



## 2024 North Penn Trophy Meet

Dear Coaches & Parents:

Enclosed please find information on the 2023 North Penn Trophy Meet, which is scheduled for **Sunday, November 24<sup>th</sup>, 2024**. The North Penn Trophy Meet is an “all level” meet. For the 6&U, 8&U, and 10&U age groups, trophies will be awarded in each event for places one through six, medals for places seven through twelve, and ribbons for places thirteen through eighteen. For the 13/14 and 15&over age groups, trophies will be awarded for first place in each event, medals for places two through twelve, and ribbons for places thirteen through eighteen.

In addition, there is a high point trophy for the first-place boy and girl in the 6&U, 8&U, 10&U, and 12&U age groups. To our knowledge, this is the only meet of its kind that gives out this caliber of awards!

### **This meet is MA approved - MA 2513 AP**

The meet will take place at North Penn High School Pool located in Lansdale, PA. North Penn High School aquatic facility is a state-of-the-art indoor 25-yard pool, which features 8 lanes, competitor lane lines, Daktronics 8-lane automatic timing and an 8-lane readout board.

Please note that all communication with the Meet Director regarding entries and time **MUST** come from a coach or team representative. The Meet Director **WILL NOT** discuss entries directly with parents or swimmers.

The 9-12 100 IM's (events #27-30) will be limited to 5 heats – swimmers **MUST** have a time (no NT's will be accepted). 13&over 200 free (events #31-32) and 13&over 200 IM (events #43-44) will be limited to 8 heats – swimmers **MUST** have a time (No NT's will be accepted). Once the limits have been reached; the event will be closed. Additional swimmers wishing to enter will be added to the waiting list and will be added in the order they are received.

All IM events, as well as the 13&over 200 free will be a positive check in.

All sessions of this meet fill quickly. Please email entries as soon as possible.

This is a fun event giving swimmers a chance to participate in an additional meet and to receive some very nice awards.

Sincerely,  
Rosie Cook  
Trophy Meet Director

## ***NORTH PENN AQUATIC CLUB TROPHY MEET***

[www.northpennaquaticclub.org](http://www.northpennaquaticclub.org)

Mid Atlantic Approval Pending

When: Sunday, November 24<sup>th</sup>, 2024

Where: North Penn High School  
1340 Valley Forge Rd  
Lansdale, PA 19446  
(intersection of Sumneytown Pike and Valley Forge Road)

Warm-Up: Session 1: 8/under 7:00 AM warm up 7:50 AM Start  
  
Session 2: 9/10s & 11/12s 10:00 AM warm up 11:20 AM Start  
  
Session 3: 13&over 3:45 PM warm up 4:45 PM Start

**\*\*\*Warm up/Start times may be adjusted to accommodate the size of each session**

Facility: 8 lanes, 25-yard indoor pool, competitor lane lines, Daktronics 8 lane automatic timing and 8 lane readout board. Water depth at start end for 25s is 5 feet, 6 inches. Water depth at the start end for 50s, 100s, and 200s is 12 feet and turn end is 5 feet 6 inches. An adjacent warm up/warm down pool is available for swimmers.

Rules: US Swimming/SAL rules will apply.

Eligibility: This meet is open to any swimmer who is registered with a Suburban Aquatic League team or select YMCA teams. **Age of swimmer as of October 31, 2024 will determine swimmer's age group.** Any swimmer falsifying birthdates will be stripped of any awards. Any swimmer, coach and/or parent may be barred from future meets.

Qualifying Times: Qualifying times are not required for any events. The 9-12 100 IM's (events #27-30) will be limited to 5 heats – swimmers MUST have a time (no NT's will be accepted). 13&over 200 free (events #31-32) and 13&over 200 IM (events #43-44) will be limited to 8 heats – swimmers MUST have a time (No NT's will be accepted). Once the limits have been reached; the event will be closed. Additional swimmers wishing to enter will be added to the waiting list and will be added in the order they are received.

Entries: **Entries will open Monday October 7<sup>th</sup>. They must be received no later than Sunday, October 27, 2024. We expect this meet will reach capacity & will close well before the deadline. Please email early!**

**Warm up may be changed according to meet entries. Make sure your USA swimmers have their US numbers listed and they are correct. NPAC cannot be responsible for times not uploaded to SWIMS due to missing or incorrectly provided US numbers.**

Email/Mail To: please email entry file to:  
[northpenmeetdirector@gmail.com](mailto:northpenmeetdirector@gmail.com)

Please mail a print out of your entries and check to:  
Rosie Cook  
2901 Bayton Rd  
Norristown, PA 19403  
610-470-7093

Entry fee: \$5.00 per event.  
Make checks payable to "NPAC".  
**A maximum of 5 events per swimmer.**

Late entries/  
Deck entries Any entry received after October 27, 2024 will be considered a late entry. Late entries will be accepted if space is available at \$10 per event. Late entries received after November 10, 2024 will be entered as NT and will not be in the meet program. Please note that late entries count toward the maximum of 5 events per swimmer. Deck entries will be accepted at \$10 per event if space is available.

Spectators: Admission is free. Heat sheets and meet programs will be provided to coaches/teams the week of the meet. Meet results will be available via Meet Mobile.

Meet director: For questions contact:  
Rosie Cook, [northpenmeetdirector@gmail.com](mailto:northpenmeetdirector@gmail.com), 610-470-7093

Awards: 6&U, 8&U, 10&U, 12&U  
-Trophies: 1<sup>st</sup> - 6<sup>th</sup>  
-Medals: 7<sup>th</sup>- 12<sup>th</sup>  
-Ribbons: 13<sup>th</sup> - 18<sup>th</sup>  
-A High Point Trophy will be awarded to the boy and girl in each age group with the most points.  
14&U, 15&over  
-Trophies: 1<sup>st</sup> - 3<sup>rd</sup>  
-No High Point trophies will be awarded for 14&U or 15&Over  
  
-Frank W. Bartle Award: The overall winner of the boys and girls open 200-yard freestyle (in lieu of the 1<sup>st</sup> place trophy)  
  
- Marcus Papanikoloau Award: The overall winner of the boys and girls open 50-freestyle (in lieu of the 1<sup>st</sup> place trophy)

Positive Check In: All IM's and both 13&over 200 freestyle events will be positive check in events. **Any swimmer who does not check in by the specified time will not be seeded to swim that event.**

Miscellaneous: **Team area will be limited to athletes, coaching staff and event staff.**

**Please note that all communication with the Meet Director regarding entries and time MUST come from a coach or team representative. The Meet Director WILL NOT discuss entries directly with parents or swimmers.**

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck Changes are prohibited

Operation of a drone, or any other flying apparatus, is prohibited over the venue(pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.

Concessions: Food and beverages will be on sale in the lobby.  
Swim Apparel will be on sale.  
**No food allowed in the pool area!**

Smoking: Smoking is not permitted anywhere on school property.

Volunteers: **Each team will be asked to provide one timer for every 6 swimmers registered per session.**

Officials: Certified US Officials – please contact Rosie Cook – [northpenmeetdirector@gmail.com](mailto:northpenmeetdirector@gmail.com)

## EVENTS

**Session 1 8/Under girls/boys**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| #1 8/Under Girls 25 Yard Freestyle    | #2 8/Under Boys 25 Yard Freestyle    |
| #3 8/Under Girls 25 Yard Backstroke   | #4 8/Under Boys 25 Yard Backstroke   |
| #5 8/Under Girls 25 Yard Breaststroke | #6 8/Under Boys 25 Yard Breaststroke |
| #7 8/Under Girls 25 Yard Butterfly    | #8 8/Under Boys 25 Yard Butterfly    |
| #9 8/Under Girls 50 Free              | #10 8/Under Boys 50 free             |

**\*\*All 8&U events will be swum together but 7&8's and 6&U's awarded separately**

**Session 2 9/10 & 11/12 girls/boys**

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| #11 11/12 Girls 50 Yard Freestyle    | #12 11/12 Boys 50 Yard Freestyle    |
| #13 9/10 Girls 50 Yard Freestyle     | #14 9/10 Boys 50 Yard Freestyle     |
| #15 11/12 Girls 50 Yard Backstroke   | #16 11/12 Boys 50 Yard Backstroke   |
| #17 9/10 Girls 50 Yard Backstroke    | #18 9/10 Boys 50 Yard Backstroke    |
| #19 11/12 Girls 50 Yard Breaststroke | #20 11/12 Boys 50 Yard Breaststroke |
| #21 9/10 Girls 50 Yard Breaststroke  | #22 9/10 Boys 50 Yard Breaststroke  |
| #23 11/12 Girls 50 Yard Butterfly    | #24 11/12 Boys 50 Yard Butterfly    |
| #25 9/10 Girls 50 Yard Butterfly     | #26 9/10 Boys 50 Yard Butterfly     |
| #27 11/12 Girls 100 Yard IM          | #28 11/12 Boys 100 Yard IM          |
| #29 9/10 Girls 100 Yard IM           | #30 9/10 Boys 100 Yard IM           |

**Session 3 13&over girls/boys**

- |   |  |
|---|--|
| #31 13&over Girls 200 Yard Freestyle    | #38 13&over Boys 100 Yard Breaststroke |
| #32 13&over Boys 200 Yard Freestyle     | #39 13&over Girls 50 Yard Freestyle    |
| #33 13&over Girls 100 Yard Backstroke   | #40 13&over Boys 50 Yard Freestyle     |
| #34 13&over Boys 100 Yard Backstroke    | #41 13&over Girls 100 Yard Butterfly   |
| #35 13&over Girls 100 Yard Freestyle    | #42 13&over Boys 100 Yard Butterfly    |
| #36 13&over Boys 100 Yard Freestyle     | #43 13&over Girls 200 Yard IM          |
| #37 13&over Girls 100 Yard Breaststroke | #44 13&over Boys 200 Yard IM           |

**13&over events will be swum together but the 13-14 age group and 15 & up age group will be awarded separately**

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