

GRA FEBRUARY FREEZE  
FEBRUARY 2-4, 2018

<b>MEET HOST</b>	GOLDEN RAM AQUATICS		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 1873 A <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>		
<b>MEET DIRECTOR</b>	BETH ANN CAROZZA	<b>E-MAIL:</b> grameetdirector@gmail.com	<b>PHONE:</b> 484-883-7202
<b>LOCATION</b>	<b>Pool name</b> GRAHAM NATATORIUM <b>Street address</b> 855 SOUTH NEW STREET <b>City, state and zip</b> WEST CHESTER, PA, 19383 <b>Day of meet ONLY emergency phone</b> 484-883-7202		
<b>FACILITY DESCRIPTION</b>	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a Colorado timing system with a 6 line scoreboard and Competitor Anit-Wave lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 200 and spectator seating for 750. Parking: ample spaces available Hospitality for officials and coaches only Snack bar yes		
<b>POOL CERTIFICATION</b>	The competition course <input checked="" type="checkbox"/> has <input type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
<b>WATER DEPTH</b>	The depth of the water at the start end of the pool is 8 feet and at the turn end is 8 feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	11/1/2017		
<b>ENTRY DEADLINE</b>	JANUARY 19, 2018 at 11:59 PM		
<b>ENTRY FEES</b>	Individual Events: <b>\$5.00</b>		Relay Events: <b>\$10.00</b>
<b>ENTRY LIMITs</b>	4 Individual Events per day (excluding relays).	na Relays per day	<b>MEET ENTRY LIMIT: 9</b>
<b>ELIGIBILITY</b>	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 9 AND OVER USA swimming registered swimmers.		
<b>ON-SITE REGISTRATION</b>	On-site registration <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet. Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering for this meet is double the normal fee. This applies to all swimmers attached to a club.		
<b>ENTRY PROCEDURES</b>	<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 according to US Swimming procedures. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted.</li> <li>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.</li> <li><b>Entry Procedure-</b> Entries will be processed using the USA Swimming OME (Online Meet Entry) process. Entries will be accepted through January 31, 2016 at 9 pm EST. OME will open for entries into this meet on November 1, 2015. OME can be accessed at <a href="http://www.usaswimming.org/ome">www.usaswimming.org/ome</a>. For this meet the OME system will process payment by credit card. 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 by the system. Entries are not in the meet until payment has been processed. Entry times will be taken from the SWIMS Database. Custom times may be entered; however, all times not from SWIMS are subject to 'proof' prior to the meet. Coaches will be notified of the need to prove times. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than SCY will be treated as 'non-conforming' and will be seeded according to USA Swimming procedures. If a team is unable to enter by way off OME, checks should be made payable to Golder Ram Aquatics and mailed to the address listed on the meet invitation.</li> <li><b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by JANUARY 30, 2017 Include Meet Entry Summary with payment.</li> </ul>		
<b>MEET ENTRY CHAIR</b>	DEBBIE MCMAHON	<b>PHONE #:</b> 610-322-2278 (no calls before 9:00 AM or after 9:00 PM)	
<b>E-MAIL ENTRY FILES TO</b>	GRAMEENTRIES@GMAIL.COM		
<b>MAIL CHECKS/ REPORTS</b>	GOLDEN RAM AQUATICS PO BOX 548 WEST CHESTER, PA 19380		
<b>CHECKS PAYABLE TO</b>	GRA PARENTS CLUB		
<b>SAFETY DIRECTOR</b>	CECE CARY	<b>E-MAIL:</b> grasafetydirector@gmail.com	<b>PHONE:</b> 610-470-6580
<b>OFFICIALS CONTACT</b>	SUZANNE TURCO	<b>E-MAIL:</b> presidentgra@gmail.com	<b>PHONE:</b> 484-354-1831

### Session 1

GIRLS	EVENT	BOYS
1	11 and over 400 IM	2
3	11 and over 500 free	4

### Session 2

GIRLS	EVENT	BOYS
5	11/12 200 free	6
7	9/10 200 free	8
9	11/12 50 breast	10
11	9/10 100 breast	12
13	11/12 50 fly	14
15	9/10 100 fly	16
17	11/12 50 free	18
19	9/10 50 free	20
21	11/12 100 back	22
23	9/10 100 back	24
25	11/12 200 IM	26

### Session 3

GIRLS	EVENT	BOYS
27	13 and over 200 free	28
29	13 and over 100 back	30
31	Senior 200 fly	32
33	13 & Over 50 Free	34
35	Senior 200 breast	36

### Session 4

GIRLS	EVENT	BOYS
37	9/10 200 IM	38
39	11/12 50 back	40
41	9/10 50 back	42
43	11/12 100 free	44
45	9/10 free	46
47	11/12 100 breast	48
49	9/10 50 breast	50
51	11/12 100 fly	52
53	9/10 50 fly	54
55	11/12 100 IM	56
57	9/10 100 IM	58

**Session 5**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
59	13 and over 200 IM	60
61	13 and over 100 fly	62
63	13 and over 100 free	64
65	13 and over 100 breast	66
67	Senior 200 back	68

<b>DECK ENTRIES</b>	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, prior to the start of each session, at the cost of \$10.00 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 Entry Chair 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 type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. ANY 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. THE 400 IM AND 500 FREE ARE DECK SEEDED EVENTS. A CHECK IN TABLE WILL BE SET UP IN THE LOBBY AND WILL CLOSE 30 MINUTES PRIOR TO THE START OF THE SESSION. SWIMMERS WHO CHECK IN WILL BE SEEDED TO SWIM THE EVENT. A SWIMMER WHO POSITIVELY CHECKS IN FOR AN EVENT AND FAILS TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING HIS/HER NEXT INDIVIDUAL EVENT.	
<b>AWARDS</b>	Only for 12 and Under events. No awards for senior events, the 500 free and the 400 IM. A Entry times- 1st- 3rd medals, 4th- 8th ribbons: B entry times- 1st- 3rd Rosetta ribbons, 4th-8th ribbons, C entry times- 1st-3rd Rosetta ribbons and 4th-8th ribbons.  Coaches or team representative are responsible for picking up awards. No awards will be mailed.	
<b>SCORING</b>	NA	
<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 \$0. Children under admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.	
<b>MISCELLANEOUS</b>	HISTORICALLY, THIS MEET FILLS UP VERY FAST. IT IS SUGGESTED THAT ENTRIES ARE SUBMITTED AS EARLY AS POSSIBLE.	
<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
FRIDAY EVENING	5:30	6:30
SAT. AND SUN. MORNINGS	7:15	8:30
SAT. AND SUN. AFTERNOONS	1:15	2:30
<b>WARM-UP INFORMATION</b>	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. 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. 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules	
<b>DECK PRIVILEGES</b>	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. 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.	

<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>DRONES</b>	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
<b>DECK CHANGING</b>	Deck changes are prohibited.
<b>DIRECTIONS</b>	<p>From North: PA turnpike to Exit 312/Downingtown, Rte. 100 S. to Rte. 202 S. Continue on 202 S. past High St. exit – Turn right onto Pleasant Grove Rd., which is the 1st right after Stetson Middle School (large Presbyterian Church on corner beyond turn) – Turn right at stop sign onto New St. – Follow 1.5 mile past University Farrell Stadium – Turn right into athletic building parking lot – Proceed to back of lot to glass enclosed Natatorium entrance at left rear corner of building.</p> <p>From South: Rte. 202 N. – Turn left onto Rte. 926 – Take 1st right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>
<b>ACCOMODATIONS</b>	<p>Days West Chester: 943 S. High St., West Chester, 19382 Phone: 610-692-1900</p> <p>Microtel Inn &amp; Suites: 500 Willow Brook Lane, West Chester, Phone: 610-738-9111</p>

	Comfort Inn Brandywine Valley: 1310 Wilmington Pike West Chester, PA, 19382. Phone: 610-399-4600 Hotel Warner: 102 North High Street, West Chester, PA 19380 Phone: 610- 692-6920
--	--