

**Middle Atlantic Swimming Silver Championships Hosted by GPAC at GCIT
March 23-25, 2018**

MEET HOST	Greater Philadelphia Aquatic Club		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 181142 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	Matthew Sprang	E-MAIL: admingpac@gmail.com	PHONE: 609-820-2083
LOCATION	Pool name: GCIT Aquatic Center Street address: 1360 Tanyard Road; Sewell, NJ 08080 Day of meet ONLY emergency phone 856-468-1445 x. 2659		
FACILITY DESCRIPTION	This is an indoor with 16 lanes for competition, a Colorado 6 timing system with an 8 line video display scoreboard and Competitor lane lines. The meet will be conducted in SCY. Deck seating for 1000 and spectator seating for 450. Parking 600 Hospitality yes Snack bar yes – snack bar is run by GCIT		
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 10.5 or 5 feet and at the turn end is 10.5 or 5 feet .		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	January 15, 2018		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after September 1, 2016		
ENTRY DEADLINE	March 8, 2018 at 12:00 pm		
ENTRIES FROM BRONZE CHAMPIONSHIPS	<i>Entries will be accepted for swimmers qualifying in an event after the entry deadline. Entries must be achieved in the Middle Atlantic Bronze Championships on MARCH 10 & 11, 2018 and must be submitted no later than 11:59 PM on March 13, 2018. Updates to a previously qualified event will NOT be accepted. Entries achieved at Bronze Championships must be in a Team Manager format and emailed to the Meet Entry Chair.</i>		
ENTRY FEES	Individual Events: \$7.00	Relay Events: \$14.00	Swimmer Surcharge: \$5.00 per swimmer
ENTRY LIMITS	5 Individual Events per day for swimmers ages 10 & under (excluding relays). 3 Individual Events per day for swimmers ages 11 & over (excluding relays).	2 Relays per day	MEET ENTRY LIMIT: 12 for 10 & Unders; 8 for 11 & overs (not including relays).
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 USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration WILL NOT be accepted at this meet. All swimmers must be properly registered prior to the meet deadline set by the Middle Atlantic Office. Swimmers who are not properly registered may not warm-up or compete and are still responsible for paying all entry fees.		
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. The four hour session rule does not apply to this meet as it is a “Championship” meet. • <u>The 11 & Over preliminary sessions on Saturday and Sunday will be limited to 525 swimmers to ensure the safety of all in attendance. Once this limit is reached, no further entries will be taken.</u> • Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded last. • Entries must be submitted electronically in a format compatible with Hy-Tek or TouchPad 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 March 14, 2017 at 12:00 pm Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	Ryan Hahn	PHONE #: 609-820-2083 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	gpacentries@gmail.com		
MAIL CHECKS/ REPORTS	GPAC; PO Box 293; Sewell, NJ 08080		
CHECKS PAYABLE TO	GPAC		

SAFETY DIRECTOR	Matthew Sprang	E-MAIL: admingpac@gmail.com	PHONE: 609-820-2083
OFFICIALS CONTACT	Rudyard Porter	E-MAIL: gpacswimofficials@gmail.com	PHONE: 609-820-2083

Session 1

Friday, March 23, 2018

Warm-up 3:30 pm, Events 4:30 pm

Swimmers must provide their own timer and counter for all events in this session

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 & 3

Saturday, March 24, 2018

Warm-up: 7:30 am, Meet starts at 8:30 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 4 & 5

Saturday, March 24, 2018

Warm-up: 12:45 pm, Meet 1:30 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
----	----------------------------------	----

Session 6
 Saturday, March 24, 2018
 11 & Over Finals
 Warm-up: 4:30 pm, Meet 5:30 pm

Session 7 & 8
 Sunday, March 25, 2018
 Warm-up: 7:30 am, Meet 8:30 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	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 9 & 10
 Sunday, March 25, 2018
 Warm-up 12:45 pm, Meet 1:30 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

Session 11
 Sunday, March 25, 2018
 11 & Over Finals
 Warm-up: 4:30 pm, Meet 5:30 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	1:03.49	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	1:32.69	1:46.19	1:22.49	100 Fly	1:24.39	1:47.19	1:33.69	1:58.99
1:51.29	1:27.69	1:40.19	1:18.49	100 IM	1:18.79	1:48.69	1:27.39	2:00.69

OFFICIALS SIGN UP	It is requested that all officials who will be attending to work one or more sessions of the meet sign up ONLINE using the following link: www.mysignup.com/ma_silver_champs2017 Any official who works three or more sessions at the meet will receive a commemorative 2017 Middle Atlantic Silver Championships white Officials shirt. Please contact Mary Katherine Weatherby by March 1 st to ensure proper sizing.
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 is required for this meet. However , 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 any individual event 400 yards or longer and all events on Friday night. All relays will be pre-seeded.
AWARDS	Awards will be presented to the top 16 finishers in the 10 & under and 11-12 age groups, and the top 8 finishers in the 13-14 and 15-19 age groups. High point awards will be presented for each age group, calculated from individual events only.
SCORING	There will be no scoring at this meet
PROGRAMS AND ADMISSION	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 \$7 per person, per day. Full meet programs will be available on Meet Mobile at no charge, and will include both prelims and finals heat sheets. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost

SESSION	WARM-UP TIMES	MEET STARTS
1: Friday Night	3:30 pm	4:30 pm
2/3: 11 & Over Prelims Saturday	7:30 am	8:30 am
4/5: Saturday 10 & Unders Timed Finals	12:45 pm	1:30 pm
6: Saturday Finals	4:30 pm	5:30 pm
7/8: Sunday 11 & Over Prelims	7:30 am	8:30 am
9/10: Sunday 10 & Under Timed Finals	12:45 pm	1:30 pm
11: Sunday Finals	4:30 pm	5:30 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. 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		
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 for all events on Friday night, all 11 & Over Prelims events, and all 10 & under timed finals events. 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>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. Smoking is prohibited by NJ State Law on the entire GCIT campus.</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 regardless of qualifying times. 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>
DRONES	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	Please use 1360 Tanyard Road; Sewell, NJ 08080 in your GPS device to get point-to-point directions to the facility.
ACCOMMODATIONS	Please contact the meet director for more information on local hotels. The meet host will not maintain a block of hotel rooms for this meet.

