

MIDDLE ATLANTIC SWIMMING SILVER CHAMPIONSHIPS
MARCH 24TH-26TH, 2017

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| MEET HOST | DIPLOMAT SWIM CLUB, LANCASTER AQUATIC CLUB AND FRANKLIN & MARSHALL COLLEGE | | |
| SANCTION | Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 17149 AG <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 | BEN DELIA | E-MAIL: bdelia@fandm.edu | PHONE: 717-358-3897 |
| LOCATION | Pool name KUNKEL AQUATIC CENTER, FRANKLIN & MARSHALL COLLEGE Street address 929 HARRISBURG AVE. City, state and zip LANCASTER, PA 17603 Day of meet ONLY emergency phone 717-291-3897 | | |
| FACILITY DESCRIPTION | This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 16 lanes for competition, a Colorado System 6 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 400 and spectator seating for 500. Parking - 700 Spots Hospitality - Yes Snack bar - Yes | | |
| 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 feet or 6 feet and at the turn end is 9 feet or 6 feet . | | |
| EVENTS | This meet will be conducted in accordance with the attached schedule of events. | | |
| ENTRIES OPEN | JANUARY 15, 2017 | | |
| ENTRY DEADLINE | MARCH 13 TH , 2017 at 11:59 PM | | |
| ENTRY FEES | Individual Events: \$5.00 | Relay Events: \$10.00 | Swimmer Surcharge: \$5.00 per swimmer |
| ENTRY LIMITS | 5 Individual events per day for 10 & under swimmers. 3 Individual events per day for 11 & over swimmers. Individual Events per day (excluding relays). | 2 Relays per day | MEET ENTRY LIMIT: 11 for 10 & unders; 8 for 11 & overs (not including relays) |
| ELIGIBILITY | All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to ALL 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"> 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. Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded last, beginning in Heat 1. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Hy-Tek Meet Manager meet management software. 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 Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite 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 here. FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by March 17th, 2016. Include Meet Entry Summary with payment. | | |
| MEET ENTRY CHAIR | BEN DELIA | PHONE #: 717-358-3897 (no calls before 9:00 AM or after 9:00 PM) | |
| E-MAIL ENTRY FILES TO | BDELIA@FANDM.EDU | | |
| MAIL CHECKS/ REPORTS | BEN DELIA, 415 HARRISBURG AVE., LANCASTER, PA 17603 | | |
| CHECKS PAYABLE TO | FRANKLIN & MARSHALL COLLEGE | | |
| SAFETY DIRECTOR | DON FOLTZ | E-MAIL: dhfoltzy@verizon.net | PHONE: 717-517-0237 |
| OFFICIALS CONTACT | MELISSA GATES | E-MAIL: mgates1@fandm.edu | PHONE: 717-358-4526 |

Session 1Friday, March 24th, 2017

Warm-Up: 3:30 PM, Meet Start: 4:45 PM

Swimmers will be responsible for their own timer and counter for all events

| GIRLS | EVENT | BOYS |
|---------|---------------------------------------------------------------------------|---------|
| 1 | 11-12 500 Freestyle | 2 |
| 3 & 5 | 13-14 & 15-19 500 Free (swum combined but scored separately) | 4 & 6 |
| 7 | 10 & Under 500 Free | 8 |
| 9 | 11-12 400 Individual Medley | 10 |
| 11 & 13 | 13-14 & 15-19 400 Individual Medley (swum combined but scored separately) | 12 & 14 |

Session 2Saturday, March 25th, 2017

Warm-Up: 7:30 AM, Meet Start: 8:30 AM

| GIRLS | EVENT | BOYS |
|-------|-----------------------------|------|
| 15 | 11-12 200 Medley Relay | 16 |
| 17 | 13-14 200 Medley Relay | 18 |
| 19 | 15-19 200 Medley Relay | 10 |
| 21 | 11-12 200 Freestyle | 22 |
| 23 | 13-14 200 Freestyle | 24 |
| 25 | 15-19 100 Freestyle | 26 |
| 27 | 11-12 100 Breaststroke | 28 |
| 29 | 13-14 100 Breaststroke | 30 |
| 31 | 15-19 200 Breaststroke | 32 |
| 33 | 11-12 100 Butterfly | 34 |
| 35 | 13-14 100 Butterfly | 36 |
| 37 | 15-19 200 Butterfly | 38 |
| 39 | 11-12 200 Backstroke | 40 |
| 41 | 13-14 200 Backstroke | 42 |
| 43 | 11-12 100 Freestyle | 44 |
| 45 | 15-19 100 Backstroke | 46 |
| 47 | 11-12 50 Backstroke | 48 |
| 49 | 13-14 100 Freestyle | 50 |
| 51 | 15-19 200 Freestyle | 52 |
| 53 | 11-12 200 Individual Medley | 54 |

Session 3Saturday, March 25th, 2017

Warm-Up: 12:45 PM, Meet Start: 1:30 PM

| GIRLS | EVENT | BOYS |
|-------|----------------------------------|------|
| 55 | 10 & Under Medley Relay | 56 |
| 57 | 10 & Under 100 Freestyle | 58 |
| 59 | 10 & Under 50 Breaststroke | 60 |
| 61 | 10 & Under 100 Backstroke | 62 |
| 63 | 10 & Under 50 Butterfly | 64 |
| 65 | 10 & Under 200 Individual Medley | 66 |

Session 4
 Saturday, March 25th, 2017
 11 & Over Finals
 Warm-Up: 4:30 PM, Meet Start: 5:30 PM

| GIRLS | EVENT | BOYS |
|-------|-----------------------------|------|
| 17 | 11-12 200 Freestyle | 18 |
| 19 | 13-14 200 Freestyle | 20 |
| 21 | 15 & Over 100 Freestyle | 22 |
| 23 | 11-12 100 Breaststroke | 24 |
| 25 | 13-14 100 Breaststroke | 26 |
| 27 | 15 & Over 200 Breaststroke | 28 |
| 29 | 11-12 100 Butterfly | 30 |
| 31 | 13-14 100 Butterfly | 32 |
| 33 | 15 & Over 200 Butterfly | 34 |
| 35 | 11-12 200 Backstroke | 36 |
| 37 | 13-14 200 Backstroke | 38 |
| 39 | 11-12 100 Freestyle | 40 |
| 41 | 15 & Over 100 Backstroke | 42 |
| 43 | 11-12 50 Backstroke | 44 |
| 45 | 13-14 100 Freestyle | 46 |
| 47 | 15 & Over 200 Freestyle | 48 |
| 49 | 11-12 200 Individual Medley | 50 |

Session 5
 Sunday, March 26th, 2017
 Warm-Up: 7:30 AM, Meet Start: 8:30 AM

| GIRLS | EVENT | BOYS |
|-------|-----------------------------|------|
| 67 | 11-12 200 Free Relay | 68 |
| 69 | 13-14 200 Free Relay | 70 |
| 71 | 15-19 200 Free Relay | 72 |
| 73 | 11-12 200 Breaststroke | 74 |
| 75 | 13-14 200 Breaststroke | 76 |
| 77 | 15-19 50 Freestyle | 78 |
| 79 | 11-12 50 Breaststroke | 80 |
| 81 | 13-14 50 Freestyle | 82 |
| 83 | 15-19 100 Breaststroke | 84 |
| 85 | 11-12 50 Freestyle | 86 |
| 87 | 13-14 100 Backstroke | 88 |
| 89 | 15-19 200 Backstroke | 90 |
| 91 | 11-12 100 Backstroke | 92 |
| 93 | 13-14 200 Butterfly | 94 |
| 95 | 15-19 100 Butterfly | 96 |
| 97 | 11-12 200 Butterfly | 98 |
| 99 | 11-12 50 Butterfly | 100 |
| 101 | 13-14 200 Individual Medley | 102 |
| 103 | 15-19 200 Individual Medley | 104 |
| 105 | 11-12 100 Individual Medley | 106 |

Session 6Sunday, March 26th, 2017

Warm-Up: 12:45 PM, Meet Start: 1:30 PM

| GIRLS | EVENT | BOYS |
|--------------|----------------------------------|-------------|
| 107 | 10 & Under 200 Free Relay | 108 |
| 109 | 10 & Under 50 Freestyle | 110 |
| 111 | 10 & Under 100 Breaststroke | 112 |
| 113 | 10 & Under 50 Backstroke | 114 |
| 115 | 10 & Under 100 Butterfly | 116 |
| 117 | 10 & Under 100 Individual Medley | 118 |
| 119 | 10 & Under 200 Freestyle | 120 |

Session 7Sunday, March 26th, 2017

Warm-Up: 4:30 PM, Meet Start: 5:30 PM

| GIRLS | EVENT | BOYS |
|--------------|-----------------------------|-------------|
| 69 | 11-12 200 Breaststroke | 70 |
| 71 | 13-14 200 Breaststroke | 72 |
| 73 | 15 & Over 50 Freestyle | 74 |
| 75 | 11-12 50 Breaststroke | 76 |
| 77 | 13-14 50 Freestyle | 78 |
| 79 | 15 & Over 100 Breaststroke | 80 |
| 81 | 11-12 50 Freestyle | 82 |
| 83 | 13-14 100 Backstroke | 84 |
| 85 | 15 & Over 200 Backstroke | 86 |
| 87 | 11-12 100 Backstroke | 88 |
| 89 | 13-14 200 Butterfly | 90 |
| 91 | 15 & Over 200 Butterfly | 92 |
| 93 | 11-12 200 Butterfly | 94 |
| 95 | 11-12 50 Butterfly | 96 |
| 97 | 13-14 200 Individual Medley | 98 |

2017 MIDDLE ATLANTIC SILVER CHAMPIONSHIPS

| GIRLS | | All cuts SCY | BOYS | |
|----------------------|-------------|-----------------|-------------|----------------------|
| Equal To/Faster Than | Slower Than | 13-14 | Slower Than | Equal To/Faster Than |
| 28.39 | 26.09 | 50 Free | 24.49 | 28.09 |
| 1:01.79 | 56.39 | 100 Free | 53.09 | 1:02.49 |
| 2:18.29 | 2:02.49 | 200 Free | 1:56.29 | 2:16.89 |
| 5:58.99 | 5:31.29 | 500 Free | 5:17.89 | 5:54.99 |
| 1:11.79 | 1:03.59 | 100 Back | 1:00.39 | 1:12.59 |
| 2:35.49 | 2:17.59 | 200 Back | 2:11.99 | 2:29.99 |
| 1:24.39 | 1:13.09 | 100 Breast | 1:08.39 | 1:31.29 |
| 3:00.99 | 2:39.69 | 200 Breast | 2:31.69 | 2:49.99 |
| 1:14.99 | 1:03.69 | 100 Fly | 59.59 | 1:15.09 |
| 2:48.59 | 2:24.89 | 200 Fly | 2:17.19 | 2:37.29 |
| 200 IM CUT | 200 IM cut | 100 IM | 200 IM cut | 200 IM CUT |
| 2:40.59 | 2:18.99 | 200 IM | 2:11.19 | 2:37.69 |
| 5:33.99 | 4:59.19 | 400 IM | 4:44.59 | 5:25.89 |
| Equal To/Faster Than | Slower Than | 11-12 | Slower Than | Equal To/Faster Than |
| 31.59 | 27.29 | 50 Free | 26.79 | 32.49 |
| 1:05.59 | 59.29 | 100 Free | 58.89 | 1:06.09 |
| 2:32.49 | 2:09.89 | 200 Free | 2:08.79 | 2:32.69 |
| 6:44.99 | 5:49.39 | 500 Free | 5:46.89 | 6:47.99 |
| 37.09 | 31.59 | 50 Back | 31.29 | 38.49 |
| 1:22.19 | 1:07.39 | 100 Back | 1:07.29 | 1:22.69 |
| 2:48.69 | 2:26.79 | 200 Back | 2:27.79 | 2:56.59 |
| 43.49 | 35.49 | 50 Breast | 35.49 | 43.49 |
| 1:34.39 | 1:17.39 | 100 Breast | 1:18.09 | 1:33.19 |
| 3:06.99 | 2:48.49 | 200 Breast | 2:50.69 | 3:07.79 |
| 36.59 | 29.89 | 50 Fly | 29.99 | 38.19 |
| 1:23.89 | 1:07.69 | 100 Fly | 1:08.79 | 1:24.99 |
| 3:04.59 | 2:38.39 | 200 Fly | 2:37.99 | 2:58.19 |
| 1:18.79 | 1:08.49 | 100 IM | 1:07.69 | 1:20.89 |
| 2:51.39 | 2:26.69 | 200 IM | 2:26.59 | 2:52.99 |
| 6:20.09 | 5:18.29 | 400 IM | 5:21.99 | 6:15.09 |
| Equal To/Faster Than | Slower Than | 10&U | Slower Than | Equal To/Faster Than |
| 36.19 | 30.49 | 50 Free | 30.49 | 38.89 |
| 1:22.49 | 1:07.79 | 100 Free | 1:07.39 | 1:29.69 |
| 2:53.69 | 2:29.89 | 200 Free | 2:30.39 | 2:53.39 |
| 7:48.49 | 6:47.99 | 500 Free | 6:48.99 | 7:49.09 |
| 44.49 | 35.79 | 50 Back | 35.69 | 46.29 |
| 1:42.69 | 1:17.49 | 100 Back | 1:18.29 | 1:36.99 |
| 50.59 | 41.09 | 50 Breast | 41.59 | 53.09 |
| 1:57.99 | 1:29.39 | 100 Breast | 1:31.29 | 1:55.99 |
| 48.49 | 34.09 | 50 Fly | 34.39 | 46.99 |
| 1:45.19 | 1:21.49 | 100 Fly | 1:23.39 | 1:46.19 |
| 1:39.19 | 1:17.49 | 100 IM | 1:17.79 | 1:47.69 |
| 3:22.29 | 2:49.39 | 200 IM | 2:50.69 | 3:22.79 |

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| DECK ENTRIES | Deck entries will not be accepted for this meet. |
| PROOF OF TIMES | 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 |
| SEEDING | This meet will be pre -seeded with the exception of the event(s) noted below. The 500 Freestyle and 400 IM will require positive check-in in order to be seeded. |
| AWARDS | Awards will be presented to the top-16 finishers in the 10 & under and 11-12 age groups. Awards will be presented to the top-8 finishers in the 13-14 and 15-19 age groups. High point awards will be presented for each age group, calculated from individual events only. |
| SCORING | There will be no team scoring at this meet. |
| PROGRAMS AND ADMISSION | 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 \$5 per person, per session. Full meet programs will be on sale for \$10, and will include both prelims and finals heat sheets. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost. |
| MISCELLANEOUS | |

| SESSION | WARM-UP TIMES | MEET STARTS |
|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Friday Evening | 3:30 PM | 4:45 PM |
| Saturday/Sunday 11&O Prelims | 7:30 AM | 8:30 AM |
| Saturday/Sunday 10&U Prelims | 12:45 PM | 1:30 PM |
| Saturday/Sunday 11&O Finals | 4:30 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>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> | |
| 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> | |
| RACING START CERTIFICATION | <p>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.</p> | |
| QUALIFYING TIMES | Qualifying Times (if applicable) are shown on the attached Meet Structure | |
| MEET/DECK REFEREE | 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 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 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</p> | |

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| | <p>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. 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. |
| DIRECTIONS | GPS Address: 929 Harrisburg Avenue, Lancaster, PA 17603. Swimmer drop-off and entry will be in the parking lot whose entrance is at the intersection of Harrisburg Ave. and Race Ave. |
| ACCOMODATIONS | Please visit the following website for convenient hotel accomodations: http://www.campustravel.com/university/fandm/index.html |