

# LAC SPEEDO CLASSIC

## JULY 9,10,11 & 12

MEET HOST	LANCASTER AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 15140 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	WYNTER BLEDSOE	E-MAIL: wynterab@yahoo.com	PHONE: 717-475-7428
LOCATION	Pool name <b>MCGINNESS POOL AT FRANKLIN &amp; MARSHALL COLLEGE</b> Street address <b>929 HARRISBURG PIKE</b> City, state and zip <b>LANCASTER, PA 17604</b> Day of meet <b>ONLY</b> emergency phone <b>717-475-7428</b>		
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 11 line scoreboard and Wave Eater 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 Free Adjacent to the pool Hospitality for coaches, officials and volunteers Snack bar for spectators will be provided by Franklin & Marshal		
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 <b>9</b> feet and at the turn end is <b>4</b> feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	<b>APRIL 1, 2015</b>		
ENTRY DEADLINE	<b>JUNE 28, 2015 at 11:59 PM</b>		
ENTRY FEES	Individual Events: <b>\$6.00</b>	Relay Events: <b>\$12.00</b>	Swimmer Surcharge: <b>\$5</b>
ENTRY LIMITs	<b>4</b> Individual Events per day (excluding relays).	Relays per day	<b>MEET ENTRY LIMIT: 16</b>
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 <b>29 &amp; OVER</b> 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.		
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 . 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 <b>Meet Manager</b> 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 <b>June 12, 2015</b> Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
MEET ENTRY CHAIR	WYNTER BLEDSOE	PHONE #: <b>717-475-7428</b> (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	BERT HEWITT	E-MAIL: wehewitts@gmail.com	PHONE:

**Session 1**

Thursday July 9, 2015  
Warm Up 10:00 AM - Start 11:00 AM

GIRLS	EVENT	BOYS
1	Open 400 IM	2
3	9-14 400 Free	4

**Session 2**

Thursday July 9, 2015  
Warm up 6:00 PM - Start 6:45 PM

GIRLS	EVENT	BOYS
5	Open 1500 Free	6

**Session 3**

Friday July 10, 2015  
Warm up 7:00 AM - Start 8:00 AM

GIRLS	EVENT	BOYS
7	15 & Over 200 IM	8
9	15 & Over 100 Free	10
11	Open 200 Back	12
13	15 & Over 100 Breast	14
15	15 & Over 100 Fly	16
17	15 & Over 400 Free	18

**Session 4**

Friday July 10, 2015  
Warm up 1:00 PM - Start 2:00 PM

GIRLS	EVENT	BOYS
19	11-12 200 IM	20
21	9-10 200 IM	22
23	11-12 100 Breast	24
25	9-10 100 Breast	26
27	11-12 100 Free	28
29	9-10 100 Free	30

**Session 5**

Saturday July 11, 2015  
Warm up 7:00 AM - Start 8:00 AM

GIRLS	EVENT	BOYS
31	13-14 200 IM	32
33	13-14 100 Free	34
35	13-14 200 Back	36
37	13-14 100 Breast	38
39	13-14 100 Fly	40

**Session 6**  
 Saturday July 11, 2015  
 Warm up - 1:00 PM - Start 2:00 PM

GIRLS	EVENT	BOYS
41	11-12 50 Back	42
43	9-10 50 Back	44
45	11-12 200 Free	46
47	9-10 200 Free	48
49	11-12 100 Fly	50
51	9-10 100 Fly	52

**Session 7**  
 Sunday July 12, 2015  
 Warm up 6:00 AM - Start 7:00 AM

GIRLS	EVENT	BOYS
53	15 & Over 200 Free	54
55	15 & Over 100 Back	56
57	Open 200 Breast	58
59	Open 200 Fly	60
61	15 & Over 50 Free	62

**Session 8**  
 Sunday July 12, 2015  
 Warm up 11:00 AM - Start 12:00 PM

GIRLS	EVENT	BOYS
63	13-14 200 Free	64
65	13-14 100 Back	66
67	13-14 200 Breast	68
69	13-14 200 Fly	70
71	13-14 50 Free	72

**Session 9**  
 Sunday July 12, 2015  
 Warm up 4:00 PM - Start 5:00 PM

GIRLS	EVENT	BOYS
73	11-12 50 Free	74
75	9-10 50 Free	76
77	11-12 100 Back	78
79	9-10 100 Back	80
81	11-12 50 Breast	82
83	9-10 50 Breast	84
85	11-12 50 Fly	86
87	9-10 50 Fly	88

<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 <b>\$10</b> 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 <b>AO</b> or Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
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<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 <b>pre-seeded</b> with the exception of the event(s) noted below.
<b>AWARDS</b>	<p>Level A: Medals 1st – 3rd, Ribbons 4th – 6th</p> <p>Level BB: Rosettes 1st – 3rd, Ribbons 4th – 6th</p> <p>Level C: Ribbons 1st – 6th</p> <p>The 9-14 400 Free is a combined group event. The 9-10, 11-12, and 13-14 age groups will be awarded separately. Awards will not be presented for 15 &amp; over or Open events.</p>
<b>SCORING</b>	This is not a scored meet
<b>PROGRAMS AND ADMISSION</b>	<p>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. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.</p>
<b>MISCELLANEOUS</b>	<p>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 computer operator 20 minutes after the start of warm up. Swimmers that are being scratched should have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through the event number 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.</p> <p>The 1500 Freestyle will be Positive check-in deck seeded fastest to slowest alternating 1-heat women and 1-heat men. Check-in for this event will close at 6:15pm Thursday July 9, 2015. This event will be limited to the four fastest heats of women and the four fastest heats of men in order to fall in the four hour session rule.</p> <p>Swimmers cut from the 1500 freestyle will be refunded entry fees. Updates will be provided on LAC and MA site as to filling of this session.</p> <p>1500 Freestyle swimmers must provide their own timer and lap counter.</p>

SESSION	WARM-UP TIMES	MEET STARTS
1	10:00 AM	11:00 AM
2	6:00 PM	6:45 PM
3	7:00 AM	8:00 AM
4	1:00 PM	2:00 PM
5	7:00 AM	8:00 AM
6	1:00 PM	2:00 PM
7	6:00 AM	7:00 AM
8	11:00 AM	12:00 PM

<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>
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<b>DECK PRIVILEGES</b>	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. 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.
<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>	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.  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.  Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/  <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
<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>	<b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b> 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.  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.
<b>DECK CHANGING</b>	Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
<b>DIRECTIONS</b>	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&M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports and Fitness Center to your left.  From Harrisburg, Pittsburg and points west- Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit on Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue for

	<p>1.5 miles to F&amp;M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports and Fitness Center to your left.</p> <p>From Philadelphia, South Jersey and points east- Take the PA Turnpike to the Reading-Lancaster exit. Take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and continue for 1.5 miles to F&amp;M College. From Harrisburg Pike, turn left at first traffic light after passing under student overpass. As you enter the parking lot, McGuiness Pool is located in the Alumni Sports and Fitness Center to your left.</p>
<b>ACCOMODATIONS</b>	<p>Holiday Inn Exp Stes Lititz, PA, 17543 866-539-0036</p> <p>Courtyard by Marriott Lancaster 866-539-0036</p> <p>Quality Inn &amp; Suites Conference Center 866-539-0036</p> <p>Lancaster Arts Hotel 866-539-0036</p> <p>Fairfield Inn Lancaster Phone: 1-717-581-1800</p> <p>Marriott Convention Center 25 South Queen St Lancaster 717239-1600</p> <p>Eden Resort &amp; Conference Center Lancaster (717) 569-6444</p> <p>Hilton Garden Inn, 101 Granite Run Drive, Lancaster 717-560-0880</p> <p>Homewood Suites 200 Granite Run Drive, Lancaster 717-381-4400</p> <p>Holiday Inn Express &amp; Suites, 18 Cinema Drive, York 17402 t:717-718-4447</p>