



MIDDLE ATLANTIC SWIMMING LC SR CHAMPIONSHIPS JULY 11-14, 2018

MEET HOST	WEST SHORE YMCA AND HERSHEY AQUATIC CLUB - MEET IS OPEN TO MIDDLE ATLANTIC LSC TEAMS ONLY		
SANCTION	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 18184 SR and MA 18185 TT <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></p>		
MEET DIRECTOR	DEREK BOYCE	E-MAIL: mike@wsyswim.org	PHONE: (717) 514-2287 Voice or text
LOCATION	Pool name ARTHUR D. KINNEY NATATORIUM Street address KENNETH LANGONE ATHLETIC CENTER, MOORE AVENUE, BUCKNELL UNIVERSITY, City, state and zip LEWISBURG, PA 17837 Day of meet ONLY emergency phone (570) 577-3679		
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 for the competition pool and non-turbulent lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 300 and spectator seating for 600. Hospitality For Coaches and Officials Snack bar Will be available, as well as a swim vendor. Entrance to the facility is main doors of Sojak Pavilion. Parking is available on campus in any legal parking spots, illegally parked cars will be towed. NO FOOD ON DECK: The facility is adamant that no food or drink is allowed on the pool deck or in the locker rooms. Swimmers bringing food or drink on deck or into the locker rooms will be removed from the facility. Food can be eaten in the lobby or up in the concourse. Water will be available to athletes on the pool deck. PLEASE NOTE THERE WILL BE NO DECK SEATING AGAINST THE WALL BEHIND THE BLOCKS, THERE HAS BEEN A DECK LEVEL AIR EXCHANGE SYSTEM INSTALLED ALONG THIS WALL.		
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/turn end of the pool is 14.5 feet and at the turn end of the pool is 8 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	JUNE 1, 2018		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after December 31,2016		
ENTRY DEADLINE	ENTRIES WILL BE ACCEPTED THROUGH MONDAY, JULY 2, 2018 USING THE USA SWIMMING OME SYSTEM at 11:59 PM		
MEET ENTRY FEES	Individual Events: \$7.00 Time Trials: \$15.00	Relay Events: \$12.00 Time Trials: \$20.00	Surcharge: \$5/swimmer (including relay only)
ENTRY LIMITS	Swimmer may enter an unlimited number of events each day, but then may scratch to reach the limit of competing in only 3 Individual Events per day (excluding relays).	2 Relays per day	MEET ENTRY LIMIT: 16
ELIGIBILITY	All entrants must be Middle Atlantic registered members of USA Swimming.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. .		

QUALIFYING TIMES

Wednesday

Prelims Warm-Up - 7:30 – 8:25 AM Meet Starts – 8:30 AM Finals Warm-up – 4:30 PM Meet – Start - 5:30

#	WOMEN			Event	MEN			#
	SCY	SCM	LCM		LCM	SCM	SCY	
1	1:04.19	1:12.09	1:12.59	100 M Backstroke	1:07.69	1:05.69	57.99	2
3	2:38.29	2:57.49	2:59.89	200 M Breaststroke	2:46.39	2:42.49	2:23.79	4
5	1:02.69	1:10.39	1:10.59	100 M Butterfly	1:04.09	1:04.69	56.69	6
7	8:26.92	9:24.16	9:31.96	800 M Freestyle Relay	8:46.06	8:33.26	7:45'84	8
9	11:05.59	9:50.49	9:54.09	800 M Freestyle	9:12.09	9:05.99	10:17.19	10

Thursday

Prelims Warm-Up - 7:30 – 8:25 AM Meet Starts – 8:30 AM Finals Warm-up – 4:30 PM Meet – Start - 5:30

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
11	2:22.09	2:38.99	2:41.29	200 M Butterfly	2:24.39	2:22.09	2:06.79	12
13	56.19	1:04.19	1:04.09	100 M Freestyle	57.99	57.89	50.89	14
15	5:20.49	4:48.09	4:47.09	400 M Freestyle	4:26.19	4:31.89	4:57.19	16
17	4:22.04	4:57.26	4:57.26	400 M Medley Relay	4:42.86	4:36.46	4:09.06	18

Friday

Prelims Warm-Up - 7:30 – 8:25 AM Meet Starts – 8:30 AM Finals Warm-up – 4:30 PM Meet – Start - 5:30

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
19	1:13.39	1:22.89	1:23.79	100 M Breast	1:17.09	1:16.09	1:06.29	20
21	1:58.59	2:16.79	2:15.49	200 M Freestyle	2:03.59	2:06.09	1:49.19	22
23	4:52.79	5:28.99	5:27.99	400 M Individual Medley	5:05.19	5:05.49	4:28.79	24
25	3:56.72	4:22.76	4:29.16	400 M Free Relay	4:07.96	4:01.56	3:37.62	26

Saturday

Prelims Warm-Up - 7:30 – 8:25 AM Meet Starts – 8:30 AM Finals Warm Up – 4:00 – Start – 5:00

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
27	2:16.69	2:35.59	2:34.79	200 M Backstroke	2:26.69	2:23.39	2:07.79	28
29	26.49	29.59	29.99	50 M Freestyle	26.99	26.79	23.49	30
31	2:15.19	2:34.59	2:36.79	200 M Individual Medley	2:23.79	2:22.99	2:04.79	32
33	18:41.39	18:39.39	19:02.19	1500 M Freestyle	18:13.89	18:01.19	17:44.29	34

*Swimmers for the 800 M and 1500 M Freestyle must provide their own timer (except at Finals) and counter. The fastest heat of Women and Men in the 800 Freestyle will swim as the first events at Wednesday Finals. . Remaining heats will swim on Wednesday afternoon (slow to fast/alternating), with warm-up one hour before the scheduled start.

The fastest heat of Women and Men in the 1500 Free will swim as the first event at Saturday Finals. Remaining heats will swim on Saturday afternoon (slow to fast/alternating), with warm-up one hour before the scheduled start.

The 400 Freestyle and 400 Medley Relays all will swim at the conclusion of finals fast to slow alternating female and males. The 800 Freestyle relay will swim 1 heat at finals and the remaining heats will be conducted at the end of the preliminary session.

At preliminaries, heats will be swum slow-to-fast. If appropriate, the 400 IM and 400 free may be 'flighted' and will be swum in the following order – the five fastest heats of women followed by the five fastest heats of men, swum slow-to-fast (the fastest three are circle seeded). Any relay heats will follow (note: the fastest two (2) relay heats will swim at finals). The remaining heats of the 400 IM and 400 free prelims will be swum fast-to-slow, alternating women/men.

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 LSY. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. <p>OME will open for entries into this meet on June 1, 2018 OME can be accessed at www.usaswimming.org/ome</p> <p>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. Entries are not in the meet until payment has been processed.</p> <p>Entry times will be taken from the SWIMS Database only. Times must be entered in the proper course in which achieved; converted times will not be accepted.</p>		
MEET ENTRY CHAIR	G. MICHAEL GOBRECHT	PHONE #: 717 514-2287 (no calls before 9:00 AM or after 9:00 PM)	
ONLINE ENTRY	WWW.USASWIMMING.ORG/OME		
MAIL CHECKS/ REPORTS	G. Michael Gobrecht 410 Fallowfield Road Camp Hill, PA 17011		
OPERATIONAL RISK DIRECTOR	G. MICHAEL GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: 717 514 2287
OFFICIALS CONTACT	BERT HEWITT	E-MAIL: info@wsyswim.org	PHONE: 717 514 2287
SWIMMERS WITHOUT A COACH	Should report to the meet director for assistance.		
COACHES MEETING	There will be a coaches meeting on Wednesday morning, July 11 at 8:45 am in the meeting room off the pool deck. Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative present from each team.		

MEET ADMINISTRATION	<p>This Meet is sponsored and administered by Middle Atlantic Swimming. <u>MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET.</u> This requirement is necessary for the smooth running of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide assigned workers could cause penalties to be imposed on that Team's entries in the Meet or subsequent Meets</p>		
DECK ENTRIES / TIME TRIALS	<p>Deck entries will not be accepted at this meet.</p> <p>Time Trials are open to swimmers entered in this meet in an individual or relay event.</p> <p>Time Trials will be scheduled at the discretion of the Meet Director and the Meet Referee based on available time.</p> <p>Swimmers wanting to swim a Time Trial should make that request to the Meet Director. At the discretion of the Meet Director and Meet Referee in order to facilitate being able to hold Time Trials, a Time Trial entry may be placed in an open lane of the corresponding event that is swum during prelims. Swimmers are limited to two (2) individual event time trials for the meet</p> <p>See Entry Fee section for pricing. Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer.</p>		
PROOF OF TIMES	<p>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. IN THE EVENT OF OVERRIDES OF TIMES IN OME, PROOF OF TIME SHOULD BE SUBMITTED TO THE MEET DIRECTOR PRIOR TO THE MEET. ACCEPTABLE FORM OF PROOF IS THE PAGE OF THE MEET RESULTS WITH THE USA SWIMMING SANCTION NUMBER, THE MEET NAME, HOST AND THE SWIMMER'S NAME HIGHLIGHTED. IF IT IS A SPLIT TIME PLEASE MAKE SURE THE SPLIT IS REFLECTED IN THE RESULTS. PLEASE DO NOT SEND THE ENTIRE MEET FILE OR HTML RESULTS. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic.</p>		
SEEDING	<p>This is primarily a Prelim/Finals meet and will be entirely Deck-seeded. Non-conforming times will be accepted and will be seeded in LSY order according to USA Swimming procedures 207.11.7B; bonus events will be seeded last.</p> <p>Positive check-in will be required to be seeded in the 800 Free, the 1500 Free and all Relays. All individual events, except the 800 Free and the 1500 Free events will have D, C, B, and A Finals during the Finals session, swum in that order. C and D Finals will be limited to 18 and under swimmers.</p> <p>THE 400 FREE/400 IM TOP 2 HEATS WILL BE CIRCLE SEEDED FOLLOWED BY THE REMAINING HEATS ALTERNATING FEMALE/MALE. THERE WILL BE A BREAK AFTER THE CIRCLE SEEDED HEATS AND SUBSEQUENTLY AFTER EVERY 2ND MALE HEAT.</p>		
RELAYS	<p>All relays are Timed Finals and will be deck-seeded. The fastest two (2) heats of each relay will swim at the evening Finals sessions. All Relays must Positively check-in by the scratch deadline (6:30 pm the previous evening). Relay participants must be declared to the Admin Referee (on Relay Cards) one hour before the relay swims, but may be changed up to the time of the swim.</p> <p>Relay Cards can be picked up from the Admin Referee.</p>		

	All Relays must include at least one swimmer entered in an Individual event at the meet. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet upon payment of the meet surcharge and submission of proof of 2018 registration.												
DISTANCE EVENTS	<p>Swimmers with qualifying times in the 800 or the 1500 freestyle may enter that event using their fastest time, or may enter at the LCM time standard provided they are entered in at least one other individual event on the day of the distance free event.</p> <p>Swimmers in the 800 and the 1500 free events must provide their own timers and lap counters, except for timer at the finals session.</p>												
SCRATCH RULES	<p>This meet will be run under modified USA Swimming Championship Scratch rules and procedures, as stated in section 207.11.6 of the USA Swimming Rulebook. The meet will be entirely deck-seeded (i.e., will NOT be pre-seeded.) A Scratch Box will be situated with the Admin Referee on deck for swimmers (or their coach) to scratch events on that or subsequent meet days. Swimmers that have not scratched an individual event and then do not compete in that event during Prelims will be barred from further participation in an Individual Event on that meet day and will have to positive check-in to swim an Individual Event on subsequent meet days; check-in is with the Admin Referee. This does not apply to positive check-in (distance) events. A Declared False Start (DFS) option will be available at the Prelims sessions.</p> <p>Positive check-in will be required to be seeded in the 800 Free and 1500 Free. Swimmers that have positively checked-in and been seeded and do not then compete in the event will be barred from their next individual event in the meet. A DFS option is available.</p> <p>Relays are positive check-in events. However, there is no penalty for a Relay that is seeded and then does not compete in the event.</p> <p>The Scratch Box will be available at the pool each day until 8:00 am to scratch that day's events. Positive check-in for the 800 Free will close at 9:30 am on Wednesday. Positive check-in for the 1500 Free will close at 9:30 am on Saturday. Positive check-in for all Relays will close at 9:30 am each day.</p> <p>Any swimmer that qualifies for Finals in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in the meet (including Relays) unless the swimmer has previously scratched (or declared their possible intention to scratch) within 30 minutes of the announcement of the Prelims results of that event (swimmers initially declaring a possible intention to scratch must confirm their intent within 30 minutes of the announcement of the Prelims results of their last individual event on that day; a swimmer that does not confirm their intent is assumed to have NOT scratched the event.) Swimmers initially announced as Alternates for the Finals will not be so penalized.</p> <p>A Declared False Start is not allowed at Finals; a DFS, delay-of-meet False Start, or other action taken by a swimmer with the intent to non-compete in an event at Finals will be treated as a 'failure to compete' and will be penalized as such.</p> <p>Furthermore, a \$50 fine will be imposed on any Middle Atlantic swimmer who qualifies for Finals and fails to swim that event on the final day of the meet (or the final day for that particular swimmer) – unless that swimmer has appropriately scratched from the event or was originally listed as an Alternate (or lower) in the event. This fine also applies to the top eight (8) swimmers in the 800- and 1500-Free events listed on the pre-meet psych sheet that positively check-in for that event and then do not compete.</p>												
BONUS SWIMS	<p>Bonus swims: bonus events will be allowed in this meet; bonus time standards are 15-16 BB and faster except for events 400 or longer. Bonus events of 400 distance and longer must have an entry time that is within 0.5 second/per 100 of the qualifying time.</p> <p>Bonus swims:</p> <table border="0"> <thead> <tr> <th><u># of qualified swims:</u></th> <th><u># of bonus swims allowed:</u></th> <th><u>max total # of entries:</u></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>2</td> <td>1</td> <td>3</td> </tr> <tr> <td>3 or more</td> <td>0</td> <td>qualified events only</td> </tr> </tbody> </table> <p>Bonus events must have an entry time; 'nt' is not acceptable for any bonus entry.</p>	<u># of qualified swims:</u>	<u># of bonus swims allowed:</u>	<u>max total # of entries:</u>	1	2	3	2	1	3	3 or more	0	qualified events only
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3 or more	0	qualified events only											
AWARDS	<p>There will be a Team Award for the Women's, Men's and Combined Team with the highest point total. There will be a High Point Award for the top three (3) Women and top three (3) Men (based on Individual Events, only.)</p>												

	<p>There will be an IRONMAN award based on FINA LC special points system for the swimmer (Male and Female) with the highest combined point score in the 1500, 800, 400 Freestyle and 400 IM (a swimmer must compete in all four events to be eligible for this award.)</p> <p>Awards Top 8 Individual and Top 3 Relays</p> <ul style="list-style-type: none"> • Presentation will take place after the 2 finals event and then after every event. 																														
SCORING	<p>Scoring for Individual events will be (1st thru 24th place): 32,28,27,26,25,24, 23,22, 19,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p> <p>Relay points are double those for individual events.</p>																														
PROGRAMS AND ADMISSION	<p>Programs/heat sheets will be sold by <input checked="" 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 admission per session includes a heat sheet . Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.</p>																														
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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 approximately 30 minutes before the start of each session. 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> <p>There will be a warm-up/warm-down after each men's event in both prelims and finals. Additional breaks will be added as needed.</p>																														
DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach 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.</p>																														
QUALIFYING TIMES	<p>Qualifying Times are shown in the event list tables.</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 Prelims for this meet. 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 and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. Officials must have proof of certification available. 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 Referee. The Meet Jury will consist of the Meet Director, an Athlete, a Coach and two additional members which may include an official. 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>
DECK CHANGING	<p>Deck changes are prohibited.</p>
DIRECTIONS	<p>Bucknell University is approximately six (6) miles south from I-80 on Rte15 in Lewisburg, PA. The main entrance to the University is off Rte 15 approx. 1/3 of a mile south of the intersection of Rte 45 and Rte 15. Once you have entered the University, the football stadium will be on your right. Bear to the left of the chapel. A large Athletic Complex will be on your left. Kinney Natatorium is located towards the middle of this complex, next to the new pavilion. Directions may be found on the Bucknell website (http://www.bucknell.edu)</p>
ACCOMMODATIONS	<p>Please visit the Bucknell website for more detailed directions and local hotels: http://www.bucknell.edu/x19766.xml</p>