - Coaches Scratch Meeting
- 12:30 P.M. - MEET BEGINS

ENTRY DEADLINE: All entries must be received by E.A.C. by December 29, 2008. Absolutely no entries will be accepted after this date. Entries will be limited to the first 250 swimmers entered. The Elizabethtown Aquatic Club reserves the right to refuse any entries after the limit is reached. There is no limit on the number of events each swimmer may enter.

ENTRY FEES:

- \$3.00 per individual event
- \$12.00 per relay event (\$3.00 x 4 swimmers)

MAKE CHECKS PAYABLE TO Elizabethtown Aquatic Club. Only one check per Team will be accepted. Entries will not be accepted unless accompanied by full payment of entry fees.

ENTRIES: All entries must be submitted via email using the hy-tek computer system to Jim Johns. Please be sure of the correct email address listed jmjohns4@comcast.net Teams must also mail a paper copy of their entries and a check for the entries to Elizabethtown Aquatic Club at the address listed below. No individual entries will be accepted. Teams must submit their entries as a team. All entries will be confirmed that they were received and entered.

SEND PAPER ENTRIES TO:

- Elizabethtown Aquatic Club
- Box 351
- Elizabethtown, P A 17022

QUESTIONS MAY BE DIRECTED TO THE MEET DIRECTOR: Robyn Bauder at 717-944-0247 or email at robynbauder@comcast.net or to Coach Ken Chandler at 717-653-9106; additional information is available on the EAC website (www.eacgators.com) or by email to Ken Chandler (kenbeth@comcast.net)

AWARDS: Medals will be awarded for 1st, 2nd, and 3rd place, and custom made awards will be given for 4th through 12th place for all events. Heat awards will be given and a ribbon will be awarded to each participant.

FACILITY: Six (6) lane, 25 yard pool with non-turbulent lane lines. Colorado timing with six lane readout will be used for all events of 50 yards or more. Excellent spectator facilities are provided.

REFRESHMENTS: Assorted foods and drinks will be available for purchase throughout the meet. Refreshment stand will be operated by Elizabethtown Aquatic Club.

ADMISSION: \$3.00 per person plus \$3.00 for each program.

DIRECTIONS TO ELIZABETHTOWN

From the West: PA Turnpike to Exit 19. Take 283 East to 743. Take 743 south through Elizabethtown to College Avenue. Turn left and proceed to Mount Joy Street and turn right go to stop sign and turn left on to Cedar Street go up the hill & parking is on left. Map is included.

From the East: Route 30 west to Lancaster. Take 283 West to 743 Exit (Hershey-Elizabethtown). Take 743 south through Elizabethtown to College Avenue. Turn left and proceed to Mount Joy Street and turn right, go to stop sign and turn left on to Cedar Street go up the hill & parking is on left. Map is included.

From the South: Take 1-83 north to York. Take Route 30 east to Route 441 North. Go approximately four (4) miles and take Route 743 north to Elizabethtown. Follow Route 743 to College Avenue and turn right and proceed to Mount Joy Street and turn right, go to stop sign and turn left on to Cedar Street go up the hill & parking is on left. Map is included.

From the North: Via 1-81 South. Exit at Harrisburg for Route 1-83 south; proceed for three (3) miles to Exit for Route 283. Take 283 East to 743. Take 743 south through Elizabethtown to College Avenue. Turn left and proceed to Mount Joy Street and turn right, go to stop sign and turn left on to Cedar Street go up the hill & parking is on left. Map is included.

LODGING

Conewago Valley Motor Inn
1688 Hershey Road, Elizabethtown
(717) 367-4320

Holiday Inn Express
147 Merts Drive, Elizabethtown
(717) 367-4000

Cameron Estate Inn
Donegal Springs Road, Mount Joy
(717) 653-1773

Blue Note Motor Inn
Route 441, Marietta
(717) 426-1991

**FROSTY FROLIC INVITATIONAL
SCHEDULE OF EVENTS**

GIRLS

BOYS

1	10 & U 100M I.M.	2
3	6 & U 25M Free	4
5	7 Y/O 25M Free	6
7	8 Y/O 25M Free	8
9	9 Y/O 50M Free	10
11	10 Y/O 50M Free	12
13	6 & U 25M Back	14
15	7 Y/O 25M Back	16
17	8 Y/O 25M Back	18
19	9 Y/O 50M Back	20
21	10 Y/O 50M Back	22
23	8 & U 100 Free Relay	24
25	10 & U 200 Free Relay	26
27	7 & U 25M Breast	28
29	8 Y/O 25M Breast	30
31	9 Y/O 50M Breast	32
33	10 Y/O 50M Breast	34
35	7 & U 25M Butterfly	36
37	8 Y/O 25M Butterfly	38
39	9 Y/O 50M Butterfly	40
41	10 Y/O 50M Butterfly	42