

# 2014 MIDDLE ATLANTIC SWIMMING

## SILVER CHAMPIONSHIPS

MARCH 28-30, 2014

HOSTED BY THE DELAWARE SWIM TEAM

LOCATION: UNIVERSITY OF DELAWARE;  
NEWARK DE



MIDDLE  
ATLANTIC  
SWIMMING



- A PRELIMS/FINALS MEET FOR THE 11-12, 13-14, 15-18 AGE GROUPS
- A TIMED FINALS MEET FOR ALL 10 & UNDER EVENTS
- ALL EVENTS 400 YARDS AND LONGER, AS WELL AS ALL RELAY EVENTS, WILL BE TIMED FINALS

## Sanction # MA 14124 B

*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.*

<b>LOCATION</b>	University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool, Newark, DE. Day of meet ONLY emergency phone # 302- 831-2264
<b>FACILITIES</b>	<p>8-lane, 25-yard pool with 4 feet of water at the starting and turning ends of the pool. The competition course has not been certified in accordance with 104.2.2C (4). Separate 6-lane 20-yard pool will be available for continuous warm-up/warm-down. Competitor non-turbulent lane lines. Colorado System 5 timing system with separate lane readout.</p> <p><b>Spectator seating</b> for 550 is available in the balcony. Doors will not open until 15 minutes prior to warm-up.</p> <p><b>Parking</b> is located across the railroad tracks, opposite side of the street. Additional parking is located in the parking garage at the end of Main Street.</p> <p><b>Refreshments:</b> Coach/Volunteer hospitality area will be provided. Spectator Snack Bar/Concession stand will be available at the discretion of the University of Delaware.</p>
<b>MEET REFEREE</b>	Fred Polaski <a href="mailto:dst@freestyles.org">dst@freestyles.org</a> 302-234-8500
<b>MEET DIRECTOR</b>	Sean Dougherty <a href="mailto:seand@freestyles.org">seand@freestyles.org</a> 302-234-8500
<b>SAFETY DIRECTOR</b>	Clark Bickling <a href="mailto:clarkb@freestyles.org">clarkb@freestyles.org</a> 302-234-8500
<b>MEET OFFICIALS</b>	Please contact us at <a href="mailto:clarkb@freestyles.org">clarkb@freestyles.org</a> if you are able to officiate.
<b>ELIGIBILITY</b>	<p>This meet is open to all USA Swimming registered swimmers. Swimmer's age is as of the first day of the meet.</p> <p><b>Swimmers in the 11-12, 13-14, &amp; 15-18 age groups are limited to 3 individual events per day.</b></p> <p><b>Swimmers in the 10 &amp; under age group are limited to 5 individual events per day.</b></p>
<b>ENTRY LIMITATIONS</b>	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format to conform to Middle Atlantic rules. As this is a Championship meet, the 4 hour meet session rule does not apply.
<b>ORDER OF EVENTS WARM-UP &amp; START TIMES</b>	Attached is a sheet listing the order of events, event numbers, the starting times for each session and the warm-up schedule. Warm-up times will be assigned by the meet director once all entries have been received. Sprints will be conducted within each assigned warm-up session as the last five minutes of the session.
<b>DECK ENTRIES</b>	Deck entries may be accepted at this meet at the discretion of the meet director. Swimmers wishing to deck enter an event must show valid proof of current USA Swimming membership and proof of qualifying time. Proof can be via the USA Swimming website or the USA Swimming My Deck Pass app.

<b>ON SITE REGISTRATION</b>	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 per swimmer for 2013-14 registration). This applies to all swimmers attached to a club.
<b>RECORDING BAN</b>	The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, or locker rooms.
<b>DECK CHANGING</b>	Except where 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>SWIMMERS WITH DISABILITIES</b>	Swimmers with a disability are welcome to enter this meet regardless of their qualifying time. 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>SWIMMERS WITHOUT A COACH</b>	The meet director should be notified not fewer than 48 hours prior to the start of the meet of swimmers who will be attending one or more sessions without a credentialed coach. Swimmers attending without a coach will be placed with a team for warm-up and lane assignment purposes.
<b>SEEDING</b>	This meet will be pre-seeded for all events with the exception of any event 400 yards or longer and all events scheduled for Friday evening. All relays will be pre-seeded.
<b>HOW TO ENTER</b>	All entries should be submitted using a program compatible with Hy-Tek's Team Manager Program (Team Unify, Team Manager, TM Lite, etc.). Entries submitted manually will be assessed a \$15 per swimmer fee in addition to regular event entry fees. Also, any team submitting manual entries for more than five athletes must submit a surcharge of \$25 per athlete. <b>Entries must be submitted in the course they were achieved.</b> All entries must be submitted with an entry summary report.  NO POST ENTRIES WILL BE ACCEPTED.
<b>ENTRY FEES</b>	\$5 Per Individual Event \$8 Per Relay Event \$5 Per Swimmer Meet Surcharge (all swimmers, including relay only swimmers, must pay this fee)
<b>SEND ENTRIES TO</b>	Delaware Swim Team (Make all checks payable to "Delaware Swim Team") c/o Clark Bickling/Meet Entries 4905 Mermaid Blvd, Wilmington, DE 19808  E-mail entries to <a href="mailto:ClarkB@freestyles.org">ClarkB@freestyles.org</a> : Subject: Your team name/Silver Championship Meet Entry Any questions regarding entry forms should be directed to Clark Bickling: Phone: 302-234-8500 E-mail: <a href="mailto:clarkb@freestyles.org">clarkb@freestyles.org</a> Fax: 302-234-8502

<b>ENTRY DEADLINE</b>	<p>All entries must be received by 5 pm on Friday, March 14th, 2014. If sending the entries by express mail, be sure to waive the signature requirement. Entries received after 5pm on March 14, 2014 will be treated as late and only entered on a space permitting basis.</p> <p><u>PAYMENT FOR ALL ENTRIES MUST BE RECEIVED PRIOR TO THE START OF THE MEET. NO TEAM WILL BE ALLOWED TO WARM-UP IF THE ENTRY FEES REMAIN UNPAID.</u></p>
<b>RULES</b>	<p>This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA Swimming/MA Swimming Safety Guidelines and Warm-Up Procedures will be in effect for the entire meet.</p> <p>All relay events, events scheduled for Friday evening, and all 10 &amp; under events, will be conducted as timed finals.</p> <p>All individual events shorter than 400 yards scheduled for Saturday and Sunday in the 11-12, 13-14, and 15-18 age groups will be conducted in the prelims/finals format. Each final will feature an "A" and "B" heat.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. You must provide either current USA Swimming credentials, written proof, or visual proof via <i>DeckPass</i> that you are currently certified by USA swimming to be on the pool deck. There will be absolutely no deck access for persons not credentialed by USA Swimming unless you are working in an official meet capacity. This rule will be strictly enforced by the meet safety committee.</p> <p>Positive check-in will be required for all events on Friday evening, as well as all individual events on Saturday and Sunday 400 yards or longer.</p> <p>This meet will be conducted using the Whistle command and No-Recall False Start procedures. Once a session starts the meet referee has all control over the meet as it takes place in the water. A timeline will be provided to all entered teams utilizing a 20 second heat interval.</p> <p>Fly-over starts will be used for all events with the exception of back stroke and medley relay 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 who does not swim a pre-seeded Preliminary or Timed-Final event will not be penalized.</p> <p>Any swimmer who positively checks-in for a deck-seeded event and does not swim that event will be barred from their next individual event, either on the same or next meet day. A Declared False Start may be taken in deck-seeded events.</p> <p>Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and swim that event at Finals will be barred from the rest of 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 Preliminary results of that event and then confirmed such intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session. A swimmer who does not confirm their intention is assumed NOT to have scratched and will be seeded into the event. Swimmers who are initially announced as an Alternate (or lower) for the Finals will not be so penalized. Swimmers must scratch or</p>

	declare their intention to scratch with the Admin Referee at the appropriate time.
<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>SCORING &amp; AWARDS</b>	<p>There will be no team scoring at this meet.</p> <p><b>Awards will be based on the swimmer's time achieved at the meet.</b> In each individual event, medals will be awarded to 1<sup>st</sup> through 8<sup>th</sup> place and ribbons will be awarded to 9<sup>th</sup> through 16<sup>th</sup> place. Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in all relay events.</p> <p>Awards for the 10 &amp; Under age group events will be presented on deck during each break of the meet. It is requested that the coach of the swimmer who finishes first distribute the awards for that event.</p>
<b>HIGH POINT AWARDS</b>	A high point award will be given to the highest scoring swimmer in each age group. Only individual events will be used to calculate the high point winners.
<b>HOT HEATS</b>	Hot heats will be conducted during this meet. Throughout each preliminary and timed finals session, heats will be selected at random as a "hot heat". The winner of that hot heat will receive a prize pack.
<b>PROGRAMS &amp; ADMISSION</b>	One program for the entire meet will be for sale for \$10. Admission is \$5 per person per session. The general meet program will contain coupons for free heat sheets for the Finals session. Children ages 8 and under will be admitted free of charge. Free admission will be given to any persons assisting in the running of the meet as necessary at a session (excluding timers on Friday evening and other events which require swimmers providing their own timer or lap counter).
<b>RESULTS</b>	<p>Results will be posted on the Middle Atlantic Swimming web site <a href="http://www.maswim.org">www.maswim.org</a>. A results file will also be emailed to each club providing a valid email address (1 per club) upon entering the meet.</p> <p>THE SCOREBOARD IS THE UNOFFICIAL TIME. Problems may result from numbers on the board sticking or from the swimmer not touching the pads properly. All results will be reviewed by the meet scorer and certified by the Meet Referee when a discrepancy occurs. COACHES ONLY should notify the meet referee of any problems with the meet results (be it time or awards). Team officials are asked to report any discrepancies to the Meet Director within 24 hours of the meet results being distributed via email.</p>
<b>DIRECTIONS</b>	From I-95, take exit 1B Newark, Rt. 896 North. Follow Rt. 896 for approximately 3 miles. Rt. 896 will become S. College Ave. Follow until it dead ends at light at Main St. Turn left at light and make immediate right onto Old College Ave. First driveway on right goes toward the pool (for drop off only). Parking is located across the railroad tracks, opposite side of the

	street. If using MapQuest, use the address: 60 North College Avenue, Newark DE 19711. This is Unique Impressions and is located next to the po
<b>ACCOMMODATIONS</b>	Contact Clark Bickling at DST 302-234-8500 for referrals

# 2014 Middle Atlantic Silver Championships

## Meet Qualifying Times

Times must be achieved between January 1, 2012 and March 11, 2014

Each event has a MAXIMUM and MINIMUM qualifying time. Swimmers must be slower than the maximum time and faster than or equal to the minimum time in order to swim the event.

Girls		13-14	Boys	
Slower Than	Faster or equal to		Faster or equal to	Slower Than
26.6	29.79	50 Free	28.09	25.10
57.5	1:05.49	100 free	1:02.49	54.50
204.5	2:20.49	200 free	2:16.89	1:59.90
5:34.20	6:00.19	500 free	5:54.99	5:25.00
1:04.70	1:20.69	100 back	1:12.59	1:02.60
2:20.50	2:35.49	200 back	2:29.99	2:15.50
1:15.20	1:37.19	100 breast	1:31.29	1:12.30
2:43.00	3:00.99	200 breast	2:49.99	2:36.30
1:05.20	1:20.19	100 fly	1:15.09	1:02.10
2:28.60	2:48.59	200 fly	2:37.29	2:22.30
2:20.60	2:40.59	200 IM	2:37.69	2:15.70
5:05.00	5:34.99	400 IM	5:15.89	4:55.90
Girls		11-12	Boys	
Slower Than	Faster or equal to		Faster or equal to	Slower Than
28.00	31.99	50 Free	32.79	27.8
1:01.00	1:05.99	100 Free	1:14.99	1:01.00
2:13.00	2:32.99	200 Free	2:32.89	2:13.90
5:56.10	6:46.09	500 Free	7:00.89	6:00.90
32.30	37.29	50 Back	38.59	32.60
1:09.40	1:22.39	100 Back	1:22.89	1:10.90
2:32.00	2:48.99	200 Back	2:56.59	2:33.60
36.60	43.59	50 Breast	43.69	36.70
1:20.60	1:34.59	100 Breast	1:33.29	1:21.30
2:55.10	3:07.09	200 Breast	3:07.99	2:53.00
30.70	36.69	50 Fly	38.29	31.30
1:11.10	1:24.09	100 Fly	1:24.99	1:12.00
2:44.70	3:04.69	200 Fly	2:58.29	2:38.30
1:10.00	1:18.99	100 IM	1:38.69	1:10.70
2:31.50	2:51.49	200 IM	2:53.19	2:33.20
5:32.10	6:22.09	400 IM	6:16.19	5:36.20
Girls		10 & Under	Boys	
Slower Than	Faster or equal to		Faster or equal to	Slower Than
31.40	36.39	50 Free	38.99	31.00
1:08.70	1:22.69	100 Free	1:29.89	1:08.90
2:33.40	2:53.39	200 Free	2:54.19	2:34.20
6:49.00	7:48.99	500 Free	7:50.09	6:50.10
36.70	44.69	50 Back	46.49	36.50
1:20.00	1:42.99	100 Back	1:37.19	1:20.20
41.90	50.89	50 Breast	53.39	42.40
1:32.40	1:58.39	100 Breast	1:42.09	1:33.10
34.80	48.79	50 Fly	47.19	35.20
1:25.50	1:45.49	100 Fly	1:46.49	1:26.50
1:19.50	1:39.49	100 IM	1:47.99	1:19.00
2:52.60	3:22.59	200 IM	3:23.09	2:56.10

## Session 1 - Friday March 28, 2014

Warm-up 4:00pm Meet Start 5:00pm

*Swimmers must provide their own timer and counter for the events in this session  
Events will be swum fastest to slowest*

*\*These events will be swum combined but scored separately as 13-14 and 15 & Over*

Girls Event #	Event	Boys Event #
1	11-12 500 Freestyle	2
3	13&over 500 Free*	4
5	10&under 500 Free	6
7	11-12 400 Ind. Medley	8
9	13&over 400 Ind. Medley*	10

## Session 2 - Saturday March 29, 2014

Warm-up 7:30am Meet Start 9:00am

Girls Event #	Event	Boys Event #
11	11-12 200 Medley Relay	12
13	13-14 200 Medley Relay	14
15	15&over 200 Medley Relay	16
17	11-12 200 IM	18
19	13-14 200 Fly	20
21	15&over 200 Fly	22
23	11-12 50 Fly	24
25	13-14 100 Breast	26
27	15&over 100 Breast	28
29	11-12 100 Free	30
31	13-14 200 IM	32
33	15&over 200 IM	34
35	11-12 200 Back	36
37	13-14 100 Free	38
39	15&over 100 Free	40
41	11-12 100 Breast	42
43	13-14 200 Back	44
45	15&over 200 Back	46
47	11-12 50 Back	48
49	11-12 200 Fly	50



## Session 3 - Saturday March 29, 2014

Warm-up 1:00pm Meet Start 2:00pm

*There will be a short awards break after each 10 & under boys event to give swimmers adequate rest and to present awards to the top 8 swimmers from the previous events. It is requested that the coach of the swimmer who finishes first distributed the awards for that event.*

Girls Event #	Event	Boys Event #
51	10&under 200 Medley Relay	52
53	10&under 100 Freestyle	54
55	10&under 50 Breaststroke	56
57	10&under 100 Backstroke	58
59	10&under 50 Butterfly	60
61	10&under 200 Ind. Medley	62

## Finals

### Session 4 - Saturday March 29, 2014

Warm-up 5:00pm Meet Start 6:00pm

*The top 16 swimmers from preliminary heats will qualify for Finals.  
Each final will feature an "A" and "B" heat.*

Event
11-12 200 IM
13-14 200 Fly
15&over 200 Fly
11-12 50 Fly
13-14 100 Breast
15&over 100 Breast
11-12 100 Free
13-14 200 IM
15&over 200 IM
11-12 200 Back
13-14 100 Free
15&over 100 Free
11-12 100 Breast
13-14 200 Back
15&over 200 Back
11-12 50 Back
11-12 200 Fly

## Session 5 - Sunday March 30, 2014

Warm-up 7:30am Meet Start 9:00am

Girls Event #	Event	Boys Event #
63	11-12 200 Free Relay	64
65	13-14 200 Free Relay	66
67	15&Over 200 Free Relay	68
69	11-12 100 IM	70
71	13-14 200 Free	72
73	15&over 200 Free	74
75	11-12 50 Breast	76
77	13-14 100 Fly	78
79	15&over 100 Fly	80
81	11-12 100 Back	82
83	13-14 200 Breast	84
85	15&over 200 Breast	86
87	11-12 200 Free	88
89	13-14 50 Free	90
91	15&over 50 Free	92
93	11-12 100 Fly	94
95	13-14 100 Back	96
97	15&over 100 Back	98
99	11-12 50 Free	100
101	11-12 200 Breast	102

## Session 6 - Sunday March 30, 2014

Warm-up 1:00pm Meet Start 2:00pm

*There will be a short awards break after each 10 & under boys event to give swimmers adequate rest and to present awards to the top 8 swimmers from the previous events. It is requested that the coach of the swimmer who finishes first distributed the awards for that event.*

Girls Event #	Event	Boys Event #
103	10&under 200 Free Relay	104
105	10&under 50 Free	106
107	10&under 100 Breast	108
109	10&under 50 Back	110
111	10&under 100 Fly	112
113	10&under 100 IM	114
115	10&under 200 Free	116

# Finals

## Session 7 – Sunday March 30, 2014

Warm-up 5:00pm    Meet Start 6:00pm

*The top 16 swimmers from preliminary heats will qualify for Finals.  
Each final will feature an "A" and "B" heat.*

### Event

11-12 100 IM
13-14 200 Free
15&over 200 Free
11-12 50 Breast
13-14 100 Fly
15&over 100 Fly
11-12 100 Back
13-14 200 Breast
15&over 200 Breast
11-12 200 Free
13-14 50 Free
15&over 50 Free
11-12 100 Fly
13-14 100 Back
15&over 100 Back
11-12 50 Free
11-12 200 Breast



2014 MA Silver Championships Hosted by DST

**ENTRY SUMMARY**

**Team:** \_\_\_\_\_ **USA-S CLUB CODE:** \_\_\_\_\_

Name of Club: \_\_\_\_\_

USA Club Code: \_\_\_\_\_

Name(s) of Coach(es) \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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Contact Person Responsible for Entries: \_\_\_\_\_

Phone #: \_\_\_\_\_

Fax #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Contact Person Regarding Timers and Officials: \_\_\_\_\_

Phone #: \_\_\_\_\_

Fax#: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**ENTRY FEE SUMMARY**

Total # of Individual Entries \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_

Total # of Relay Entries \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

Total # of Manual Entries\* \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

Team Manual Entry Fee\* \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

Total # of Swimmers Entered (incl. relay only) x \$5 = \$ \_\_\_\_\_ (everyone pays this)

Total Amount of Entry \$ \_\_\_\_\_

Total # of Swimmers \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: Delaware Swim Team**

\*As per Middle Atlantic rules, any entry submitted manually is subject to a \$15 per athlete fee. In additional, any team submitting manual entries for more than 5 swimmers will be charged an additional fee of \$25 per swimmer.

*I attest that the athletes are currently registered with USA Swimming and that they have achieved the seed time recorded.*

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Signature of Head Coach or Authorized Team Representative