

SWIMFEST
JUNE 17-19, 2016

MEET HOST	NITTANY LION AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 16159 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	STEPHANIE BLAKE JUSTINE GIBBLE (CO)	E-MAIL: mdnlac@gmail.com	PHONE: 570-490-3398
LOCATION	Pool name THE MCCOY NATATORIUM, PENN STATE UNIVERSITY Street address CORNER OF BIGLER & CURTAIN ROAD City, state and zip UNIVERSITY PARK, PA 16802. Day of meet ONLY emergency phone 814-360-3259		
FACILITY DESCRIPTION	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 _____ and spectator seating for 500. Parking East Parking Deck Hospitality for Coaches, Officials, & Volunteers Snack bar provided by PSU.		
POOL CERTIFICATION	The competition course <input checked="" type="checkbox"/> has <input 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 12'6" feet and at the turn end is 4'6" feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	UPON SANCTION		
ENTRY DEADLINE	JUNE 6, 2016 at 11:59 PM		
ENTRY FEES	Individual Events: \$6.00	Relay Events: \$12.00	Swimmer Surcharge: \$5
ENTRY LIMITs	5 (4 within a session+distance event) Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 15 FOR 13 & O, 11 FOR 9-12
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 2016 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. The cost of registering on deck is double the normal fee (\$130 per swimmer for 2016 registration)		
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 . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with MM 5.0 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 JUNE 6, 2015 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	JUSTINE GIBBLE	PHONE #: 814-571-5764 (Justine) or 570-490-3398 (Stephanie) (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MDNLAC@GMAIL.COM		
MAIL CHECKS/ REPORTS	STEPHANIE BLAKE, 149 GALA DRIVE, STATE COLLEGE PA 16801		
CHECKS PAYABLE TO	NLAC		
SAFETY DIRECTOR	JEFF NICASTRO	E-MAIL: DRSWM123@GMAIL.COM	PHONE: 814-280-2887
OFFICIALS CONTACT	SCOTT ETTER	E-MAIL: SETTER@MKCLAW.COM	PHONE: 814-777-2625

Session 1 & 2
FRIDAY AM - 13 & OVER + OPEN 1500 FREESTYLE

GIRLS	EVENT	BOYS
1	13-14 200 BACKSTROKE	2
3	15 & OVER 200 BACKSTROKE	4
5	13-14 100 FREESTYLE	6
7	15 & OVER 100 FREESTYLE	8
9	13-14 200 BREASTSTROKE	10
11	15 & OVER 200 BREASTSTROKE	12
	***** SESSION 2 - DISTANCE *****	
13	OPEN 1500 METER FREESTYLE	14

Session 3 & 4
SATURDAY AM - 13 & OVER + OPEN 400 FREESTYLE

GIRLS	EVENT	BOYS
15	13-14 200 BUTTERFLY	16
17	15 & OVER 200 BUTTERFLY	18
19	13-14 100 BACKSTROKE	20
21	15 & OVER 100 BACKSTROKE	22
23	13-14 200 IM	24
25	15 & OVER 200 IM	26
	***** SESSION 4 - DISTANCE *****	
27	OPEN 400 METER FREESTYLE	28

Session 5
SATURDAY PM - 9-12 YO

GIRLS	EVENT	BOYS
29	9-10 50 BREASTSTROKE	30
31	11-12 50 BREASTSTROKE	32
33	9-10 100 BACKSTROKE	34
35	11-12 100 BACKSTROKE	36
37	9-10 100 BUTTERFLY	38
39	11-12 100 BUTTERFLY	40
41	11-12 200 BREASTSTROKE	42
43	9-10 50 FREESTYLE	44
45	11-12 50 FREESTYLE	46
47	9-10 200 IM	48
49	11-12 200 IM	50

Session 6 & 7
SUNDAY AM - 13 & OVER + OPEN 400 IM

GIRLS	EVENT	BOYS
51	13-14 100 BUTTERFLY	52
53	15 & OVER 100 BUTTERFLY	54
55	13-14 200 FREESTYLE	56
57	15 & OVER 200 FREESTYLE	58
59	13-14 100 BREASTSTROKE	60
61	15 & OVER 100 BREASTSTROKE	62
63	13-14 50 FREESTYLE	64
65	15 & OVER 50 FREESTYLE	66
	***** SESSION 7 - DISTANCE *****	
67	OPEN 400 IM	68

Session 8
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

DECK ENTRIES	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.
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 pre-seeded with the exception of the event(s) noted below. 1500 Meter Freestyle, 400 Meter Freestyle and 400 IM. Positive check-in is required for these events. We will swim all events fastest to slowest, alternating one heat of girls then one heat of boys.
AWARDS	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.
SCORING	
PROGRAMS AND ADMISSION	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.
MISCELLANEOUS	Swimmers must provide their own timer and counter for the 1500 METER FREESTYLE and their own timer for the 400 FREE AND 400 IM.

SESSION	WARM-UP TIMES	MEET STARTS
1 Fri June 17	7:00 AM	8:30 AM
2 Fri June 17	1:00 PM - POSITIVE CHECK-IN FOR THIS SESSION	2:00 PM
3 Sat June 18	7:00 AM	8:00 AM
4 Sat June 18	12:00 PM - POSITIVE CHECK-IN FOR THIS SESSION	12:30 PM
5 Sat June 18	3:15 PM	4:15 PM
6 Sun June 19	7:00 AM	8:00 AM
7 Sun June 19	12:00 PM - POSITIVE CHECK-IN FOR THIS SESSION	12:30 PM
8 Sun June 19	3:15 PM	4:15 PM

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	<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. 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.</p>
QUALIFYING TIMES	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
MEET/DECK REFEREE	<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 any issues that arise that day during the course of the meet.</p>
MEET MARSHALS	<p>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.</p>
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	<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>

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