

JOHN APPLE MEMORIAL MEET
JANUARY 6-7, 2018

MEET HOST	FIVE STAR SWIM CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 1801 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>		
MEET DIRECTOR	ADENISE COURTOT/EDEN MANDRELL	E-MAIL: FSSCMeetDirector@gmail.com	PHONE: 717-314-3280
LOCATION	Pool name LITITZ REC CENTER Street address 301 W MAPLE ST City, state and zip LITITZ PA 17543 Day of meet ONLY emergency phone 717-626-5996		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a 8 line scoreboard and 8 lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 350 and spectator seating for 250. Parking Adjacent Middle School Lot Hospitality Yes Snack bar Yes (FOOD TRUCK)		
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 12 feet and at the turn end is 3 1/2 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	SEPTEMBER 1, 2017		
ENTRY DEADLINE	DECEMBER 20, 2017 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00		Relay Events: \$10.00
ENTRY LIMITS	5 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 as of the first day of the meet determines eligibility. This meet is open to 9 & OVER 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 NT . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with HY-TEK 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 December 20, 2017 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	DENISE COURTOT	PHONE #: 717-314-3280 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	FSSCMEETDIRECTOR@GMAIL.COM		
MAIL CHECKS/ REPORTS	FSSC C/O TERRI GRIEST 25 FIELD LANE LITITZ PA 17543		
CHECKS PAYABLE TO	FIVE STAR SWIM CLUB		
SAFETY DIRECTOR	MARK BOLDIZAR	E-MAIL: Mboldi@hotmail.com	PHONE: 717-519-9746
OFFICIALS CONTACT	TODD PARSONS	E-MAIL: underwatertodd@gmail.com	PHONE: 717-672-1468

Session 1
 SATURDAY JANUARY 6, 2018
 WARM UPS 7 AM

GIRLS	EVENT	BOYS
1	13 & OVER FREE RELAY	2
3	SENIOR 50 FREE	4
5	SENIOR 100 BREAST	6
7	SENIOR 200 BACK	8
9	SENIOR 100 FREE	10
11	SENIOR 200 INDIVIDUAL MEDLEY	12
13	SENIOR 200 BUTTERFLY	14
	10 MINUTE INTERMISSION	
15	13 & OVER 1000 FREE (POSITIVE CHECK IN)	16

Session 2
 SATURDAY 1/6/2018
 WARM UPS 12PM

GIRLS	EVENT	BOYS
17	11/12 200 FREE RELAY	18
19	9/10 200 FREE RELAY	20
21	11/12 200 INDIVIDUAL MEDLEY	22
23	9/10 INDIVIDUAL MEDLEY	24
25	11/12 50 FREE	26
27	9/10 50 FREE	28
29	11/12 100 BREAST	30
31	9/10 100 BREAST	32
33	11/12 50 BACK	34
35	9/10 50 BACK	36
37	11/12 100 BUTTERFLY	38
39	9/10 100 BUTTERFLY	40

Session 3
 SUNDAY JANUARY 7, 2018
 WARM UPS 7 AM

GIRLS	EVENT	BOYS
41	13 & OVER 200 MEDLEY RELAY	42
43	SENIOR 200 BREAST	44
45	SENIOR 200 FREE	46
47	SENIOR 100 BACK	48
49	SENIOR 100 BUTTERFLY	50
51	13&OVER 400 INDIVIDUAL MEDLEY (Positive Check In)	52
	10 MINUTE INTERMISSION	
53	13 & OVER 1650 FREE (POSITIVTE CHECK IN)	54

Session 4
SUNDAY JANUARY 7, 2018
WARM UPS 12 PM

GIRLS	EVENT	BOYS
55	11/12 200 MEDLEY RELAY	56
57	9/10 200 MEDLEY RELAY	58
59	11/12 200 FREE	60
61	9/10 200 FREE	62
63	11/12 100 INDIVIDUAL MEDLEY	64
65	9/10 100 INDIVIDUAL MEDLEY	66
67	11/12 50 BREAST	68
69	9/10 50 BREAST	70
71	11/12 100 BACK	72
73	9/10 100 BACK	74
75	11/12 50 BUTTERFLY	76
77	9/10 50 BUTTERFLY	78
79	11/12 100 FREE	80
81	9/10 100 FREE	82

DECK ENTRIES	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, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10 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.
PROOF OF TIMES	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
SEEDING	This meet will be Pre-seeded with the exception of the event(s) noted below. 400 IM, 1000 & 1650 FREE ARE POSITIVE CHECK-IN EVENTS. CHECK IN IS AT 9 AM ON THE DAY OF THE EVENT
AWARDS	A Entries: 1st-3rd Medals, 4th -8th Ribbons. BB Entries: 1st-3rd Rosettes, 4th-8th Ribbons, C Entries: 1st-8th Ribbons, Relays 1st-3rd. There will be NO Awards for 13 & Over/ Senior Events. Award level is determined by entry time. All Awards must be picked up by a Coach / Parent Representative at the conclusion of the last session. NO Awards will be mailed.
SCORING	
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$6. Children under 8-under admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	SWIMMERS MUST PROVIDE THEIR OWN LAP COUNTER AND TIMER FOR THE 1000 & 1650 EVENTS. ANY SWIMMER THAT DOES NOT SWIM IN AN EVENT IN WHICH THEY HAVE POSITIVELY CHECKED IN WILL BE BARRED FROM SWIMMING THEIR NEXT INDIVIDUAL EVENT. AT THE DISCRETION OF THE MEET DIRECTOR, RELAYS MAY DECK ENTER PRIOR TO THE START OF EACH SESSION FOR A DECK ENTRY FEE OF \$20 PER RELAY.

SESSION	WARM-UP TIMES	MEET STARTS
1 Saturday AM	Approximate Warm ups 7 AM Teams will be notified	8 AM
2 Saturday PM	Approximate Warm ups 12 PM Teams will be notified	1:30PM
3 Sunday AM	Approximate Warm ups 7AM Teams will be notified	8 AM
4 Sunday PM	Approximate Warm ups Teams will be notified 12 PM	1:30 PM
WARM-UP INFORMATION	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.	

	<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	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
MEET/DECK REFEREE	<p>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.</p>
MEET MARSHALS	<p>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.</p>
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 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	<p>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.</p>
PROTESTS	<p>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</p>
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>
DRONES	<p>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.</p>
DECK CHANGING	<p>Deck changes are prohibited.</p>

DIRECTIONS	Available at www.fivestarswimming.com
ACCOMODATIONS	Holiday Inn Express Crosswinds Drive Lititz PA (717)652-2366 Lancaster Inn & Suites Lancaster PA (717)665-5440 Fairfield Inn & Suites 150 Granite Run Drive Lancaster PA 9717)581-1800