

**ACWS LONG COURSE INVITATIONAL**  
**JUNE 1-3, 2018**

<b>MEET HOST</b>	ACWS		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 18183 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>	NATE GENTZLER	<b>E-MAIL:</b> ngentzler284@gmail.com	<b>PHONE:</b> (717) 586-4573
<b>LOCATION</b>	<b>Pool name</b> KEYSTONE AQUATICS <b>Street address</b> 103 MIDWAY DR. <b>City, state and zip</b> CARLISLE, PA 17013 <b>Day of meet ONLY emergency phone</b> (717) 586-4573		
<b>FACILITY DESCRIPTION</b>	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 type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 430 and spectator seating for 430. Parking 430 Hospitality will be available for Coaches & Officials Snack bar will be available during all sessions		
<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 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>	APRIL 15TH, 2018		
<b>ENTRY DEADLINE</b>	MAY 17TH, 2018 <b>at 11:59 PM</b>		
<b>ENTRY FEES</b>	Individual Events: <b>\$6.00</b>	Relay Events: <b>\$12.00</b>	Swimmer Surcharge: \$5.00 per athlete
<b>ENTRY LIMITs</b>	2 Events Fri/ 4 per day Sat/Sun Individual Events per day (excluding relays).	n/a 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 ALL 9 & OVER USA swimming registered swimmers.		
<b>ON-SITE REGISTRATION</b>	On-site registration (athletes only) <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet.		
<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 after all of the meter seeded times. 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 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 May 20th, 2018 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
<b>MEET ENTRY CHAIR</b>	NATE GENTZLER	<b>PHONE #:</b> (717) 586-4573 (no calls before 9:00 AM or after 9:00 PM)	
<b>E-MAIL ENTRY FILES TO</b>	NGENTZLER284@GMAIL.COM		
<b>MAIL CHECKS/ REPORTS</b>	SCOTT ZACARDA, 103 MIDWAY DR. CARLISLE, PA 17013		
<b>CHECKS PAYABLE TO</b>	ACWS		
<b>OPERATIONAL RISK DIRECTOR</b>	KIMBERLY GINTER	<b>E-MAIL:</b> peaksvcs@yahoo.com	<b>PHONE:</b> (717) 884-6501
<b>OFFICIALS CONTACT</b>	ANDY MILLER	<b>E-MAIL:</b> andrew.miller@ngc.com	<b>PHONE:</b> (717) 825-8807
<b>WEATHER/ EMERGENCY INFORMATION</b>	NATE GENTZLER (717) 586-4573		

**Session 1**

Friday Evening; W-U: 4:30pm/Session Start 5:30pm

GIRLS	EVENT	BOYS
1	Open 400 IM	2
3	Open 800 Freestyle	4

**Session 2**

Saturday Morning; W-U: 7:00am/Session Start 8:00am

GIRLS	EVENT	BOYS
5	15 & Over 200 Back	6
7	13-14 200 Back	8
9	15 & Over 100 Breast	10
11	13-14 100 Breast	12
13	15 & Over 200 Fly	14
15	13-14 200 Fly	16
17	15 & Over 100 Free	18
19	13-14 100 Free	20
21	15 & Over 200 IM	22
23	13-14 200 IM	24

**Session 3**

400 Free; W-U: 12:30pm/Session Start 1:00pm

GIRLS	EVENT	BOYS
25	Open 400 Free	26

**Session 4**

Saturday Afternoon; W-U: 3:00pm/Session Start 4:00pm

GIRLS	EVENT	BOYS
27	9-10 100 Fly	28
29	11-12 100 Fly	30
31	9-10 200 IM	32
33	11-12 200 IM	34
35	9-10 100 Free	36
37	11-12 100 Free	38
39	9-10 50 Back	40
41	11-12 50 Back	42
43	9-10 50 Breast	44
45	11-12 50 Breast	46

**Session 5**

Sunday Morning; W-U: 7:00am/Session Start 8:00am

GIRLS	EVENT	BOYS
47	15 & Over 200 Free	48
49	13-14 200 Free	50
51	15 & Over 100 Fly	52
53	13-14 100 Fly	54
55	15 & Over 100 Back	56
57	13-14 100 Back	58
59	15 & Over 200 Breast	60
61	13-14 200 Breast	62
63	15 & Over 50 Free	64
65	13-14 50 Free	66

**Session 6**

Mile Session; W-U: 12:30pm/Session Start 1:00pm

GIRLS	EVENT	BOYS
67	Open 1500 Free	68

**Session 7**

Sunday Afternoon; W-U: 3:00pm/Session start 4:00pm

GIRLS	EVENT	BOYS
69	9-10 200 Free	70
71	11-12 200 Free	72
73	9-10 100 Back	74
75	11-12 100 Back	76
77	9-10 100 Breast	78
79	11-12 100 Breast	80
81	9-10 50 Fly	82
83	11-12 50 Fly	84
85	9-10 50 Free	86
87	11-12 50 Free	88

<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, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$12 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.
<b>AWARDS</b>	Awards will be given to 12 and under swimmers only. Award levels will be determined by entry times. "A" Awards: Ribbons 1-6 "BB" Awards: Ribbons 1-6 "C" Awards: Ribbons 1-6 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>	This will not be a scored meet
<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 \$5.00 per day . Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	All events greater than 400 meters will be positive check in events  The senior 400 free, 800 free & 1500 will be swum fastest to slowest  Swimmers in 800 free and 1500 free must provide their own counters and lane timers  All lane timers will get in for free for the sessions worked  Meet heat sheets will be available for \$10.00 for the entire weekend

<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
Session 1	4:30 pm	5:30 pm
Session 2	7:00 am	8:00 am
Session 3	12:30 pm	1:00 pm
Session 4	3:00 pm	4:00 pm
Session 5	7:00 am	8:00 am
Session 6	12:30 pm	1:00 pm
Session 7	3:00 pm	4:00 pm

<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. 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>
<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>	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>Street Address: 103 Midway Dr. Carlisle, PA 17013</p> <p>From 81 North or South</p> <p>Take Exit 47 for PA-34/Hanover St. Turn right onto PA-34 S/S Hanover St/Holly Pike</p> <p>Continue to follow PA-34 S pass by Chili's Grill &amp; Bar (on the left in 0.2 mi) turn left onto Midway Dr destination will be on the right</p>
<b>ACCOMMODATIONS</b>	<p>Days Inn Carlisle South, Alexander Spring Rd, Carlisle, PA</p> <p>LaQuinta Inn &amp; Suites, Bent Creek Blvd, Mechanicsburg, PA</p> <p>Wingate by Wyndham, 236 Cumberland Pkwy Mechanicsburg, PA</p>