

2019 MA LCM SILVER CHAMPS  
HOSTED BY KEYSTONE AQUATICS  
JULY 26-28, 2019

MEET HOST	KEYSTONE AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 19196 AG <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	NATE GENTZLER	E-MAIL: <a href="mailto:ngentzler284@gmail.com">ngentzler284@gmail.com</a>	PHONE: 717-586-4573
LOCATION	Pool name KEYSTONE AQUATIC CENTER Street address 103 MIDWAY DR. City, state and zip CARLISLE, PA 17015 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 timing system with a full-color matrix 8-line scoreboard and Competitor Gold Medal 6" lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 700 and spectator seating for 430. Parking is free and available in two lots as well as on-street. Hospitality will be available for coaches and officials. Snack bar will be available during all sessions.		
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 8 feet and at the turn end is 8 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	OME will open for entries on JUNE 1, 2019 at 12:01 am. OME can be accessed at <a href="http://www.usaswimming.org/ome">www.usaswimming.org/ome</a>		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after December 31, 2017		
ENTRY DEADLINE	OME will close for entries on JULY 11, 2019 at 11:59 PM. No updates for swimmers who have already achieved qualifying times will be accepted after this deadline.		
ENTRY FEES	Individual Events: \$7.00	Relay Events: \$14.00	Swimmer Surcharge: \$5.00 (includes relay only swimmers)
ENTRY LIMITS	3 Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 9
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>Middle Atlantic Swimming</b> USA swimming registered swimmers only.		
ELIGIBILITY	All entrants must be Middle Atlantic members of USA Swimming		
ON-SITE REGISTRATION	On-site registration (athletes only) <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
MEET ENTRY CHAIR	NATE GENTZLER	PHONE #: 717-586-4573 (no calls before 9:00 AM or after 9:00 PM)	
MAIL CHECKS/ REPORTS	SCOTT ZACHARDA, 103 MIDWAY DR. CARLISLE, PA 17015		
CHECKS PAYABLE TO	KEYSTONE AQUATICS		
OPERATIONAL RISK DIRECTOR	KIMBERLY GINTER & RANDY PENTZ	E-MAIL: <a href="mailto:peaksvcs@yahoo.com">peaksvcs@yahoo.com</a>	PHONE: 717-884-6501
OFFICIALS CONTACT	TBA	E-MAIL:	PHONE:
MEET REFEREE	TBA		
WEATHER/ EMERGENCY INFORMATION	WWW.KEYSTONEAQUATICS.COM AND <a href="https://www.teamunify.com/home.jsp?team=USAPAKA">HTTPS://WWW.TEAMUNIFY.COM/HOME.JSP?TEAM=USAPAKA</a>		
Official's Sign-up	TBA		
Coaches Meeting	There will be a coaches meeting at the announced time, before prelims on Friday July 26. All coaches are responsible for the information presented at this meeting. Please make sure that at least one coach representative from each team is present at the meeting.		
Entry Procedure	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only (with the exception of late qualifiers). No hand entries will be accepted.</p> <p>Entries will be accepted through 11:59 PM EST, July 11, 2019 .</p> <p>Qualifying times must have been achieved after December 31st, 2017. OME will open for entries into this meet on June 1, 2019. OME can be accessed at <a href="http://www.usaswimming.org/ome">www.usaswimming.org/ome</a> .OME will close at 11:59 PM EST July 11, 2019.</p> <p>For this meet the OME system will process payment by check only. Upon checking out, a confirmation e-mail providing an invoice and a summary of the events will be returned. Entries are not in the meet until the check has been processed. At the check-out screen, please check the box that says "pay by check".</p>		

	<p>Entry times will be taken from the SWIMS Database. Override times may be entered; however, all times not from SWIMS must be proven prior to the meet. Override times must have been achieved at a USA Swimming/MA Sanctioned, Approved or Observed Meet. All override times must be proven.</p> <p>For an override time to be considered, the coach must submit proof of time via email to the meet director in the form of a print-out from the online USA Swimming database or pdf of meet results. Without full proof of time the override times will be rejected. Swimmers will not be permitted to swim with un-proven times.</p> <p>Swimmers must enter their best time in an event. Times must be entered in the proper course in which achieved; converted times will not be accepted. Non-conforming (SCM and SCY) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <p>Relay entry times do not need to be proven.</p> <p>Entries that do not conform to the attached qualifying times will be rejected. Override times for individual events which cannot be proven will be rejected. Last Chance meet entries submitted without proof of time and unable to be verified through SWIMS will be rejected.</p> <p>Coaches who submit falsified times will be subject to penalty as per USA Swimming and Middle Atlantic rules. Entries submitted with times that cannot be verified will still require entry fee payment.</p>
<p><b>MEET FORMAT</b></p>	<p>10 &amp; Under</p> <ul style="list-style-type: none"> <li>• All Events are timed finals</li> </ul> <p>11-12</p> <ul style="list-style-type: none"> <li>• 50 &amp; 100 Events, 200 Free, and 200 IM will have an A &amp; B Final</li> <li>• 200 Back, 200 Breast, 200 Fly &amp; 400 Events will be timed finals</li> </ul> <p>13-14 &amp; 15-18 Events</p> <ul style="list-style-type: none"> <li>• 50, 100, &amp; 200 Events will have an A &amp; B Final</li> <li>• 400 Events will be timed finals</li> <li>• These two age groups will swim combined for prelims but separated for scoring and for finals</li> </ul> <p>For all 200 &amp; 400 Events</p> <ul style="list-style-type: none"> <li>• All 200 and 400 individual events will be swum combined in prelims (11 &amp; Over) but separate for scoring and for finals</li> <li>• All 400 events will be swum fastest to slowest alternating heats of girls and boys</li> </ul> <p>Relays</p> <ul style="list-style-type: none"> <li>• All relays are timed finals and swum with prelims</li> </ul>



# Middle Atlantic Swimming

## 2019 LCM SILVER CHAMPS TIME STANDARD RANGES



GIRLS - LCM		GIRLS - SCM		GIRLS - SCY			BOYS - SCY		BOYS - SCM		BOYS - LCM	
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	<b>15-18</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
33.99	29.99	33.19	29.59	29.89	26.49	50 Free	23.49	31.19	26.79	31.19	26.99	31.99
1:13.99	1:04.09	1:12.39	1:04.19	1:05.19	56.19	100 Free	50.89	1:02.49	57.89	1:09.39	57.99	1:10.99
2:35.99	2:15.49	2:32.79	2:16.79	2:17.69	1:58.59	200 Free	1:49.19	2:11.39	2:06.09	2:25.79	2:03.59	2:28.99
5:19.99	4:43.99	5:13.59	4:44.09	5:58.49	5:17.99	400 Free	4:51.99	5:58.49	4:28.99	5:13.59	4:23.99	5:19.99
1:20.99	1:12.59	1:19.79	1:12.09	1:11.89	1:04.19	100 Back	57.99	1:10.99	1:05.69	1:18.79	1:07.69	1:19.99
2:52.99	2:34.79	2:50.59	2:35.59	2:33.69	2:16.69	200 Back	2:07.79	2:32.79	2:23.39	2:49.59	2:26.69	2:51.99
1:38.99	1:23.79	1:36.99	1:22.89	1:27.39	1:13.39	100 Breast	1:06.29	1:21.99	1:16.09	1:31.99	1:17.09	1:32.99
3:23.99	2:59.89	3:19.99	2:57.49	3:00.19	2:38.29	200 Breast	2:23.79	2:52.99	2:42.49	3:11.99	2:46.39	3:15.99
1:26.99	1:09.99	1:25.59	1:09.39	1:17.09	1:01.99	100 Fly	56.69	1:14.39	1:04.69	1:22.59	1:04.09	1:23.99
3:10.99	2:41.29	3:08.19	2:38.99	2:49.59	2:22.09	200 Fly	2:06.79	2:39.69	2:22.09	2:57.19	2:24.39	2:59.99
2:59.99	2:36.79	2:57.19	2:34.59	2:39.69	2:15.19	200 IM	2:07.89	2:32.79	2:21.99	2:49.59	2:25.19	2:51.99
6:35.99	5:23.99	6:29.59	5:17.99	5:50.99	4:46.99	400 IM	4:23.99	5:45.59	5:03.99	6:23.59	5:01.99	6:29.99
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	<b>13-14</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
33.99	29.69	33.19	29.09	29.89	26.09	50 Free	24.49	31.19	27.39	31.19	27.89	31.99
1:13.99	1:03.79	1:12.39	1:02.79	1:05.19	56.39	100 Free	53.09	1:02.49	59.19	1:09.39	1:00.19	1:10.99
2:35.99	2:18.69	2:32.79	2:15.89	2:17.69	2:02.49	200 Free	1:56.29	2:11.39	2:09.19	2:25.79	2:11.89	2:28.99
5:19.99	4:55.59	5:13.59	4:47.59	5:58.49	5:31.29	400 Free	5:17.89	5:58.49	4:43.99	5:13.59	4:36.39	5:19.99
1:20.99	1:12.89	1:19.79	1:10.69	1:11.89	1:03.59	100 Back	1:00.39	1:10.99	1:07.49	1:18.79	1:09.59	1:19.99
2:52.99	2:36.89	2:50.59	2:32.89	2:33.69	2:17.59	200 Back	2:11.99	2:32.79	2:27.09	2:49.59	2:30.99	2:51.99
1:38.99	1:23.09	1:36.99	1:21.29	1:27.39	1:13.09	100 Breast	1:08.39	1:21.99	1:17.39	1:31.99	1:19.09	1:32.99
3:23.99	2:59.99	3:19.99	2:57.69	3:00.19	2:39.69	200 Breast	2:31.69	2:52.99	2:50.09	3:11.99	2:52.19	3:15.99
1:26.99	1:11.89	1:25.59	1:10.79	1:17.09	1:03.69	100 Fly	59.59	1:14.39	1:06.89	1:22.59	1:07.89	1:23.99
3:10.99	2:43.09	3:08.19	2:41.49	2:49.59	2:24.89	200 Fly	2:17.19	2:39.69	2:33.99	2:57.19	2:35.59	2:59.99
2:59.99	2:38.49	2:57.19	2:34.29	2:39.69	2:18.99	200 IM	2:11.19	2:32.79	2:26.69	2:49.59	2:30.69	2:51.99
6:35.99	5:43.49	6:29.59	5:33.99	5:50.99	4:59.19	400 IM	4:44.59	5:45.59	5:19.19	6:23.59	5:28.19	6:29.99
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	<b>11-12</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
35.99	30.99	35.19	30.49	31.69	27.29	50 Free	27.29	32.59	30.49	36.19	31.09	36.99
1:21.99	1:08.29	1:20.39	1:07.09	1:12.39	59.99	100 Free	59.99	1:14.29	1:06.59	1:22.39	1:07.79	1:23.99
2:47.99	2:27.99	2:44.79	2:24.99	2:28.49	2:09.89	200 Free	2:10.79	2:28.49	2:24.79	2:44.79	2:27.69	2:47.99
5:49.99	5:12.29	5:43.59	5:03.89	6:32.19	5:49.39	400 Free	5:49.99	6:32.19	5:03.99	5:43.59	5:12.29	5:49.99
44.99	36.59	44.39	35.39	39.99	31.59	50 Back	31.79	39.99	35.29	44.39	36.49	44.99
1:32.99	1:17.79	1:31.99	1:15.49	1:21.99	1:07.39	100 Back	1:08.29	1:28.99	1:16.79	1:38.79	1:18.09	1:39.99
2:59.99	2:48.69	2:57.19	2:44.39	2:39.69	2:26.79	200 Back	2:29.79	2:48.99	2:46.99	3:07.59	2:51.39	3:09.99
51.99	40.59	50.99	39.59	45.89	35.49	50 Breast	35.99	48.59	39.99	53.99	40.99	54.99
1:45.99	1:28.29	1:43.99	1:26.39	1:33.69	1:17.39	100 Breast	1:19.09	1:43.59	1:28.49	1:54.99	1:30.49	1:56.99
3:35.99	3:12.29	3:31.99	3:09.89	3:10.99	2:49.99	200 Breast	2:52.69	3:10.99	3:11.89	3:31.99	3:14.29	3:35.99
44.99	34.69	44.19	33.69	39.89	29.89	50 Fly	29.99	41.69	33.39	46.19	34.39	46.99
1:32.99	1:17.29	1:31.59	1:16.09	1:22.49	1:07.69	100 Fly	1:08.79	1:26.09	1:16.59	1:35.59	1:17.69	1:36.99
3:20.99	3:01.79	3:18.19	2:59.99	2:58.49	2:39.99	200 Fly	2:39.99	2:58.49	2:57.59	3:18.19	2:59.39	3:20.99
3:04.99	2:49.99	3:01.79	2:45.59	2:43.79	2:28.09	200 IM	2:28.59	2:53.69	2:45.19	3:12.79	2:49.69	3:15.99
6:45.99	6:07.19	6:39.59	5:57.09	5:59.99	5:20.29	400 IM	5:21.99	5:59.99	5:58.69	6:39.59	6:08.89	6:45.99
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	<b>10&amp;U</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
47.99	35.39	47.19	34.79	42.49	30.99	50 Free	30.99	44.29	34.49	49.19	35.19	49.99
1:42.99	1:17.69	1:41.39	1:16.39	1:31.29	1:08.79	100 Free	1:08.39	1:37.69	1:15.99	1:48.39	1:17.29	1:49.99
3:49.99	2:51.59	3:46.79	2:48.09	3:24.29	2:31.89	200 Free	2:32.39	3:24.29	2:48.69	3:46.79	2:52.19	3:49.99
6:59.99	6:04.09	6:53.59	5:54.29	7:50.59	6:47.99	400 Free	6:48.99	7:50.59	5:54.79	6:53.59	6:04.59	6:59.99
56.99	41.89	56.19	40.49	50.79	36.29	50 Back	36.19	36.19	39.99	59.19	41.29	59.99
2:03.99	1:30.39	2:02.79	1:27.69	1:50.59	1:18.49	100 Back	1:19.29	1:50.59	1:27.99	2:02.79	1:30.69	2:03.99
1:03.99	47.39	1:02.99	46.19	56.69	41.59	50 Breast	42.09	56.69	46.79	1:02.99	47.99	1:03.99
2:15.99	1:43.19	2:13.99	1:40.99	2:00.69	1:30.39	100 Breast	1:32.29	2:00.69	1:42.59	2:13.99	1:44.79	2:15.99
59.99	39.89	59.19	38.79	53.39	34.59	50 Fly	34.89	56.09	38.79	1:01.99	39.89	1:02.99
2:08.99	1:34.09	2:07.59	1:32.69	1:54.89	1:22.49	100 Fly	1:24.39	1:54.89	1:33.69	2:07.59	1:35.09	2:08.99
3:59.99	3:15.19	3:10.09	3:10.09	3:33.29	2:51.39	200 IM	2:52.69	3:33.29	3:11.49	3:56.79	3:16.69	3:59.99

**Session 1**  
Friday Prelims: 11 & Overs

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	11-12 200 Free Relay	2
3	13-14 200 Free Relay	4
5	15-18 200 Free Relay	6
7/9/11	11 & Over 200 Breast	8/10/12
13	11-12 100 Fly	14
15/17	13 & Over 100 Fly	16/18
19	11-12 50 Back	20
21/23	13 & Over 50 Free	22/24
25	11-12 50 Free	26
27/29/31	11 & Over 400 Free	28/30/32

**Session 2**  
Friday 10 & Under Timed Finals

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
33	200 Free Relay	34
35	10 & Under 100 Breast	36
37	10 & Under 100 Back	38
39	10 & Under 400 Free	40

**Session 3**  
Friday 11 & Over Finals

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
9	13-14 200 Breast	10
11	15-18 200 Breast	12
13	11-12 100 Fly	14
15	13-14 100 Fly	16
17	15-18 100 Fly	18
19	11-12 50 Back	20
21	13-14 50 Free	22
23	15-18 50 Free	24
25	11-12 50 Free	26

**Session 4**  
Saturday 11 & Over Prelims

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
41	11-12 200 Medley Relay	42
43	13-14 200 Medley Relay	44
45	15-18 200 Medley Relay	46
47	11-12 200 IM	48
49/51	13 & Over 200 IM	50/52
53	11-12 100 Free	54
55/57	13 & Over 100 Free	56/58
59/61/63	11 & Over 200 Fly	60/62/64
65	11-12 100 Back	66
67/69	13 & Over 100 Back	68/70
71	11-12 50 Breast	72

**Session 5**  
Saturday 10 & Under Timed Finals

GIRLS	EVENT	BOYS
73	10 & Under 200 Medley Relay	74
75	10 & Under 200 IM	76
77	10 & Under 100 Free	78
79	10 & Under 50 Back	80
81	10 & Under 50 Fly	82

**Session 6**  
Saturday 11 & Over Finals

GIRLS	EVENT	BOYS
47	11-12 200 IM	48
49	13-14 200 IM	50
51	15-18 200 IM	52
53	11-12 100 Free	54
55	13-14 100 Free	56
57	15-18 100 Free	58
61	13-14 200 Fly	62
63	15-18 200 Fly	64
65	11-12 100 Back	66
67	13-14 100 Back	68
69	15-18 100 Back	70
71	11-12 50 Breast	72

**Session 7**  
Sunday 11 & Over Prelims

GIRLS	EVENT	BOYS
83	11-12 400 Free Relay	84
85	13-14 400 Free Relay	86
87	15-18 400 Free Relay	88
89/91/93	11 & Over 200 Back	90/92/94
95	11-12 100 Breast	96
97/99	13 & Over 100 Breast	98/100
101	11-12 200 Free	102
103/105	13 & Over 200 Free	104/106
107	11-12 50 Fly	108
109/111/113	11 & Over 400 IM	110/112/114

**Session 8**  
Sunday 10 & Under Timed Finals

GIRLS	EVENT	BOYS
115	10 & Under 400 Free Relay	116
117	10 & Under 200 Free	118
119	10 & Under 100 Fly	120
121	10 & Under 50 Free	122
123	10 & Under 50 Breast	124

**Session 9**  
Sunday 11 & Over Finals

GIRLS	EVENT	BOYS
91	13-14 200 Back	92
93	15-18 200 Back	94
95	11-12 100 Breast	96
97	13-14 100 Breast	98
99	15-18 100 Breast	100
101	11-12 200 Free	102
103	13-14 200 Free	104
105	15-18 200 Free	106
107	11-12 50 Fly	108

<b>DECK ENTRIES</b>	Deck Entries <input checked="" type="checkbox"/> will not be accepted <input type="checkbox"/> will be accepted at this meet 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 _____ 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 _____ 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 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
<b>SEEDING</b>	<p>This meet will be scratch-back/deck-seeded.</p> <p>All events for this meet will be deck seeded. With the exception of the distance session events, "scratch back" sheets will be provided to each attending team at the admin table by the start of each warm-up session. "Scratch back" sheets MUST be turned back into the admin table no later than 45 minutes prior to the start of the session.</p> <p>A swimmer who will scratch all events for that session should have a thin line drawn through his/her name, and "SCR" written next to the line. A swimmer scratching a single event should have a thin line drawn through the name of the event, and "SCR" written next to the line. Please use a simple thin line, not a scribble, so that the name or event is still legible. There is no penalty for swimmers that are not scratched and then do not swim their event for "scratch back" sessions.</p> <p>For the 400 Freestyle and 400 IM, positive check-in sheets will be available at a table labeled as the "scratch table." Positive check-in for these events will open when announced and close between 30-60 minutes prior to the start of the event. There MAY BE a penalty for swimmers that check in and then do not swim their event, at the discretion of the meet referee.</p> <p>The 11 &amp; Over 400 freestyle and 400 IM will be seeded fast-to-slow, and alternate heats of girls and boys.</p>
<b>SCRATCH RULES</b>	<p>Any swimmer who does not swim a pre-seeded preliminary or pre-seeded timed-final event will not be penalized. 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. Swimmers may take a DFS in a timed final event.</p> <p>Any swimmer who qualifies for finals in a preliminary/finals event and does not report for and swim the finals will be barred from the rest of the meet (including relays) unless the swimmer has scratched, or indicated their possible intention to scratch, to the admin referee within thirty (30) minutes of the announcement of the preliminary results. Swimmers declaring possible intention must confirm their intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the preliminary session or they will be seeded into the event and expected to swim. Swimmers who are initially announced as alternates (or lower) for the finals will not be so penalized</p> <p>A \$50 fine will be imposed by Middle Atlantic Swimming on any ma swimmer who qualifies for finals on the last night (or last day of competition for that swimmer) and then does not compete in that event, unless such swimmer has appropriately scratched or is otherwise excused from the event.</p>
<b>AWARDS</b>	Top 16 in the 10 & Under and 11-12 age groups; Top 8 in the 13-14 age group; Top 3 in the 15-18 age group; Top 3 relays in all age groups
<b>SCORING</b>	No team scoring at this meet

<b>STARTING PROCEDURES</b>	This meet will be conducted using the 'No Recall' false start rule and will use whistle command starting procedure. Fly-over starts will be used at Prelims and all timed final events.
<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 \$7 per person, per day. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	<p>Programs/heat sheets are only provided to coaches, officials, and volunteers - they will not be provided to spectators. There will be a few copies of the heat sheet for each session posted to the walls of the natatorium, and the heat sheets will also be posted to meet mobile.</p> <p>Results will be posted throughout the meet for parents and swimmers to view. Live results will be available through the Meet Mobile app available for iPhone and Android.</p> <p>Final results will be posted on <a href="http://www.maswim.org">www.maswim.org</a>, and they will also be provided electronically to any coach who brings a flash drive, at the conclusion of the meet.</p> <p>Swimmers need to provide their own timer for the 400 IM and 400 Freestyle.</p>

SESSION	WARM-UP TIMES	MEET STARTS
1	6:30 am	8:00 am
2	12:30 pm	1:45 pm
3	4:30 pm	5:30 pm
4	6:30 am	8:00 am
5	12:30 pm	1:45 pm
6	4:30 pm	5:30 pm
7	6:30 am	8:00 am
8	12:30 pm	1:45 pm
9	4:30 pm	5:30 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>	
<b>DECK PRIVILEGES</b>	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach 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>	<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. <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></p>	
<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 & Operational Risk 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>DRONES</b>	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
<b>DECK CHANGING</b>	Deck changes are prohibited.
<b>FINAL RESULTS</b>	Will be available on the Middle Atlantic Swimming website in both readable and electronic data transfer (for Team Manager) formats.
<b>DIRECTIONS</b>	<p>From 81 North or South:</p> <p>Take Exit 47 for PA-34/Hanover St. Turn right onto PA-34 S/S Hanover St./Holly Pike.</p> <p>Continue to follow PA-34 S past Chili's Grill &amp; Bar (on the left in 0.2 mi.) Turn left onto Midway Dr. Keystone Aquatics Center will be straight ahead.</p>
<b>ACCOMMODATIONS</b>	<p>Days Inn Carlisle South, Alexander Spring Rd, Carlisle, PA</p> <p>LaQuinta Inn &amp; Suites, Bent Creek Blvd, Mechanicsburg, PA</p> <p>Wingate by Wyndham, 236 Cumberland Pkwy Mechanicsburg, PA</p>