

LAST CHANCE  
FEBRUARY, 17-18, 2018

|                              |   |   |                             |
|------------------------------|---|---|-----------------------------|
| <b>MEET HOST</b>             | NITTANY LION AQUATIC CLUB   |   |                             |
| <b>SANCTION</b>              | Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 1877 A<br><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>         | STEPHANIE BLAKE AND JUSTINE GIBBLE  | <b>E-MAIL:</b> MDNLAC@GMAIL.COM   | <b>PHONE:</b> 570-490-3398  |
| <b>LOCATION</b>              | <b>Pool name</b> THE MCCOY NATATORIUM, PENN STATE UNIVERSITY <b>Street address</b> CORNER OF BIGLER & CUTAIN ROADS <b>City, state and zip</b> UNIVERSITY PARK, PA 16802 <b>Day of meet ONLY emergency phone</b> 814-360-3259  |   |                             |
| <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 6 lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for and spectator seating for 900. Parking East Parking Deck Hospitality for Coaches, Officials, & volunteers Snack bar provided by Penn State University   |   |                             |
| <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 10 feet and at the turn end is 6 feet.   |   |                             |
| <b>EVENTS</b>                | This meet will be conducted in accordance with the attached schedule of events.   |   |                             |
| <b>ENTRIES OPEN</b>          | UPON SANCTION   |   |                             |
| <b>ENTRY DEADLINE</b>        | FEBRUARY 2, 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>          | 5 Individual Events per day (excluding relays).   | Relays per day  | <b>MEET ENTRY LIMIT:</b> 10 |
| <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 2017-2018 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. The cost of registering on deck is double the normal fee.   |   |                             |
| <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 as NT. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted.</li> <li>• Entries must be submitted electronically in a format compatible with MM 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 February 2, 2018 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul> |   |                             |
| <b>MEET ENTRY CHAIR</b>      | JUSTINE GIBBLE  | <b>PHONE #:</b> 814-571-5764 (no calls before 9:00 AM or after 9:00 PM) |                             |
| <b>E-MAIL ENTRY FILES TO</b> | MDNLAC@GMAIL.COM  |   |                             |
| <b>MAIL CHECKS/ REPORTS</b>  | STEPHANIE BLAKE, 149 GALA DRIVE STATE COLLEGE, PA 16801   |   |                             |
| <b>CHECKS PAYABLE TO</b>     | NLAC  |   |                             |
| <b>SAFETY DIRECTOR</b>       | JEFF NICASTRO   | <b>E-MAIL:</b> DRSWIM123@GMAIL.COM                                      | <b>PHONE:</b> 814-280-2887  |
| <b>OFFICIALS CONTACT</b>     | SCOTT ETTER   | <b>E-MAIL:</b> SETTER@ETTERLAWFIRM.COM                                  | <b>PHONE:</b> 814-777-2625  |

| GIRLS | EVENT                   | BOYS |
|-------|-------------------------|------|
| 1     | 13-14 200 FLY           | 2    |
| 3     | 15 & OVER 200 FLY       | 4    |
| 5     | 13-14 200 FREESTYLE     | 6    |
| 7     | 15 & OVER 200 FREESTYLE | 8    |
| 9     | 13-14 200 BREAST        | 10   |
| 11    | 15 & OVER 200 BREAST    | 12   |
| 13    | 13-14 100 BACK          | 14   |
| 15    | 15 & OVER 100 BACK      | 16   |
| 17    | 13-14 50 FREESTYLE      | 18   |
| 19    | 15 & OVER 50 FREESTYLE  | 20   |
|       |                         |      |
| 21    | OPEN 400 IM             | 22   |

**Session 2**  
SATURDAY, FEB 17, 2018 9-12 YO

| GIRLS | EVENT               | BOYS |
|-------|---------------------|------|
| 23    | 11-12 200 BACK      | 24   |
| 25    | 9-10 100 FREESTYLE  | 26   |
| 27    | 11-12 100 FREESTYLE | 28   |
| 29    | 9-10 50 BACK        | 30   |
| 31    | 11-12 50 BACK       | 32   |
| 33    | 11-12 200 FLY       | 34   |
| 35    | 9-10 100 BREAST     | 36   |
| 37    | 11-12 100 BREAST    | 38   |
| 39    | 9-10 50 FLY         | 40   |
| 41    | 11-12 50 FLY        | 42   |
| 43    | 9-10 200 IM         | 44   |
| 45    | 11-12 200 IM        | 46   |

**Session 3**  
SUNDAY, FEB 18, 2018 13 & OVER + 500 FREE

| GIRLS | EVENT                   | BOYS |
|-------|-------------------------|------|
| 47    | 13-14 100 FREESTYLE     | 48   |
| 49    | 15 & OVER 100 FREESTYLE | 50   |
| 51    | 13-14 100 BREAST        | 52   |
| 53    | 15 & OVER 100 BREAST    | 54   |
| 55    | 13-14 200 BACK          | 56   |
| 57    | 15 & OVER 200 BACK      | 58   |
| 59    | 13-14 100 FLY           | 60   |
| 61    | 15 & OVER 100 FLY       | 62   |
| 63    | 13-14 200 IM            | 64   |
| 65    | 15 & OVER 200 IM        | 66   |
|       |                         |      |
| 67    | OPEN 500 FREESTYLE      | 68   |

**Session 4**

SUNDAY, FEB 18, 2018 9-12 YO

| GIRLS | EVENT              | BOYS |
|-------|--------------------|------|
| 69    | 11-12 200 BREAST   | 70   |
| 71    | 9-10 50 FREESTYLE  | 72   |
| 73    | 11-12 50 FREESTYLE | 74   |
| 75    | 9-10 100 BACK      | 76   |
| 77    | 11-12 100 BACK     | 78   |
| 79    | 9-10 50 BREAST     | 80   |
| 81    | 11-12 50 BREAST    | 82   |
| 83    | 9-10 100 FLY       | 84   |
| 85    | 11-12 100 FLY      | 86   |
| 87    | 9-12 200 FREESTYLE | 88   |
| 89    | 9-10 100 IM        | 90   |
| 91    | 11-12 100 IM       | 92   |

|                               |  |
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| <b>DECK ENTRIES</b>           | Deck Entries <input type="checkbox"/> will not be accepted <input 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 Director 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. 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.<br>500 Freestyle & 400 IM. Positive check-in is required for these events. We will swim both events fastest to slowest, alternating one heat of girls then one heat of boys   |
| <b>AWARDS</b>                 | Awards will be given to 12 and under swimmers only. Award levels will be determined by entry times.<br>"A" Awards: Ribbons 1-6<br>"BB" Awards: Ribbons 1-6<br>"C" Awards: Ribbons 1-6<br>All Awards must be picked up by the end of the meet. Awards will not be available after the last day of the meet.   |
| <b>SCORING</b>                |  |
| <b>PROGRAMS AND ADMISSION</b> | Programs/heat sheets will be sold by <input checked="" type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be available. Admission is \$5. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.   |
| <b>MISCELLANEOUS</b>          | Swimmers must provide their own timer and counter for the 500 Freestyle and timer only for the 400 IM.   |

| SESSION                    | WARM-UP TIMES  | MEET STARTS |
|----------------------------|--|-------------|
| 1 Sat Feb 17               | 6:30 am  | 8:00 am     |
| 2 Sat Feb 17               | 2:00pm   | 3:00pm      |
| 3 Sun Feb 18               | 6:30am   | 8:00am      |
| 4 Sun Feb 18               | 2:00pm   | 3:00pm      |
| <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.<br>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.<br>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.<br>The referee may remove anyone from the warm-up for failure to comply with warm-up rules. |             |

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| <b>DECK PRIVILEGES</b> | Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.<br>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 |
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|-----------------------------------|---|
|                                   | 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>                     | 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.<br><br>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.<br><br>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/<br><br><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   |
| <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>                | <b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b><br>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.<br><br>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. |
| <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>                 | US Route 322 to the Penn State Exit (Park Ave.) Turn onto Park Ave, follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left. Parking is available in the East Parking Deck on Bigler Rd., on the right prior to reaching the stop sign and pool.   |
| <b>ACCOMODATIONS</b>              | COMFORT SUITES: 132 Village Drive State College, PA 16801<br>Phone: 814-235-1900. Mention "Nittany Lion Aquatics" when making reservation.<br><a href="http://www.comfortsuites.com/hotel-state_college-pennsylvania- PA276">http://www.comfortsuites.com/hotel-state_college-pennsylvania- PA276</a>   |

COUNTRY INN & SUITES: 1357 East College Avenue, State College PA 16801  
Phone 814-234-6000 Mention "Nittany Lion Aquatics" when making reservation.  
<http://www.countryinns.com/state-college-hotel-pa-16801/pastate>

RAMADA CONFERENCE CENTER, 1450 South Atherton St., State College, PA 16801 Phone: 814-238-3001 Ask for  
Nittany Lion Aquatic Meet <http://www.ramadasc.com/>

SLEEP INN GROUP BLOCKS: Address: 111 Village Drive State College, PA  
16801 Phone : 814-235-1020 Mention "Nittany Lion Aquatics" when making  
reservation. [http://www.sleepinn.com/hotel-state\\_college-pennsylvania-PA421](http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421)

THE ATHERTON HOTEL (a full service hotel): 125 S. Atherton St., State College, PA 16802 Phone: 814-231-2100  
Mention block code "NITTA011113" when making reservation. [www.athertonhotel.net](http://www.athertonhotel.net)

HOLIDAY INN EXPRESS: 1925 Waddle Rd. State College, PA 16803 Phone: 814-867-1800.  
<http://www.ihg.com/holidayinnexpress/hotels/us/en/state-college/scewr/hoteldetail>

FAIRFIELD INN & SUITES: 2215 N. Atherton St. State College, PA 16803 Phone: 814-238-  
3871.<http://www.marriott.com/hotels/travel/scoco-fairfield-inn-and-suites-state-college/>

SPRINGHILL SUITES: 1935 Waddle Rd. State College, PA 16803 Phone: 814-867-  
1807.<http://www.marriott.com/hotels/travel/scesh-springhill-suites-state-college/>

HAMPTON INN & SUITES: 1955 Waddle Rd. State College, PA 16803 Phone: 814-231-  
1899.<http://hamptoninn3.hilton.com/en/hotels/pennsylvania/hampton-inn-and-suites-williamsburg-square-SCEHSHX/index.html>

Information about additional lodging is available at: <http://www.visitpennstate.org/>