



**JUNIOR OLYMPIC
AGE GROUP CHAMPIONSHIPS
MARCH 11 - 15, 2015**

MEET HOST	MIDDLE ATLANTIC SWIMMING		
	General Chair Administrative Vice Chair Director of Competition Age Group Chair Officials Chair Meet Director Safety Director Meet Referee Administrative Referee Middle Atlantic Office	(302) 429-6288 office@maswim.org	Jamie Platt George Breen Mike Seip Kate Scheuer Kent Steeves Brian McMillin Bob Stockett Karl Garcia Clyde Tinklepaugh
SANCTION	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 15145 AG and MA 15145 TT <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i></p>		
MEET DIRECTOR	BRIAN MCMILLIN	E-MAIL: bjmcmillin@verizon.net	PHONE: 610-331-8648
ATTENTION	<p>PLEASE NOTE THE FOLLOWING CHANGE FROM PREVIOUS YEARS</p> <p>Use of GCIT facilities is not permitted while school is in session. Access to the grounds and building is prohibited before 3:00 PM Wednesday and Thursday and 1:00 PM Friday. The distance events will be held Wednesday afternoon. Preliminaries for Friday finals will be held Thursday afternoon. Please review the Session section carefully.</p>		
LOCATION	<p>Pool name GCIT AQUATICS CENTER Street address GLOUCESTER COUNTY INSTITUTE OF TECHNOLOGY, 1360 TANYARD ROAD City, state and zip SEWELL, NJ 08080</p>		
FACILITY DESCRIPTION	<p>The GCIT Aquatics Center, located on the campus of the Gloucester County Institute of Technology, has two 8-lane/25-yard courses equipped with Competitor non-turbulent lane lines; GCIT has Colorado timing systems on each pool with a new, Colorado full color video display scoreboard to service both pools.</p> <p>Spectator seating, in the balcony, is limited to 450 people. Additional spectators will not be permitted to congregate in the hallways while school is in session.</p> <p>There is an increased emphasis on the safety of our athletes and spectators. NO CHAIRS WILL BE ALLOWED on the pool deck or the spectator balcony. Additional bleachers have been provided on the deck. Please leave your folding chairs at home. The exit doors, on the pool deck, must be kept clear at all times. Athletes will not be permitted to sit or store their gear in front of these doors or in exit ways. Coaches, we are counting on your help.</p> <p>There will be hospitality at all sessions for coaches, officials and meet workers. A concession stand will be available during the meet for all meet attendees. Due to school space restraints hospitality may be very limited on Thursday and Friday. Coaches, officials and meet workers should plan accordingly.</p>		
POOL CERTIFICATION	The competition course has been measured but not certified in accordance with USA Swimming Rule 104.2.2C (4).		
WATER DEPTH	Water depth is 10 feet at the start end and 5 feet at the turn end of Pool A, and 5 feet at the start/turn ends of Pool B.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	OME will open for entries into this meet on January 30, 2015. OME can be accessed at www.usaswimming.org/ome .		
ENTRY DEADLINE	OME will close at 2:00 PM EST March 5, 2015. DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!!		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	Surcharge: There is also a \$5.00 surcharge for each swimmer, including relay-only swimmers.

ENTRY LIMIT	3 Individual Events per day (excluding relays).	2 Relays per day	MEET ENTRY LIMIT: 10 individual events
ELIGIBILITY	This Meet is limited to Middle Atlantic swimmers ages 14 and under only; swimmers must be currently registered with Middle Atlantic and USA Swimming in order to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on Thursday, March 12, 2015. <i>All qualifying times must have been swum no earlier than September 1, 2013.</i> All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet.		
ON-SITE REGISTRATION	On-site registration will not be accepted at this meet. Each swimmer must be registered through Middle Atlantic prior to competition		
ENTRY PROCEDURES	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. Entries will be accepted through 2:00 PM EST, Thursday, March 5, 2015.</p> <p>Qualifying times must have been achieved after September 1, 2013. OME will open for entries into this meet on January 30, 2015. OME can be accessed at www.usaswimming.org/ome . OME will close at 2:00 PM EST March 5, 2015.</p> <p>For this meet the OME system will process payment by credit card or check. It will accept VISA, MasterCard, American Express and Discover Card. Upon payment, a confirmation e-mail providing a receipt and a summary of the events will be returned. Entries are not in the meet until payment has been processed. If you need to pay by check, please email the Meet Director at bjmcmillin@verizon.net after you go through the OME process. At the check-out screen, please check the box that says "pay by check".</p> <p>Entry times will be taken from the SWIMS Database. Override times may be entered; however, all times not from SWIMS must be proven prior to the meet. Override times must have been achieved at a USA Swimming officially Sanctioned, Approved or Observed Meet. All override times must be proven.</p> <p>For and override time to be considered, the coach must email the meet director bjmcmillin@verizon.net and provide the athlete's name, age, event description, the time achieved and the following information about the meet where the time was achieved:</p> <ul style="list-style-type: none"> • The name of the meet • The date(s) of the meet • The sanction number for the meet • A .pdf of the official results • A link to the official results • The event number <p>Without the above information override times will be rejected. Swimmers will not be permitted to swim with unproven times, and will not be seeded into a pre-seeded event, but will be able to swim in the first heat if proven prior to the swim.</p> <p>Swimmers must enter their best time in an event. Times must be entered in the proper course in which achieved; converted times will not be accepted. Non-conforming (SCM and LCM) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <p>Entries sent with 'No Time' will be rejected!</p>		
RELAYS	All relays are Timed Finals. There are no qualifying times for relays. Each competing relay team must contain at least three (3) swimmers who are entered in the meet and compete in an individual event. Teams may enter as many relays as they wish, but only two (2) relays from a team may score in an event. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$5 surcharge. The top eight (8) seeded teams in the 11-12 and 13-14 age groups will swim at the Finals sessions on respective days; remaining teams will swim in the morning Prelims sessions. The top eight (8) seeded must swim at Finals or take a declared false start. All Relays must check-in prior to the start of Prelims each day, but need not declare their swimmers until just before swimming. Relays seeded at Finals may take a Declared False Start if they cannot swim.		
MEET ENTRY CHAIR	Brian McMillin	PHONE #: Email bjmcmillin@verizon.net is the much preferred method of communication. In the event of an actual emergency, where the issue cannot be addressed by email, the phone number is: 610-331-8648 (no calls before 9:00 AM or after 8:00 PM)	
E-MAIL ENTRY FILES TO	Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. OME can be accessed at www.usaswimming.org/ome .		

MAIL CHECKS/ REPORTS	MA JO Entries Attn. Brian McMillin 125 Markley Road Schwenksville, PA 19473		
CHECKS PAYABLE TO	If paying by check, write only ONE check per club payable to " Middle Atlantic Swimming. "		
SAFETY DIRECTOR	Bob Stockett	E-MAIL: swisskier@verizon.net	PHONE: 610-565-3366
OFFICIALS CONTACT	Karl Garcia	E-MAIL: garfam@hotmail.com	PHONE: (904) 553-4982

Meet Format

The following events are Timed Finals:

- All 10 and Under events
- All Wednesday events
- The 1650 Free
- The 1000 Free
- The 11-12 500 Free
- All Relays.

For the remaining events, all are Prelims/Finals and will swim the following at Finals:

- 13-14 events 200 yards and shorter will swim A-, B-, and C-Finals
- 13-14 400 IM and 500 Free will swim A- and B-Finals
- 11-12 events 200 yards will swim A- and B-Finals, 100 and 50 yds will have A-, B-, and C- finals

The C-Final will swim first at Finals, followed by the B-Final and then the A- Final.

During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session.

Preliminary sessions will be held in both courses, with intermittent breaks to give swimmers the opportunity to warm-up or warm-down between events. Course assignments are as follows:

- Wednesday Timed Finals – Pool A (Deep) – Boys
- Wednesday Timed Finals – Pool B (Shallow) – Girls
- Thursday PM Prelims – Pool A (Deep) – Girls
- Thursday PM Prelims – Pool B (Shallow) – Boys
- Saturday AM Prelims – Pool A (Deep) – Boys
- Saturday AM Prelims – Pool B (Shallow) – Girls
- Sunday AM Prelims – Pool A (Deep) – Girls
- Sunday AM Prelims – Pool B (Shallow) – Boys

The 10 & Under Timed Finals and the evening Finals will be held in the deep pool (Pool A.), with the shallow Pool available for warm-up / warm-down during the Finals sessions. The order of events for Finals will be identical to the order for Prelims, except for final heat of the Girls 1000 and Boys 1650 Free events which will be swum first at Finals on Sunday evening.

Due to occupancy limitations, 10 & Under athletes will not be permitted on the pool deck at GCIT prior to 1pm on Friday, Saturday and Sunday.

Middle Atlantic reserves the right to modify the meet format to allow for the timely running of the meet.

MIDDLE ATLANTIC JUNIOR OLYMPICS EVENT LIST

Wednesday 3/11/15 Events

Girls		Boys
1	10& U 200 IM	2
3	11-12 400 IM	4
5	10 & U 500 Free	6
7	11-14 Girls 1650	
	11-14 Boys 1000 Free	8

Notes:

- All Wednesday events are Timed Finals
- The IM events will swim slow-to-fast.
- The 10 & Under 500 Free will swim fast-to-slow.
- The 1650 and 1000 Free are combined age group events, swum together but scored separately, and will swim fast-to-slow.

Thursday 3/12/15 Preliminaries

Girls		Boys
9	11-12 400 Med. Relay	10
11	13-14 200 Breast	12
13	11-12 100 Breast	14
15	13-14 100 Fly	16
17	11-12 200 Free	18
19	13-14 200 IM	20
21	11-12 100 IM	22
23	13-14 500 Free	24
25	11-12 200 Back	26
27	11-12 50 Fly	28
29	13-14 400 Free Relay	30
31	11-12 200 Free Relay	32

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
- **Finals for Thursday PM Preliminaries will be held Friday PM**

Friday 3/13/15 10 & Under Timed Finals

Girls		Boys
33	10& U 100 Back	34
35	10 & U 50 Breast	36
37	10& U 200 Free	38
39	10 & U 100 IM	40

Saturday 3/14/15 Preliminaries

Girls		Boys
41	13-14 200 Free Relay	42
43	11-12 500 Free	44
45	13-14 100 Back	46
47	11-12 100 Back	48
49	13-14 200 Free	50
51	11-12 200 Fly	52
53	13-14 400 IM	54
55	11-12 50 Breast	56
57	13-14 50 Free	58
59	11-12 50 Free	60
61	13-14 400 Med. Relay	62
63	11-12 200 Med. Relay	64

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
- The 11-12 500 Free is a timed final, with the top eight (8) seeded athletes swimming at finals

Saturday 3/14/15
10 & Under Timed Finals

Girls		Boys
65	10& U 100 Breast	66
67	10 & U 50 Fly	68
69	10& U 100 Free	70
71	10 & U 200 Medley Relay	72

Sunday 3/15/15 Events

Girls		Boys
73	11-12 400 Free Relay	74
75	13-14 200 Back	76
77	11-12 200 IM	78
79	13-14 200 Fly	80
81	11-12 100 Fly	82
83	13-14 100 Breast	84
85	11-12 200 Breast	86
87	11-12 50 Back	88
89	13-14 100 Free	90
91	11-12 100 Free	92
93	13-14 200 Medley Relay	94
95	11-14 Girls 1000 Free	
	11-14 Boys 16500 Free	96

Notes:

- Relays are Timed Finals. **All Sunday Relays will swim during Preliminaries.**
- The 1650 Free and 1000 Free are Timed Finals and combined event, swum together but scored separately; the fastest eight (8) will swim at night at the start of the Finals session; and remaining heats will swim at the end of the morning Prelims session, fast to slow.

Sunday 3/15/15
10 & Under Timed Finals

Girls		Boys
97	10& U 100 Fly	98
99	10 & U 50 Back	100
101	10& U 50 Free	102
103	10 & U 200 Free Relay	104

2015 JUNIOR OLYMPIC QUALIFYING TIME STANDARDS

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
29.29	29.19	26.29	50 Free	24.99	27.69	28.49
1:05.39	1:03.39	57.09	100 Free	54.29	1:00.29	1:01.89
2:21.49	2:17.69	2:04.09	200 Free	1:58.89	2:11.99	2:15.19
4:55.59	4:48.19	5:33.79	400/500 Free	5:22.99	4:39.59	4:46.09
10:26.89	10:23.39	11:55.99	800/1000 Free	11:38.09	10:10.79	10:11.29
20:23.29	19:47.99	20:00.99	1500/1650 Free	19:32.99	19:11.41	19:54.79
1:13.39	1:11.39	1:04.29	100 Back	1:02.09	1:08.89	1:10.89
2:39.19	2:35.39	2:19.99	200 Back	2:15.09	2:29.89	2:33.59
1:25.29	1:22.89	1:14.69	100 Breast	1:11.69	1:19.59	1:21.89
3:05.29	2:59.99	2:42.19	200 Breast	2:36.09	2:53.29	2:57.49
1:12.69	1:11.79	1:04.69	100 Fly	1:01.69	1:08.49	1:09.29
2:46.29	2:44.39	2:28.09	200 Fly	2:21.99	2:37.59	2:36.99
2:38.89	2:35.49	2:20.19	200 IM	2:15.19	2:30.09	2:33.19
5:38.89	5:34.59	5:03.49	400 IM	4:54.59	5:26.09	5:28.89

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
30.69	30.62	27.59	50 Free	27.39	30.49	31.29
1:09.29	1:07.19	1:00.49	100 Free	1:00.29	1:06.99	1:08.59
2:31.09	2:27.09	2:12.49	200 Free	2:12.59	2:27.19	2:30.39
5:14.39	5:06.49	5:54.99	400/500 Free	5:55.99	5:08.19	5:15.29
11:10.69	11:06.99	12:45.99	800/1000 Free	12:41.99	11:06.69	11:07.19
22:01.09	21:22.99	21:36.99	1500/1650 Free	21:29.99	21:06.29	21:53.99
36.19	35.59	32.09	50 Back	32.19	35.69	36.29
1:18.49	1:16.39	1:08.79	100 Back	1:09.89	1:17.59	1:19.79
2:51.69	2:47.59	2:30.99	200 Back	2:32.59	2:49.39	2:53.49
41.09	40.09	36.09	50 Breast	36.09	40.09	41.09
1:31.19	1:28.59	1:19.79	100 Breast	1:20.89	1:29.79	1:32.39
3:17.89	3:13.19	2:54.09	200 Breast	2:52.59	3:10.99	3:16.19
34.49	33.79	30.49	50 Fly	30.89	34.29	34.99
1:19.39	1:18.49	1:10.69	100 Fly	1:10.99	1:18.79	1:19.69
3:01.49	2:59.79	2:44.19	200 Fly	2:37.99	2:55.39	2:54.69
N/A	1:17.19	1:09.59	100 IM	1:09.69	1:17.29	N/A
2:51.19	2:46.59	2:31.09	200 IM	2:31.19	2:47.39	2:51.29
6:07.39	6:02.69	5:28.99	400 IM	5:31.19	6:06.59	6:09.79

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
34.49	34.39	30.99	50 Free	30.69	34.09	34.89
1:18.39	1:15.89	1:08.39	100 Free	1:08.09	1:15.59	1:17.19
2:55.39	2:49.99	2:33.79	200 Free	2:33.29	2:50.19	2:53.39
6:01.79	5:52.69	6:48.49	400/500 Free	6:48.99	5:53.99	6:02.29
40.79	40.19	36.19	50 Back	36.19	40.19	40.79
1:30.39	1:27.89	1:19.19	100 Back	1:19.09	1:27.79	1:30.29
47.29	46.29	41.69	50 Breast	42.19	46.79	47.79
1:44.39	1:41.39	1:31.39	100 Breast	1:32.99	1:43.19	1:46.19
38.99	38.29	34.49	50 Fly	34.99	38.79	39.49
1:34.89	1:33.79	1:24.49	100 Fly	1:25.49	1:34.89	1:36.09
N/A	1:27.59	1:18.89	100 IM	1:18.69	1:27.29	N/A
3:18.99	3:14.89	2:55.59	200 IM	2:56.09	3:15.49	3:19.49

DECK ENTRIES	Deck entries will not be accepted at this Meet.
PROOF OF TIMES	<p>Entry times will be taken from the SWIMS Database. Override times may be entered; however, all times not from SWIMS must be proven prior to the meet. Override times must have been achieved at a USA Swimming officially Sanctioned, Approved or Observed Meet. All override times must be proven.</p> <p>For and override time to be considered, the coach must email the meet director bjmcmillin@verizon.net and provide the athlete's name, age, event description, the time achieved and the following information about the meet where the time was achieved:</p> <ul style="list-style-type: none">• The name of the meet• The date(s) of the meet• The sanction number for the meet• A .pdf of the official results• A link to the official results• The event number <p>Without the above information override times will be rejected. Swimmers will not be permitted to swim with un-proven times, and will not be seeded into a pre-seeded event, but will be able to swim in the first heat if proven prior to the swim.</p> <p>Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic</p>
SEEDING	<p>All events will be pre-seeded except all Thursday evening events, all Relays and any other event 400 yards and longer. Positive check-in is required to be seeded into any deck-seeded event. Times will be announced as to when the event will close, and will be approximately 45 minutes before an event is scheduled to swim, except for the 11-14 Girls 1000 and Boys 1650 Freestyle, for which check-in will close at 6:00 pm on Saturday evening.</p> <p>LCM and SCM entry times will be seeded as non-conforming.</p> <p>The top eight (8) seeded Relays must swim at Finals on Friday and Saturday or take a declared false start. All Relays must check-in prior to the start of Prelims each day, but need not declare their swimmers until just before swimming. Relays seeded at Finals may take a Declared False Start if they cannot swim. All Sunday relays will be swum during the Prelim session.</p>
SCRATCH RULES	<p>ANY SWIMMER WHO DOES NOT SWIM A PRE-SEEDED PRELIMINARY OR 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. SWIMMERS MAY TAKE A DFS IN A TIMED FINAL EVENT (EXCEPT THOSE SEEDED INTO THE 11&OVER 1000/1650 FREESTYLE).</p> <p>ANY SWIMMER WHO QUALIFIES FOR FINALS IN A PRELIMINARY/FINALS EVENT AND DOES NOT REPORT FOR AND SWIM THE FINALS WILL BE BARRED FROM THE REST OF THE MEET (INCLUDING RELAYS) UNLESS THE SWIMMER HAS SCRATCHED, OR INDICATED THEIR POSSIBLE INTENTION TO SCRATCH, TO THE ADMIN REFEREE WITHIN THIRTY (30) MINUTES OF THE ANNOUNCEMENT OF THE PRELIMINARY RESULTS. SWIMMERS DECLARING POSSIBLE INTENTION MUST CONFIRM THEIR INTENTION TO SCRATCH WITHIN THIRTY (30) MINUTES OF THE ANNOUNCEMENT OF THE RESULTS OF THAT SWIMMER'S LAST INDIVIDUAL EVENT AT THE PRELIMINARY SESSION OR THEY WILL BE SEEDED INTO THE EVENT AND EXPECTED TO SWIM. SWIMMERS WHO ARE INITIALLY ANNOUNCED AS ALTERNATES (OR LOWER) FOR THE FINALS WILL NOT BE SO PENALIZED</p> <p>A \$50 FINE WILL BE IMPOSED ON ANY MA SWIMMER WHO QUALIFIES FOR FINALS ON THE LAST NIGHT (OR LAST DAY OF COMPETITION FOR THAT SWIMMER) AND THEN DOES NOT COMPETE IN THAT EVENT, UNLESS SUCH SWIMMER HAS APPROPRIATELY SCRATCHED OR IS OTHERWISE EXCUSED FROM THE EVENT.</p>
AWARDS	<p>Individual events: Medals for 1st-8th place Relays: Medals for 1st-3rd place</p> <p>Trophies will be presented to the Team scoring the most overall combined points, and to the highest scoring Girls and Boys Team.</p> <p>A High Point award will be presented to the highest scoring individual Girl and Boy in each age group</p>
SCORING	<p>Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p> <p>Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p> <p style="text-align: center;">(max of two relays per team may score in any event)</p>

TIME TRIALS	Time trials will be available after Prelims or Finals on Friday, Saturday & Sunday, at the discretion of the Meet Referee; the cost is \$10.00 per individual swim, \$20.00 per Relay. A swimmer may swim one Time Trial per day in an event, and a maximum of two Time Trials per day. Time Trial events count in the total allowed three (3) individual events to be swum in one day. Swimmers participating in this meet will have priority at Time Trials; swimmers not in the meet must provide proof of USA Swimming registration. TIME TRIALS WILL NOT BE ACCEPTED FOR CONSIDERATION TO THE MIDDLE ATLANTIC WINTER ALL-STAR ZONE TEAM.
STARTING PROCEDURES	This meet will be conducted using the 'No Recall' false start rule and will use whistle command starting procedure. Fly-over starts will be used at Prelims, for all of Thursday evening events, and all timed final events.
PROGRAMS AND ADMISSION	A four-day program will sell for \$10.00. Included in the program will be coupons that are redeemable for a Finals program at night. Finals programs can be purchased for \$2.00. Meet mobile will be available. Admission is free.
TEAM ASSIGNMENTS	Every team entered in the Meet will be responsible for supplying workers for the Meet. THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet. Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use. Note that volunteer officials are not considered part of fulfilling the club responsibilities for meet workers.

SESSION	DAY	POOL	WARM-UP TIMES	MEET STARTS
Girls	Wednesday	Shallow	3:30 PM	4:30 PM
Boys	Wednesday	Deep	3:30 PM	4:30 PM
11 – 14 Girls Prelims	Thursday	Deep	3:30 PM	4:30 AM
11 – 14 Boys Prelims	Thursday	Shallow	3:30 PM	4:30 PM
11 – 14 Girls Prelims	Saturday	Shallow	7:30 AM	9:00 AM
11 – 14 Boys Prelims	Saturday	Deep	7:30 AM	9:00 AM
11 – 14 Girls Prelims	Sunday	Deep	7:30 AM	9:00 AM
11 – 14 Boys Prelims	Sunday	Shallow	7:30 AM	9:00 AM
10 & Under Timed Finals	Friday/Saturday/Sunday	Deep	1:30 PM	2:15 PM
11-14 Finals	Friday/Saturday/Sunday	Deep	4:40 PM	5:30 PM

WARM-UP INFORMATION	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them warm-up warm down.</p> <p>Warm-up/down breaks will be added at the discretion of the meet referee in order to provide for recovery period for the athletes.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>
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DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Coaches must present their current USA Swimming registration card and keep it visible on deck at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p> <p>Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. THERE ARE NO EXCEPTIONS TO THIS RULE.</p>
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RACING START CERTIFICATION	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.
QUALIFYING TIMES	Qualifying Times are shown on the attached Meet Structure
OFFICIALS	<p>All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials sign-up at https://docs.google.com/forms/d/1fGQ8u_4wJ41GpXBL9ds39DKX9VDyUextJoczmlOmfS/viewform?c=0&w=1 prior to the meet to indicate which sessions they will attend. Officials that have not signed-up in advance should report to the Meet Referee at least one hour before the start of the session. Your help in making this meet a success will be greatly appreciated.</p> <p>An application has been filed for this meet to be an Officials Qualifying Meet for N2 certification/re-certification for all positions and N3 certification/certification for Stroke & Turn. Officials desiring to be evaluated must complete the appropriate fields on the online sign-up by March 1, 2015.</p> <p>Direct any questions to the Meet Referee, Karl Garcia garfam@hotmail.com.</p>
MEET REFEREE	The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
RULES:	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events at Prelims, for all of Thursday evening events, and all timed final events. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/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.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p>No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p>
DISABLED SWIMMERS	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
PHOTOGRAPHY	<p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</p>

DECK CHANGING	Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.		
FINAL RESULTS	Will be available on the Middle Atlantic Swimming website in both readable and electronic data transfer (for Team Manager) formats.		
DIRECTIONS	<p>FROM THE SOUTH: Take Route 55 North to exit 56B (Route 47-N/Westville or Woodbury). Turn left at the first traffic light onto Bankbridge Road; then left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.</p> <p>FROM THE NORTH AND THE WALT WHITMAN BRIDGE: Take I-295 South to the merge with route 42 south. Follow 42-S to Route 55, and then take Route 55 South to exit 56B (Route 47-N/Woodbury). Turn left at the first traffic light onto Bankbridge Road; then turn left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.</p> <p>FROM DELAWARE MEMORIAL BRIDGE AND COMMODORE BARRY BRIDGE: Take I-295 North to exit 21 (Woodbury - Delaware Street) and continue through Woodbury. After passing through center of Woodbury, Turn right at the next traffic light onto Evergreen Avenue; then left at next traffic light onto Egg Harbor Road. Continue approx. 3 miles (past a Wawa market on the left) to the next traffic light (Bankbridge Road.) GCIT is on the left at the bottom of the hill beyond the traffic light.</p>		
ACCOMODATIONS	<p>FOUR POINTS CHERRY HILL (856) 428-2300</p> <p>HOLIDAY INN CHERRY HILL (856) 663-5300</p>	<p>HOLIDAY INN RUNNEMEDE (856) 939-4200</p> <p>FAIRFIELD ININ DEPTFORD (856) 686-9050</p>	<p>RESIDENCE INN DEPTFORD (856) 686-9188</p> <p>HOLIDAY INN SELECT BRIDGEPORT (856) 467-3322</p>