



JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS MARCH 3-6, 2016

MEET HOST	MIDDLE ATLANTIC SWIMMING		
	General Chair Administrative Vice Chair Director of Competition Age Group Chair Officials Chair Meet Director Safety Director Meet Referee Administrative Referee Middle Atlantic Office	Jamie Platt George Breen Mike Seip Kate Scheuer Kent Steeves Brian Gunn Brian Gunn	
SANCTION	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 16137 AG and MA 16138 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	BRIAN GUNN	E-MAIL: bcgunn60@comcast.net	PHONE: 717-676-1335
LOCATIONS	<p>Pool name GRAHAM AQUATIC CENTER Street address 543 N. NEWBERRY ST. City, state and zip YORK, PA 17404 Day of meet ONLY emergency phone (717)676-1335</p> <p>Pool name CENTRAL YORK HIGH SCHOOL NATATORIUM Street address 601 MUNDIS MILL ROAD City, state and zip YORK, PA 17406 Day of meet ONLY emergency phone 717-586-4573</p>		
FACILITY DESCRIPTIONS	<p>The Graham Aquatic Center is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Daktronics LED Matrix timing system with a 8+ line scoreboard and _____ 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 650. Parking 550. Hospitality will be provided throughout the meet. Snack bar concession area with promenade overlooking competitive pool.</p> <p>The Central York High School Pool is an indoor outdoor pool with 8 lanes for competition, a Colorado timing system with a 8 line scoreboard and AntiWave 6" Maximum lane lines. The meet will be conducted in <input checked="" type="checkbox"/>SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 300 and spectator seating for 500. Parking capacity 500. Hospitality will be available for coaches and officials. Snack bar will be available during all sessions, as will a swim apparel/equipment vendor</p>		
POOL CERTIFICATIONS	Both courses have been measured but not certified in accordance with USA Swimming Rule 104.2.2C (4).		
WATER DEPTH	<p>Graham: The depth of the water at the start end of the pool is 6 feet and at the turn end is 5 feet</p> <p>Central: The depth of the water at the start end of the pool is 13 feet and at the turn end is 7 feet.</p>		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		

ENTRIES OPEN	OME will open for entries into this meet on January 30, 2016. OME can be accessed at www.usaswimming.org/ome .		
ENTRY DEADLINE	OME will close at 2:00 PM EST February 25, 2016. DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!!		
ENTRIES FROM LAST CHANCE MEETS	<i>Entries will be accepted for swimmers qualifying in an event after the OME deadline. Last Chance entries must be achieved in a Middle Atlantic sanctioned meet after February 25, 2016 and no later than 11:59 PM on February 28, 2016. Updates to a previously qualified event will NOT be accepted. Last Chance entries must be in a Team Manager format and emailed by 2:00 PM on March 2, 2016 to Brain Gunn at BCGunn60@comcast.net . Note that OME will NOT be reopened for Last Chance entries.</i>		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	Surcharge: There is also a \$5.00 surcharge for each swimmer, including relay-only swimmers.
ENTRY LIMIT	3 Individual Events per day (excluding relays).	2 Relays per day	MEET ENTRY LIMIT: 10 individual events
ELIGIBILITY	This Meet is limited to Middle Atlantic swimmers ages 14 and under only; swimmers must be currently registered with Middle Atlantic and USA Swimming in order to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on Thursday, March 3, 2016. <i>All qualifying times must have been swum no earlier than September 1, 2014.</i> All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet.		
ON-SITE REGISTRATION	On-site registration will not be accepted at this meet. Each swimmer must be registered through Middle Atlantic prior to competition		
ENTRY PROCEDURES	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. Entries will be accepted through 2:00 PM EST, Thursday, February 25, 2016.</p> <p>Qualifying times must have been achieved after September 1, 2014.</p> <p>OME will open for entries into this meet on January 30, 2016. OME can be accessed at www.usaswimming.org/ome . OME will close at 2:00 PM EST February 25, 2016.</p> <p>For this meet the OME system will process payment by credit card or check. 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. If you need to pay by check, please email the Meet Director at bcgunn60@comcast.net after you go through the OME process. At the check-out screen, please check the box that says "pay by check".</p> <p>Entry times will be taken from the SWIMS Database. Override times may be entered; however, all times not from SWIMS must be proven prior to the meet. Override times must have been achieved at a USA Swimming officially Sanctioned, Approved or Observed Meet. All override times must be proven.</p> <p>For an override time to be considered, the coach must email the meet director bcgunn60@comcast.net and provide the athlete's name, age, event description, the time achieved and the following information about the meet where the time was achieved:</p> <ul style="list-style-type: none"> • The name of the meet • The date(s) of the meet • The sanction, approved or observed meet number for the meet, • A .pdf of the official results • A link to the official results • The event number at the meet <p>Without the above information override times will be rejected. Swimmers will not be permitted to swim with unproven times, and will not be seeded into a pre-seeded event, but will be able to swim in the first heat if proven prior to the swim.</p> <p>Swimmers must enter their best time in an event. Times must be entered in the proper course in which achieved; converted times will not be accepted. Non-conforming (SCM and LCM) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <p>Entries sent with 'No Time' will be rejected!</p>		
RELAYS	All relays are Timed Finals. There are no qualifying times for relays. Each competing relay team must contain at least three (3) swimmers who are entered in the meet and compete in an individual event. Teams may enter as many relays as they wish, but only two (2) relays from a team may score in an event. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$5 surcharge. The top eight (8) seeded teams in the 11-12		

	and 13-14 age groups will swim at the Finals sessions on respective days; remaining teams will swim in the morning Prelims sessions. The top eight (8) seeded relays must swim at Finals or take a declared false start. All Relays must check-in prior to the start of Prelims each day, but need not declare their swimmers until just before swimming. Relays seeded at Finals may take a Declared False Start if they cannot swim.		
MEET ENTRY CHAIR	Brian Gunn	PHONE #: Email bcgunn60@comcast.net is the much preferred method of communication. In the event of an actual emergency, where the issue cannot be addressed by email, the phone number is: 717-676-1335 (no calls before 9:00 AM or after 8:00 PM)	
MAIL CHECKS/ REPORTS	MA JO Entries Attn. Brian Gunn 722 Dogwood Circle York, PA 17403		
CHECKS PAYABLE TO	If paying by check, write only ONE check per club payable to " Middle Atlantic Swimming. "		
SAFETY DIRECTOR		E-MAIL:	PHONE:
OFFICIALS CONTACT		E-MAIL:	PHONE:

Meet Format

The following events are Timed Finals:

- All 10 and Under events
- All Thursday events
- The 1650 Free
- The 1000 Free
- The 11-12 500 Free
- All Relays.

For the remaining events, all are Prelims/Finals and will swim the following at Finals:

- 13-14 events 200 yards and shorter will swim A-, B-, and C-Finals
- 13-14 400 IM and 500 Free will swim A- and B-Finals
- 11-12 events 200 yards will swim A- and B-Finals, 100 and 50 yards will have A-, B-, and C- finals

The C-Final will swim first at Finals, followed by the B-Final and then the A- Final.

During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session.

Throughout the meet, there will be 6 lane warm-up/warm-down lanes available at each facility.

Course assignments are as follows:

Session	Graham	Central
March 3 -Thursday evening session (distance)	10 & under, 11-12 age groups	13-14 age group
March 4 - Friday Am Prelims	11-12 age group	13-14 age group
March 4 - Friday Afternoon Timed Finals		10 & under age group
March 4 - Friday Evening Finals	11 & 12, 13 & 14 Finals	
March 5 - Saturday Am Prelims	11-12 age group	13-14 age group
March 5 - Saturday Afternoon Timed Finals		10 & under age group
March 5 - Saturday Evening Finals	11 & 12, 13 & 14 Finals	
March 6 - Sunday Am Prelims	11-12 age group	13-14 age group
March 6 - Sunday Afternoon Timed Finals		10 & under age group
March 6 - Sunday Evening Finals	11 & 12, 13 & 14 Finals	

MIDDLE ATLANTIC JUNIOR OLYMPICS EVENT LIST

Thursday Evening, March 3, 2016 Events

Girls		Boys
Swimming at Graham		
1	10& U 200 IM	2
3	11-12 400 IM	4
5	10 & U 500 Free	6
7	11-12 Girls 1650	
	11-12 Boys 1000 Free	8
Swimming at Central		
9	13-14 Girls 1650	
	13-14 Boys 1000 Free	10

Notes:

- All Thursday events are Timed Finals
- The IM events will swim slow-to-fast.
- The 10 & Under 500 Free will swim fast-to-slow.
- The 1650 and 1000 Free are combined age group events, swum together but scored separately, and will swim fast-to-slow.

Friday Morning, March 4, 2016 Preliminaries

Girls		Boys
Swimming at Graham		
11	11-12 400 Med. Relay	12
13	11-12 100 Breast	14
15	11-12 200 Free	16
17	11-12 100 IM	18
19	11-12 200 Back	20
21	11-12 50 Fly	22
23	11-12 200 Free Relay	24
Swimming at Central		
25	13-14 200 Breast	26
27	13-14 100 Fly	28
29	13-14 200 IM	30
31	13-14 500 Free	32
33	13-14 400 Free Relay	34

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**

Friday Afternoon, March 4, 2016
10 & Under Timed Finals

Girls		Boys
Swimming at Central		
35	10& U 100 Back	36
37	10 & U 50 Breast	38
39	10& U 200 Free	40
41	10 & U 100 IM	42

Saturday Morning, March 5, 2016 Preliminaries

Girls		Boys
Swimming at Graham		
43	11-12 500 Free	44
45	11-12 100 Back	46
47	11-12 200 Fly	48
49	11-12 50 Breast	50
51	11-12 50 Free	52
53	11-12 200 Med. Relay	54
Swimming at Central		
55	13-14 200 Free Relay	56
57	13-14 100 Back	58
59	13-14 200 Free	60
61	13-14 400 IM	62
63	13-14 50 Free	64
65	13-14 400 Med. Relay	66

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
- The 11-12 500 Free is a timed final, with the top eight (8) seeded athletes swimming at finals

Saturday Afternoon, March 5, 2016
10 & Under Timed Finals

Girls		Boys
Swimming at Central		
67	10& U 100 Breast	68
69	10 & U 50 Fly	70
71	10& U 100 Free	72
73	10 & U 200 Medley Relay	74

Sunday Morning, March 6, 2016 Preliminaries

Girls		Boys
Swimming at Graham		
75	11-12 400 Free Relay	76
77	11-12 200 IM	78
79	11-12 100 Fly	80
81	11-12 200 Breast	82
83	11-12 50 Back	84
85	11-12 100 Free	86
87	11-12 Girls 1000 Free	
	11-12 Boys 1650 Free	88
Swimming at Central		
89	13-14 100 IM	90
91	13-14 200 Back	92
93	13-14 200 Fly	94
95	13-14 100 Breast	96
97	13-14 100 Free	98
99	13-14 200 Medley Relay	100
101	13-14 Girls 1000 Free	
	13-14 Boys 16500 Free	102

Notes:

- Relays are Timed Finals. **All Sunday Relays will swim during Preliminaries.**
- The 1650 Free and 1000 Free are Timed Finals and combined event, swum together but scored separately; the fastest eight (8) will swim at night at the start of the Finals session; and remaining heats will swim at the end of the morning Prelims session, fast to slow.

Sunday Afternoon, March 6, 2016

10 & Under Timed Finals

Girls		Boys
Swimming at Central		
103	10& U 100 Fly	104
105	10 & U 50 Back	106
107	10& U 50 Free	108
109	10 & U 200 Free Relay	110

2016 JUNIOR OLYMPIC QUALIFYING TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.69	29.09	26.09	50 Free	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 Free	53.19	59.19	1:00.19
2:18.69	2:15.89	2:02.59	200 Free	1:56.59	2:09.19	2:11.89
4:55.59	4:47.59	5:31.59	400/500 Free	5:18.59	4:43.99	4:36.39
10:27.49	10:14.99	11:48.99	800/1000 Free	11:29.69	9:58.19	10:10.39
20:19.29	19:45.59	20:00.99	1500/1650 Free	19:17.29	19:02.49	19:34.99
1:12.89	1:10.69	1:03.59	100 Back	1:00.69	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 Back	2:12.39	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 Breast	1:09.59	1:17.39	1:19.09
2:59.99	2:57.69	2:39.79	200 Breast	2:32.89	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 Fly	1:00.19	1:06.89	1:07.89
2:43.09	2:41.49	2:25.29	200 Fly	2:18.59	2:33.99	2:35.59
2:38.49	2:34.29	2:18.99	200 IM	2:12.09	2:26.69	2:30.69
5:43.49	5:33.99	5:00.89	400 IM	4:47.49	5:19.19	5:28.19

GIRLS				BOYS		
LCM	SCM	SCY	11-12	SCY	SCM	LCM
30.99	30.49	27.29	50 Free	26.89	29.99	30.59
1:07.59	1:06.39	59.69	100 Free	58.89	1:05.49	1:06.69
2:27.99	2:24.99	2:10.79	200 Free	2:08.79	2:22.79	2:25.69
5:12.29	5:03.89	5:50.39	400/500 Free	5:46.89	5:00.89	5:09.19
11:17.89	11:04.39	12:45.99	800/1000 Free	12:41.99	11:00.89	11:14.39
21:56.79	21:20.39	21:36.99	1500/1650 Free	21:29.99	21:13.49	21:49.69
36.59	35.39	31.79	50 Back	31.29	34.79	35.99
1:17.79	1:15.49	1:07.89	100 Back	1:07.29	1:14.79	1:17.09
2:48.69	2:44.39	2:27.99	200 Back	2:28.49	2:44.99	2:49.39
40.59	39.59	35.59	50 Breast	35.49	39.49	40.49
1:28.29	1:26.39	1:17.69	100 Breast	1:18.69	1:27.59	1:29.49
3:10.79	3:08.39	2:49.39	200 Breast	2:50.69	3:09.89	3:12.29
34.69	33.69	30.29	50 Fly	29.99	33.39	34.39
1:17.29	1:16.09	1:08.49	100 Fly	1:08.89	1:16.59	1:17.69
3:00.19	2:58.39	2:40.49	200 Fly	2:37.99	2:55.59	2:57.39
N/A	1:16.49	1:08.89	100 IM	1:07.99	1:15.29	N/A
2:48.59	2:44.19	2:27.89	200 IM	2:26.99	2:43.19	2:47.69
6:05.19	5:55.09	5:19.89	400 IM	5:23.09	5:58.69	6:08.89

GIRLS				BOYS		
LCM	SCM	SCY	10/Under	SCY	SCM	LCM
34.89	34.29	30.69	50 Free	30.49	33.99	34.69
1:16.69	1:15.39	1:07.79	100 Free	1:07.39	1:14.99	1:16.29
2:49.59	2:46.09	2:29.89	200 Free	2:30.39	2:46.69	2:50.19
6:04.09	5:54.29	6:48.49	400/500 Free	6:48.99	5:54.79	6:04.59
41.39	39.99	35.99	50 Back	35.69	39.49	40.79
1:29.39	1:26.69	1:17.99	100 Back	1:18.29	1:26.99	1:29.69
46.89	45.69	41.09	50 Breast	41.59	46.29	47.49
1:42.19	1:39.99	1:29.89	100 Breast	1:31.29	1:41.59	1:43.79
39.39	38.29	34.39	50 Fly	34.39	38.29	39.39
1:33.09	1:31.69	1:22.49	100 Fly	1:23.39	1:32.69	1:43.09
N/A	1:26.69	1:18.09	100 IM	1:17.79	1:26.39	N/A
3:13.19	3:08.09	2:49.39	200 IM	2:50.69	3:09.49	3:14.63

TEAM ASSIGNMENTS	Every team entered in the Meet will be responsible for supplying workers for the Meet. <u>THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet.</u> Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use. Note that volunteer officials are not considered part of fulfilling the club responsibilities for meet workers.			
SESSION	DAY	POOL	WARM-UP TIMES	MEET STARTS
March 3	Thursday	Both Pools	4:00pm	5:00pm
11-12 Prelims	Friday/Saturday/Sunday	Graham	7:30AM	9:00AM
13-14 Prelims	Friday/Saturday/Sunday	Central	7:30AM	9:00AM
10 & Under Timed Finals	Friday/Saturday/Sunday	Central	1:30 PM	2:15 PM
11-14 Finals	Friday/Saturday/Sunday	Graham	4:40 PM	5:30 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>During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them warm-up warm down.</p> <p>Continuous Warm-up/down pools will be available at both locations throughout the meet.</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>Only currently certified Officials that are also working the session are permitted on deck. Officials must present their current certification using their Deck Pass (USAS app on their smart phone) or a printed copy of their certification card that they print from OTS. Note that laminated certification cards will not be issued to Officials starting in 2016.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times.</p> <p>Coaches must present their current USA Swimming registration card and keep it visible on deck at all times.</p> <p>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> <p>Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. THERE ARE NO EXCEPTIONS TO THIS RULE.</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 are shown on the attached Meet Structure			
OFFICIALS	<p>All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials should sign up at : TBA prior to the meet to indicate which sessions they will attend. Officials that have not signed-up in advance should report to the Referee at least one hour before the start of each session. Your help in making this meet a success will be greatly appreciated</p> <p>An application has been filed for this meet to be an Officials Qualifying meet for N3 certification/recertification and N# Stroke & Turn. Officials, including non Middle Atlantic Swimming, desiring to be evaluated must request evaluation. The request for evaluation form is:</p> <p>TBA</p> <p>Send the completed form by March 1 to the Meet Referee TBA</p>			

MEET 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 at Prelims, for all of Thursday evening events, and all timed final events. 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>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. Please see DECK PRIVILEGES section for details on presenting proper credentials for deck access.</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	<p>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:</p> <p>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.</p>
FINAL RESULTS	Will be available on the Middle Atlantic Swimming website in both readable and electronic data transfer (for Team Manager) formats.
DIRECTIONS	See Map and directions below

Accommodations for Middle Atlantic Swimming JO's

The York Convention and Visitor's Bureau has negotiated special rates with local Hotels that will be on a first come, first serve basis. For your convenience the link is: <https://mmxreservations.com/yorkpa/pc/Mid+Atlantic+JO+Swimming>

Property Name	Distance to GAC & CYHSN	Number of rooms per night Thursday, Friday, Saturday	Complimentary Breakfast
Best Western Westgate York	2.2/5.1 miles		
single		10, 10, 10	yes
double queen		50, 50, 50	yes
Comfort Inn & Suites - York	2.7/1.9 miles		
double queen		5, 30, 30	yes
Courtyard by Marriott	4.7/3.7 miles		
double queen		0, 20, 20	no, Bistro
king with pullout		0, 10, 10	no, Bistro
Hampton Inn - York	5.4/2.8 miles		
single		5, 25, 25 & late check out	yes
queen double		5, 25, 25 & late check out	yes
Hampton Inn - York/South	4.2/8.5 miles		
double queen		10, 30, 30	yes
Holiday Inn Express & Suites - York	5.1/10.4 miles		
double queen		25, 25, 25	yes
Holiday Inn Express & Suites York Northeast	7.3/4.6 miles		
double queen		25, 25, 25	yes
Homewood Suites by Hilton	2.7/2.1 miles		
double queen		5, 10, 10	yes
king with pullout		5, 10, 10	yes
Quality Inn	5.8/5.3 miles		
single		15, 15, 15	yes
queen double		40, 40, 40	yes
TownPlace Suites by Marriot	6.3/3.7 miles		
king with pullout		0, 10, 10	yes
2 bedroom suite		0, 5, 5	yes
The Yorktowne Hotel	1.0/4.7 miles		
double queen		15, 25, 25	no
king		5, 5, 5	no
Wingate Hotel	2.4/2.8 miles		
double queen		20, 20, 20	yes
Wyndham Garden York	2.8/5.7 miles		
double queen		25, 40, 40	yes

*Rates & availability as of 10/20/2015. Once official event dates have been selected, additional hotels & room blocks will be secured.

DIRECTIONS TO CENTRAL HIGH SCHOOL NATATORIUM

From the north (Harrisburg):

I-83 South to Exit 24 (Emigsville); left onto Church Rd.; right onto N. George St.; left onto Emig Rd. School is on the left.

From the south (Baltimore):

I-83 North to Exit 22 (N. George St.); right onto Emig Rd. School is on the left.

From the east (Lancaster):

US-30 West to Exit 24 (Mt. Zion Rd.); right onto Mt. Zion Rd. School is on the right.

From the West (Pittsburgh):

I-76 East to Exit 252; I-83 South to Exit 24 (Emigsville); left onto Church Rd.; right onto N. George St.; left onto Emig Rd. School is on the left.

From the Southwest (Gettysburg):

US-30 East toward York; left onto N. George St.; right onto Emig Rd. School is on the left.

The natatorium is located on the left side of the school, across the parking lot from the football stadium.

Directions to Graham Aquatic Center

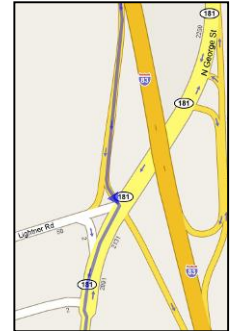
Note: The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

From northbound Interstate 83:

Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound Interstate 83:

Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street. **NOTE:** Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George. Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.



From eastbound US Route 30:

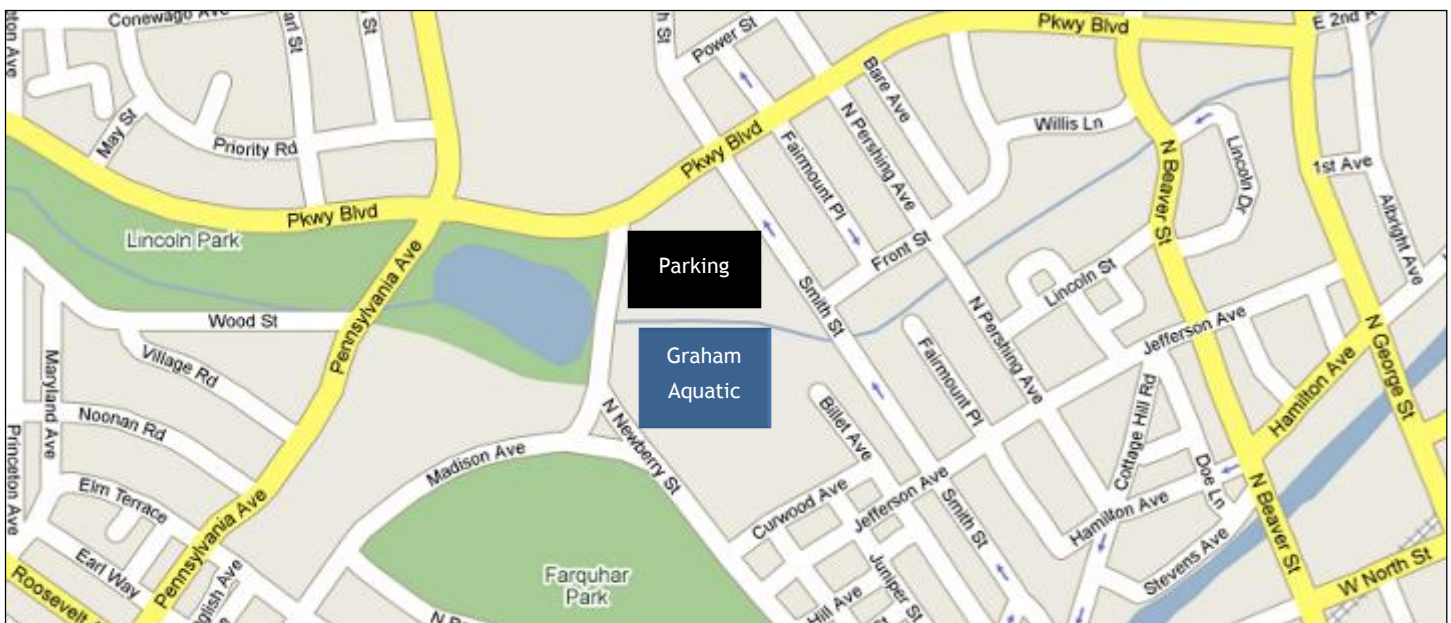
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

From westbound US Route 30:

Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound PA Route 74:

Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.



Graham Aquatic Center
543 North Newberry Street
York, PA 17404

PARKING MAP

Ample parking is available in five general areas within walking distance of the Graham Aquatic Center. Swimmers may be dropped off at the circular entrance located at 543 North Newberry Street. There is also limited handicapped parking at this location. Upon drop-off, cars may proceed to any of the parking areas detailed below. Please secure all valuables when you park.

PLEASE NOTE: PARKING IN ALL LOTS MUST BE IN LINED SPACES ONLY. PLEASE DO NOT BLOCK FENCES, GARAGES, OR INTRUDE ON PRIVATE PROPERTY IN THESE LOTS. TOWING MAY BE ENFORCED.



Graham Aquatic Center/Swimmer Drop-off/Handicap Parking

- P1 Graham Aquatic Center Lot (enter off Parkway Dr. and cross bridge to pool)
- P2 Grace Brethren Church Lot** (enter off N. Newberry St. and cross bridge to pool)
**No Parking on Sunday, please...
- P3 Met-Ed Visitor Lot (enter off Parkway Dr. and walk up N. Newberry St. to pool)
- P4/P5 Ferguson Elementary – Upper/Lower Visitor Lot
(enter off N. Newberry St. and walk down N. Newberry St. or down path behind pool)

