

GAAC ARCTIC BLAST
JANUARY 17-19, 2020

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| MEET HOST | GERMANTOWN ACADEMY AQUATIC CLUB | | |
| SANCTION | Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 20109 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> | | |
| MEET DIRECTOR | MARY POLETO | E-MAIL: mary.poleto@gmail.com | PHONE: 703-398-9203 |
| LOCATION | Pool name GERMANTOWN ACADEMY Street address 340 MORRIS ROAD City, state and zip FORT WASHINGTON, PA 19034 Day of meet ONLY emergency phone 207-405-7226 | | |
| FACILITY DESCRIPTION | This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a Colorado timing system with a 8 line scoreboard and anti-turbulent lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 200 and spectator seating for 200. Parking is free in the front of the school. Hospitality will be provided for coaches and officials. Snack bar is available on the balcony level. | | |
| 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 12 feet and at the turn end is 4 feet. | | |
| EVENTS | This meet will be conducted in accordance with the attached schedule of events. | | |
| ENTRIES OPEN | SEPTEMBER 1, 2019 | | |
| ENTRY DEADLINE | JANUARY 5, 2020 at 11:59 PM | | |
| ENTRY FEES | Individual Events: \$5.00 | | Relay Events: \$10.00 |
| ENTRY LIMITs | 4 Individual Events per day (excluding relays). | 0 Relays per day | MEET ENTRY LIMIT: 12 |
| 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 9 & OVER USA swimming registered swimmers. | | |
| ON-SITE REGISTRATION | On-site registration (athletes only) <input type="checkbox"/> will <input checked="" 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 according to USA Swimming Rule 207.12.7B . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with HY-TEK 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 JANUARY 10, 2019 Include Meet Entry Summary with payment. | | |
| MEET ENTRY CHAIR | MARY POLETO | PHONE #: 703-398-9203 (no calls before 9:00 AM or after 9:00 PM) | |
| E-MAIL ENTRY FILES TO | MEET.ENTRIES.MP@GMAIL.COM | | |
| MAIL CHECKS/ REPORTS | 334 NEWBOLD AVE, MOORESTOWN, NJ 08057 | | |
| CHECKS PAYABLE TO | GAAC | | |
| OPERATIONAL RISK DIRECTOR | DANA MCCRUDDEN | E-MAIL: PSUPROUD77@GMAIL.COM | PHONE: 267-879-4324 |
| OFFICIALS CONTACT | JEFF HYDE | E-MAIL: JHYDE50@GMAIL.COM | PHONE: 267-808-9766 |

Session 1
JANUARY 17, 2020

| GIRLS | EVENT | BOYS |
|-------|--------------------------|------|
| 1 | 9 & OVER 50 FREESTYLE | 2 |
| 3 | 9 & OVER 50 BREASTSTROKE | 4 |
| 5 | 9 & OVER 50 BACKSTROKE | 6 |
| 7 | 9 & OVER 50 BUTTERFLY | 8 |
| 9 | OPEN 500 FREESTYLE | 10 |

Session 2
JANUARY 18, 2020

| GIRLS | EVENT | BOYS |
|-------|----------------------------|------|
| 11 | 11 & OVER 400 IM | 12 |
| 13 | 11 & OVER 200 BACKSTROKE | 14 |
| 15 | 9-12 100 BREASTSTROKE | 16 |
| 17 | 13 & OVER 100 BREASTSTROKE | 18 |
| 19 | 11 & OVER 200 BUTTERFLY | 20 |
| 21 | 9-12 100 FREESTYLE | 22 |
| 23 | 13 & OVER 100 FREESTYLE | 24 |

Session 3
JANUARY 18, 2020

| GIRLS | EVENT | BOYS |
|-------|----------------------------|------|
| | OPEN (BOYS) 1650 FREESTYLE | 44 |

Session 4
JANUARY 19, 2020

| GIRLS | EVENT | BOYS |
|-------|----------------------------|------|
| 25 | 9-10 200 FREESTYLE | 26 |
| 27 | 11 & OVER 200 FREESTYLE | 28 |
| 29 | 9-12 100 BACKSTROKE | 30 |
| 31 | 13 & OVER 100 BACKSTROKE | 32 |
| 33 | 11 & OVER 200 BREASTSTROKE | 34 |
| 35 | 9-12 100 BUTTERFLY | 36 |
| 37 | 13 & OVER 100 BUTTERFLY | 38 |
| 39 | 9-12 200 IM | 40 |
| 41 | 13 & OVER 200 IM | 42 |

Session 5
JANUARY 19, 2020

| GIRLS | EVENT | BOYS |
|-------|-----------------------------|------|
| 43 | OPEN (GIRLS) 1650 FREESTYLE | |

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| 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, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10.00 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 DECK-seeded with the exception of the event(s) noted below. For the 1650 FREE, positive check in sheets will be at admin table and will close at 11:00am The 500 FREESTYLE will be limited to 5 heats each girls, boys, and will be swum fast to slow, alternating. The 400 IM will be limited to 5 heats each: girls, boys, and will be swum slow to fast, NOT alternating. The 1650 FREE will be swum in a distance session each day and will be limited to 3 heats each. Boys will swim in Session 3 on Saturday. Girls will swim in Session 5 on Sunday. Heats of 1650 will be swum slow to fast. | |
| AWARDS | There will be no awards. | |
| SCORING | The meet will not be scored. | |
| 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 \$5.00. Programs/heat sheets will not be available for the meet. Meet Mobile will be updated throughout the meet. . Children under 8 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost. | |
| MISCELLANEOUS | COACHES WILL BE ASKED FOR PRELIMINARY SCRATCHES 24 HOURS IN ADVANCE | |
| SESSION | WARM-UP TIMES | MEET STARTS |
| 1 | 6:10pm | 6:50pm |
| 2 & 4 | 8:00am | 8:45am |
| 3 & 5 | Immediately following conclusion of previous session | not before 1:10pm |
| 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 | |
| ATHLETE PROTECTION (MAAPP) | All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition. | |
| DECK PRIVILEGES | 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 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. 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. | |
| TECH SUIT POLICY | Beginning January 1, 2018, swimmers ten (10) years of age and younger may not compete in a 'Tech suit' at any Middle Atlantic sanctioned meet, including Mini-meets and Developmental meets. This restriction also applies to any swimmer age ten (10) years or younger that is competing in a 'Senior' designated event or other event for which there is no age restriction. | |
| 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, | |

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| | 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 | Take exit 339 of PA Turnpike - Fort Washington. After the tolls, stay in the left lane to the end of the road, then stay right to Pennsylvania Avenue. Follow to dead end and turn left onto Old Bethlehem Pike. At the first lights, make a right onto the Lafayette Connector. Go straight at the next light into Germantown Academy main entrance. Arrows will be posted through the quad to building to pool entrance. LOCKER ROOMS ON LOWER LEVEL ARE FOR ATHLETES ONLY. Please see additional signage for official/parent bathrooms. |
| ACCOMMODATIONS | <p>Lodging: Best Western, 285 Commerce Dr, Fort Washington, PA 19034 (215)-542-7930</p> <p>Hilton Garden Inn, 530 Pennsylvania Ave, Fort Washington, PA19034 (877)-863-4780</p> <p>Holiday Inn Express, 432 Pennsylvania Ave, Ft Washington, PA 19034 (215)-591-9000</p> |