



ELIZABETHTOWN AQUATIC CLUB

The 30th Annual **FROSTY FROLIC**

MINI MEET

Sunday, January 5, 2020

ELIGIBILITY: Meet is open to all swimmers who are 10 and under as of January 5, 2020. Swimmers must swim in the events according to their age as of January 5, 2020.

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) |
| 11:45 A.M.- | Coaches Scratch Meeting |
| 12:30 P.M. - | MEET BEGINS |

ENTRY DEADLINE: All entries must be received by E.A.C. by December 22, 2019. 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:

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|-----------------------------------------------|
| \$4.00 per individual event |
| \$16.00 per relay event (\$4.00 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 and paper copy. Please use the hy-tek computer system to create your team's entries and email them to eac.swim.club@gmail.com. In addition, 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 |
| PO Box 351 |
| Elizabethtown, PA 17022 |

QUESTIONS MAY BE DIRECTED TO THE MEET DIRECTOR: Des Houck at 717-989-2980 or email at eac.swim.club@gmail.com 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 (coachken80@gmail.com)

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. Note: 10 & under 100 IM will be scored separately for 8y/o & U and 9-10y/o but run as a single event.

FACILITY: Six (6) lane, 25 yard pool with non-turbulent lane lines. Colorado Dolphin timers will be used for all events. Excellent spectator facilities are provided.

REFRESHMENTS: Assorted foods and drinks will be available for purchase throughout the meet in the college's Jay's Nest. Refreshment stand will be operated by Elizabethtown Aquatic Club.

T-SHIRTS: T-shirt sales will be available for pre-order, please visit https://stores.inksoft.com/eac_frosty_frolic/shop/home. You can also go to etownsportinggoods.com and look under Frosty Frolic Invitational. Limited quantities will be available at the event.

SWIM SHOP: Metro Swim Shop will have various swim suits, goggles and other swim accessories for sale.

ADMISSION: \$5 per person. 12 and under is free admission for spectators. Program included in the price of admission.

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.

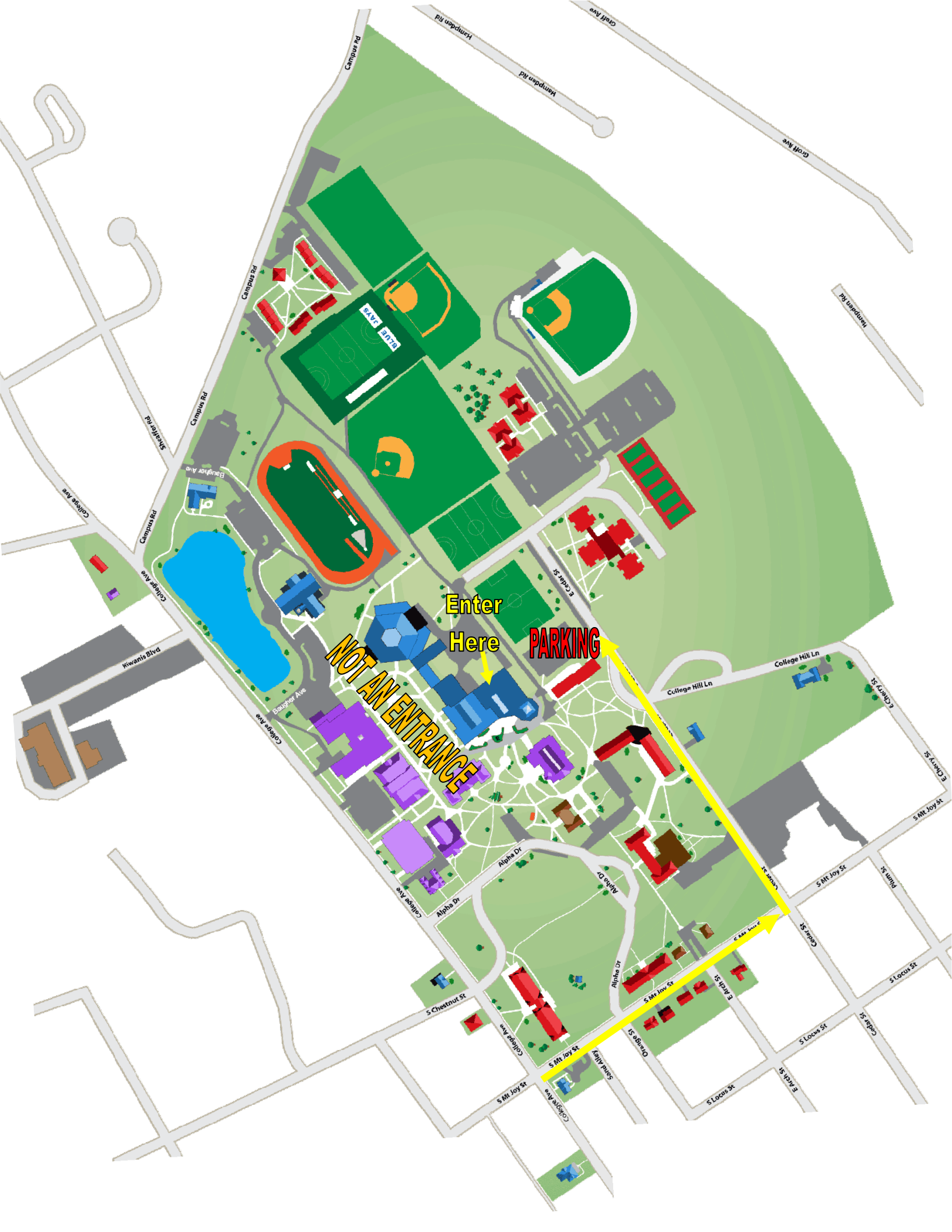
From the East: Route 30 west to Lancaster. Take 283 West to 743 Exit (Hershey-Elizabethtown). Take 743 south through Elizabethtown to College Avenue. Turn left and proceed to Mount Joy Street and turn right, go to stop sign and turn left on to Cedar Street go up the hill & parking is on left. Map is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

**FROSTY FROLIC INVITATIONAL
SCHEDULE OF EVENTS**

| <u>GIRLS</u> | <u>EVENTS</u> | <u>BOYS</u> |
|---------------------|--------------------------------|--------------------|
| 1 | 10 & U 100Y I.M. | 2 |
| 3 | 6 & U 25Y Free | 4 |
| 5 | 7Y/O 25Y Free | 6 |
| 7 | 8Y/O 25Y Free | 8 |
| 9 | 9Y/O 50Y Free | 10 |
| 11 | 10Y/O 50Y Free | 12 |
| 13 | 6 & U 25Y Back | 14 |
| 15 | 7Y/O 25Y Back | 16 |
| 17 | 8Y/O 25Y Back | 18 |
| 19 | 9Y/O 50Y Back | 20 |
| 21 | 10Y/O 50Y Back | 22 |
| 23 | 8 & U 100Y Free Relay | 24 |
| 25 | 10 & U 200Y Free Relay | 26 |
| 27 | 7Y/O 25Y Breast | 28 |
| 29 | 8Y/O 25Y Breast | 30 |
| 31 | 9Y/O 50Y Breast | 32 |
| 33 | 10Y/O 50Y Breast | 34 |
| 35 | 7 & U 25Y Butterfly | 36 |
| 37 | 8Y/O 25Y Butterfly | 38 |
| 39 | 9Y/O 50Y Butterfly | 40 |
| 41 | 10Y/O 50Y Butterfly | 42 |
| 43 | 8 & U 100Y Mixed Medley Relay | |
| | 10 & U 200Y Mixed Medley Relay | 44 |



Enter Here

PARKING

NOT AN ENTRANCE