

DSC MAY MAELSTROM LC MEET  
MAY 1-3, 2015 A/BB/C

MEET HOST	DIPLOMAT SWIM CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 1541 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	HEATHER UHLIN	E-MAIL: meetdirector@diplomatswimclub.org	PHONE: 717-201-0975
LOCATION	<b>Pool name</b> KUNKEL AQUATIC CENTER <b>Street address</b> 929 HARRISBURG PIKE <b>City, state and zip</b> LANCASTER, PA 17604-4306 <b>Day of meet ONLY emergency phone</b> 717399-4524		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a 8 line scoreboard and Aloph Keiffer lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 550 and spectator seating for 400. Parking Yes Hospitality Yes Snack bar Yes		
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 end of the pool is 9 feet and at the turn end is 4 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	3/1/15		
ENTRY DEADLINE	4/19/15 at 11:59 PM		
ENTRY FEES	Individual Events: <b>\$6.00</b>		Relay Events: <b>\$12.00</b>
ENTRY LIMITS	1 event Friday/ 4 events Saturday & Sunday There is a \$5.00 surcharge/swimmer Individual Events per day (excluding relays).	0 Relays per day	<b>MEET ENTRY LIMIT: 9</b> \$5.00 surcharge/ swimmer
ELIGIBILITY	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 ANY SWIMMER, AGE DETERMINED BY 5/1/15 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. Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the meet director. The cost of registering on deck is double the normal fee (\$120/swimmer). This applies to all swimmers attached to a club.		
ENTRY PROCEDURES	<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 L,Y,M . 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 5.0 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 4/26/15 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
MEET ENTRY CHAIR	HEATHER UHLIN	PHONE #: 717201-0975 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MEETDIRECTOR@DIPLOMATSWIMCLUB.ORG		
MAIL CHECKS/ REPORTS	HEATHER UHLIN C/O DIPLOMAT SWIM CLUB 1227 E NEWPORT RD LITITZ, PA 17543		
CHECKS PAYABLE TO	DIPLOMAT SWIM CLUB		
SAFETY DIRECTOR	ROMAO CARRASCO	E-MAIL: romaco@katieconcepts.com	PHONE:
OFFICIALS CONTACT	TODD PARSONS	E-MAIL: underwater todd@gmail.com	PHONE:

POSITIVE CHECK-IN

FRIDAY NIGHT...SENIOR 400IM - CLOSSES @ 5:00PM

9-12 400 FREE & SENIOR 800 FREE CLOSSES @ 5:30PM

SATURDAY - SENIOR 400 FREE (LIMITED TO 13 & OLDER) CLOSSES @ 11:30AM

SUNDAY - SENIOR 1500 CLOSSES @ 11:30AM

SCRATCH POLICY...ANY SWIMMER WHO POSITIVELY CHECKED IN FOR A DECK SEEDED DISTANCE EVENT AND THEN DOES NOT SWIM THAT EVENT WILL BE BARRED FROM SWIMMING THE NEXT INDIVIDUAL EVENT IN WHICH THE SWIMMER ENTERED, WHETHER ON THE SAME DAY OR LATER IN THE MEET.

THE 800 & 1500 FREE WILL BE SEEDED FASTEST TO SLOWEST AND WILL BE SWUM IN ALTERNATING HEATS OF WOMEN AND THEN MEN.

THE SENIOR 400 FREE IS LIMITED TO 13&OLDER, AND WILL BE SEEDED FASTEST TO SLOWEST.

SWIMMERS IN THE 9-12 400 FREE - DO NOT HAVE TO PROVIDE THEIR OWN TIMER.

SWIMMERS IN THE SENIOR 400 & 800 FREE ARE RESPONSIBLE FOR PROVIDING THEIR OWN TIMER.

SWIMMERS IN THE 1500 FREE ARE RESPONSIBLE FOR PROVIDING THEIR OWN LAP COUNTER & TIMER.

**Session #1**

Friday Evening - May 1, 2015 w/up 4:30pm- meet start 5:30pm

GIRLS	EVENT	BOYS
1	Senior 400 IM	2
3	9 -12 400 FREE	4
5	Senior 800 FREE	6

**Session #2**

Saturday Morning - May 2, 2015 w/up 6:30am - meet start 8am

GIRLS	EVENT	BOYS
7	Senior 200 Back	8
9	13 - 14 200 Back	10
11	Senior 100 Breast	12
13	13-14 200 Breast	14
15	Senior 200 Fly	16
17	13-14 200 Fly	18
19	Senior 100 Free	20
21	13-14 100 Free	22
23	Senior 200 IM	24
25	13-14 200 IM	26

**Session #3**

Saturday 400 FREE - May 2, 2015 w/up 1:30pm - meet start 1:45pm

GIRLS	EVENT	BOYS
27	Senior 400 FREE	28

**Session #4**  
Saturday Afternoon - May 2, 2015 w/up 3pm - meet start 4pm

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
31	9-10 100 Fly	32
33	11-12 100 Fly	34
35	9-10 50 Back	36
37	11-12 50 Back	38
39	9-10 100 Free	40
41	11-12 100 Free	42
43	9-10 50 Breast	44
45	11-12 50 Breast	46
47	9-10 200 IM	48
49	11-12 200 IM	50

**Session #5**  
Sunday Morning - May 3, 2015 w/up 6:30am - meet start 8am

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
51	Senior 200 Free	52
53	13-14 200 Free	54
55	Senior 100 Fly	56
57	13-14 100 Fly	58
59	Senior 50 Free	60
61	13-14 50 Free	62
63	Senior 100 Back	64
65	13-14 100 Back	66
67	Senior 200 Breast	68
69	13-14 200 Breast	70

**Session #6**  
Sunday Monster Mile - May 3, 2015 w/up 1:30pm - meet start 1:45pm

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
71	Senior 1500 Free	72

**Session #7**  
Sunday Afternoon - May 3, 2015 w/up 3pm - meet start 4pm

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
73	9-10 200 Free	74
75	11-12 200 Free	76
77	9-10 50 Fly	78
79	11-12 50 Fly	80
81	9-10 100 Back	82
83	11-12 100 Back	84
85	9-10 50 Free	86
87	11-12 500 Free	88
89	9-10 100 Breast	90
91	11-12 100 Breast	92

<b>DECK ENTRIES</b>	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 12.00 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/ Heather Uhlin 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 LYM-seeded with the exception of the event(s) noted below.
<b>AWARDS</b>	There will be NO awards for this meet
<b>SCORING</b>	NO scoring for this meet
<b>PROGRAMS AND ADMISSION</b>	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/session excluding afternoon distance session. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	<p>There will be NO programs/heat sheets. This meet will be entirely Deck seeded. All teams and Unattached swimmers will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned in to the scratch table 45 minutes before the start of the session. The meet will then be seeded and heat sheets will be provided to each team.</p> <p>Each Team will receive a check-in sheet with all events listed for each session. All check-in sheets must be turned into the scratch table 45 minutes after the start of warm up. swimmers that are being scratched should have their names circled with "SCR" next to the line. Please use a simple line, not a scribble, so that the name can still be read. There is no penalty for swimmers that are not scratched and then do not swim their event. Penalties ONLY apply to "positive check-in" DISTANCE events.</p> <p>There is a \$5 surcharge/swimmer for this meet.</p>

<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
Friday Evening	All ages, open warm up 4:30pm	5:30pm
Sat/Sun 13 & Older	Open Warm up 6:30am	8:00am
Sat/Sun 9-12	Open Warm up 3:30pm	4:30pm
Sat/Sun Distance	Saturday 13 & Older 400 Free/ Sunday Mile - open w/up 1:30	1:45pm
<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>DECK PRIVILEGES</b>	<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>
<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>	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.
<b>PROTESTS</b>	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
<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>DECK CHANGING</b>	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.
<b>DIRECTIONS</b>	<p>From Baltimore, Washington and points south: Take I-83 to Exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue for 1.5 miles to F&amp;M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports &amp; Fitness Center to your right.</p> <p>From Harrisburg, Pittsburgh and points west: Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit onto Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&amp;M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports &amp; Fitness Center to your right.</p> <p>From Philadelphia, South Jersey and points east: Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&amp;M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports &amp; Fitness Center to your right.</p>
<b>ACCOMODATIONS</b>	<p>Eden Resort, 222 Eden Rd., Lancaster, Pa., 717-569-6444</p> <p>The Sleep Inn, 310 Primrose Lane, Mountville, Pa., 717-285-0444</p> <p>Hampton Inn, 545 Greenfield Rd., Lancaster, Pa., 717-299-1200</p> <p>Westfield Inn, 2929 Hempland Rd., Lancaster, Pa, 717-397-9300</p>

Fairfield Inn, 150 Granite Run Dr., Lancaster, Pa., 717-581-1800
Travel Lodge, 2101 Columbia Ave, Lancaster, Pa, 717-397-4201
Econo Lodge, 2140 US Highway Rt. 30, Lancaster, Pa., 717-397-1900
Days Inn, 30 Keller Ave, Lancaster, Pa., 717-299-5700
Near the Outlets:
Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster, Pa., 717-299-5500
Ramada Inn, 2250 Lincoln Highway East, Lancaster, Pa., 717-393-5499
Super 8 Motel, 2129 Lincoln Highway East, Lancaster, Pa., 717 393-8888
Travel Inn, 2151 Lincoln Highway East, Lancaster, Pa., 717-299-8971
Howard Johnson, 2100 Lincoln Highway East, Lancaster, Pa., 717-397-7781