

**2018 MIDDLE ATLANTIC SILVER CHAMPS
MARCH 23-25, 2018**

MEET HOST	CENTRAL YORK AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 18161 AG <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	NATE GENTZLER	E-MAIL: ngentzler284@gmail.com	PHONE: 717-586-4573
LOCATION	Pool name CENTRAL YORK HIGH SCHOOL NATATORIUM Street address 601 MUNDIS MILL ROAD City, state and zip YORK, PA 17406 Day of meet ONLY emergency phone 717-586-4573		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado System 6 timing system with a 8 line scoreboard and Competitor non-turbulent lane lines lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 300 and spectator seating for 500. Parking capacity 500. Hospitality will be available for coaches and officials. Snack bar will be available during all sessions, as will a swim apparel/equipment vendor.		
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 13 feet and at the turn end is 7 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	February 1, 2018		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after September 1, 2016		
ENTRY DEADLINE	March 8, 2017 at 11:59 PM		
ENTRY FEES	Individual Events: \$7.00	Relay Events: \$14.00	Swimmer Surcharge: \$5.00 per swimmer
ENTRY LIMITS	11 & Over swimmers 3 Individual Events per day (excluding relays). 10 & Under swimmers 5 Individual events per day.	1 Relay per day	MEET ENTRY LIMIT: 11 for 11&Over Swimmers. 13 for 10& Under Swimmers.
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 ALL QUALIFYING MA SWIMMERSUSA swimming registered swimmers.		
ON-SITE REGISTRATION	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.		
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 YSL. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Hytek 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 entry deadline. Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	NATE GENTZLER	PHONE #: 717-586-4573 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	NGENTZLER284@GMAIL.COM		
MAIL CHECKS/ REPORTS	JEN ECKERT, 555 GATEHOUSE LANE EAST, YORK, PA 17402		
CHECKS PAYABLE TO	CENTRAL YORK AQUATICS		
SAFETY DIRECTOR	NATE GENTZLER	E-MAIL: ngentzler284@gmail.com	PHONE: 717-586-4573
OFFICIALS CONTACT	TBA	E-MAIL: TBA	PHONE: TBA

Session 1

Friday, March 23, 2018

Warm-up 4:00 pm, Events 5:00 pm

Swimmers must provide their own timer and counter for all events in this session Events will be swum fastest to slowest

*These events will be swum combined but scored separately as 13-14 and 15 & Over

GIRLS	EVENT	BOYS
1	11-12 500 Freestyle	2
3 & 5	13-14 & 15-19 500 Free (swum combined but scored separately)	4 & 6
7	10 & Under 500 Free	8
9	11-12 400 Individual Medley	10
11 & 13	13-14 & 15-19 400 Individual Medley (swum combined but scored separately)	12 & 14

Session 2

Saturday, March 24, 2018

Warm-up: 8:00 am, Meet 9:00 am

GIRLS	EVENT	BOYS
15	11-12 200 Medley Relay	16
17	13-14 200 Medley Relay	18
19	15-19 200 Medley Relay	10
21	11-12 200 Freestyle	22
23	13-14 200 Freestyle	24
25	15-19 100 Freestyle	26
27	11-12 100 Breaststroke	28
29	13-14 100 Breaststroke	30
31	15-19 200 Breaststroke	32
33	11-12 100 Butterfly	34
35	13-14 100 Butterfly	36
37	15-19 200 Butterfly	38
39	11-12 200 Backstroke	40
41	13-14 200 Backstroke	42
43	11-12 100 Freestyle	44
45	15-19 100 Backstroke	46
47	11-12 50 Backstroke	48
49	13-14 100 Freestyle	50
51	15-19 200 Freestyle	52
53	11-12 200 Individual Medley	54

Session 3

Saturday, March 24, 2018

Warm-up: 1:00 pm, Meet 2:00 pm

GIRLS	EVENT	BOYS
55	10 & Under Medley Relay	56
57	10 & Under 100 Freestyle	58
59	10 & Under 50 Breaststroke	60
61	10 & Under 100 Backstroke	62
63	10 & Under 50 Butterfly	64
65	10 & Under 200 Individual Medley	66

There will be a short awards break after each 10 & under boys event to give swimmers adequate rest and to present awards to the top 8 swimmers from the previous events. It is requested that the coach of the swimmer who finishes first distributed the awards for that event.

Session 4
 Saturday, March 24, 2018
 11 & Over Finals
 Warm-up: 5:00 pm, Meet 6:00 pm

Session 5
 Sunday, March 25, 2018
 Warm-up: 8:00 am, Meet 9:00 am

GIRLS	EVENT	BOYS
67	11-12 200 Free Relay	68
69	13-14 200 Free Relay	70
71	15-19 200 Free Relay	72
73	11-12 200 Breaststroke	74
75	13-14 200 Breaststroke	76
77	15-19 50 Freestyle	78
79	11-12 50 Breaststroke	80
81	13-14 50 Freestyle	82
83	15-19 100 Breaststroke	84
85	11-12 50 Freestyle	86
87	13-14 100 Backstroke	88
89	15-19 200 Backstroke	90
91	11-12 100 Backstroke	92
93	13-14 200 Butterfly	94
95	15-19 100 Butterfly	96
97	11-12 200 Butterfly	98
99	11-12 50 Butterfly	100
101	13-14 200 Individual Medley	102
103	15-19 200 Individual Medley	104
105	11-12 100 Individual Medley	106

Session 6
 Sunday, March 25, 2018
 Warm-up 1:00 pm, Meet 2:00 pm

GIRLS	EVENT	BOYS
107	10 & Under 200 Free Relay	108
109	10 & Under 50 Freestyle	110
111	10 & Under 100 Breaststroke	112
113	10 & Under 50 Backstroke	114
115	10 & Under 100 Butterfly	116
117	10 & Under 100 Individual Medley	118
119	10 & Under 200 Freestyle	120

There will be a short awards break after each 10 & under boys event to give swimmers adequate rest and to present awards to the top 8 swimmers from the previous events. It is requested that the coach of the swimmer who finishes first distributed the awards for that event.

Session 7
 Sunday, March 25, 2018
 11 & Over Finals
 Warm-up: 5:00 pm, Meet 6:00 pm

**MIDDLE ATLANTIC SWIMMING
2018 SCY SILVER CHAMPS TIME STANDARD RANGES**

GIRLS - SCM		GIRLS - SCY			BOYS - SCY		BOYS - SCM	
Equal To/ Faster Than	Slower Than	Equal To/ Faster Than	Slower Than	13-14	Slower Than	Equal To/ Faster Than	Slower Than	Equal To/ Faster Than
32.09	29.09	28.89	26.09	50 Free	24.49	28.59	27.39	31.79
1:09.69	1:02.79	1:02.79	56.39	100 Free	53.09	1:01.49	59.19	1:08.29
2:35.79	2:15.89	2:20.29	2:02.49	200 Free	1:56.29	2:18.89	2:09.19	2:34.19
5:18.49	4:47.59	6:03.99	5:31.29	500 Free	5:17.89	5:59.99	4:43.99	5:14.99
1:20.79	1:10.69	1:12.79	1:03.59	100 Back	1:00.39	1:13.59	1:07.49	1:21.69
2:54.89	2:32.89	2:37.49	2:17.59	200 Back	2:11.99	2:31.99	2:27.09	2:48.79
1:34.79	1:21.29	1:25.39	1:13.09	100 Breast	1:08.39	1:32.29	1:17.39	1:42.49
3:23.19	2:57.69	3:02.99	2:39.69	200 Breast	2:31.69	2:51.99	2:50.09	3:10.99
1:24.39	1:10.79	1:15.99	1:03.69	100 Fly	59.59	1:16.09	1:06.89	1:24.49
3:09.39	2:41.49	2:50.59	2:24.89	200 Fly	2:17.19	2:39.29	2:33.99	2:56.89
200 IM Cut	200 IM Cut	200 IM Cut	200 IM Cut	100 IM	200 IM Cut	200 IM Cut	200 IM Cut	200 IM Cut
3:00.49	2:34.29	2:42.59	2:18.99	200 IM	2:11.19	2:39.69	2:26.69	2:57.29
6:15.19	5:33.99	5:37.99	4:59.19	400 IM	4:44.59	5:29.89	5:19.19	6:06.19
Equal To/ Faster Than	Slower Than	Equal To/ Faster Than	Slower Than	11-12	Slower Than	Equal To/ Faster Than	Slower Than	Equal To/ Faster Than
35.69	30.49	32.09	27.29	50 Free	27.29	32.99	30.49	36.69
1:13.99	1:07.09	1:06.59	59.99	100 Free	59.99	1:07.09	1:06.59	1:14.49
2:51.49	2:24.99	2:34.49	2:09.89	200 Free	2:10.79	2:34.69	2:24.79	2:51.79
5:58.79	5:03.89	6:49.99	5:49.39	500 Free	5:49.99	6:52.99	5:03.99	6:01.39
41.79	35.39	37.59	31.59	50 Back	31.79	38.99	35.29	43.29
1:14.89	1:15.49	1:23.19	1:07.39	100 Back	1:08.29	1:23.69	1:16.79	1:32.89
3:09.49	2:44.39	2:50.69	2:26.79	200 Back	2:29.79	2:58.59	2:46.99	3:18.29
48.89	39.59	43.99	35.49	50 Breast	35.99	43.99	39.99	48.89
1:45.89	1:26.39	1:35.39	1:17.39	100 Breast	1:19.09	1:34.19	1:28.49	1:44.59
3:29.79	3:09.89	3:08.99	2:49.99	200 Breast	2:52.69	3:09.79	3:11.89	3:30.69
41.19	33.69	37.09	29.89	50 Fly	29.99	38.69	33.39	42.99
1:34.29	1:16.09	1:24.89	1:07.69	100 Fly	1:08.79	1:25.99	1:16.59	1:35.49
3:27.19	2:59.99	3:06.59	2:39.99	200 Fly	2:39.99	3:00.19	2:57.59	3:20.09
1:28.59	1:16.49	1:19.79	1:08.49	100 IM	1:08.69	1:21.89	1:16.29	1:30.89
3:12.49	2:45.59	2:53.39	2:28.09	200 IM	2:28.59	2:54.99	2:45.19	3:14.29
7:06.39	5:57.09	6:24.09	5:20.29	400 IM	5:21.99	6:19.09	5:58.69	7:00.79
Equal To/ Faster Than	Slower Than	Equal To/ Faster Than	Slower Than	10&U	Slower Than	Equal To/ Faster Than	Slower Than	Equal To/ Faster Than
40.79	34.79	36.69	30.99	50 Free	30.99	39.39	34.49	43.79
1:32.69	1:16.39	1:23.49	1:08.79	100 Free	1:08.39	1:30.69	1:15.99	1:40.69
3:15.09	2:48.09	2:55.69	2:31.89	200 Free	2:32.39	2:55.39	2:48.69	3:14.69
6:54.39	5:54.29	7:53.49	6:47.99	500 Free	6:48.99	7:51.09	5:54.79	6:52.29
49.99	40.49	44.99	36.29	50 Back	36.19	46.79	39.99	51.99
1:55.99	1:27.69	1:43.69	1:18.49	100 Back	1:19.29	1:37.99	1:27.99	1:48.79
57.29	46.19	51.59	41.59	50 Breast	42.09	53.59	46.79	59.49
2:12.09	1:40.99	1:58.99	1:30.39	100 Breast	1:32.29	1:56.99	1:42.59	2:09.89
54.39	38.79	48.99	34.59	50 Fly	34.89	47.49	38.79	52.79
1:57.89	1:27.69	1:46.19	1:18.49	100 Fly	1:18.79	1:47.19	1:27.39	1:58.99
1:51.29	1:32.69	1:40.19	1:22.49	100 IM	1:24.39	1:48.69	1:33.69	2:00.69
3:46.79	3:10.09	3:24.29	2:51.39	200 IM	2:52.69	3:24.79	3:11.49	3:46.49

DECK ENTRIES	Deck entries will not be accepted for this meet.
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	All prelim/timed finals events at this meet will be deck-seeded with the exception of the event(s) noted below. All Friday evening distance events will be POSITIVE CHECK-IN. All other prelim/timed final events for this meet will be deck-seeded. Check-in sheets will be available prior to the start of each session and must be turned into to the Admin desk 30 minutes after the start of warm-ups. Each team will receive a check-in sheet with all events listed for that session. A swimmer who will scratch all events for that session should have his/her name crossed out with a thin line. A swimmer scratching a single event should have a thin line only through the event(s) that they will scratch. Please use a simple line, not a scribble, so that the name is still legible. There is no penalty for swimmers that are not scratched and then do not swim their event.
AWARDS	In each individual event, medals will be awarded to 1 st through 8 th place and ribbons will be awarded to 9 th through 16 th place. Medals will be awarded to 1 st through 3 rd place in all relay events. High point awards will be presented for each age group, calculated from individual events only. Awards for the 10 & Under age group events will be presented on deck during each break of the meet. It is requested that the coach of the swimmer who finishes first distribute the awards for that event.
SCORING	There will be no team scoring at this meet.
PROGRAMS AND ADMISSION	Programs/heat sheets will NOT be sold at this meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Free heat sheets will be made available on Meet Mobile and paper copies will be posted to the walls of the pool deck and gallery. Admission is \$5.00. Children under five admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost
MISCELLANEOUS	The doors to the facility will open no earlier than 3:30 PM on Friday and 7:30 AM on Saturday, and Sunday. Please do not attempt to enter the building before these posted times

SESSION	WARM-UP TIMES	MEET STARTS
Friday Session 1	4:00 PM	5:00 PM
Saturday Session 2	8:00 AM	9:00 AM
Saturday Session 3	1:00 PM	2:00 PM
Saturday Session 4	5:00 PM	6:00 PM
Sunday Session 5	8:00 AM	9:00 AM
Sunday Session 6	1:00 PM	2:00 PM
Sunday Session 7	5:00 PM	6:00 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. 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules	
DECK PRIVILEGES	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. 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.	
RACING START CERTIFICATION	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.	
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure	

MEET/DECK REFEREE	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.
MEET MARSHALS	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.
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>
PRELIMS/FINALS	<p>This meet will be conducted in prelims/finals format for all 11-12, 13-14, & 15 & Over individual events contested on Saturday and Sunday. ALL TEAMS, COACHES, AND SWIMMERS are responsible for knowing the rules and procedures for these events.</p> <ol style="list-style-type: none"> 1) Swimmers will have 30 minutes from the posting of preliminary results to declare their intention to scratch or scratch from an event. Once the 30 minute deadline has passed, the seeding for finals will be set and posted. 2) Any swimmer who fails to scratch and does not show for Finals will be barred from the remainder of the meet. This does not apply to alternates. 3) Middle Atlantic and USA Swimming rules will be in effect and strictly enforced. 4) Alternates will only be able to move into the B Final. If a swimmer is missing from the A Final that lane will remain open for the race. We will not go beyond the posted second alternate, after scratches, to fill lanes at Finals. 5) All relays are timed finals and will be swum in prelims.
DISABLED SWIMMERS	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.
PROTESTS	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
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>
DONES	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.

DECK CHANGING	Deck changes are prohibited.	
DIRECTIONS	<p>From the north (Harrisburg): I-83 South to Exit 24 (Emigsville); left onto Church Rd.; right onto N. George St.; left onto Emig Rd. School is on the left.</p> <p>From the south (Baltimore): I-83 North to Exit 22 (N. George St.); right onto Emig Rd. School is on the left.</p> <p>From the east (Lancaster): US-30 West to Exit 24 (Mt. Zion Rd.); right onto Mt. Zion Rd. School is on the right.</p> <p>From the West (Pittsburgh): I-76 East to Exit 252; I-83 South to Exit 24 (Emigsville); left onto Church Rd.; right onto N. George St.; left onto Emig Rd. School is on the left.</p> <p>From the Southwest (Gettysburg): US-30 East toward York; left onto N. George St.; right onto Emig Rd. School is on the left.</p> <p>The natatorium is located on the left side of the school, across the parking lot from the football stadium.</p>	
ACCOMMODATIONS	<p>Comfort Inn & Suites 2250 North George St. York, PA 17406 717-669-1919</p> <p>Hampton Inn 1550 Mount Zion Rd. York, PA 717-840-1500</p> <p>Red Roof Inn 125 Arsenal Rd. York, PA 17404 717-843-8181</p>	<p>Four Points Hotel & Suites 1650 Toronita St. York, PA 17402 717-846-4940</p> <p>Homewood Suites 200 Masonic Dr. York, PA 17406 717-434-1800</p> <p>Wingate by Wyndham Arsenal Rd. and N. George St. York, PA 17404 717-848-2100</p>