

GAAC ARCTIC BLAST  
JANUARY 19 - 21, 2018  
REVISED SESSIONS

|                                  |   |   |                             |
|----------------------------------|---|---|-----------------------------|
| <b>MEET HOST</b>                 | GERMANTOWN ACADEMY AQUATIC CLUB   |   |                             |
| <b>SANCTION</b>                  | Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 1850 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>             | BRIAN MCMILLIN  | <b>E-MAIL:</b> bjmcillin@verizon.net                                    | <b>PHONE:</b> 610-331-8648  |
| <b>LOCATION</b>                  | <b>Pool name</b> GERMANTOWN ACADEMY <b>Street address</b> 340 MORRIS ROAD <b>City, state and zip</b> FT. WASHINGTON, PA 19034 <b>Day of meet ONLY emergency phone</b> 215-542-9095  |   |                             |
| <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 8 line scoreboard and anti-turbulent 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 200. Parking Ample free parking in front of the school Hospitality will be available for coaches and officials Snack bar is available on the balcony level   |   |                             |
| <b>POOL CERTIFICATION</b>        | The competition course <input type="checkbox"/> has <input checked="" 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 12 feet and at the turn end is 4 feet.   |   |                             |
| <b>EVENTS</b>                    | This meet will be conducted in accordance with the attached schedule of events.   |   |                             |
| <b>ENTRIES OPEN</b>              | FRIDAY, SEPTEMBER 1, 2017 AT 12:01 AM   |   |                             |
| <b>ENTRY DEADLINE</b>            | THURSDAY, JANUARY 4, 2018 <b>at 11:59 PM</b>  |   |                             |
| <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).   | 0 Relays per day  | <b>MEET ENTRY LIMIT: 15</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 ALL 9 & 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 tuning in the athlete registration form and payment to the Meet Director. The cost of registering on deck 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. <ul style="list-style-type: none"> <li>• Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded according to USA Swimming Rule 207.12.7B . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted.</li> </ul> </li> <li>• Entries must be submitted electronically in a format compatible with Hy-Tek 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 Thursday, January 11, 2018 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul> |   |                             |
| <b>MEET ENTRY CHAIR</b>          | BRIAN MCMILLIN  | <b>PHONE #:</b> 610-331-8648 (no calls before 9:00 AM or after 9:00 PM) |                             |
| <b>E-MAIL ENTRY FILES TO</b>     | BJMCMILLIN@VERIZON.NET  |   |                             |
| <b>MAIL CHECKS/ REPORTS</b>      | BRIAN MCMILLIN, 4368 MEADOWRIDGE LANE, COLLEGEVILLE, PA 19426   |   |                             |
| <b>CHECKS PAYABLE TO</b>         | GAAC  |   |                             |
| <b>OPERATIONAL RISK DIRECTOR</b> | COLLEEN KOHM  | <b>E-MAIL:</b> ckohm@me.com   | <b>PHONE:</b> 610-202-8782  |
| <b>OFFICIALS CONTACT</b>         | JEFF HYDE   | <b>E-MAIL:</b> jwhyde50@yahoo.com                                       | <b>PHONE:</b> 267-808-9766  |

**Session 1**

Friday, January 19 Warm-up 4:30 PM; Start 5:30 PM

| <b>GIRLS</b> | <b>EVENT</b>              | <b>BOYS</b> |
|--------------|---------------------------|-------------|
| 1            | Open 50 Yard Freestyle    | 2           |
| 3            | Open 50 Yard Breaststroke | 4           |
| 5            | Open 50 Yard Backstroke   | 6           |
| 7            | Open 50 Yard Butterfly    | 8           |
| 9            | Open 1,650 Yard Freestyle | 10          |

**Session 2**

Saturday, January 20 Warm-up 8:00 AM; Start 9:00 AM

| <b>GIRLS</b> | <b>EVENT</b>               | <b>BOYS</b> |
|--------------|----------------------------|-------------|
| 11           | 15 & Over 200 Freestyle    | 12          |
| 13           | 9-10 100 Freestyle         | 14          |
| 15           | 11-14 200 Freestyle        | 16          |
| 17           | Open 200 Backstroke        | 18          |
| 19           | 9-10 50 Backstroke         | 20          |
| 21           | 11-12 100 Backstroke       | 22          |
| 23           | 13-14 100 Backstroke       | 24          |
| 25           | 15 & Over 100 Breaststroke | 26          |
| 27           | 9-10 100 Breaststroke      | 28          |
| 29           | 11-12 50 Breaststroke      | 30          |
| 31           | 13-14 100 Breaststroke     | 32          |
| 33           | Open 200 Butterfly         | 34          |
| 35           | 9-10 50 Butterfly          | 36          |
| 37           | 11-12 100 Butterfly        | 38          |
| 39           | 13-14 200 Butterfly        | 40          |
| 41           | Open 400 IM                | 42          |
| 43           | 9-10 100 IM                | 44          |
| 45           | 11-12 200 IM               | 46          |
| 47           | 15 & Over 100 Freestyle    | 48          |
| 49           | 11-12 50 Freestyle         | 50          |
| 51           | 13-14 50 Freestyle         | 52          |

| GIRLS | EVENT                    | BOYS |
|-------|--------------------------|------|
| 53    | Open 500 Freestyle       | 54   |
| 55    | 9-10 50 Freestyle        | 56   |
| 57    | 11-12 100 Freestyle      | 58   |
| 59    | 13-14 100 Freestyle      | 60   |
| 61    | 15 & Over 100 Backstroke | 62   |
| 63    | 9-10 100 Backstroke      | 64   |
| 65    | 11-12 50 Backstroke      | 66   |
| 67    | 13-14 200 Backstroke     | 68   |
| 69    | Open 200 Breaststroke    | 70   |
| 71    | 9-10 50 Breaststroke     | 72   |
| 73    | 11-12 100 Breaststroke   | 74   |
| 75    | 13-14 200 Breaststroke   | 76   |
| 77    | 15 & Over 100 Butterfly  | 78   |
| 79    | 9-10 100 Butterfly       | 80   |
| 81    | 11-12 50 Butterfly       | 82   |
| 83    | 13-14 100 Butterfly      | 84   |
| 85    | 15 & Over 200 IM         | 86   |
| 87    | 9-10 200 IM              | 88   |
| 89    | 11-12 100 IM             | 90   |
| 91    | 13-14 200 IM             | 92   |
| 93    | 15 & Over 50 Freestyle   | 94   |

|                               |   |
|-------------------------------|---|
| <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 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>Events 9 & 10, 1650 Freestyle, will be positive check-in deck seeded.<br>To Minimize empty lanes, coaches or entry personnel are asked to submit scratches, for all preseeded events, to the Meet Director, by 3:00 PM on the day preceding each session. There will be no penalty for "No Shows". Entry fees will be calculated on the entry totals at the close of entries, before scratches..  |
| <b>AWARDS</b>                 | Awards will be given for all 14 and under events based on the level at which the swimmer entered the meet.<br><br>Awards will be given to top 6 finishers in each division - A B B C and in the following age groups 9-10, 11-12, and 13-14. Coaches are to pick-up their team's awards at the conclusion of the meet. If awards are not picked up at the meet, they can be mailed at that team's expense. If in the event awards are not ready at the conclusion of the meet, they will be mailed at GAAC's expense. Mailing address must be provided to the Meet Director.              |
| <b>SCORING</b>                | The meet will not be scored   |
| <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 checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5.00/session and includes a heat sheet. Children under 6 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.  |
| <b>MISCELLANEOUS</b>          | The 1650 will be limited to a total of 6 heats. Middle Atlantic entries will be given priority if entries for more than 6 heats are received. Otherwise, entries will be accepted in the order that they are received.<br><br>HEATS OF THE 1650 WILL BE SEEDED FASTEST TO SLOWEST, WITH ALTERNATING HEATS OF GIRLS THEN BOYS.<br><br>EVENTS MAY BE COMBINED TO STAY WITHIN THE 6 HEAT LIMIT OR AS LANES ARE AVAILABLE TO  |

|                                      | <p>MINIMIZE THE NUMBER OF HEATS AFTER SCRATCHES.</p> <p>Swimmers must provide their own personnel for timing and counting the 1650</p> <p>Meet Results: Will be posted to the Middle Atlantic website (www.maswim.org) and transmitted by email to any club that provides a valid email address. Meet results will not be mailed to the clubs</p>  |             |
|--------------------------------------|--|-------------|
| SESSION                              | WARM-UP TIMES  | MEET STARTS |
| Friday Evening Session               | Warm-up Start 4:30 PM  | 5:30 PM     |
| Saturday and Sunday Morning Sessions | Warm-up Start 8:00 AM  | 9:00 AM     |
|                                      |  |             |
|                                      |  |             |
| <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>  |             |
| <b>RACING START CERTIFICATION</b>    | <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. <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></p>  |             |
| <b>QUALIFYING TIMES</b>              | <p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>   |             |
| <b>MEET/DECK REFEREE</b>             | <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 <b>any</b> issues that arise that day during the course of the meet.</p>   |             |
| <b>MEET MARSHALS</b>                 | <p>Meet Marshals have full authority through the Meet Referee &amp; 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>  |             |
| <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>             | <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>   |             |
| <b>PROTESTS</b>                      | <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>  |             |

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| <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>        | <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>   |
| <b>DECK CHANGING</b> | <p>Deck changes are prohibited.</p>  |
| <b>DIRECTIONS</b>    | <p>Take exit 339 of PA Turnpike--Ft. Washington. Through tolls stay in left lane to end of road, then go right (Pennsylvania Avenue). Follow to dead end and turn left (Old Bethlehem Pike). At first light make a right—Lafayette Connector. Go straight through the next light into Germantown Academy entrance. Arrows posted for walk through quad and building to pool entrance. Locker rooms on lower level.</p>   |
| <b>ACCOMODATIONS</b> | <p>Lodging:</p> <p>Best Western, 285 Commerce Drive, Ft. Washington (exit 339 PA Tpke)<br/>215-542-7930 5 minutes from pool</p> <p>Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington (exit 339 PA Tpke) 215-646-4637 5 minutes from pool</p> <p>Holiday Inn Fort Washington, 432 Pennsylvania Ave., Ft. Washington (exit 339 PA Tpke) 877-863-4780 5 minutes from pool</p> <p>Restaurants: Adjacent to all the hotels -- from fast food to sit-down family oriented. All are inexpensive and moderately priced. Many others on Old Bethlehem Pike.</p>  |