

21TH ANNUAL SPEEDO HOLIDAY CLASSIC  
 HOSTED BY DIPLOMAT SWIM CLUB  
 DECEMBER 9-11, 2016

MEET HOST	DIPLOMAT SWIM CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 1732 A Time Trial Sanction # MA 1733 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>		
MEET DIRECTOR	HEATHER UHLIN	E-MAIL: meetdirector@diplomatswimclub.org	PHONE: 717-201-0975
LOCATION	<b>Pool name</b> KUNKEL AQUATIC CENTER, F&M COLLEGE <b>Street address</b> 929 HARRISBURG PIKE <b>City, state and zip</b> LANCASTER, PA 17604-4306 <b>Day of meet ONLY emergency phone</b> 717-399-4524		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with (2) 8 lanes for competition, a Colorado timing system with a 16 line scoreboard and Wave Eater lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 550 and spectator seating for 400, with additional seating & live feed in the concession area. Parking Ample parking provided by 2 large lots, with additional locations for overflow. Hospitality Provided for coaches & meet officials throughout the meet. Snack bar Available throughout the meet with seating & live feed of competition pool.		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 9' & 6' feet and at the turn end is 9' & 6' feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	9/1/16		
ENTRY DEADLINE	11/27/16 at 11:59 PM		
ENTRY FEES	Individual Events: <b>\$5.00</b>		Relay Events: <b>\$10.00</b>
ENTRY LIMITS	3 Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 12
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <b>as of the first day of the meet</b> determines eligibility. This meet is open to SWIMMERS WHO ARE 9 OR OLDER AS OF DECEMBER 9, 2016 WHO ARE USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> <li>• The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</li> <li>• Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded Y,L,M . NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted.</li> <li>• Entries must be submitted electronically in a format compatible with 5.0 meet management software.</li> <li>• All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information</li> <li>• Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's <a href="#">TM Lite</a> for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found <a href="#">here</a>.</li> <li>• <b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by November 28,2016...Teams ARE RESPONSIBLE for all entries provided on the original entry report. Teams may modify entry times, if improvements are achieved, and add additional swimmers provided space is available. Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
MEET ENTRY CHAIR	HEATHER UHLIN	PHONE #: 717-201-0975 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	HEATHER UHLIN @ MEETDIRECTOR@DIPLOMATSWIMCLUB.ORG		
MAIL CHECKS/ REPORTS	HEATHER UHLIN 1227 E NEWPORT RD LITITZ, PA 17543 C/O DIPLOMAT SWIM CLUB		
CHECKS PAYABLE TO	DIPLOMAT SWIM CLUB		
SAFETY DIRECTOR	BRIAN UHLIN	E-MAIL: bmuhlin@ptd.net	PHONE: 717-747-4451
OFFICIALS CONTACT	HEATHER UHLIN	E-MAIL: meetdirector@diplomatswimclub.org	PHONE: 717-201-0975

**SESSION 1 AND 2**  
**FRIDAY MORNING PRELIMS – DECEMBER 9, 2016**  
**TWO POOLS**

QUALIFYING TIME				QUALIFYING TIME				
WOMEN	SCY	LCM	SCM	EVENT DESCRIPTION	SCY	LCM	SCM	MEN
7	1:04.69	1:12.69	1:11.79	13-14 100 FLY	1:01.69	1:09.29	1:08.49	8
9	1:02.69	1:10.59	1:10.39	SENIOR 100 FLY	56.69	1:04.09	1:04.69	10
15	2:04.09	2:21.49	2:17.69	13-14 200 FREE	1:58.89	2:13.19	2:11.99	16
17	1:59.09	2:14.99	2:16.79	SENIOR 200 FREE	1:49.19	2:03.59	2:06.09	18
23	5:01.49	5:43.49	5:33.99	13-14 400 IM	4:48.99	5:28.19	5:20.79	24
25	4:52.79	5:30.99	5:28.99	SENIOR 400 IM	4:28.79	5:05.19	5:05.49	26
31*	---	---	---	13-14 800 FREE RELAY	---	---	---	32*
33*	---	---	---	15 & O 800 FREE RELAY	---	---	---	34*
1 <sup>∞</sup>	11:05.59	9:54.09	9:50.49	SENIOR 1000 FREE	10:17.19	9:12.09	9:05.99	2 <sup>∞</sup>

\* EVENTS ARE TIMED FINALS AND WILL BE SWUM ONLY DURING PRELIM SESSION.

∞EVENTS ARE TIMED FINALS. FASTEST HEAT WILL SWIM IN FINALS SESSION

**SESSION 3**  
**FRIDAY AFTERNOON PRELIMS/TIMED FINALS**  
**DECEMBER 9, 2016**

QUALIFYING TIME				QUALIFYING TIME				
WOMEN	SCY	LCM	SCM	EVENT DESCRIPTION	SCY	LCM	SCM	MEN
3	31.89	35.79	35.29	11-12 50 FLY	31.69	35.89	34.99	4
5*	36.69	41.49	40.49	9-10 50 FLY	36.19	40.89	39.99	6*
11	1:01.09	1:10.89	1:08.69	11-12 100 FREE	1:00.89	1:08.49	1:07.39	12
13*	1:11.39	1:21.19	1:18.89	9-10 100 FREE	1:10.19	1:20.39	1:17.59	14*
19	2:30.39	2:50.59	2:46.89	11-12 200 IM	2:29.99	2:49.89	2:45.89	20
21*	2:54.19	3:17.59	3:12.39	9-10 200 IM	2:53.69	3:16.89	3:11.99	22*
27*	---	---	---	11-12 200 FREE RELAY	---	---	---	28*
29*	---	---	---	9-10 200 FREE RELAY	---	---	---	30*

\* EVENTS ARE TIMED FINALS AND WILL BE SWUM ONLY DURING PRELIM SESSION.

**SESSION 4**  
**FRIDAY EVENING FINALS**  
**DECEMBER 9, 2016**

1	SENIOR 1000 FREE	2
3	11-12 50 FLY	4
7	13-14 100 FLY	8
9	SENIOR 100 FLY	10
11	11-12 100 FREE	12
15	13-14 200 FREE	16
17	SENIOR 200 FREE	18
19	11-12 200 IM	20
23	13-14 400 IM	24
25	SENIOR 400 IM	26

**SESSION 5 AND 6**  
**SATURDAY MORNING PRELIMS – DECEMBER 10, 2016**  
**TWO POOLS**

QUALIFYING TIME				EVENT DESCRIPTION	QUALIFYING TIME			
WOMEN	SCY	LCM	SCM		SCY	LCM	SCM	MEN
35	2:17.09	2:35.39	2:34.59	SENIOR 200 IM	2:05.29	2:22.79	2:22.99	36
37	2:20.19	2:38.89	2:35.49	13-14 200 IM	2:14.19	2:32.19	2:28.09	38
43	25.99	28.99	29.09	SENIOR 50 FREE	23.49	26.99	26.79	44
45	26:29	29:69	29:19	13-14 50 FREE	24:99	28:49	27:69	46
51	2:38.29	2:59.89	2:57.49	SENIOR 200 BREAST	2:23.79	2:46.39	2:42.49	52
53	2:42.19	3:05.29	2:59.99	13-14 200 BREAST	2:34.09	2:54.49	2:52.29	54
59	1:04.09	1:12.59	1:12.09	SENIOR 100 BACK	57.99	1:07.69	1:05.69	60
61	1:04.29	1:13.39	1:11.39	13-14 100 BACK	1:02.09	1:10.89	1:08.89	62
67	5:21.39	4:46.09	4:48.09	SENIOR 500 FREE	4:58.59	4:25.19	4:31.89	68
69	5:31.99	4:53.99	4:47.59	13-14 500 FREE	5:20.99	4:38.49	4:43.99	70
75*	---	---	---	15&0 400 MED RELAY	---	---	---	76*
77*	---	---	---	13-14 400 MED RELAY	---	---	---	78*

\* EVENTS ARE TIMED FINALS AND WILL BE SWUM ONLY DURING PRELIM SESSION.

**SESSION 7**  
**SATURDAY AFTERNOON PRELIMS/TIMED FINALS**  
**DECEMBER 10, 2016**

QUALIFYING TIME				EVENT DESCRIPTION	QUALIFYING TIME			
WOMEN	SCY	LCM	SCM		SCY	LCM	SCM	MEN
39	1:10.09	---	1:18.79	11-12 100 IM	1:09.09	---	1:16.59	40
41*	1:21.39	---	1:29.89	9-10 100 IM	1:20.39	---	1:28.79	42*
47	28.39	32.39	31.49	11-12 50 FREE	27.39	32.59	30.29	48
49*	31.89	36.29	35.19	9-10 50 FREE	31.39	35.69	34.69	50*
55	1:19.69	1:30.79	1:28.39	11-12 100 BREAST	1:19.29	1:31.69	1:27.69	56
57*	1:32.39	1:46.49	1:42.09	9-10 100 BREAST	1:30.19	1:44.69	1:39.69	58*
63	32.29	37.49	36.79	11-12 50 BACK	32.29	36.99	36.59	64
65*	37.99	43.49	41.99	9-10 50 BACK	37.79	43.29	41.79	66*
71*	---	---	---	11-12 200 MED RELAY	---	---	---	72*
73*	---	---	---	9-10 200 MED RELAY	---	---	---	74*

\* EVENTS ARE TIMED FINALS AND WILL BE SWUM ONLY DURING PRELIM SESSION.

**SESSION 8**  
**SATURDAY EVENING FINALS**  
**DECEMBER 10, 2016**

35	SENIOR 200 IM	36
37	13-14 200 IM	38
39	11-12 200 IM	40
43	SENIOR 50 FREE	44
45	13-14 50 FREE	46
47	11-12 50 FREE	48
51	SENIOR 200 BREAST	52
53	13-14 200 BREAST	54
55	11-12 200 BREAST	56
59	SENIOR 100 BACK	60
61	13-14 100 BACK	62
63	11-12 100 BACK	64
67	SENIOR 500 FREE	68
69	13-14 500 FREE	70

**SESSION 9 AND 10  
SUNDAY MORNING PRELIMS – DECEMBER 11, 2016  
TWO POOLS**

QUALIFYING TIME				QUALIFYING TIME				
WOMEN	SCY	LCM	SCM	EVENT DESCRIPTION	SCY	LCM	SCM	MEN
85	2:19.99	2:39.19	2:35.59	13-14 200 BACK	2:14.09	2:32.59	2:29.89	86
87	2:16.69	2:34.79	2:35.39	SENIOR 200 BACK	2:06.19	2:25.69	2:23.39	88
93	57:09	1:05.39	1:04.19	13-14 100 FREE	54:29	1:01.89	1:00.29	94
95	56.19	1:03.49	1:03.39	SENIOR 100 FREE	50.89	57.96	57.89	96
101	1:14.69	1:25.29	1:24.89	13-14 100 BREAST	1:11.69	1:21.89	1:19.59	102
103	1:13.39	1:23.79	1:22.89	SENIOR 100 BREAST	1:06.29	1:17.09	1:16.09	104
109	2:28.09	2:46.29	2:44.39	13-14 200 FLY	2:21.99	2:36.99	2:37.59	110
111	2:24.09	2:39.29	2:38.99	SENIOR 200 FLY	2:06.79	2:24.39	2:22.09	112
117*	---	---	---	13-14 400 FREE RELAY	---	---	---	118*
119*	---	---	---	15&O 400 FREE RELAY	---	---	---	120*
79 <sup>∞</sup>	18:41.39	19:02.19	18:39.39	SENIOR 1650 FREE	17:44.29	18:13.89	18:01.19	80 <sup>∞</sup>

\* EVENTS ARE TIMED FINALS AND WILL BE SWUM ONLY DURING PRELIM SESSION.

<sup>∞</sup>EVENTS ARE TIMED FINALS. FASTEST HEAT WILL SWIM IN FINALS SESSION

**SESSION 11  
SUNDAY AFTERNOON PRELIMS/TIMED FINALS  
DECEMBER 11, 2016**

QUALIFYING TIME				QUALIFYING TIME				
WOMEN	SCY	LCM	SCM	EVENT DESCRIPTION	SCY	LCM	SCM	MEN
81	1:09.69	1:20.29	1:17.29	11-12 100 BACK	1:09.29	1:20.39	1:17.29	82
83*	1:21.79	1:34.79	1:30.39	9-10 100 BACK	1:20.09	1:31.69	1:28.59	84*
89	2:12.19	2:29.59	2:26.89	11-12 200 FREE	2:10.79	2:27.39	2:24.89	90
91*	2:36.39	2:58.39	2:52.79	9-10 200 FREE	2:31.29	2:51.89	2:47.19	92*
97	37:49	42.09	41.39	11-12 50 BREAST	36:89	41.99	40.79	98
99*	41.99	48.09	46.49	9-10 50 BREAST	41.89	48.19	46.29	100*
105	1:10.49	1:19.89	1:18.09	11-12 100 FLY	1:10.59	1:20.39	1:17.99	106
107*	1:25.29	1:36.79	1:34.19	9-10 100 FLY	1:24.79	1:36.09	1:33.69	108*
113*	---	---	---	11-12 400 FREE RELAY	---	---	---	114*
115*	---	---	---	9-10 400 FREE RELAY	---	---	---	116*

\* EVENTS ARE TIMED FINALS AND WILL BE SWUM ONLY DURING PRELIM SESSION.

**SESSION 12  
SUNDAY EVENING FINALS  
DECEMBER 11, 2016**

79	SENIOR 1650 FREE	80
81	11-12 100 BACK	82
85	13-14 200 BACK	86
87	SENIOR 200 BACK	88
89	11-12 200 FREE	90
93	13-14 100 FREE	94
95	SENIOR 100 FREE	96
97	11-12 50 BREAST	98
101	13-14 100 BREAST	102
103	SENIOR 100 BREAST	104
105	11-12 100 FLY	106
109	13-14 200 FLY	110
111	SENIOR 200 FLY	112

<b>DECK ENTRIES</b>	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 \$0.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet this meet DOES NOT allow deck entries before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input checked="" type="checkbox"/> is <input type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
<b>SEEDING</b>	This meet will be pre-seeded with the exception of the event(s) noted below. All 9/10 events are Timed Finals. All other events in this meet are Prelim/Final events, except for the 1000 and the 1650 Freestyle and all relay events. These events are Timed Final events. All events are pre-seeded except the 500, 1000,1650, 400IM and relays. These events will be positive check-in. All non-conforming times will be seeded in accordance with USA Swimming Rulebook 207.5.10B(1) and (2) on non-conforming times as follows: seeded first - Short Course Yards, seeded second -Long Course Meters, seeded third - Short Course Meter.
<b>AWARDS</b>	Individual Medals 1st thru 8th...9,10,11/12,13/14 Relays Medals 1st thru 3rd Medals WILL NOT be mailed. HIGH POINT Team - 1st place team award for Women, Men & Combined HIGH POINT INDIVIDUAL- 1st place Individual award for Senior Women & Men. 1st place Individual award for 13/14 Women & Men. 1st place Individual award for 11/12 Women & Men. 1st place Individual award for 9/10 Women & Men. (point scoring does not include relays.) SMALL TEAM AWARD - 1st place combined Team award. Eligible teams are teams with 20 or less swimmers. No points for "swim up" events or relays towards individual/team awards.
<b>SCORING</b>	This meet will be scored as follows: Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay events 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
<b>PROGRAMS AND ADMISSION</b>	Programs/heat sheets will be sold by <input type="checkbox"/> session <input checked="" type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$30/wrist band all session, \$5.00/individual session. Prelim heat sheet, all sessions \$15.00. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	<p>SCRATCH POLICY...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 day or the next meet day. "ANY SWIMMER WHO QUALIFIES FOR A-FINAL, B-FINAL, OR C-FINAL IN A PRELIM/FINAL EVENT AND DOES NOT SWIM THAT HEAT WILL BE BARRED FROM THE REST OF THE MEET (INCLUDING RELAYS), UNLESS THE SWIMMER HAS EITHER SCRATCHED OR INDICATED THEIR POSSIBLE INTENTION TO SCRATCH WITHIN (30) MINUTES OF THE ANNOUNCEMENT OF THE PRELIMINARY RESULTS OF THAT EVENT AND CONFIRMED THEIR INTENTION TO SCRATCH WITH (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. Swimmers who are initially announced as alternates for Final heats will not be penalized.</p> <p>DECK ENTERIES...THIS MEET DOES NOT ALLOW DECK ENTRIES.</p> <p>TIME TRIALS...Time Trials will be conducted subjected to time and space availability at the discretion of the Meet Director. Time trials, when available, will be offered only at the conclusion of the Prelim sessions. Time Trials will CLOSE each day by 10am. Swimmers may Time Trial an event only once per day. Time Trial events count towards a swimmer's daily maximum event total. Swimmers not entered in the meet must provide proof of 2014 USA Swimming registration in order to swim a 'Time Trial' and are subject to the manual entry meet surcharge of \$15.00. Individual \$15.00 - per event                      Relay \$20 - per event</p> <p>POSTIVIE CHECK-IN...A positive check-in is required for the 500,1000,1650 Free, 400IM, and ALL relays. Check-in will be held at the main scoring table (pool#1) for events held in both pools. Check-in times are as follows: FRIDAY 400 IM - 8:00am 1000 Free - 9:00am AM Relays - 9:00am PM Relays - 2:00pm</p>

	<p>SATURDAY 500 Free - 8:00am AM RELAYS - 9:00am PM RELAYS - 2:00pm</p> <p>SUNDAY 1650 Free - 8:00am AM RELAYS - 9:00am PM RELAYS - 2:00pm</p> <p>RELAY LIMITS...Each team is limited to ONE relay team per 800 Free Relay event. Each team is limited to TWO relay teams in all other Relay events.</p> <p>500/1000/1650 LIMITS...If necessary, limits will be imposed based on seed time, fastest to slowest. A listing of qualifying swimmers will be posted on the web site prior to the meet. Teams will NOT be contacted individually. 500 Free - 6 heats of each event/approximately 1000 Free - 4 heats of each event/approximately 1650 Free - 3 heats of each event/approximately</p> <p>500/1000/1650 - The fastest heat of each 1000 and 1650 free event will be swum as the first event of that evening's FINAL session. All other heats of then 1000 and 1650 Free will be swum at the end of their perspective Prelim session, and will be swum fastest to slowest. Swimmers in the 1000 and 1650 during Prelim sessions are responsible for providing their own timer and lap counter. Swimmers in the 500 Free during Prelim sessions are responsible for providing their own lap counter.</p> <p>FINALS... Senior Events C-FINAL followed by B-FINAL, concluding with A-FINAL 13/14 Events B-FINAL followed by A-FINAL 11/12 Events B-FINAL followed by A-FINAL</p> <p>13/14 Events 500 Free &amp; 400IM...A FINAL only Sr. Events 500 Free &amp; 400IM...A&amp;B FINAL only</p> <p>RESULTS... Results will be posted on Middle Atlantic Swimming website <a href="http://www.maswim.org">www.maswim.org</a>, and available thru meet mobile. Hard copies will be hung in the concession area for parents &amp; on deck for coaches &amp; swimmers.</p>
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SESSION	WARM-UP TIMES	MEET STARTS
1,2,5,6,9,10	#1 6:30 - 7:10am #2 7:15 -7:55am - w/up time will be assigned	8:00am
3,7,11	12:30 - 1:25pm - open warm up	1:30pm
4,8,12	4:30 -5:25pm-open warm up	5:30pm
NO w/up Thursday.	Warm up schedule will be emailed out to team contact for AM	session only
<b>WARM-UP INFORMATION</b>	<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>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>	

<b>DECK PRIVILEGES</b>	<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.</p> <p>Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
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<b>RACING START CERTIFICATION</b>	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. <b>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.</b>
<b>QUALIFYING TIMES</b>	Qualifying Times (if applicable) are shown on the attached Meet Structure
<b>MEET/DECK REFEREE</b>	The meet/deck 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 <b>any</b> issues that arise that day during the course of the meet.
<b>MEET MARSHALS</b>	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.
<b>RULES:</b>	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. 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>For pools with bulkheads: 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><b>No unauthorized personnel will be allowed on the pool deck.</b> 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>
<b>DISABLED SWIMMERS</b>	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.
<b>PROTESTS</b>	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
<b>PHOTOGRAPHY</b>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b></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>
<b>DECK CHANGING</b>	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. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
<b>DIRECTIONS</b>	<p>FROM BALTIMORE, WASHINGTON AND POINTS SOUTH - Take I-83 to exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue 1.5 miles to F&amp;M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports and Fitness Center to your left.</p> <p>FROM HARRISBURG, PITTSBURG AND POINTS WEST - Take the PA Turnpike to Harrisburg (exit 19) onto Route 283 towards Lancaster. Exit on Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue for 1.5 mile to F&amp;M College. From Harrisburg Pike, turn left at first traffic light. AS you enter the parking lot, McGuiness Pool is located in the Alumni Sports and Fitness Center to your left.</p> <p>FROM PHILADELPHIA, SOUTH JERSEY AND POINTS EAST- Take the PA Turnpike to the Reading-Lancaster exit. Take Route 222 South to Route 30 West. Proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue</p>

	for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports and Fitness Center to your left.
<b>ACCOMODATIONS</b>	<p>Lancaster Arts Hotel - 300 Harrisburg Pike Lancaster, pa 1-877-208-5521  Lancaster Marriott@ Penn Square 25 South Queen str, Lancaster(sales) 1-717-207-4000  Eden resort- 222 Eden Road, Lancaster 717-569-6444  The Sleep Inn - 310 Primrose Lane, Mountville 717-285-0444  Hampton Inn - 545 Greenfield Rd, Lancaster 717-299-1200  Fairfield Inn - 150 Granite Run Rd, Lancaster 717-581-1800  Hilton Garden Inn - 101 Granite Run Rd, Lancaster 717-560-0880  Main Stay Suites - 314 Primrose Lane, Mountville 717-285-2500  Country Inn &amp; Suites - 2260 Lincoln Hwy East, Lancaster 717-299-4460  Cork Factory Hotel 480 New Holland Ave 717-735-2075  Red Roof Inn 2307 Lincoln Highway East 717-299-9700  Comfort Suites 2343 Lincoln Highway East 717-299-7000  Wingate by Wyndham 2110 Lincoln Highway East 717-299-6604  Homewood Suites 200 Granite Run drive 717-381-4400  Courtyard Lancaster 1931 Hospitality Drive 717-393-3600  Fairfield Inn &amp; suites by Marriott 2270 Lincoln Highway East 717-295-9100</p>