

MIDDLE ATLANTIC SENIOR LONG COURSE CHAMPIONSHIPS

Sponsored by Speedo

Revised 6/17/03 – 2 heats of relays at finals, fastest heat 1500 at finals



JULY 17-20, 2003

**Bucknell University
Lewisburg, PA 17837**

**SANCTIONED BY THE MIDDLE ATLANTIC LSC OF USA SWIMMING
SANCTION # 0384S**

TIME TRIAL SANCTION #0384TT

HOSTED BY MIDDLE ATLANTIC SWIMMING SENIOR COMMITTEE

GENERAL CHAIR	George Breen	MEET DIRECTOR	Tom Southmayd 610/892-9611
ADMIN CHAIR	Fred Killian	MEET REFEREE	
SENIOR CHAIR	Tom Southmayd	SAFETY DIRECTOR	Patric Mills Michael Ramone
OFFICIALS CHAIR	Fred Killian		

**MIDDLE ATLANTIC SWIMMING
2018 Naamans Road, Suite 3
Wilmington, DE 19810**

office@maswim.org

302/529-5859 (voice) 302/529-5549 (fax)

QUALIFYING TIMES – LC SENIOR CHAMPS 2003

Thursday Evening, July 17, 2003

Warm-Up - 5:00 PM Meet Starts - 6:00 PM

WOMEN

MEN

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
1	11:55.89	10:26.89	10:41.89	800 M Freestyle*	10:04.59	9:48.29	11:12.19	2

Friday, July 18, 2003

Prelim Warm-Up - 8:00 AM Meet Starts - 9:00 AM

Finals Warm-up – 5:00 PM Meet Starts – 6:00 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
3	2:27.29	2:42.79	2:44.69	200 M Butterfly	2:32.19	2:28.69	2:14.59	4
5	1:01.39	1:07.89	1:10.09	100 M Freestyle	1:04.09	1:01.19	55.39	6
7	2:26.59	2:41.99	2:47.59	200 M Backstroke	2:34.89	2:26.59	2:12.69	8
9	5:49.89	5:06.29	5:12.89	400 M Freestyle	4:53.29	4:44.69	5:06.29	10
11				400 M Freestyle Relay				12

Saturday Morning, July 19, 2003

Prelim Warm-Up - 8:00 AM Meet Starts - 9:00 AM

Finals Warm-up – 5:00 PM Meet Starts – 6:00 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
13	2:12.49	2:26.39	2:29.39	200 M Freestyle	2:19.19	2:13.49	2:00.79	14
15	2:45.29	3:02.59	3:08.49	200 M Breaststroke	2:54.29	2:45.89	2:30.09	16
17	28.39	31.29	32.39	50 M Freestyle	29.39	28.19	25.49	18
19	5:14.09	5:47.09	5:57.59	400 M Individual Medley	5:29.99	5:19.49	4:49.09	20
21				800 M Freestyle Relay				22

Sunday Morning, July 20, 2003

Prelim Warm-Up - 8:00 AM Meet Starts - 9:00 AM

Finals Warm-up – 5:00 PM Meet Starts – 6:00 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
23	1:07.29	1:14.29	1:16.09	100 M Butterfly	1:09.09	1:07.19	1:00.79	24
25	1:08.09	1:15.29	1:18.69	100 M Backstroke	1:11.99	1:08.29	1:01.79	26
27	1:16.79	1:24.79	1:27.79	100 M Breaststroke	1:20.59	1:16.49	1:09.19	28
29	2:28.59	2:44.09	2:48.09	200 M Individual Medley	2:37.19	2:29.89	2:15.69	30
31				400 M Medley Relay				32
33	19:58.89	19:51.99	20:28.49	1500 M Freestyle*	19:22.99	18:41.39	18:47.99	34

*Swimmers for the 800 M and 1500 M Freestyle must provide their own timer and counter.

Fastest heat of men and women in the 1500 will swim as the first event in finals.

Fastest 2 heats of each relay will swim at finals.

GENERAL INFORMATION

FACILITY: The Arthur D. Kinney Natatorium has an 8 lane, 50 meter pool equipped with lane lines and starting blocks. Pool depth at starting end to be announced. A Colorado timing system with an 8 lane scoreboard display will be used. There is a spectator area with seating for 500, the deck holds 300 and there is adequate parking.

ENTRIES: The meet is open to all swimmers registered with USA Swimming who meet the listed qualifying times and will be conducted according to current USA Swimming rules. A swimmer shall be permitted to compete in three (3) events per session. The entry fee is \$4.00 for each individual event and \$8.00 for each relay entered. MIDDLE ATLANTIC team entries received by July 1 will be entered in the order in which they are received. All Non-Middle Atlantic team entries will be entered after July 1 in the order in which they were received. All entries must be received NO LATER THAN 5 PM MONDAY, JULY 7, 2003! Entries submitted after this date will be rejected.

All entries must be submitted on a 3.5" computer disk using a HY-TEK compatible program (e.g. Commlink). A printed hard copy of the entries must accompany the disk. We encourage all clubs to enter on disk, regardless of the number of swimmers entered. If this is not possible, the official entry form must be used. If entering more than 5 swimmers on this form, a processing fee of \$5.00 per swimmer must be included. **Entries will not be considered received until entry fees arrive in the office.** You can also e-mail your entries to office@maswim.org. Send check and meet summary sheet (REQUIRED) to address below. **An e-mailed entry MUST contain the number of swimmers, the number of individual events and the number of relays in the text of the e-mail. The entry file from TM in MS Word document form MUST be attached. Entries received without this information will be returned.** If you send entries via e-mail DO NOT SEND A DISK VIA SNAIL MAIL. Please waive the signature on all FedEx, UPS, Express, etc deliveries.

Please send one check per club, payable to Middle Atlantic Swimming (Do not send individual checks for each swimmer.). Mail entries to:

Middle Atlantic Swimming Inc.
Attn: LC Senior Championships
2018 Naamans Road
Wilmington, DE 19810

At the discretion of the meet director and meet referee, deck entries may be accepted. Any swimmer wishing to deck-enter an event must do so before that event closes for seeding. The fee for deck-entering an event is \$8.00 and the swimmer will not be eligible for scoring or advancing to finals of prelim events.

MEET ENTRY LIMITATIONS: The meet director reserves the right to make any changes that become necessary to ensure the meet complies with Middle Atlantic guidelines.

ACCORDING TO USA/MA RULES, ALL ENTRIES MUST BE MADE WITH THE ACTUAL BEST TIMES OF THE SWIMMERS FOR THEIR EVENTS. A penalty of \$50 per event will be assessed on any swimmer who fails to swim the qualifying time in any event unless proof of time is provided. Bills will be sent to each club for those swimmers and the club will be required to pay the penalties or provide proof of time. Enforcement of this rule will be done on a basis to be determined by the Senior Committee.

EVENT SEEDING: This is a trials/finals meet with finals, consols and bonus for each individual event, except the 800 and 1500 M freestyles, which are timed final events. EACH EVENT WILL BE DECK SEEDED and preliminary heats will swim slowest to fastest. If a swimmer is using a short course yard or short course meter time to qualify for this meet, the entry time will be treated as non-conforming and seeded in the beginning heats. Times should NOT be converted for entry to this meet.

Relays will be timed final events. Fastest 2 heats of each relay event will swim at finals.

A positive check-in will be required for all events. Each coach will be given a list of his/her swimmers and their events in each session. The coach will indicate those swimmers to be positively checked in for each event, and may change this designation up to the closing time for each event. Swimmers checked in will be seeded in the event; swimmers not checked in may still swim by reporting to the referee prior to the start of the event. Any swimmer who is positively checked in for an event, and then does not swim that event, will be scratched from their next individual event.

The 800 and 1500 meter Freestyle events will swim **FASTEST TO SLOWEST**, alternating women and men. Competitors in the 800 and 1500 Free must provide their own timers and counters. **Fastest heat of the 1500 will swim as the first event at Sunday evening finals.**

SCRATCH RULE: Any swimmer who does not swim a pre-seeded preliminary or a pre-seeded timed-final event will not be penalized. Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day. Any swimmer who qualifies for a Finals (including Consolation or Bonus) heat in a Preliminary/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including Relays), unless the swimmer has indicated their possible intention to scratch within thirty (30) minutes of the announcement of the Preliminary results, and then confirmed their intention to scratch within thirty (30) minutes of the announcement of the Preliminary results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention will be seeded into the event and expected to swim. Swimmers who are initially announced as Alternates for a Finals heat will not be so penalized.

TIME TRIALS Time Trials will be available after Finals on Saturday and Sunday at a fee of \$8.00 per individual swim and \$12.00 per relay. To swim a Time Trial, a swimmer must be within 0.5-sec per 50-yd of the Sectional Championship Time Standard for that event. A swimmer may swim one Time Trial per day in an event; maximum of two Time Trials per day. A Time Trial event counts in the total allowable events to be swum each day (3 individual and 1 relay.) Time Trials are open to any USA Swimming registered swimmer

STARTING PROCEDURE: This meet will be conducted using the "No Recall" false start rule and the 'whistle command' starting procedure.

COACHES INFORMATION: The meet director may call a Coaches meeting twenty (20) minutes before the start of the first session. Coaches are responsible for the good behavior of their swimmers and the avoidance of vandalism. Swimmers must not enter posted areas. Teams are responsible for maintaining cleanliness in their areas during and after the meet sessions. **Coaches must have current USS coaches cards. No coach will be permitted on deck without this identification.**

IMPORTANT SAFETY NOTICE

WARMUPS: USA SWIMMING AND MIDDLE ATLANTIC SWIMMING RULES FOR SAFETY DURING WARM-UPS WILL BE IN EFFECT AT ALL TIMES. THIS INCLUDES THE USE OF THE WARM-UP POOL DURING THE COMPETITION. DIVING AND BACKSTROKE STARTS WILL BE PROHIBITED IN ANY PART OF THE POOL EXCEPT SPRINT LANES WHEN DESIGNATED. VIOLATORS OF THESE RULES WILL BE SUBJECT TO REMOVAL FROM THE REMAINDER OF THE WARM-UP PERIOD.

Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be strictly enforced.

Unaccompanied swimmers should check with the meet referee upon arrival.

MEET WARM-UP SCHEDULE:

TIME

Warmup 8:00 AM for all Prelims , 9:00 am start

Warmup 5:00 PM for all Finals, 6:00 pm start

USA-S and Middle Atlantic safety rules will apply at all times.

AWARDS: Medals will be awarded first through third place in all individual events. There will be no relay awards. Individual High Point Awards will be made to the three women and three men scoring the most points.

SCORING:

Place	1st	2nd	3rd	4th	5th	6th	7th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
Points	20	17	16	15	14	12	11	10	9	7	6	5	4	3	2	1

ADMISSION: Admission will be \$2.00 each day for adults. Heat sheets will be posted as soon as available.

RESULTS: The results will also be posted on the Middle Atlantic website (www.maswim.org) both for downloading and the online database. Disks will be returned with results file added upon request.

VOLUNTEER WORKERS: MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS: Each Middle Atlantic Club must submit the name and telephone number of a contact person with their entry form. The Senior Committee will contact the named individuals after the entries are submitted to arrange for the necessary workers to run the meet. **No entries will be accepted without a designated contact for workers. Middle Atlantic Clubs are responsible for fulfilling their obligations.** If you would like to officiate at this meet, please report to the head referee prior to the start of each session. If you have any questions, please call Fred Killian at 302.994.3389. **All officials and coaches on the deck must display their 2003 USA Swimming membership cards. No other people, except essential meet personnel, will be allowed on deck.**

DIRECTIONS: Driving Directions to Bucknell University by Automobile

Allentown (2 hours)

PA Turnpike Northeast Extension
Route 80 West to Exit 30
Route 15 South
At 7th traffic light, turn left
(Look for the Bucknell Athletic Stadium on the left.)

Harrisburg (1:15 hours)

Route 83 North
Route 81 South
Route 322 West
Routes 11&15 North
When Routes 11 & 15 split, stay on Route 15 (Tedd's Landing is on your right; KMart on your left)
Approx. 7 miles after Selinsgrove / Shamokin Dam, you'll come to a stop light. Bucknell is on your right.
(Look for the Bucknell Athletic Stadium on right.)

Philadelphia (3.5 hours)

PA Turnpike Northeast Extension
Route 80 West to Exit 30
Route 15 South
At 7th traffic light, turn left
(Look for the Bucknell Athletic Stadium on the left.)

Reading (2 hours)

Route 422 West
Route 61 North
Route 54 West
Route 642 West
Route 45 West
Cross Bridge into Lewisburg
Turn left on 7th Street.
(This leads directly to campus.)

State College (1 hour)

Route 26 North
Route 322 East
Route 45 East
Route 15 South
At the next traffic light, turn left
(Look for the Bucknell Athletic Stadium on the left.)

ACCOMODATIONS:

Holiday Inn Express
570/568-1100

Lewisburg Hotel
570/523-7800

MIDDLE ATLANTIC SENIOR CHAMPIONSHIP SUMMARY

July 17-20, 2003

THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANK.

Team Name _____ Club Code _____

Head Coach _____ Email: _____

Address _____

City _____ State _____ Zip Code _____

Telephone: Home () _____ Office () _____

ENTRY FEES: Women's Events _____ @ \$4.00 \$ _____

Men's Events _____ @ \$4.00 \$ _____

Relay events _____ @\$8.00 \$ _____

Manual Entry Processing fee _____ swimmers @ \$5.00 \$ _____

(For non-disk entry swimmers only)

Total \$ _____

TOTAL NUMBER OF SWIMMERS _____ **TOTAL NUMBER INDIVIDUAL EVENTS** _____

WORKER CONTACT PERSON: This person will be responsible for obtaining the workers for your club for this meet. The senior committee will contact them after the entries are submitted. No entries will be accepted without this information.

NAME: _____ TELEPHONE: _____

FAX PHONE: _____ EMAIL: _____

- Did you?**
- _____ include print-out from Commlink or Team Manager
 - _____ check qualifying times
 - _____ enclose completed summary
 - _____ enclose disk or e-mail the entry
 - _____ enclose check with this form so that you will receive credit for payment

ENTRY DEADLINE: Received by 5:00 PM, July 7, 2003. No entries will be accepted after that date. Please make checks payable to Middle Atlantic Swimming. One check per club, please. Mail entries to:

Middle Atlantic Swimming Inc.
Attn: LC Senior Championship
2018 Naamans Road, Suite 3
Wilmington, DE 19810

I certify that all swimmers from this team entered in the Fall Classic are current members of USA Swimming and that all coaches from this team who will attend the meet hold current coaching credentials.

Head Coach _____

