

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

MEET HOST	UPPER DUBLIN AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 18143 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	STEPHANIE ROZICK	E-MAIL: BCATMEET@VERIZON.NET	PHONE: 814-404-5824
LOCATION	Pool name UPPER DUBLIN HIGH SCHOOL Street address 800 LOCH ALSH AVE City, state and zip FORT WASHINGTON, PA, 19034 Day of meet ONLY emergency phone		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 10 lanes for competition, a Colorado System 6 timing system with a 10 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 389 and spectator seating for 408. Parking 800 Hospitality YES Snack bar YES		
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 8feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	01/15/17		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after September 1, 2016		
ENTRY DEADLINE	03/08/18 at 11:59 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 &amp; 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	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 <b>as of the first day of the meet</b> determines eligibility. This meet is open to ALL QUALIFYING SWIMMERS USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
ENTRY PROCEDURES	<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 YSL. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted.</li> <li>Entries must be submitted electronically in a format compatible with Hytek 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 03/20/18 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
MEET ENTRY CHAIR	STEPHANIE ROZICK	PHONE #:	(no calls before 9:00 AM or after 9:00 PM)
E-MAIL ENTRY FILES TO	BCATMEET@VERIZON.NET		
MAIL CHECKS/ REPORTS	STEPHANIE ROZICK, 107 FAIRFIELD CT, WEST CHESTER, PA 19382		
CHECKS PAYABLE TO	UPPER DUBLIN AQUATIC CLUB		
SAFETY DIRECTOR	ALFREDO BORATTO OR NANCY KELLY	E-MAIL: EMAIL@UDAC.US	PHONE: 610-324-4874
OFFICIALS CONTACT	EVA BORATTO	E-MAIL: EVA.BORATTO@CVSHEALTH.COM	PHONE: 847-323-9100

**Session 1**

Friday, March 23, 2018

Warm-up 4:30 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: 7:30 am, Meet starts at 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: 7:30 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	<b>13-14</b>	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	<b>11-12</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
35.69	30.49	32.09	27.29	50 Free	<b>27.29</b>	32.99	30.49	36.69
1:13.99	1:07.09	1:06.59	<b>59.99</b>	100 Free	<b>59.99</b>	1:07.09	1:06.59	1:14.49
2:51.49	2:24.99	2:34.49	2:09.89	200 Free	<b>2:10.79</b>	2:34.69	2:24.79	2:51.79
5:58.79	5:03.89	6:49.99	5:49.39	500 Free	<b>5:49.99</b>	6:52.99	5:03.99	6:01.39
41.79	35.39	37.59	31.59	50 Back	<b>31.79</b>	38.99	35.29	43.29
1:14.89	1:15.49	1:23.19	1:07.39	100 Back	<b>1:08.29</b>	1:23.69	1:16.79	1:32.89
3:09.49	2:44.39	2:50.69	2:26.79	200 Back	<b>2:29.79</b>	2:58.59	2:46.99	3:18.29
48.89	39.59	43.99	35.49	50 Breast	<b>35.99</b>	43.99	39.99	48.89
1:45.89	1:26.39	1:35.39	1:17.39	100 Breast	<b>1:19.09</b>	1:34.19	1:28.49	1:44.59
3:29.79	3:09.89	3:08.99	<b>2:49.99</b>	200 Breast	<b>2:52.69</b>	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	<b>2:39.99</b>	200 Fly	<b>2:39.99</b>	3:00.19	2:57.59	3:20.09
1:28.59	1:16.49	1:19.79	1:08.49	100 IM	<b>1:08.69</b>	1:21.89	1:16.29	1:30.89
3:12.49	2:45.59	2:53.39	<b>2:28.09</b>	200 IM	<b>2:28.59</b>	2:54.99	2:45.19	3:14.29
7:06.39	5:57.09	6:24.09	<b>5:20.29</b>	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	<b>10&amp;U</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
40.79	34.79	36.69	<b>30.99</b>	50 Free	<b>30.99</b>	39.39	34.49	43.79
1:32.69	1:16.39	1:23.49	<b>1:08.79</b>	100 Free	<b>1:08.39</b>	1:30.69	1:15.99	1:40.69
3:15.09	2:48.09	2:55.69	<b>2:31.89</b>	200 Free	<b>2:32.39</b>	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	<b>36.29</b>	50 Back	<b>36.19</b>	46.79	39.99	51.99
1:55.99	1:27.69	1:43.69	<b>1:18.49</b>	100 Back	<b>1:19.29</b>	1:37.99	1:27.99	1:48.79
57.29	46.19	51.59	<b>41.59</b>	50 Breast	<b>42.09</b>	53.59	46.79	59.49
2:12.09	1:40.99	1:58.99	<b>1:30.39</b>	100 Breast	<b>1:32.29</b>	1:56.99	1:42.59	2:09.89
54.39	38.79	48.99	<b>34.59</b>	50 Fly	<b>34.89</b>	47.49	38.79	52.79
1:57.89	1:32.69	1:46.19	<b>1:22.49</b>	100 Fly	<b>1:24.39</b>	1:47.19	1:33.69	1:58.99
1:51.29	1:27.69	1:40.19	<b>1:18.49</b>	100 IM	<b>1:18.79</b>	1:48.69	1:27.39	2:00.69
3:46.79	3:10.09	3:24.29	<b>2:51.39</b>	200 IM	<b>2:52.69</b>	3:24.79	3:11.49	3:46.49

<b>DECK ENTRIES</b>	Deck entries will not be accepted for this meet.
<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. Positive Check-in is required to be seeded for the 500 Free, & 400 IM. A check in table will be set up on deck and will close 30 minutes after the session start. Swimmers who check in will be seeded to swim the event. A swimmer who positively checks in for an event and fails to swim the event will be barred from swimming his/her next individual event. These events will be swum fastest to slowest and the swimmers must provide their own timer and counts.
<b>AWARDS</b>	In each individual event, medals will be awarded to 1 <sup>st</sup> through 8 <sup>th</sup> place and ribbons will be awarded to 9 <sup>th</sup> through 16 <sup>th</sup> place. Medals will be awarded to 1 <sup>st</sup> through 3 <sup>rd</sup> 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.  Hot heats will be conducted during this meet. Throughout each preliminary and timed finals session, heats will be selected at random as a "hot heat". The winner of that hot heat will receive a prize pack.
<b>SCORING</b>	There will be no team scoring at this 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 per person, per session. Full meet programs will be on sale for \$10, 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
<b>MISCELLANEOUS</b>	The doors to the facility will open no earlier than 7:10am on Saturday and Sunday. Please do not attempt to enter the building before these posted times

<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
Friday Session 1	4:30pm	5:00pm
Saturday Session 2	7:30am	9:00am
Saturday Session 3	1:00pm	2:00pm
Saturday Session 4	5:00pm	6:00pm
Sunday Session 5	7:30am	9:00pm
Sunday Session 6	1:00pm	2:00pm
Sunday Session 7	5:00pm	6:00pm

<b>WARM-UP INFORMATION</b>	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
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<b>DECK PRIVILEGES</b>	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.
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<b>RACING START CERTIFICATION</b>	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,</b>
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	<b>must be given to the referee prior to the start of the meet.</b>
<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>PRELIMS/FINALS</b>	<p>This meet will be conducted in prelims/finals format for all 11-12, 13-14, &amp; 15 &amp; 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"> <li>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.</li> <li>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.</li> <li>3) Middle Atlantic and USA Swimming rules will be in effect and strictly enforced.</li> <li>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.</li> <li>5) All relays are timed finals and will be swum in prelims.</li> </ol>
<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>	
<b>ACCOMMODATIONS</b>	Kate Scheuer email@udac.us