

**2015 MIDDLE ATLANTIC SILVER CHAMPS
MARCH 27-29, 2015**

MEET HOST	DELAWARE SWIM TEAM		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # <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	SEAN DOUGHERTY	E-MAIL: seand@freestyles.org	PHONE: (302)234-8500
LOCATION	Pool name University of Delaware, Carpenter Sports Building, Harry Rawstrom Pool Street address 60 NORTH COLLEGE AVENUE City, state and zip NEWARK DE 19711 Day of meet ONLY emergency phone 302- 831-2264		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado System 6 timing system with a 8 line scoreboard and Competitor non-turbulent lane lines lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 750. Parking 800 Hospitality YES Snack bar Spectator Snack Bar/Concession stand will be available at the discretion of the University of Delaware		
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 4 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	9/2/2014		
ENTRY DEADLINE	03/12/15 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	Swimmer Surcharge: \$5.00 per swimmer
ENTRY LIMITs	11 & Over swimmers 3 Individual Events per day (excluding relays). 10 & Under swimmers 5 Individual events per day.	1 Relay per day	MEET ENTRY LIMIT: 11 for 11&Over Swimmers. 13 for 10& Under Swimmers.
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 ALL QUALIFYING SWIMMERS 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 tuning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee. This applies to all swimmers attached to a club.		
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 type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Hytek 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 03/19/15 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	CLARK BICKLING	PHONE #: (302)234-8500 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	CLARKB@FREESTYLES.ORG		
MAIL CHECKS/ REPORTS	Delaware Swim Team c/o Clark Bickling/Meet Entries 4905 Mermaid Blvd, Wilmington, DE 19808		
CHECKS PAYABLE TO	DELAWARE SWIM TEAM		
SAFETY DIRECTOR	CLARK BICKLING	E-MAIL: clarkb@freestyles.org	PHONE: (302)234-8500
OFFICIALS CONTACT	CLARK BICKLING	E-MAIL: clarkb@freestyles.org	PHONE: (302)234-8500

Session 1 - Friday March 27, 2015

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 28, 2015

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 28, 2015

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 28, 2015

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 29, 2015

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 29, 2015

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 29, 2015

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

2015 Short Course Silver Champs Qualifying Times

Girls		13-14	Boys		
MAX	MIN			MIN	MAX
26.30	29.79		50 Free	28.09	25.00
57.10	1:05.49		100 free	1:02.49	54.30
2:04.10	2:20.49		200 free	2:16.89	1:58.90
5:33.80	5:58.99		500 free	5:54.99	5:23.00
1:04.30	1:20.69		100 back	1:12.59	1:02.10
2:20.00	2:35.49		200 back	2:29.99	2:15.10
1:14.70	1:37.19		100 breast	1:31.29	1:11.70
2:42.20	3:00.99		200 breast	2:49.99	2:36.10
1:04.70	1:20.19		100 fly	1:15.09	1:01.70
2:28.10	2:48.59		200 fly	2:37.29	2:22.00
2:20.20	2:40.59		200 IM	2:37.69	2:15.20
5:03.50	5:33.99		400 IM	5:25.89	4:54.60

Girls		11-12	Boys		
MAX	MIN			MIN	MAX
27.60	31.59		50 Free	32.49	27.40
1:00.50	1:05.59		100 Free	1:06.09	1:00.30
2:12.50	2:32.49		200 Free	2:32.69	2:12.60
5:55.00	6:44.99		500 Free	6:47.99	5:56.00
32.10	37.09		50 Back	38.49	32.20
1:08.80	1:22.19		100 Back	1:22.69	1:09.90
2:31.00	2:48.69		200 Back	2:56.59	2:32.60
36.10	43.49		50 Breast	43.49	36.10
1:19.80	1:34.39		100 Breast	1:33.19	1:20.90
2:54.10	3:06.99		200 Breast	3:07.79	2:52.60
30.50	36.59		50 Fly	38.19	30.90
1:10.70	1:23.89		100 Fly	1:24.99	1:11.00
2:44.20	3:04.59		200 Fly	2:58.19	2:38.00
1:09.60	1:18.79		100 IM	1:20.89	1:09.70
2:31.10	2:51.39		200 IM	2:52.99	2:31.20
5:29.00	6:20.09		400 IM	6:15.09	5:31.20

Girls		10 & Under			Boys	
MAX	MIN				MIN	MAX
31.00	36.19		50 Free		38.89	30.70
1:08.40	1:22.49		100 Free		1:29.69	1:08.10
2:33.80	2:53.69		200 Free		2:53.39	2:33.30
6:48.50	7:48.49		500 Free		7:49.09	6:49.00
36.20	44.49		50 Back		46.29	36.20
1:19.20	1:42.69		100 Back		1:36.99	1:19.10
41.70	50.59		50 Breast		53.09	42.20
1:31.40	1:57.99		100 Breast		1:55.99	1:33.00
34.50	48.49		50 Fly		46.99	35.00
1:24.50	1:45.19		100 Fly		1:46.19	1:25.50
1:18.90	1:39.19		100 IM		1:47.69	1:18.70
2:55.60	3:22.29		200 IM		3:22.79	2:56.10

WOMEN			15 & Over	MEN		
LCM	SCM	SCY	All minimum	SCY	SCM	LCM
:29.39	:29.19	:26.39	50 yd Free	:23.39	:25.89	:27.09
1:04.99	1:02.39	:56.69	100 yd Free	:51.39	:56.69	:59.29
2:19.19	2:14.49	2:01.99	200 yd Free	1:52.39	2:04.49	2:09.79
4:50.29	4:42.99	5:27.69	400/500 yd Free	5:08.79	4:27.29	4:39.49
1:13.49	1:10.69	1:04.39	100 yd Back	1:00.59	1:07.49	1:10.49
2:37.29	2:33.29	2:18.29	200 Yd Back	2:10.59	2:25.09	2:31.19
1:24.39	1:22.39	1:13.79	100 yd Breast	1:07.69	1:15.19	1:18.79
3:00.39	2:57.39	2:38.59	200 yd Breast	2:27.29	2:45.19	2:50.49
1:11.49	1:09.89	1:03.59	100 yd Fly	:58.39	1:03.99	1:05.99
2:39.99	2:39.59	2:25.19	200 yd Fly	2:13.59	2:26.19	2:29.99
2:36.69	2:32.59	2:18.29	200 yd IM	2:11.39	2:25.19	2:30.99
5:33.99	5:29.79	4:59.09	400 yd IM	4:43.09	5:13.39	5:19.49

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 10.00 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 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
SEEDING	This meet will be pre-seeded with the exception of the event(s) noted below. Positive Check-in is required to be seeded for the 500Free, & 400 IM. A check in table will be set up on deck and will close 30 minutes after the session start. Swimmers who check in will be seeded to swim the event. A swimmer who positively checks in for an event and fails to swim the event will be barred from swimming his/her next individual event. These events will be swum fastest to slowest and the swimmers must provide their own timer and counte.
AWARDS	Awards will be based on the swimmer's time achieved at the meet. In each individual event, medals will be awarded to 1 st through 8 th place and ribbons will be awarded to 9 th through 16 th place. Medals will be awarded to 1 st through 3 rd place in all relay events. Awards for the 10 & 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 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.
SCORING	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.
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input checked="" type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be available. Admission is \$5.00 per person per session. One program for the entire meet will be for sale for \$10.00. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	The doors to the facility will open no earlier than 7:10am on Saturday and Sunday. Please do not attempt to enter the building before these posted times

SESSION	WARM-UP TIMES	MEET STARTS
Friday Session 1	4:00pm	5:00pm
Saturday Session 2	7:30am	9:00am
Saturday Session 3	1:00pm	2:00pm
Saturday Session 4	5:00pm	6:00pm
Sunday Session 5	7:30am	9:00am
Sunday Session 6	1:00pm	2:00pm
Sunday Session 7	5:00pm	6:00pm
WARM-UP INFORMATION	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. 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. 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules	

DECK PRIVILEGES	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
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	submitted with the entries.
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 (if applicable) are shown on the attached Meet Structure
MEET/DECK 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.
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:	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/ 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
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	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT 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.
DECK CHANGING	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.
DIRECTIONS	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 pool.
ACCOMODATIONS	Contact Clark Bickling at DST 302-234-8500 for referrals.