



2016 MIDDLE ATLANTIC SWIMMING SENIOR CHAMPIONSHIP MARCH 23-26, 2016

MEET HOST	MIDDLE ATLANTIC SWIMMING		
SANCTION	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 16135 SR and MA 16136 TT <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></p>		
MEET DIRECTOR	STEPHANIE ROZICK	E-MAIL: bcatmeet@verizon.net	PHONE: 814-404-5824; Beginning the first day of the meet please do not expect to communicate with the Meet Director via phone, text or email.
LOCATION	Pool name GRAHAM AQUATIC CENTER Street address 543 N. NEWBERRY ST. City, state and zip YORK, PA17401 Day of meet ONLY emergency phone (717) 718-1968		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Daktronics Omni Sport timing system with a 8 line scoreboard for the competition pool and non-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 800 and spectator seating for 550. Indoor facility with a possible 16-lane, 25-yard configuration.. Hospitality For Coaches and Officials Snack bar Will be available.		
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/turn end of the pool is 6 feet and at the turn end of the pool is 5.5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	FEBURARY 8, 2016		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after September 1, 2014		
ENTRY DEADLINE	ENTRIES WILL BE ACCEPTED THROUGH MONDAY, MARCH 15, 2016 at 11:59 PM		
MEET ENTRY FEES	Individual Events: \$7.00 Time Trials: \$15.00	Relay Events: \$12.00 Time Trials: \$20.00	Surcharge: \$5/swimmer (including relay only)
ENTRY LIMITS	3 Individual Events per day (excluding relays).	2 Relays per day	MEET ENTRY LIMIT: 16
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 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"> • 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 YLS . NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. OME will open for entries into this meet on February 8, 2016 OME can be accessed at www.usaswimming.org/ome For this meet the OME system will process payment by credit card. It will accept VISA, MasterCard, American Express and Discover Card. Upon payment, a confirmation e-mail providing a receipt and a summary of the events will be returned. Entries are not in the meet until payment has been processed. Payment by check is not an option. Entry times will be taken from the SWIMS Database only. Times must be entered in the proper course in which achieved; converted times will not be accepted. Swimmers with qualifying times in the Women's 1000 and Men's 1650 Free on Saturday may enter those events at the conforming time standard (SCY) provided they are entered in at least one other individual event on Saturday.		

MEET ENTRY CHAIR	STEPHANIE ROZICK	PHONE #: 814-404-5824 (no calls before 9:00 AM or after 9:00 PM)	
ONLINE ENTRY	WWW.USASWIMMING.ORG/OME		
MAIL CHECKS/ REPORTS	STEPHANIE ROZICK, 4295 WHITE HORSE RD. MALVERN, PA 19355		
SAFETY DIRECTOR	MIKE ORTIZ/STEPHANIE ROZICK	E-MAIL: safety@maswim.org	PHONE: 915-867-1314
OFFICIALS CONTACT		E-MAIL:	PHONE:
SWIMMERS WITHOUT A COACH	SHOULD REPORT TO THE MEET DIRECTOR FOR ASSISTANCE.		

Wednesday

Warm up 4:30 PM Meet Starts 5:30 PM

WOMEN				MEN				
#	LC	SCM	SCY	Event	SCY	SCM	LC	#
1	19:33.49	19:16.89	19:29.49	1650 Freestyle*				
				1000 Freestyle*	10:42.99	9:22.59	9:35.09	2

***Swimmers for the 1650 and 1000 Freestyle events on Wednesday must provide their own timer and counter. All heats will swim fast to slow, alternating Women/Men**

Thursday

Prelims Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up - 4:30 PM Meet - Start - 5:30

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
3	2:19.19	2:14.49	2:01.99	200 Freestyle	1:52.39	2:04.49	2:09.79	4
5	1:24.39	1:22.39	1:13.79	100 Breaststroke	1:07.69	1:15.19	1:18.79	6
7	1:11.49	1:09.89	1:03.59	100 Butterfly	:58.39	1:03.99	1:05.99	8
9	5:33.99	5:29.79	4:59.09	400 IM	4:43.09	5:13.39	5:19.49	10
11				800 Freestyle Relay				12

Friday

Prelims Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up - 4:30 PM Meet - Start - 5:30

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
13	2:39.99	2:39.59	2:25.19	200 Butterfly	2:13.59	2:26.19	2:29.99	14
15	:29.39	:29.19	:26.39	50 Freestyle	:23.39	:25.89	:27.09	16
17	3:00.39	2:57.39	2:38.59	200 Breaststroke	2:27.29	2:45.19	2:50.49	18
19	1:13.49	1:10.69	1:04.39	100 Backstroke	1:00.59	1:07.49	1:10.49	20
21	4:50.29	4:42.99	5:27.69	500 Freestyle	5:08.79	4:27.29	4:39.49	22
23				400 Free Relay				24

Saturday

Prelims Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up - 4:00 PM Meet - Start - 5:00

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
25	10:09.39	10:05.99	11:35.89	1000 Freestyle				
				1650 Freestyle	18:09.99	17:49.99	18:31.49	26
27	2:37.29	2:33.29	2:18.29	200 Backstroke	2:10.59	2:25.09	2:31.19	28
29	1:04.99	1:02.39	:56.69	100 Freestyle	:51.39	:56.69	:59.29	30
31	2:36.69	2:32.59	2:18.29	200 IM	2:11.39	2:25.19	2:30.99	32
33				400 Medley Relay				34

****Swimmers for the 1000 and 1650 Freestyle events on Saturday must provide their own timer (except at Finals) and counter. The fastest heat of the Men's 1650 and the Women's 1000 will swim as the first event at Saturday's Finals; remaining heats will swim on Saturday afternoon with warm-up one hour before the scheduled start. The Saturday afternoon heats will swim slow-to-fast, alternating Women/Men.**

SESSION	WARM-UP TIMES	MEET STARTS
Wednesday	4:30 PM	5:30 PM
Thursday Prelims	7:30 AM	9:00 AM
Thursday Finals	4:30 PM	5:30 PM
Friday Prelims	7:30 AM	9:00 AM
Friday Finals	4:30 PM	5:30 PM
Saturday Prelims	7:30 AM	9:00 AM
Saturday Finals	4:00 PM	5:00 PM
Saturday Distance	1 hour before the start of the earliest heat	TBA

****Continuous Warm-up/Warm-down is available****

MEET ADMINISTRATION	<p>This Meet is sponsored and administered by Middle Atlantic Swimming. <u>MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET.</u> This requirement is necessary for the smooth running of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide assigned workers could cause penalties to be imposed on that Team's entries in the Meet or subsequent Meets</p>
DECK ENTRIES / TIME TRIALS	<p>Deck entries will not be accepted at this meet. Time Trials are open to swimmers entered in this meet in an individual or relay event. Time Trials will be scheduled at the discretion of the Meet Director and the Meet Referee based on available time. Swimmers wanting to swim a Time Trial should make that request to the Meet Director at any time during the meet. At the discretion of the Meet Director and Meet Referee and in order to facilitate being able to hold Time Trials, a Time Trial entry may be placed in an open lane of the corresponding event swum during Prelims. Swimmers are limited to two (2) individual event time trials for the meet. See Entry Fee section for cost. A Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer.</p>
PROOF OF TIMES	<p>Entry times must be from a sanctioned, approved or observed meet. Proof of time <input checked="" type="checkbox"/> is <input type="checkbox"/> is not required for this meet. IN THE EVENT OF OVERRIDES OF TIMES IN OME, PROOF OF TIME SHOULD BE SUBMITTED TO THE MEET DIRECTOR PRIOR TO THE MEET. ACCEPTABLE FORM OF PROOF IS THE PAGE OF THE MEET RESULTS WITH THE USA SWIMMING SANCTION NUMBER, THE MEET NAME, HOST AND THE SWIMMER'S NAME HIGHLIGHTED. IF IT IS A SPLIT TIME PLEASE MAKE SURE THE SPLIT IS REFLECTED IN THE RESULTS. PLEASE DO NOT SEND THE ENTIRE MEET FILE OR HTML RESULTS. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic</p>
SEEDING	<p>THIS MEET WILL BE ENTIRELY DECK-SEEDED. This meet is primarily a Prelim/Finals meet. Non-conforming times will be accepted and will be seeded according to USA Swimming procedures 207.11.7B.</p> <p>All individual events, except the 1000 and 1650 Freestyle events, will have a C-, B- and A-Final during the Finals session.</p> <p>For all Prelims/Finals individual events, swimmers are expected to scratch events that they do not intend to swim on the same (Thursday) or next (Friday/Saturday) meet day. The scratch box will be open on Wednesday evening and will close at 8:00 am on Thursday for Thursday's events. The scratch box will close at 6:00 pm on Thursday/Friday evening for the following day's events. Swimmers that have not scratched and then do not compete are subject to the penalties and procedures described below under 'Scratch Rule'.</p> <p>Positive check-in will be required to be seeded into the 1650/1000 Free on Wednesday, the 1000/1650 Free on Saturday and all Relays. Positive check-in for the Wednesday distance Free events will close at 5:00 pm on Wednesday. Positive check-in for the Saturday distance Free events will close at 6:00 pm on Friday. The Women's 1650/Men's 1000 Free events on Wednesday evening will swim fast-to-slow, alternating Women/Men. The fastest heat of the Women's 1000 and the Men's 1650 Free will swim during the Finals session on Saturday; the other heats will swim in the afternoon, slow-to-fast, alternating Women/Men. The afternoon heats of the 1000/1650 on Saturday will be timed so that the last heat finishes just before the start of the Finals warm-up. Swimmers who have not checked in for the 1000/1650</p>

	Freestyle may swim the event by reporting to the Meet Referee prior to the start of the event. (Note: swimmers not checked in for the 1000/1650 will be limited to open lanes in the slowest heat.
RELAYS	All Relays will swim at Finals. Relays are Timed Finals and will be deck-seeded. All relays must positively check-in by the scratch deadline (5:30 pm on on the day of the relay). Relay participants must be declared to the Admin Referee (on Relay cards) one hour before the relay swims, but may be changed up to the time of the swim. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet, upon payment of the meet surcharge and submission of proof of 2016 registration.
DISTANCE EVENTS	Swimmers with qualifying times in the 1000 or the 1650 freestyle may enter that event using their fastest time, or may enter at the SCY time standard provided they are entered in a t least one other individual event on the day of the distance free event. Swimmers in the 1000 and the 1650 free events must provide their own timers and lap counters, except for timer at the finals session.

FINALS	THE FOLLOWING EVENTS ARE TIMED FINALS: ALL RELAYS, 1000 FREE AND 1650 FREE. THE FASTEST HEAT OF THE WOMEN'S 1000 / MEN'S 1650 FREE WILL SWIM AS THE FIRST EVENTS AT SATURDAY'S FINALS SESSION. ALL OTHER EVENTS ARE PRELIMS/FINALS AND WILL HAVE A C-FINAL, A B-FINAL AND AN A-FINAL, SWUM IN THAT ORDER.
SCRATCH RULES	<p>The Meet will be swum using modified scratch rules similar to those described in Section 207.11.6 of the USA Swimming Rules & Regulations. The meet will be entirely Deck Seeded; swimmers that do not intend to swim an event are urged to scratch from that event using the Scratch box as described under SEEDING.</p> <p>A. <u>Preliminary Heats</u>: Any swimmer that does not compete in a Prelims Individual event for which they have not scratched will be barred from further Individual events on that meet day, and will be required to positively check-in with the Admin Referee in order to swim an Individual event on a subsequent meet day. A Declared False Start (DFS) option is available at the Prelims sessions by declaring such with the Admin or Deck Referee at the designated time and manner.</p> <p>B. <u>Positive Check-in events</u>: Any swimmer that has positively checked-in to a deck-seeded (distance) event and then does not swim that event will be barred from their next Individual event in the meet. A DFS can be taken in these events after the positive check-in event has been seeded – except for the fastest heat of the event when scheduled to swim at Finals. Any Relay, including those swimming at Finals, may take a DFS if the relay are unable to compete.</p> <p>C. <u>Finals events</u>: Any swimmer that qualifies for one of the Finals heats (C-, B-, or A-Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in the meet (including relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the results of the Prelims results of that event. Swimmers initially declaring their possible intention to scratch must confirm such intention within thirty minutes of the announcement of the results of that swimmer's last individual event at the Prelims session; a swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be so penalized.</p> <p>A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at the Finals session will be treated as a failure to compete and will be penalized as such.</p> <p>D. <u>Final day-of-meet Finals no-show rule</u>: Furthermore, a \$50 fine will be imposed on any Middle Atlantic swimmer who qualifies for Finals and fails to swim that event on the final day of the meet (or the final day for that particular swimmer) – unless that swimmer has appropriately scratched from the event or was originally listed as an Alternate (or lower) in the event. This fine also applies to the top eight (8) swimmers in the 1000- and 1650-Free events listed on the pre-meet psych sheet that positively check-in for that event and then do not compete.</p>

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 with exception of a protest, which includes issues of conduct which may occur in the meet venue will be referred to the Meet Jury.
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>
DECK CHANGING	Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Deck Change - Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
DIRECTIONS	A Google map with links to obtain directions can be found at: http://tinyurl.com/99zkuz
ACCOMODATIONS	A link to area lodging can be found here. http://www.yorkpa.org/index.asp?act=page&pag_id=7