

CPSA CHAMPIONSHIPS TRIALS/FINALS
FEBRUARY 26-28, 2016

MEET HOST	LANCASTER AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 16119 C1 <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	WYNTER A BLEDSOE	E-MAIL: wynterab@yahoo.com	PHONE: 717-475-7428
LOCATION	Pool name CENTRAL YORK HIGH SCHOOL NATATORIUM Street address 601 MUNDIS MILL RD. City, state and zip YORK, PA 17406 Day of meet ONLY emergency phone 717-586-4573		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado 6 timing system with a 8 line scoreboard and 8 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 500 Hospitality No Snack bar Yes		
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 13' feet and at the turn end is 7' feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	FRIDAY, OCTOBER 2, 2015		
ENTRY DEADLINE	FRIDAY, FEBRUARY 5, 2016 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	
ENTRY LIMITs	3 Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 8
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 CA, CYA, DSC, HAC, LAC, MARA 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 YSL. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with 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 Friday, February 12, 2016 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	WYNTER A BLEDSOE	PHONE #: 717-475-7428 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	WYNTERAB@YAHOO.COM		
MAIL CHECKS/ REPORTS	C/O LESLIE SANDOCK, 67 REAGAN DRIVE, EPHRATA, PA 17522		
CHECKS PAYABLE TO	LANCASTER AQUATIC CLUB		
SAFETY DIRECTOR	ARY JACOME	E-MAIL: ariatnaramirez@comcast.net	PHONE: 302 388 5985
OFFICIALS CONTACT	DAN CLOUGH	E-MAIL: dclough@kpmg.com	PHONE: 717-503-3286

Session 1 FRIDAY DISTANCE
WARM UP 5:00 PM START 6:00 PM

GIRLS	EVENT	BOYS
1	11 & Over 500 FREE	2

Session 2 & 4 SATURDAY PRELIMS/FINALS
 PRELIMINARY WARM UP 7:00 AM START 8:30 AM
 FINALS WARM UP 4:30 PM START 5:30 PM
 RELAYS SWUM DURING PRELIMINARY SESSIONS

GIRLS	EVENT	BOYS
3	11-12 50 FREE	4
5	13-14 50 FREE	6
7	15 & OVER 50 FREE	8
9	11-12 100 BREAST	10
11	13-14 100 BREAST	12
13	15 & OVER 100 BREAST	14
15	11-12 50 BACK	16
17	13-14 200 BACK	18
19	15 & OVER 200 BACK	20
21	11-12 50 FLY	22
23	13-14 100 FLY	24
25	15 & OVER 200 FLY	26
27	11-12 200 FREE	28
29	13-14 100 FREE	30
31	15 & OVER 100 FREE	32
33	11-12 200 IM	34
35	13-14 200 IM	36
37	15 & OVER 200 IM	38
39	11-12 200 MED RELAY	40
41	13-14 200 MED RELAY	42
43	15 & OVER 200 MED RELAY	44

Session 3 SATURDAY PM TIMED FINALS
 WARM UP 11:45 AM START 1:00 PM

GIRLS	EVENT	BOYS
45	8 & UNDER 100 FREE	46
47	9-10 200 IM	48
49	6 & UNDER 25 FREE	50
51	7-8 25 FREE	52
53	9-10 50 FREE	54
55	8 & UNDER 50 FLY	56
57	9-10 50 FLY	58
	20 MINUTE BREAK FOR AWARDS	
59	6 & UNDER 25 BREAST	60
61	708 25 BREAST	62
63	9-10 100 BREAST	64
65	8 & UNDER 50 BACK	66
67	9-10 50 BACK	68
69	8 & UNDER 200 MED RELAY	70
71	9-10 MED RELAY	72

Session 4 & 6 SUNDAY PRELIMS/FINAL
 PRELIMINARY WARM UP 7:00 AM START 8:30
 FINALS WARM UP 4:30 PM START 5:30 PM
 RELAYS SWUM DURING PRELIMINARY SESSION

GIRLS	EVENT	BOYS
73	11-12 100 IM	74
75	13 & OVER 400 IM	76
77	11-12 100 FREE	78
79	13-14 200 FREE	80
81	15 & OVER 200 FREE	82
83	11-12 50 BREAST	84
85	13-14 200 BREAST	86
87	15 & OVER 200 BREAST	88
89	11-12 100 BACK	90
91	13-14 100 BACK	92
93	15 & OVER 100 BACK	94
95	11-12 100 FLY	96
97	13-14 100 FLY	98
99	15 & OVER 100 FLY	100
101	11-12 200 FREE RELAY	102
103	13-14 200 FREE RELAY	104
105	15 & OVER 200 FREE RELAY	106

Session 5 SUNDAY PM TIMED FINALS
 WARM UP 11:45 AM START 1:00 PM

GIRLS	EVENT	BOYS
107	9-10 200 FREE	108
109	8 & UNDER 100 IM	110
111	9-10 100 IM	112
113	8 & UNDER 50 FREE	114
115	9-10 100 100 FREE	116
117	6 & UNDER 25 BACK	118
119	7-8 25 BACK	120
121	9-10 100 BACK	122
123	8 & UNDER 50 BREAST	124
	20 MINUTE BREAK FOR AWARDS	
125	9-10 50 BREAST	126
127	6 & UNDER 25 FLY	128
129	7-8 25 FLY	130
131	9-10 100 FLY	132
133	8 & UNDER 200 FREE RELAY	134
135	9-10 200 FREE RELAY	136

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 \$5.00 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 checked="" type="checkbox"/> is <input type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	<p>This meet will be deck-seeded with the exception of the event(s) noted below. The 500 will be run FAST to SLOW alternating Female/Male</p> <p>The scratch deadline will be 30 minutes prior to the start of preliminary and timed finals sessions.</p> <p>This will be Prelims/Finals for ages 11&Over and Timed Final for ages 10&Under.</p> <p>Relays will be Timed Final and swum in the preliminary sessions.</p> <p>Times achieved during the preliminary session will advance to the finals sessions according to following parameters.</p> <p>The Finals sessions for 11-12, 13-14, 15&Over will consist of an "A & B" Final (Top 16). The 13&Over events will have "A, B, and C" final with the "C" final being only 13-14 year olds.</p> <p>'Fly-over' starts will be used at this meet. All swimmers (except for backstroke starts and 8 & under 25 yard events) should remain in the water at the completion of their race until the next heat has begun.</p> <p>Any swimmer that qualifies for one of the Finals heats (A, B 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 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 (and confirmed their possible intention to scratch 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 penalized.</p>
AWARDS	<p>Awards will be presented to the 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15&O age groups for each event. Results will be based on a swimmer's performance at finals. Individual events: Medals for 1st-8th place; Relays: Medals for 1st-3rd place.</p> <p>Awards for 10&Under sessions will be presented to the swimmers after events 56, 70, 120, and 134. All swimmers receiving awards need to be ready on the scoreboard side of the shallow end of the pool.</p>
SCORING	<p>Individual Events: 1st-16th 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p> <p>Relay Events: 1st-8th 18-14-12-10-8-6-4-2 (Teams may only score 2 relays/event)</p>
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. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	Meet Programs will be included with admissions. They will be distributed once the meet is seeded after the scratch deadline.

SESSION	WARM-UP TIMES	MEET STARTS
1	5:00 PM	6:00PM
2, 4	7:00 AM	8:30 AM
5, 7	4:30-5:30 PM	5:45 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	<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>
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.</p>
DIRECTIONS	<p>From the North (Harrisburg) I-83 S to Exit 24 (Emigsville), Left onto Church Rd., Right onto N. George St., Left onto Emig Rd., School is on the Left.</p>

	<p>From the South (Baltimore) I-83 N to Exit 22 (N. George St.), Right onto Emig Rd., School is on the Left.</p> <p>From the East (Lancaster) US-30 W to Exit 24 (Mt. Zion Rd.), Right onto Mt. Zion Rd., School is on the Right.</p> <p>From the West (Pittsburgh) I-76 E to Exit 252, I-83 S to Exit 24 (Emigsville), Left onto Church Rd., Right onto N. George St., Left onto Emig Rd., School is on the Left.</p> <p>From the Southwest (Gettysburg) US-30 E toward York, Left onto N. George St., Right onto Emig Rd., School is on the Left.</p> <p>Natorium is located on the left side of the school, across the parking lot from the football stadium.</p>						
<p>ACCOMODATIONS</p>	<p>LODGING:</p> <table border="0"> <tr> <td data-bbox="378 537 673 657"> <p>Comfort Inn & Suites 2250 North George St. York, PA 17406 717-669-1919</p> </td> <td data-bbox="673 537 969 657"> <p>Homewood Suites 200 Masonic Dr. York, PA 17406 717-434-1800</p> </td> <td data-bbox="969 537 1266 657"> <p>Red Roof Inn 125 Arsenal Rd. York, PA 17404 717-843-8181</p> </td> </tr> <tr> <td data-bbox="378 688 673 808"> <p>Four Points Hotel & Suites 1650 Toronita St. York, PA 17402 717-846-4940</p> </td> <td data-bbox="673 688 969 808"> <p>Wingate by Wyndham Arsenal Rd. and N. George St. York, PA 17404 717-848-2100</p> </td> <td data-bbox="969 688 1266 808"> <p>Hampton Inn 1550 Mount Zion Rd York, PA 17406 717-840-1500</p> </td> </tr> </table>	<p>Comfort Inn & Suites 2250 North George St. York, PA 17406 717-669-1919</p>	<p>Homewood Suites 200 Masonic Dr. York, PA 17406 717-434-1800</p>	<p>Red Roof Inn 125 Arsenal Rd. York, PA 17404 717-843-8181</p>	<p>Four Points Hotel & Suites 1650 Toronita St. York, PA 17402 717-846-4940</p>	<p>Wingate by Wyndham Arsenal Rd. and N. George St. York, PA 17404 717-848-2100</p>	<p>Hampton Inn 1550 Mount Zion Rd York, PA 17406 717-840-1500</p>
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