

**PAAC FALL HARVEST MEET**  
**NOVEMBER 1-3, 2019**

<b>MEET HOST</b>	PARKLAND AQUATIC CLUB (PAAC)		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 2070 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>	CAROL FACCHIANO	<b>E-MAIL:</b> paacmeetdirector@hotmail.com	<b>PHONE:</b> (484) 397-4092
<b>LOCATION</b>	<b>Pool name</b> WILLIAM ALLEN HIGH SCHOOL NATATORIUM <b>Street address</b> 106 N 17TH ST <b>City, state and zip</b> ALLENTOWN, PA 18104 <b>Day of meet ONLY emergency phone</b> (610) 442-9077		
<b>FACILITY DESCRIPTION</b>	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a Colorado timing system with a 6 line scoreboard and turbulence-reducing lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 400 and spectator seating for 800. Parking is available for free in the adjacent parking garage, on nearby city streets. Hospitality will be provided for coaches and officials in the swim office just off the pool deck. Snack bar will be available in the hallway near the spectator entrance.		
<b>POOL CERTIFICATION</b>	The competition course <input type="checkbox"/> has <input checked="" 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 5.5 feet and at the turn end is 4 feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	SEPTEMBER 3, 2019		
<b>ENTRY DEADLINE</b>	OCTOBER 17, 2019 <b>at 11:59 PM</b>		
<b>ENTRY FEES</b>	Individual Events: <b>\$5.00</b>	Relay Events: <b>\$10.00</b>	
<b>ENTRY LIMITs</b>	4 Individual Events per day (excluding relays).	0 Relays per day	<b>MEET ENTRY LIMIT: 9</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 ALL USA swimming registered swimmers.		
<b>ON-SITE REGISTRATION</b>	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.		
<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 after conforming times. 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 Hy-Tek 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 OCTOBER 17, 2019. Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
<b>MEET ENTRY CHAIR</b>	CAROL FACCHIANO	<b>PHONE #:</b> (484) 397-4092 (no calls before 9:00 AM or after 9:00 PM)	
<b>E-MAIL ENTRY FILES TO</b>	PAACMEETDIRECTOR@HOTMAIL.COM		
<b>MAIL CHECKS/ REPORTS</b>	PARKLAND AQUATIC CLUB (PAAC) #1 TEKPARK/SUITE 120 9999 HAMILTON BLVD BREINIGSVILLE, PA 18031		
<b>CHECKS PAYABLE TO</b>	PARKLAND AQUATIC CLUB		
<b>OPERATIONAL RISK DIRECTOR</b>	CRAIG WALLS	<b>E-MAIL:</b> paacswim@hotmail.com	<b>PHONE:</b> (484) 397-4092
<b>OFFICIALS CONTACT</b>	BRUCE BUBSER	<b>E-MAIL:</b> paacswim@hotmail.com	<b>PHONE:</b> (484) 397-4092

**Session 1**

FRIDAY EVENING, NOVEMBER 1, 2019

START 5:30PM (WARM UP 4:30PM)

POSITIVE CHECK-IN REQUIRED FOR ALL FRIDAY NIGHT EVENTS BY 5:00PM

GIRLS	EVENT	BOYS
1	9-10 200 FREE	2
3	OPEN 500 FREE	4
5	OPEN 400 IM	6

**Session 2**

SATURDAY AM, NOVEMBER 2, 2019

START 8:30AM (WARM UP 7:30AM)

GIRLS	EVENT	BOYS
7	13-14 100 FREE	8
9	15 & OVER 100 FREE	10
11	13-14 200 BREAST	12
13	15 & OVER 200 BREAST	14
15	13-14 200 BACK	16
17	15 & OVER 200 BACK	18
19	13-14 100 FLY	20
21	15 & OVER 100 FLY	22
23	13-14 200 IM	24
25	15 & OVER 200 IM	26

**Session 3**

SATURDAY MID-DAY, NOVEMBER 2, 2019

START WILL BE 30 MINUTES AFTER THE CONCLUSION OF THE MORNING SESSION. POSITIVE CHECK-IN REQUIRED BY 10:00AM. AND WILL BE SWUM TOGETHER BY GENDER, ALTERNATING HEATS OF GIRLS AND BOYS. ENTRIES FOR THE 1650 ARE LIMITED. THE SESSION WILL RUN NO LONGER THAN 1 1/2 HOURS. NT ENTRIES WILL BE ACCEPTED IF SPACE PERMITS ON A FIRST-ENTERED BASIS. SWIMMERS IN THE 1650 WILL NEED THEIR OWN COUNTERS.

GIRLS	EVENT	BOYS
27	OPEN 1650 FREE	28

**Session 4**

SATURDAY PM, NOVEMBER 2, 2019

START NOT BEFORE 2:00PM (WARM UP NOT BEFORE 1:00pm)

GIRLS	EVENT	BOYS
29	11-12 100 IM	30
31	9-10 100 IM	32
33	11-12 50 BACK	34
35	9-10 50 BACK	36
37	11-12 200 FREE	38
39	11-12 100 BREAST	40
41	9-10 100 BREAST	42
43	11-12 100 FLY	44
45	9-10 100 FLY	46
47	9-12 200 BACK	48
49	11-12 50 FREE	50
51	9-10 50 FREE	52

**Session 5**  
 SUNDAY AM, NOVEMBER 3, 2019  
 START 8:30AM (WARM UP 7:30AM)

GIRLS	EVENT	BOYS
53	13-14 200 FREE	54
55	15 & OVER 200 FREE	56
57	13-14 100 BREAST	58
59	15 & OVER 100 BREAST	60
61	13-14 100 BACK	62
63	15 & OVER 100 BACK	64
65	13-14 200 FLY	66
67	15 & OVER 200 FLY	68
69	13-14 50 FREE	70
71	15 & OVER 50 FREE	72

**Session 6**  
 SUNDAY PM, NOVEMBER 3, 2019  
 START NOT BEFORE 2:00PM (WARM UP NOT BEFORE 1:00PM)

GIRLS	EVENT	BOYS
73	9-12 200 BREAST	74
75	9-12 200 FLY	76
77	11-12 100 FREE	78
79	9-10 100 FREE	80
81	11-12 100 BACK	82
83	9-10 100 BACK	84
85	11-12 50 BREAST	86
87	9-10 50 BREAST	88
89	11-12 50 FLY	90
91	9-10 50 FLY	92
93	11-12 200 IM	94
95	9-10 200 IM	96

<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, 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.
<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.
<b>AWARDS</b>	<p>This meet will be scored at each level: A, BB and C for each event. The top eight times in the 9/10 and 11/12 age groups will receive awards. Award levels determined by entry time.</p> <ul style="list-style-type: none"> <li>• 'A' individual entries: medals 1st - 3rd, ribbons 4th - 8th</li> <li>• 'BB' individual entries: rosettes 1st - 3rd, ribbons 4th - 8th</li> <li>• 'C' individual entries: ribbons 1st - 8th</li> </ul>
<b>SCORING</b>	This meet will not be scored.
<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 \$5.00 per person per session. Children under 3 admitted free. Volunteers serving in a capacity

	determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	All positive check-in events will be deck-seeded. In case of delays or cancellation due to bad weather, check the PAAC website <a href="http://www.paacswim.com">www.paacswim.com</a> , the PAAC twitter account at <a href="https://twitter.com/paacswim">twitter.com/paacswim</a> or call PAAC at 610-442-9077..

<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
Friday Evening	4:30 pm	5:30 pm
Saturday & Sunday Morning	7:30 am	8:30 am
Saturday Mid-Day Distance	Immediately at the conclusion of the Saturday morning session	30 minutes after the conclusion of the morning session.
Saturday & Sunday Afternoon	Saturday's warmup will begin at the conclusion of the distance session but not before 11:00 am Sunday's warmup will begin at the conclusion of the morning session but not before 1:00pm	1 hour after the conclusion of the previous session. Teams will be e-mailed estimated timeline prior to the meet.
<b>WARM-UP INFORMATION</b>	<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>	

<b>ATHLETE PROTECTION (MAAPP)</b>	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.
<b>DECK PRIVILEGES</b>	<p>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.</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>TECH SUIT POLICY</b>	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.
<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, 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>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>Athlete drop-off and limited parking is available by entering the gated parking lot from W Turner St. at the intersection with N Saint Cloud St. A few parking spots are located in that lot and in the adjacent parking garage. Additional parking is available at the Fairgrounds a few blocks north.</p>
<b>ACCOMMODATIONS</b>	