

UDAC GO THE DISTANCE MEET
NOVEMBER 5, 2017

MEET HOST	UPPER DUBLIN AQUATIC CLUB (UDAC)		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 1816 L <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 Day of meet ONLY emergency phone 215-643-8900 EXT. 2283		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 10 lanes for competition, a Colorado timing system with a 10 lane line scoreboard and non-turbulent competitive 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 407. Parkingx Hospitality x Snack bar x		
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	SEPTEMBER 8, 2017		
ENTRY DEADLINE	OCTOBER 21, 2017 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00		Relay Events: NA
ENTRY LIMITs	2 Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 2
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 2016-2017/2017-2018 USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet.		
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 . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with Meet Manager 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 November 1, 2017 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	STEPHANIE ROZICK	PHONE #: 814-404-5824 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	BCATMEET@VERIZON.NET		
MAIL CHECKS/ REPORTS	107 Fairfield Ct., West Chester, PA 19382		
CHECKS PAYABLE TO	UPPER DUBLIN AQUATIC CLUB (UDAC)		
SAFETY DIRECTOR	STEPHANIE ROZICK and Nancy Kelly	E-MAIL: bcatmeet@verizon.net	PHONE: 814-404-5824
OFFICIALS CONTACT	EVA BORATTO	E-MAIL: eva.boratto@cvscaremark.com	PHONE: 847-323-9100

Session 1
Sunday Distance

GIRLS	EVENT	BOYS
1	OPEN 1650 Free	2
3	OPEN 1000 Free	4
Events will be swum fastest to slowest, alternating girls and boys Athletes must provide their own timer and counter		
All Events Positive Check-In		

DECK ENTRIES	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, prior to the start of each session, at the cost of \$15 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.
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	This meet will be Positive Check-in -seeded with the exception of the event(s) noted below. All Swimmers must provide their own timers and counters
AWARDS	No Awards will be provided
SCORING	
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is . Children under 5 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	There is no food or drink, other than water, permitted on deck or in the balcony area

SESSION	WARM-UP TIMES	MEET STARTS
Sunday, Nov. 7	8:30 a.m.	9:00 a.m.
WARM-UP INFORMATION	<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>	

DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>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.</p>
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>
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>
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	PA Turnpike to exit 339 (Fort Washington). After toll, bear right onto Route 309 North to the first exit (Highland Avenue) and bear right. Immediately make a left at the first traffic light onto Fort Washington Avenue past Fort Washington Elementary and athletic fields. Turn left onto Loch Alsh Ave, past UDHS on right, and turn right on Spark Drive. UDHS Athletic Complex will be on your right.
ACCOMODATIONS	<p>Lodging in Fort Washington:</p> <p>Best Western, 285 Commerce Drive, Ft. Washington 215-542-7930 Hilton Garden Inn, 530 Pennsylvania Ave., Ft. Washington 215-646-4637 Holiday Inn, 432 Pennsylvania Ave., Ft. Washington 215-643-3000</p> <p>Lodging in surrounding area:</p> <p>Courtyard Marriott, 2350 Easton Road Route 611, Willow Grove, 215-830-0550 Residence Inn Marriott, 3 Walnut Grove Drive, Horsham, 215-443-7330 Philadelphia Marriott West, 111 Crawford Ave., W. Conshohocken, 610-941-5600 Residence Inn Marriott, 191 Washington St., Conshohocken, 610-828-8800 Courtyard Marriott, 651 Fountain Rd., Plymouth Meeting, 610-238-0695 Spring Hill Suites, 430 Plymouth Rd., Plymouth Meeting, 610-940-0400 Comfort Inn, 678 Bethlehem Pike, Montgomeryville, 215-361-3600 Joseph Ambler Inn, 1005 Horsham Rd., North Wales, 215-362-7500</p>

Restaurants:

Cantina Feliz, 424 South Bethlehem Pike, Fort Washington 215-646-1320
Dresher Deli, 1801 S. Limekiln Pike, Dresher 267-287-8966
Fireside Bar and Grill, 1211 S. Bethlehem Pike, Ft. Washington 215-643-6540
Friendly's Restaurant, 325 Pennsylvania Ave. Ft. Washington 215-646-1944
From The Boot, 110 East Butler Avenue, Ambler 610-834-8680
KC's Alley, 10 West Butler Pike, Ambler 215-628-3300
MaGerks Pub & Grill, 582 South Bethlehem Pike, Fort Washington 215-948-3329
Mama's Pizza, 1704 Susquehanna Road., Dresher, 215-540-8280
Maple Glen Pizza, 641 Welsh Road, maple Glen 215-542-7720
Nick's Pizza, Dreshertown Plaza, 1650 Limekiln Pike, Dresher, 215- 628-3775
Jade Garden, 1650 Limekiln Pike, Dresher 215-542-3890
Jarrettown Hotel , 1425 Limekiln Pike, Dresher 215.654.6880
Luciani's Pizza, 471 Commerce Drive, Fort Washington, 215-643-3433
Saladworks, Dreshertown Plaza, 1650 Limekiln Pike, Dresher 215-654-7500
Subway, 285 Commerce Drive, Ft. Washington, 215-643-5560
Little Italy Pizza, 416 S. Bethlehem Pike, Ft. Washington 215-628-3845
Rich's Deli, 430 S. Bethlehem Pike, Ft. Washington 215-646-9860
Toner's Beef & Ale Tavern, 101 E. Pennsylvania Ave., Ft. Washington 215-646-5655
Umami Umami, 1708 Limekiln Pike, Dresher 215-542-6993
Wawa Food Market, 582 S. Bethlehem Pike, Ft. Washington 215-646-2972
West Ave Grille, 1650 Limekiln Pike, Dresher 215-367-5428
Zakes Café, 444 S Bethlehem Pike, Fort Washington 215-654-7600