

**NLAC SUMMER KICKOFF  
MAY 19-20, 2018**

<b>MEET HOST</b>	NITTANY LION AQUATIC CLUB		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 18173 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>	STEPHANIE BLAKE AND JUSTINE GIBBLE	<b>E-MAIL:</b> mdnlac@gmail.com	<b>PHONE:</b> 570-490-3398
<b>LOCATION</b>	<b>Pool name</b> THE MCCOY NATATORIUM, PENN STATE UNIVERSITY <b>Street address</b> CORNER OF CURTAIN & BIGLER ROAD <b>City, state and zip</b> UNIVERSITY PARK, PA 16802. <b>Day of meet ONLY emergency phone</b> 814-360-3259		
<b>FACILITY DESCRIPTION</b>	This is an <input type="checkbox"/> indoor <input checked="" 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 coaches and swimmers and spectator seating for 500. Parking East Parking Deck Hospitality Coaches, Officials, & Volunteers Snack bar provided by PSU		
<b>POOL CERTIFICATION</b>	The competition course <input checked="" type="checkbox"/> has <input 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 12'6" feet and at the turn end is 4'6" feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	UPON POSTING		
<b>ENTRY DEADLINE</b>	May 4, 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
<b>ENTRY LIMITs</b>	4 Individual Events per day (excluding relays).	N/A Relays per day	<b>MEET ENTRY LIMIT: 8</b>
<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 <b>2018</b> USA swimming registered swimmers.		
<b>ON-SITE REGISTRATION</b>	On-site registration <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet. The cost of registering on deck is double the normal fee (\$130 per swimmer for 2017 registration)		
<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 NT . 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 MM 5.0 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 <b>MAY 4, 2018</b>. Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
<b>MEET ENTRY CHAIR</b>	JUSTINE GIBBLE	<b>PHONE #:</b> 814-571-5764 (Justine) or 570-490-3398 (Stephanie) <i>(no calls before 9:00 AM or after 9:00 PM)</i>	
<b>E-MAIL ENTRY FILES TO</b>	MDNLAC@GMAIL.COM		
<b>MAIL CHECKS/ REPORTS</b>	STEPHANIE BLAKE, 149 GALA DRIVE, STATE COLLEGE, PA 16801		
<b>CHECKS PAYABLE TO</b>	NLAC		
<b>SAFETY DIRECTOR</b>	JEFF NICASTRO	<b>E-MAIL:</b> DRSWM123@GMAIL.COM	<b>PHONE:</b> 814-280-2887
<b>OFFICIALS CONTACT</b>	SCOTT ETTER	<b>E-MAIL:</b> SETTER@ETTERLAWFIRM.COM	<b>PHONE:</b> 814-777-2625

**Session 1**  
SATURDAY AM 13 & OVER + OPEN 400 FREE

GIRLS	EVENT	BOYS
1	13-14 100 FREESTYLE	2
3	15&O 100 FREESTYLE	4
5	13-14 200 BREASTSTROKE	6
7	15 & O 200 BREASTSTROKE	8
9	13-14 100 BACKSTROKE	10
11	15&O 100 BACKSTROKE	12
13	13-14 200 IM	14
15	15 & O 200 IM	16
17	13-14 100 BUTTERFLY	18
19	15 & O 100 BUTTERFLY	20
21	13 & OVER 400 FREESTYLE	22

**Session 2**  
SATURDAY PM 9-12 YO

GIRLS	EVENT	BOYS
23	9-12 400 FREESTYLE	24
25	9-10 50 BREASTSTROKE	26
27	11-12 50 BREASTSTROKE	28
29	9-10 100 BACKSTROKE	30
31	11-12 100 BACKSTROKE	32
33	9-10 100 BUTTERFLY	34
35	11-12 100 BUTTERFLY	36
37	11-12 200 BREASTSTROKE	38
39	9-10 50 FREESTYLE	40
41	11-12 50 FREESTYLE	42
43	9-10 200 IM	44
45	11-12 200 IM	46

**Session 3**  
SUNDAY AM 13 & OVER + OPEN 400 IM

GIRLS	EVENT	BOYS
47	13-14 200 BACKSTROKE	48
49	15 & O 200 BACKSTROKE	50
51	13-14 50 FREESTYLE	52
53	15 & O 50 FREESTYLE	54
55	13-14 200 BUTTERFLY	56
57	15 & O 200 BUTTERFLY	58
59	13-14 100 BREASTSTROKE	60
61	15 & O 100 BREASTSTROKE	62
63	13-14 200 FREESTYLE	64
65	15 & O 200 FREESTYLE	66
67	OPEN 400 IM	68

**Session 4**  
SUNDAY PM 9-12 YO

GIRLS	EVENT	BOYS
69	11-12 200 BUTTERFLY	70
71	9-10 50 BACKSTROKE	72
73	11-12 50 BACKSTROKE	74
75	9-10 100 BREASTSTROKE	76
77	11-12 100 BREASTSTROKE	78
79	9-10 200 FREESTYLE	80
81	11-12 200 FREESTYLE	82
83	9-10 50 BUTTERFLY	84
85	11-12 50 BUTTERFLY	86
87	11-12 200 BACKSTROKE	88
89	9-10 100 FREESTYLE	90
91	11-12 100 FREESTYLE	92

<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. 400 meter freestyle and 400 IM. Positive check-in is required for these events. We will swim both events fastest to slowest, alternating on heat girls then one heat boys.
<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>	
<b>PROGRAMS AND ADMISSION</b>	Programs/heat sheets will be sold by <input checked="" type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	Swimmers must provide their own timer for the 400 meter freestyle and the 400 IM.

SESSION	WARM-UP TIMES	MEET STARTS
1 SAT MAY 19	9:00 am	10:00 am
2 SAT MAY 19	3:00 pm	4:00 pm
3 SUN MAY 20	9:00 am	10:00 am
4 SUN MAY 20	3:00 pm	4:00 pm
<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	
<b>DECK PRIVILEGES</b>	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	

	<p>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>	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
<b>MEET/DECK REFEREE</b>	<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 <b>any</b> issues that arise that day during the course of the meet.</p>
<b>MEET MARSHALS</b>	<p>Meet Marshals have full authority through the Meet Referee &amp; 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>
<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>	<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>
<b>PROTESTS</b>	<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/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</p>
<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>	<p>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.</p>
<b>DECK CHANGING</b>	<p>Deck changes are prohibited.</p>
<b>DIRECTIONS</b>	<p>US Route 322 to the Penn State Exit (Park Ave.) Turn onto Park Ave., follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left. Parking is available in the East Parking Deck on Bigler Rd., on the right prior to reaching the stop sign and pool.</p>

<b>ACCOMODATIONS</b>	<p>COMFORT SUITES: 132 Village Drive State College, PA 16801  Phone: 814-235-1900. Mention "Nittany Lion Aquatics" when making reservation.  <a href="http://www.comfortsuites.com/hotel-state_college-pennsylvania- PA276">http://www.comfortsuites.com/hotel-state_college-pennsylvania- PA276</a></p>
	<p>COUNTRY INN &amp; SUITES: 1357 East College Avenue, State College PA 16801  Phone 814-234-6000 Mention "Nittany Lion Aquatics" when making reservation.  <a href="http://www.countryinns.com/state-college-hotel-pa-16801/pastate">http://www.countryinns.com/state-college-hotel-pa-16801/pastate</a></p>
	<p>RAMADA CONFERENCE CENTER, 1450 South Atherton St., State College, PA 16801 Phone: 814-238-3001 Ask for Nittany Lion Aquatic Meet <a href="http://www.ramadasc.com/">http://www.ramadasc.com/</a></p>
	<p>SLEEP INN GROUP BLOCKS: Address: 111 Village Drive State College, PA 16801 Phone : 814-235-1020 Mention "Nittany Lion Aquatics" when making reservation. <a href="http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421">http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421</a></p>
	<p>THE ATHERTON HOTEL (a full service hotel): 125 S. Atherton St., State College, PA 16802 Phone: 814-231-2100 Mention "Nittany Lion Aquatic Club" when making reservation. <a href="http://www.athertonhotel.net">www.athertonhotel.net</a></p>
	<p>HOLIDAY INN EXPRESS: 1925 Waddle Rd. State College, PA 16803 Phone: 814-867-1800.  <a href="http://www.ihg.com/holidayinnexpress/hotels/us/en/state-college/scewr/hoteldetail">http://www.ihg.com/holidayinnexpress/hotels/us/en/state-college/scewr/hoteldetail</a></p>
	<p>FAIRFIELD INN &amp; SUITES: 2215 N. Atherton St. State College, PA 16803 Phone: 814-238-3871.  <a href="http://www.marriott.com/hotels/travel/sceco-fairfield-inn-and-suites- state-college/">http://www.marriott.com/hotels/travel/sceco-fairfield-inn-and-suites- state-college/</a></p>
	<p>SPRINGHILL SUITES: 1935 Waddle Rd. State College, PA 16803 Phone: 814-867-1807.  <a href="http://www.marriott.com/hotels/travel/scesh-springhill-suites- state-college/">http://www.marriott.com/hotels/travel/scesh-springhill-suites- state-college/</a></p>
<p>HAMPTON INN &amp; SUITES: 1955 Waddle Rd. State College, PA 16803 Phone: 814-231-1899.  <a href="http://hamptoninn3.hilton.com/en/hotels/pennsylvania/hampton-inn-and-suites-williamsburg-square-SCEHSHX/index.html">http://hamptoninn3.hilton.com/en/hotels/pennsylvania/hampton-inn-and-suites-williamsburg-square-SCEHSHX/index.html</a></p>	
<p>Information about additional lodging is available at: <a href="http://www.visitpennstate.org/">http://www.visitpennstate.org/</a></p>	