

# Middle Atlantic Swimming

## SENIOR LC CHAMPIONSHIPS



Wednesday, July 13 – Saturday, July 16, 2005

**BUCKNELL UNIVERSITY, LEWISBURG, PA**

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # MA 0595 SR

Time Trial Sanction # MA 0595 TT

<b>LOCATION</b>	<b>Arthur D. Kinney Natatorium</b> , Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837 Days of Meet ONLY, <b>Emergency phone: (570) 577-3679</b>
<b>ENTRY DEADLINE</b>	<b>MIDDLE ATLANTIC Team entries received by July 5, 2005</b> will be entered in the order in which they are received. All non-Middle Atlantic Team entries will be entered after July 5 in the order in which they were received. All entries must be received <b>NO LATER THAN 4 PM, WEDNESDAY, JULY 6, 2005!</b> Entries submitted after this date will be rejected.
<b>MODIFIED SCRATCH PROCEDURE</b>	This meet will be run under modified USA Swimming Championship Scratch rules and procedures (see section 207.7.9 of the USA Swimming Rulebook.) The meet will not be pre-seeded; a Scratch Box will be situated with the Admin Referee on deck for swimmers to scratch the following day's events. Swimmers that do not compete in a Preliminary Individual Event that they have not scratched will be barred from further Individual Events on that meet day and will have to positive check-in to swim on all succeeding days.
<b>FACILITY INFORMATION</b>	<p>The Arthur D. Kinney Natatorium is an 8-lane, 50-meter pool equipped with Competitor lane lines and Paragon starting blocks. Pool depth at the starting end is 14.5 feet. A Colorado timing system with an 8-lane scoreboard display will be used for this meet. 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> <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 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></b> The facility is adamant that no food or drink OF ANY KIND is allowed on the pool deck or in the locker rooms. Swimmers bringing food or drink on deck or into the 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.</p>

<b>MEET DIRECTOR</b>	<p style="text-align: center;">Stephanie Rozick 5249 W. Buffalo Run Road Port Matilda, PA 16870</p> <p style="text-align: center;">814 234-8955 <a href="mailto:bcatmeet@adelphia.net">bcatmeet@adelphia.net</a></p>
<b>SAFETY DIRECTOR</b>	<p>Patric C. Mills, Michael Ramone 302/529-5859</p>
<b>MEET REFEREE / OFFICIALS</b>	<p>Ralph Clifford phone (609) 271-3412</p> <p>All certified Officials are welcome and encouraged to help at the Meet. Officials may volunteer at <a href="mailto:officials@maswim.org">officials@maswim.org</a> , or by contacting Fred Killian at (302) 994-3389. Your help in making this Meet a success will be greatly appreciated.</p>
<b>ELIGIBILITY / BONUS SWIMS</b>	<p>The meet is open to all swimmers registered with USA Swimming who meet the listed qualifying times for each event. Bonus events will be allowed in this meet; any swimmer having a qualifying time in at least one individual event may enter two additional bonus events of 200 meters or less. (Bonus swims will not be accepted in events 400 meters or longer.) To enter a 'bonus' event, the swimmer must have at least the NAG "BB" time standard for the 15-16 age group. Entry into bonus events may be limited by the size of the event and timeline issues.</p> <p>The Meet will be conducted according to current USA Swimming Rules.</p>
<b>ENTRY INSTRUCTIONS</b>	<p>All entries should be submitted on a disk using HY-TEK or compatible software. A printed hard copy of the entries must accompany the disk. Teams are encouraged to enter on disk, regardless of the number of swimmers entered. If this is not possible, the Official Entry Form must be used. When entering more than five (5) swimmers on the Entry Form, a processing fee of \$5.00 per swimmer must be included. <b>Entries will not be considered received until entry fees arrive in the office.</b></p> <p style="text-align: center;"><b>OR</b></p> <p>Teams may E-mail electronic entries to <a href="mailto:office@maswim.org">office@maswim.org</a> ; then send a check and meet summary sheet (REQUIRED) to the address below. <b>Your e-mailed entry MUST contain the name of the team and a 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.</b> Please waive the signature on all FedEx, UPS, Express, etc deliveries.</p> <p>Non-conforming entry times (i.e., SCM or SCY) should NOT be converted.</p> <p>Please send one check per club, payable to Middle Atlantic Swimming. Mail entries to: Middle Atlantic Swimming Inc. Attn: LC Senior Championships 2018 Naamans Road Wilmington, DE 19810</p>

<b>ENTRY / EVENT LIMITATIONS</b>	<p>Each swimmer may swim three (3) individual events per day, not including relays. A swimmer may enter more than three individual events per day and use the scratch box to select which events to swim; if a swimmer does not scratch to reach the three-event limit, all events above the allowed limit will be scratched. A time trial or deck-entered event will be included in the three-event limit.</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><u>Wednesday</u> 4:30 pm warm-up / 6:00 pm start</p> <p><u>Thursday/Friday/Saturday</u> <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) - the afternoon heats of the 1500 will be scheduled to end just prior to the 4:00 warm-up for Finals; warm-up will be one hour before the start of the slowest heat of the 1500.</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. The fastest eight (8) swimmers in men's / women's 1500 Free will swim at Saturday Finals session. All other events are Prelims/Finals and 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 the evening Finals sessions. Check-in will be during the morning Prelims sessions. 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 2005 registration.</p>
<b>DECK-SEEDED MEET – SCRATCH BOX</b>	<p><b>THIS MEET WILL BE ENTIRELY DECK-SEEDED.</b></p> <p>For all Prelims/Finals individual events, swimmers are expected to scratch events that they do not intend to swim on the next meet day. The scratch box will close at 5:30 pm each evening (6:30 pm on Wednesday). Swimmers that do not scratch and then do not compete are subject to the penalties and procedures described below under 'Scratch Rule'.</p> <p>Positive check-in will be required to be seeded into the 800-Free on Wednesday and 1500-Free on Saturday. The 800-Free will be swum fast-to-slow, alternating women/men. The fastest eight (8) swimmers in the 1500-Free will swim during the Finals session on Saturday; 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. Swimmers who have not checked-in may swim the event by reporting to the Meet Referee prior to the start of the event. (Note: swimmers not checked-in for the 1500 will be limited to open lanes in the slowest heat.)</p>

<b>POSITIVE CHECK-IN FOR RELAYS &amp; DISTANCE FREESTYLE EVENTS</b>	<table border="1"> <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 Free Relay</td> <td>10:00 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 Free Relay	10:00 am	Friday	800 Free Relay	10:00 am	Friday (Saturday event)	1500 Freestyle	6:00 pm	Saturday	400 Medley Relay	10:00 am
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<b>DECK ENTRIES /TIME TRIALS</b>	<p>Subject to space availability, and at the discretion of the Meet Director and Meet Referee, 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. A deck entry counts toward the maximum allowed three (3) individual events per day for each swimmer 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. A Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer. Entry fee for a relay Time Trial is \$15.</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>	<p>This is primarily a Prelim/Finals meet. Non-conforming times will be accepted and will be seeded according to USA Swimming procedures 207.7.10B(1) and (2). All individual events, except the 800 and 1500 freestyle events, will have a C-, B- and A-Finals during the Finals session.</p>																		
<b>ENTRY FEES</b>	<p><b>\$5 surcharge for all swimmers in meet, including relay only swimmers,</b></p> <p>Individual Events - \$5.00/each event      Relays - \$10.00/each relay.  Time Trial Individual Events - \$10 each      Time Trial Relays - \$15 each  Deck entry Individual events - \$10 each      Deck entry Relays - \$20 each</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>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Marshal 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.</b></p> <p>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.</p>																		

<p><b>SCRATCH RULE</b></p>	<p>The Meet will be swum using modified scratch rules to those described in Section 207.7.9 of the USA Swimming Rules &amp; Regulations.</p> <p>Any swimmer that has positively checked-in to a deck-seeded event and then does not swim that event will be barred from their next individual event in the meet.</p> <p>Any swimmer that does not compete in a Prelims event in which they are entered and have not scratched (via the Scratch box) will be barred from further individual events on that day and must positively check-in to be seeded into any individual event on succeeding days in order to swim those events; positive check-in must occur prior to the close of the scratch box on the previous evening. A Declared False Start may be taken in Prelims events.</p> <p>Any swimmer that qualifies for one of the Finals heats (A-, B- or C-Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in the meet (including relays) unless the swimmer has scratched (or indicated their possible intention to scratch) within thirty (30) minutes of the announcement of the results of the Prelims results of that event (and confirmed their possible intention to scratch within thirty minutes of the announcement of the results of that swimmer's last individual event at the Prelims session.) A swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be so penalized.</p> <p>A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at the Finals session will be treated as a failure to compete and will be penalized as such.</p> <p>Furthermore, a \$50 fine will be imposed on any Middle Atlantic swimmer who qualifies for Finals and fails to swim that event on the final day of the meet (or the final day for that particular swimmer) – unless that swimmer has appropriately scratched from the event or was originally listed as an Alternate in the event. This fine also applies to the top eight (8) swimmers in the 1500-Free listed on the pre-meet psych sheet who positively check-in for that event and then do not compete.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<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>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Admission - \$5.00 per session, which includes heat sheet</p>
<p><b>RESULTS</b></p>	<p>The results will be posted on the Middle Atlantic website (<a href="http://www.maswim.org">www.maswim.org</a>). Real-Times Results will also be available on the Middle Atlantic web site.</p>

## **DIRECTIONS**

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.

Please visit the Bucknell website for more detailed directions:  
<http://www.bucknell.edu/visitors/index.html> .

## QUALIFYING TIMES – LC SENIOR CHAMPS 2005

Wednesday Evening, July 13, 2005

Warm-Up - 4:30 PM Meet Starts - 6:00 PM

### WOMEN

#	SCY	SCM	LCM	Bonus	Event	Bonus	LCM	SCM	SCY	#
1	11:55.89	10:26.89	10:41.89	11:35.39	800 M Freestyle*	10:54.99	10:04.59	9:48.29	11:12.19	2

### MEN

Thursday, July 14, 2005

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	Bonus	Event	Bonus	LCM	SCM	SCY	#
3	2:27.29	2:42.79	2:44.69	2:58.39	200 M Butterfly	2:44.89	2:32.19	2:28.69	2:14.59	4
5	1:01.39	1:07.89	1:10.09	1:15.29	100 M Freestyle	1:09.39	1:04.09	1:01.19	55.39	6
7	2:26.59	2:41.99	2:47.59	3:01.29	200 M Backstroke	2:47.19	2:34.89	2:26.59	2:12.69	8
9	5:49.89	5:06.29	5:12.89	<b>NO BONUS</b>	400 M Freestyle	<b>NO BONUS</b>	4:53.29	4:44.69	5:06.29	10
11					400 M Freestyle Relay					12

Friday, July 15, 2005

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	Bonus	Event	Bonus	LCM	SCM	SCY	#
13	2:12.49	2:26.39	2:29.39	2:41.89	200 M Freestyle	2:30.49	2:19.19	2:13.49	2:00.79	14
15	2:45.29	3:02.59	3:08.49	3:24.19	200 M Breaststroke	3:08.79	2:54.29	2:45.89	2:30.09	16
17	28.39	31.29	32.39	34.99	50 M Freestyle	31.79	29.39	28.19	25.49	18
19	5:14.09	5:47.09	5:57.59	<b>NO BONUS</b>	400 M Individual Medley	<b>NO BONUS</b>	5:29.99	5:19.49	4:49.09	20
21					800 M Freestyle Relay					22

Saturday, July 16, 2005

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	Bonus	Event	Bonus	LCM	SCM	SCY	#
23	1:07.29	1:14.29	1:16.09	1:22.19	100 M Butterfly	1:14.79	1:09.09	1:07.19	1:00.79	24
25	1:08.09	1:15.29	1:18.69	1:24.79	100 M Backstroke	1:17.59	1:11.99	1:08.29	1:01.79	26
27	1:16.79	1:24.79	1:27.79	1:34.99	100 M Breaststroke	1:27.29	1:20.59	1:16.49	1:09.19	28
29	2:28.59	2:44.09	2:48.09	3:02.09	200 M Individual Medley	2:50.19	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	<b>NO BONUS</b>	1500 M Freestyle*	<b>NO BONUS</b>	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 warm-up one hour before the scheduled start. The fastest two heats of each relay will swim at Finals.



# MIDDLE ATLANTIC SENIOR CHAMPIONSHIP - SUMMARY

July 13-16, 2005

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

<u>Number of</u>	<u>Cost per</u>	<u>Total</u>
_____	<b>Swimmer surcharge @ \$5.00 per swimmer</b>	<b>\$ _____</b>
_____	<b>Individual events @ \$5.00</b>	<b>\$ _____</b>
_____	<b>Relays @ \$10.00</b>	<b>\$ _____</b>
_____	<b>Manual entry processing fee (for non-disk entry swimmers only) \$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, Wednesday, July 6, 2005. 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 \_\_\_\_\_

# MIDDLE ATLANTIC LC SENIOR CHAMPIONSHIPS

## INDIVIDUAL EVENT ENTRY FORM

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Contact: \_\_\_\_\_ Contact Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

Name (Last,First)	USA-Swimming #								
		Event	Time	Event	Time	Event	Time	Event	Time

**Deadline: July 6, 2005, 4 pm**

Individual Events \_\_\_\_\_ @ \$5.00 = \_\_\_\_\_

