



# Middle Atlantic Swimming

## SENIOR CHAMPIONSHIPS

**Wednesday, July 14 – Saturday, July 17, 2004**

**BUCKNELL UNIVERSITY, LEWISBURG, PA**

Held under the Sanction of USA Swimming

Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0482 S

Time Trial Sanction # MA 0482 TT

<b>LOCATION</b>	<p><b>Arthur D. Kinney Natatorium</b>, Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837</p> <p>Day of meet <b>ONLY emergency phone: 570-577-3679</b></p>
<b>ENTRY DEADLINE</b>	<p><b>MIDDLE ATLANTIC Team entries received by June 30, 2004</b> will be entered in the order in which they are received. All non-Middle Atlantic Team entries will be entered after June 30 in the order in which they were received. All entries must be received <b>NO LATER THAN 4 PM, THURSDAY, JULY 1, 2004!</b> Entries submitted after this date will be rejected.</p>
<b>FACILITIES</b>	<p>8-lane, 50-meter pool equipped with Competitor lane lines and Paragon starting blocks. Pool depth at starting end is 14.5 feet. A Colorado timing system with an 8-lane scoreboard display will be used. There is a spectator area with seating for 600 persons; the deck holds 300 athletes and there is adequate parking. A snack bar will be available during the meet.</p> <p>Please visit the Bucknell University Web Site for Visitor Information:  <a href="http://www.bucknell.edu/visitors/index.html">http://www.bucknell.edu/visitors/index.html</a></p>
<b>IMPORTANT FACILITY INFORMATION</b>	<p><b><u>Athlete Drop-Off area:</u></b> will be at the rear of the Sojka Pavilion near the loading dock. Vehicles will not be able to park in this area after dropping off athletes.  <b><u>Team/Athlete/Officials Entrance:</u></b> will also be at the rear of the Sojka Pavilion.  <b><u>Spectator Entrance:</u></b> Front entrance of the Sojka Pavilion. <b>NO ATHLETES OR MEET PERSONNEL PLEASE.</b></p> <p><b><u>Parking:</u></b> Is available on campus in any legal parking spot. Illegally parked cars will be towed. There is a large parking lot located behind the football stadium.</p> <p><b><u>NO FOOD ON DECK:</u> The facility is adamant that no food or drink OF ANY</b></p>

	<p><b>KIND is allowed on the pool deck or in the locker rooms. Swimmers bringing food or drink on deck or into locker rooms will be removed from the facility. Food can be eaten in the lobby or up in the concourse. Water will be made available to athletes on the pool deck.</b></p>
<p><b>MEET DIRECTOR</b></p>	<p>Stephanie Rozick 5249 W. Buffalo Run Road Port Matilda, PA 16870</p> <p>814 234-8955 <a href="mailto:bcatmeet@adelphia.net">bcatmeet@adelphia.net</a></p>
<p><b>SAFETY DIRECTOR</b></p>	<p>Patric C. Mills, Michael Ramone 302/529-5859</p>
<p><b>MEET REFEREE / OFFICIALS</b></p>	<p>Jim Leigh 215.572.0787, or <a href="mailto:leighjj@comcast.net">leighjj@comcast.net</a></p> <p>Due to the meet location, we do not expect an abundance of Officials at the meet. Any Official that is available and willing to help at the Meet is urged to contact Fred Killian at <a href="mailto:officials@maswim.org">officials@maswim.org</a> , or by calling 302-994-3389. Your help in making this Meet a success will be greatly appreciated.</p>
<p><b>ELIGIBILITY</b></p>	<p>The meet is open to all swimmers registered with USA Swimming who meet the listed qualifying times. The Meet will be conducted according to current USA Swimming Rules.</p>
<p><b>ENTRY INSTRUCTIONS</b></p>	<p>All entries must be submitted on a disk using HY-TEK or compatible software. 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 five (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.</p> <p style="text-align: center;">OR</p> <p>E-mail your entries to <a href="mailto:office@maswim.org">office@maswim.org</a>. Send check and meet summary sheet (REQUIRED) to address below. An e-mailed entry MUST contain the name of the team and contact person, along with 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 US MAIL. Please waive the signature on all FedEx, UPS, Express, etc deliveries.</p> <p>Please send one check per club, payable to Middle Atlantic Swimming (Do not send individual checks for each swimmer.). Mail entries to:</p> <p style="text-align: center;">Middle Atlantic Swimming Inc. Attn: LC Senior Championships 2018 Naamans Road Wilmington, DE 19810</p>
<p><b>ENTRY / EVENT LIMITATIONS</b></p>	<p><b>A swimmer may swim three (3) individual events per day, not including relays. A time trial event will be considered as an individual event.</b></p> <p>The Meet Director reserves the right to make any changes that become necessary to ensure the meet complies with Middle Atlantic guidelines. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>

<b>WARM-UP &amp; START TIMES</b>	<p>Wednesday 4:30 pm warm-up / 6:00 pm start</p> <p>Thursday/Friday/Saturday <b>PRELIMS</b> 7:30 am warm-up / 9:00 am start</p> <ul style="list-style-type: none"> <li>▪ <b>Saturday 1500 (except top 8) 1: 30 pm warm-up / 2:30 pm start</b></li> </ul> <p><b>FINALS</b> 4:00 pm warm-up / 5:00 pm start</p>																								
<b>FINALS</b>	<p>The following events are Timed Finals: all Relays, 800 Free and 1500 Free (fastest 8 in men/women's 1500 will swim at Saturday Finals.) All other events will have a C-Final, a B-Final and an A-Final, swum in that order.</p>																								
<b>RELAYS</b>	<p>All relays are Timed Finals and will be deck-seeded. The fastest two (2) heats of each relay will swim at Finals. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet, upon payment of the meet surcharge and submission of proof of 2004 registration.</p>																								
<b>DECK-SEEDED EVENTS</b>	<p>The 400-Free, 800-Free, 1500-Free and 400IM Individual Events will be deck-seeded; check-in times are listed below. The 800-Free will be swum fast-to-slow, alternating women/men. The fastest heat of women and men 1500-Free will swim at Saturday Finals; the other heats will swim in the afternoon, slow-to-fast, alternating women/men. [The afternoon heats will be timed so that the last heat finishes just before the start of the Finals warm-up.] The 400-Free and 400IM will swim in normal Prelim order.</p>																								
<b>CHECK-IN FOR DECK-SEEDED EVENTS</b>	<table border="1" data-bbox="440 1131 1451 1413"> <thead> <tr> <th>DAY</th> <th>EVENT</th> <th>CHECK-IN CLOSES</th> </tr> </thead> <tbody> <tr> <td>Wednesday</td> <td>800 Freestyle</td> <td>5:15 pm</td> </tr> <tr> <td>Thursday</td> <td>400 Freestyle</td> <td>9:30 am</td> </tr> <tr> <td>Thursday</td> <td>400 Free Relay</td> <td>10:00 am</td> </tr> <tr> <td>Friday</td> <td>400 IM</td> <td>9:30 am</td> </tr> <tr> <td>Friday</td> <td>800 Free Relay</td> <td>10:00 am</td> </tr> <tr> <td>Friday (Saturday event )</td> <td>1500 Freestyle</td> <td>6:00 pm</td> </tr> <tr> <td>Saturday</td> <td>400 Medley Relay</td> <td>10:00 am</td> </tr> </tbody> </table>	DAY	EVENT	CHECK-IN CLOSES	Wednesday	800 Freestyle	5:15 pm	Thursday	400 Freestyle	9:30 am	Thursday	400 Free Relay	10:00 am	Friday	400 IM	9:30 am	Friday	800 Free Relay	10:00 am	Friday (Saturday event )	1500 Freestyle	6:00 pm	Saturday	400 Medley Relay	10:00 am
DAY	EVENT	CHECK-IN CLOSES																							
Wednesday	800 Freestyle	5:15 pm																							
Thursday	400 Freestyle	9:30 am																							
Thursday	400 Free Relay	10:00 am																							
Friday	400 IM	9:30 am																							
Friday	800 Free Relay	10:00 am																							
Friday (Saturday event )	1500 Freestyle	6:00 pm																							
Saturday	400 Medley Relay	10:00 am																							
<b>DECK ENTRIES /TIME TRIALS</b>	<p>Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but the swimmer will not advance to Finals and will not score in the meet for points or awards. To enter, please see the Meet Director before the end of the warm-up session.</p> <p>Swimmers interested in swimming a Time Trial should make that request to the Meet Director at any time during the meet. Time Trials will be scheduled at the discretion of the Meet Director and the Meet Referee. The entry fee for a Time Trial is \$10.00. A Time Trial counts toward the maximum number of events allowed by a swimmer (3 per day). Entry fee for a relay time trial is \$15.00</p>																								
<b>SWIMMERS WITHOUT A COACH</b>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session for instructions.</p>																								

<b>SEEDING</b>	This is a primarily a Prelim/Finals meet. All events, except the 800 and 1500 freestyle events, will have a C-, B- and A-Finals during the Finals session.
<b>ENTRY FEES</b>	<p><b>\$5 surcharge for all swimmers in meet, including relay only,</b></p> <p>Individual Events - \$5.00/each event      Relays - \$10.00/each relay.  Time Trial Individual Events - \$10.00      Time Trial Relays - \$15/each relay  Deck entry Individual events - \$10.00      Deck entry Relays - \$20.00/ each relay</p>
<b>RULES</b>	<p>This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming Rules and policies. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p><b><u>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.</u></b></p> <p><b><u>ACCORDING TO USA SWIMMING/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 MA swimmer who fails to swim the qualifying time in an event unless proof-of-time can be provided.</u></b></p>
<b>SCRATCH RULE</b>	The scratch policy recently passed by the Middle Atlantic House of Delegates will be in effect. The policy can be found <a href="#">here</a> . Note that a \$50 fine will be imposed on any Middle Atlantic swimmer who qualifies for Finals and fails to swim an event on the final day (or the final day for that particular swimmer) of the meet – unless that swimmer has appropriately scratched from the event. This applies to the top eight (8) swimmers in the 1500 that are listed on the pre-meet psych sheet.
<b>SCORING &amp; AWARDS</b>	<p>There are no awards for individual or relay events, and no Team awards. There will be high point awards for the top three (3) women and top three (3) men.</p> <p>Scoring for individual events will be (1<sup>st</sup> thru 16<sup>th</sup> place):  20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p>
<b>PROGRAMS &amp; ADMISSION</b>	<p>\$10 – all session program  \$3.00 – Prelims admission (children under 12 - free )  \$2.00 – Finals (children under 12 – free)</p>
<b>RESULTS</b>	The results will be posted on the Middle Atlantic website ( <a href="http://www.maswim.org">www.maswim.org</a> )
<b>DIRECTIONS</b>	<p>Bucknell University is approximately six (6) miles south from I-80 on Rte 15 in Lewisburg, PA. The main entrance to the University is off Rte 15 approx. 1/3 of a mile south of the intersection of Rte 45 and Rte 15. Once you have entered the University, the football stadium will be on your right. Bear to the left of the chapel. A large Athletic Complex will be on your left. Kinney Natatorium is located towards the middle of this complex, next to the new pavilion.</p> <p>Please visit the Bucknell website for more detailed directions:  <a href="http://www.bucknell.edu/visitors/index.html">http://www.bucknell.edu/visitors/index.html</a> .</p>

## QUALIFYING TIMES – LC SENIOR CHAMPS 2004

Wednesday Evening, July 14, 2004

Warm-Up - 4:00 PM Meet Starts - 5:00 PM

### WOMEN

#	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

### MEN

Thursday, July 15, 2004

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 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

Friday, July 16, 2004

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 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

Saturday, July 17, 2004

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 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 at Saturday Finals. Remaining heats will swim on Saturday afternoon with warmup at 1:30 pm, start at approx 2:30 pm

The fastest two heats of each relay will swim at Finals.

# MIDDLE ATLANTIC SENIOR CHAMPIONSHIP - SUMMARY

July 14-17, 2004

**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

<i>Number of</i>		<i>Cost per</i>	<i>Total</i>
_____	<b>Swimmer surcharge @</b>	<b>\$5.00 per swimmer</b>	<b>\$</b> _____
_____	<b>Individual events @</b>	<b>\$5.00</b>	<b>\$</b> _____
_____	<b>Relays@</b>	<b>\$10.00</b>	<b>\$</b> _____
_____	<b>Manual entry processing fee</b> (for non-disk entry swimmers only)	<b>\$5.00 per swimmer</b>	<b>\$</b> _____
	<b>TOTAL</b>		<b>\$</b> _____

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

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

FAX PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Did you?** \_\_\_\_\_ include print-out from Team Manager  
\_\_\_\_\_ confirm 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 4:00 PM, July 1, 2004. 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 LC Senior Champs are current members of USA Swimming and that all Coaches from this team who will attend the meet hold current coaching credentials.*

Head Coach \_\_\_\_\_



