



## MIDDLE ATLANTIC SWIMMING LC JUNIOR OLYMPICS JULY 19 -22, 2018

<b>MEET HOST</b>	Lancaster Aquatic Club, Franklin & Marshall College		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. MA 18186 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>		
<b>MEET DIRECTOR</b>	BEN DELIA	<b>E-MAIL:</b> <a href="mailto:bdelia@fandm.edu">bdelia@fandm.edu</a>	<b>PHONE:</b> 717-358-3897
<b>LOCATION</b>	<b>Pool name: KUNKEL AQUATIC CENTER, 929 HARRISBURG AVE., LANCASTER, PA 17603</b> <b>Day of meet ONLY emergency phone (315) 806-123514</b>		
<b>FACILITY DESCRIPTION</b>	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 for the competition pool and non-turbulent lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 500. Parking – 700 Spots Hospitality YES Snack bar YES		
<b>POOL CERTIFICATION</b>	The competition course <input checked="" type="checkbox"/> has <input type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
<b>WATER DEPTH</b>	The depth of the water at the start/turn end of the pool is 9 feet and at the turn end of the pool is 4'6" feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	OME will open for entries into this meet on June 18, 2018 . OME can be accessed at <a href="http://www.usaswimming.org/ome">www.usaswimming.org/ome</a>		
<b>ENTRY DEADLINE</b>	OME will close at 2:00 PM EST on July 09, 2018. No updates for already-qualified swimmers will be accepted after OME closes.		
<b>LAST CHANCE MEET ENTRIES</b>	Entries will be accepted for swimmers qualifying in an event after the OME deadline. Last chance entries must be achieved in a Middle Atlantic sanctioned meet after July 12, 2018 and no later than 11:59 PM on July 16, 2018. Updates to a previously qualified event will NOT be accepted. Last chance entries must be in a Team Manager format and emailed by 2:00 PM on July 17, 2018 to Ben Delia at <a href="mailto:bdelia@fandm.edu">bdelia@fandm.edu</a> . Note that OME will not be reopened for Last Chance entries.		
<b>MEET ENTRY FEES</b>	Individual Events: <b>\$7.00</b> Time Trials: <b>\$10.00</b>	Relay Events: <b>\$12.00</b> Time Trials: <b>\$20.00</b>	Surcharge: \$5/swimmer (including relay only)
<b>ENTRY LIMITS</b>	Each swimmer is allowed 3 (including bonus and time trials) Individual Events per day (excluding relays).	1 Relays per day	<b>MEET ENTRY LIMIT: 12 Individual Events</b>
<b>ELIGIBILITY</b>	All entrants must be Middle Atlantic registered members of USA Swimming.		
<b>ON-SITE REGISTRATION</b>	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
<b>MEET ENTRY CHAIR</b>	Ben Delia	<b>E-mail:</b> <a href="mailto:bdelia@fandm.edu">bdelia@fandm.edu</a>	<b>Phone:</b> 717-358-3897
<b>ENTRY FEE CHECKS</b>	Make payable to "Franklin & Marshall College"		
<b>MAIL CHECKS / REPORTS</b>	Attn: Ben Delia, 415 Harrisburg Ave., Lancaster, PA 17603		
<b>OPERATIONAL RISK DIRECTOR</b>	Melissa Gates	<b>E-mail:</b> <a href="mailto:paul99dana@aol.com">paul99dana@aol.com</a>	<b>Phone:</b> 717-358-4526
<b>OFFICIALS CONTACT</b>	Melissa Gates	<b>E-mail:</b> <a href="mailto:Mgates1@fandm.edu">Mgates1@fandm.edu</a>	<b>Phone:</b> 717-358-4526
<b>MEET REFEREE</b>	<b>Name</b>	<b>E-mail:</b>	<b>Phone:</b>

<b>OFFICIALS REGISTRATION</b>	<p>The MA Officials committee intends to offer this meet as an Officials Qualifying Meet (OQM). Information will be sent to all officials and made available on the <a href="http://www.maswimofficials.org">www.maswimofficials.org</a> website regarding requirements and eligibility for National N2 and N3 certifications.</p> <p>Officials link for JOs sign-up is:</p>
<b>COACHES MEETING</b>	<p>There will be a coaches meeting on Thursday morning, July 19<sup>th</sup>, 2017 at 7:30 am at the hospitality area. Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative present from each team.</p>
<b>ENTRY PROCEDURES</b>	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. Entries will be accepted through 2:00 PM EST, Wednesday, July 12<sup>th</sup>, 2017.</p> <p>Qualifying times must have been achieved after December 31<sup>st</sup>, 2016.  OME will open for entries into this meet on June 18<sup>th</sup>, 2018. OME can be accessed at <a href="http://www.usaswimming.org/ome">www.usaswimming.org/ome</a>.  OME will close at 2:00 PM EST July 9<sup>th</sup>, 2018.</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 email the Meet Entry Chair at <a href="mailto:bdelia@fandm.edu">bdelia@fandm.edu</a> and provide the athlete's name, age, event description, the time achieved and the following information about the meet where the time was achieved:</p> <ul style="list-style-type: none"> <li>• The name of the meet</li> <li>• The date(s) of the meet</li> <li>• The sanction, approved or observed meet number for the meet,</li> <li>• A .pdf of the official results</li> <li>• A link to the official results</li> <li>• The event number at the meet</li> </ul> <p>Without the above information override times will be rejected. Swimmers will not be permitted to swim with un-proven times, and will not be seeded into a pre-seeded event, but will be able to swim in the first heat if proven prior to the swim.</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 LCM) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <p>Entries sent with 'No Time' will be rejected!</p>
<b>MEET FORMAT</b>	<p>The following events are Timed Finals:</p> <p style="padding-left: 40px;">All 10 and Under events  The 11-14 800 Free and 1500 Free Events  The 11-12 400 Free and 400 IM events  All Relays.</p> <p>For the remaining events, all are Prelims/Finals and will swim the following at Finals:</p> <p style="padding-left: 40px;">All 13-14 events 200 distance and shorter will swim A-, B-, and C-Finals.  The 13-14 400 Free and 400 IM will swim A- and B-Finals.  The 11-12 events at 100- and 50- distances will swim an A-, B- and C-Finals.  The 11-12 events at 200 distance will swim A- and B-Finals.  The C-Final will swim first at Finals, followed by the B-Final and then the A- Final.</p>

## Session Schedule

### Session 1

Thursday, July 19 Prelims

GIRLS	EVENT	BOYS
1	13-14 100 Butterfly	2
3	11-12 200 Butterfly	4
5	13-14 200 IM	6
7	11-12 200 IM	8
9	13-14 100 Freestyle	10
11	11-12 100 Freestyle	12
13	11-14 1500 Freestyle *	14
* The 1500 is a combined age group event, swimming together but scored and awarded separately, and will swim fast to slow. Heats will alternate Girls 1500 Free / Boys 1500 Free. Top 8 seeded swimmers will swim at Finals. These are Timed Finals events *		

### Session 2

Thursday, July 19 Finals

GIRLS	EVENT	BOYS
13	11-14 1500 Freestyle (Top 8)*	14
1	13-14 100 Butterfly	2
3	11-12 200 Butterfly	4
5	13-14 200 IM	6
7	11-12 200 IM	8
9	13-14 100 Freestyle	10
11	11-12 100 Freestyle	12
*The fastest eight (8) swimmers/teams after seeding will swim at Finals. These are Timed Finals events. *		

### Session 3

Friday, July 20 Prelims

GIRLS	EVENT	BOYS
15	11-12 100 Back	16
17	13-14 100 Back	18
19	11-12 200 Breast	20
21	13-14 200 Breast	22
23	11-12 50 Fly	24
25	13-14 400 Freestyle	26
27	11-12 400 Freestyle *	28
*The fastest eight (8) swimmers/teams after seeding will swim at Finals. These are Timed Finals events. *		

### Session 4

Friday, July 20 10 & U Timed Finals

GIRLS	EVENT	BOYS
29	10 & U 400 Freestyle Relay	30
31	10 & U 200 IM	32
33	10 & U 50 Breast	34
35	10 & U 50 Freestyle	36

### Session 5

Friday, July 20 Finals

GIRLS	EVENT	BOYS
15	11-12 100 Back	16
17	13-14 100 Back	18
19	11-12 200 Breast	20
21	13-14 200 Breast	22
23	11-12 50 Fly	24
25	13-14 400 Freestyle	26
27	11-12 400 Freestyle *	28
*The fastest eight (8) swimmers after seeding will swim at Finals. These are Timed Finals events.		

**Session 6**

Saturday, July 21 Prelims

GIRLS	EVENT	BOYS
37	13-14 400 Freestyle Relay **	38
39	11-12 400 Freestyle Relay **	40
41	13-14 200 Fly	42
43	11-12 100 Fly	44
45	11-12 100 Breast	46
47	13-14 200 Freestyle	48
49	11-12 200 Freestyle	50
51	11-12 50 Back	52
53	13-14 400 IM	54
55	11-12 400 IM *	56
**All Relays swim at Prelims. These are Timed Finals events.**		
*The fastest eight (8) swimmers after seeding will swim at Finals. These are Timed Finals events.*		

**Session 7**

Saturday, July 21 10 & U Timed Finals

GIRLS	EVENT	BOYS
57	10 & U 200 Medley Relay	58
59	10 & U 100 Back	60
61	10 & U 200 Freestyle	62
63	10 & U 100 Breast	64
65	10 & U 50 Fly	66

**Session 8**

Saturday, July 21 Finals

GIRLS	EVENT	BOYS
41	13-14 200 Fly	42
43	11-12 100 Fly	44
45	11-12 100 Breast	46
47	13-14 200 Freestyle	48
49	11-12 200 Freestyle	50
51	11-12 50 Back	52
53	13-14 400 IM	54
55	11-12 400 IM *	56
*The fastest eight (8) swimmers/teams after seeding will swim at Finals. These are Timed Finals events.*		

**Session 9**  
Sunday, July 22 Prelims

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
67	13-14 400 Medley Relay**	68
69	11-12 400 Medley Relay**	70
71	13-14 100 Breast	72
73	11-12 200 Back	74
75	13-14 200 Back	76
77	11-12 50 Breast	78
79	13-14 50 Freestyle	80
81	11-12 50 Freestyle	82
83	11-14 800 Freestyle *	84
	**All Relays swim at Prelims. These are Timed Finals events.**	
	* The 800 freestyle is a combined age group event, swimming together but scored and awarded separately, and will swim fast to slow. Heats will alternate Girls 800 Free / Boys 800 Free. Top 8 seeded swimmers will swim at Finals. These are Timed Finals events *	

**Session 10**  
Sunday, July 22 10 & U Timed Finals

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
85	10 & U 200 Freestyle Relay	86
87	10 & U 400 Freestyle	88
89	10 & U 100 Fly	90
91	10 & U 50 Back	92
93	10 & U 100 Freestyle	94

**Session 11**  
Sunday, July 22 Finals

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
83	800 Freestyle *	84
71	13-14 100 Breast	72
73	11-12 200 Back	74
75	13-14 200 Back	76
77	11-12 50 Breast	78
79	13-14 50 Freestyle	80
81	11-12 50 Freestyle	82
	*The fastest eight (8) swimmers/teams after seeding will swim at Finals. These are Timed Finals events.*	

# Middle Atlantic Swimming

## 2018 LC JUNIOR OLYMPIC TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	<b>13-14</b>	SCY	SCM	LCM
29.69	29.09	26.09	50 Free	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 Free	53.09	59.19	1:00.19
2:18.69	2:15.89	2:02.49	200 Free	1:56.29	2:09.19	2:11.89
4:55.59	4:47.59	5:31.29	400 Free	5:17.89	4:43.99	4:36.39
<b>10:13.99</b>	<b>10:00.99</b>	<b>11:34.99</b>	800 Free	<b>11:13.19</b>	<b>9:50.19</b>	<b>10:01.39</b>
<b>19:59.89</b>	<b>19:30.59</b>	<b>19:25.99</b>	1500 Free	<b>18:49.99</b>	<b>18:45.49</b>	<b>19:15.99</b>
1:12.89	1:10.69	1:03.59	100 Back	1:00.39	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 Back	2:11.99	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 Breast	1:08.39	1:17.39	1:19.09
2:59.99	2:57.69	2:39.69	200 Breast	2:31.69	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 Fly	59.59	1:06.89	1:07.89
2:43.09	2:41.49	2:24.89	200 Fly	2:17.19	2:33.99	2:35.59
2:38.49	2:34.29	2:18.99	200 IM	2:11.19	2:26.69	2:30.69
5:39.89	5:29.99	4:55.69	400 IM	4:43.29	5:17.99	5:26.99
LCM	SCM	SCY	<b>11-12</b>	SCY	SCM	LCM
30.99	30.49	27.29	50 Free	<b>27.29</b>	<b>30.49</b>	<b>31.09</b>
<b>1:08.29</b>	<b>1:07.09</b>	<b>59.99</b>	100 Free	<b>59.99</b>	<b>1:06.59</b>	<b>1:07.79</b>
2:27.99	2:24.99	2:09.89	200 Free	<b>2:10.79</b>	<b>2:24.79</b>	<b>2:27.69</b>
5:12.29	5:03.89	5:49.39	400 Free	<b>5:49.99</b>	<b>5:03.99</b>	<b>5:12.29</b>
<b>10:58.39</b>	<b>10:45.89</b>	<b>12:19.99</b>	800 Free	<b>12:19.99</b>	<b>10:45.89</b>	<b>10:58.39</b>
<b>20:59.99</b>	<b>21:03.99</b>	<b>20:49.99</b>	1500 Free	<b>20:49.99</b>	<b>21:03.99</b>	<b>20:59.99</b>
36.59	35.39	31.59	50 Back	<b>31.79</b>	<b>35.29</b>	<b>36.49</b>
1:17.79	1:15.49	1:07.39	100 Back	<b>1:08.29</b>	<b>1:16.79</b>	<b>1:18.09</b>
2:48.69	2:44.39	2:26.79	200 Back	<b>2:29.79</b>	<b>2:46.99</b>	<b>2:51.39</b>
40.59	39.59	35.49	50 Breast	<b>35.99</b>	<b>39.99</b>	<b>40.99</b>
1:28.29	1:26.39	1:17.39	100 Breast	<b>1:19.09</b>	<b>1:28.49</b>	<b>1:30.49</b>
<b>3:12.29</b>	<b>3:09.89</b>	<b>2:49.99</b>	200 Breast	<b>2:52.69</b>	<b>3:11.89</b>	<b>3:14.29</b>
34.69	33.69	29.89	50 Fly	29.99	33.39	34.39
1:17.29	1:16.09	1:07.69	100 Fly	1:08.79	1:16.59	1:17.69
<b>3:01.79</b>	<b>2:59.99</b>	<b>2:39.99</b>	200 Fly	<b>2:39.99</b>	<b>2:57.59</b>	<b>2:59.39</b>
<b>2:49.99</b>	<b>2:45.59</b>	<b>2:28.09</b>	200 IM	<b>2:28.59</b>	<b>2:45.19</b>	<b>2:49.69</b>
<b>6:07.19</b>	<b>5:57.09</b>	<b>5:20.29</b>	400 IM	5:20.29	5:57.09	6:07.19
LCM	SCM	SCY	<b>10&amp;U</b>	SCY	SCM	LCM
<b>35.39</b>	<b>34.79</b>	<b>30.99</b>	50 Free	<b>30.99</b>	<b>34.49</b>	<b>35.19</b>
<b>1:17.69</b>	<b>1:16.39</b>	<b>1:08.79</b>	100 Free	<b>1:08.39</b>	<b>1:15.99</b>	<b>1:17.29</b>
<b>2:51.59</b>	<b>2:48.09</b>	<b>2:31.89</b>	200 Free	<b>2:32.39</b>	<b>2:48.69</b>	<b>2:52.19</b>
6:04.09	5:54.29	6:47.99	400 Free	6:48.99	5:54.79	6:04.59
<b>41.89</b>	<b>40.49</b>	<b>36.29</b>	50 Back	<b>36.19</b>	<b>39.99</b>	<b>41.29</b>
<b>1:30.39</b>	<b>1:27.69</b>	<b>1:18.49</b>	100 Back	<b>1:19.29</b>	<b>1:27.99</b>	<b>1:30.69</b>
<b>47.39</b>	<b>46.19</b>	<b>41.59</b>	50 Breast	<b>42.09</b>	<b>46.79</b>	<b>47.99</b>
<b>1:43.19</b>	<b>1:40.99</b>	<b>1:30.39</b>	100 Breast	<b>1:32.29</b>	<b>1:42.59</b>	<b>1:44.79</b>
<b>39.89</b>	<b>38.79</b>	<b>34.59</b>	50 Fly	<b>34.89</b>	<b>38.79</b>	<b>39.89</b>
<b>1:34.09</b>	<b>1:32.69</b>	<b>1:22.49</b>	100 Fly	<b>1:24.39</b>	<b>1:33.69</b>	<b>1:35.09</b>
<b>3:15.19</b>	<b>3:10.09</b>	<b>2:51.39</b>	200 IM	<b>2:52.69</b>	<b>3:11.49</b>	<b>3:16.69</b>

<b>TEAM ASSIGNMENTS</b>	Every team entered in the Meet will be responsible for supplying workers for the Meet. <b><u>THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet.</u></b> Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use. Note that volunteer officials are not considered part of fulfilling the club responsibilities for meet workers.
<b>DECK ENTRIES/TIME TRIALS</b>	Deck entries will not be accepted at this meet. Time trials will be available after each session on Wednesday, Thursday, Friday, and Saturday, time permitting, and at the discretion of the Meet Referee and Meet Director. Middle Atlantic Time Trials policy will be followed. Time trial events will count in the total allowable events per day.
<b>SEEDING</b>	<p>This is primarily a Prelims/Finals meet for 11 and over events; those events will have a B- and A-Finals at the Finals session swum in that order. The 800 Free and 1500 Free events for 11 and over swimmers are Timed Finals events. The 400 IM and 400 Free events for 11-12 swimmers are Timed Finals events.</p> <p>All 10/U events are Timed Finals.</p> <p>Non-conforming times will be accepted and will be seeded in LSY order according to USA Swimming procedures 207.11.7B.</p> <p>Positive check-in will be required to be seeded in the 400 IM, 400 Free, 800 Free, 1500 Free events and all Relays. Check in time will be 1 hour after the start of prelims on the day of the event.</p>
<b>RELAYS</b>	All relays are Timed Finals. There are no qualifying times for relays. <b><u>Each competing relay team must contain at least three (3) swimmers who are entered in the meet and compete in an individual event.</u></b> Teams may enter as many relays as they wish, but only two (2) relays from a team may score in an event. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$5 surcharge. The top eight (8) seeded teams in the 11-12 and 13-14 age groups will swim at the Finals sessions on respective days; remaining teams will swim in the morning Prelims sessions. <b>The top eight (8) seeded relays must swim at Finals or take a declared false start.</b> All Relays must check-in prior to the start of Prelims each day, but need not declare their swimmers until just before swimming. Relays seeded at Finals may take a Declared False Start if they cannot swim.
<b>DISTANCE EVENTS</b>	<p>Swimmers with qualifying times in the 800 or the 1500 freestyle may enter that event using their fastest time, or may enter at the SCY time standard.</p> <p>Swimmers in the 800 free and the 1500 free events must provide their own lap counters. The 400 IM, 400 free, 800 free and 1500 free are positive check in events.</p>
<b>SCRATCH RULES</b>	<p>ANY SWIMMER WHO DOES NOT SWIM A PRE-SEEDDED PRELIMINARY OR PRE-SEEDDED TIMED-FINAL EVENT WILL NOT BE PENALIZED. ANY SWIMMER WHO POSITIVELY CHECKS-IN FOR A DECK-SEEDDED 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. EXCEPT THOSE SEEDDED INTO THE TOP EIGHT OF THE 800/1500 FREE ON WEDNESDAY AND SATURDAY.</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</p> <p>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 SEEDDED 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 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>	There will be a Team Award for the Girl's, Boy's and Combined Team with the highest point total.
	There will be a High Point Award for the top female and top male in each age group (based on Individual Events, only.)
	Individual:                      10 & Under                      Medals 1-8 11-12, 13-14                      Medals 1-8 Relays:                              10 & U, 11-12, 13-14                      Medals 1-3

<b>SCORING</b>	Scoring for Individual events will be (1st thru 16th place): 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1  Relay points are double those for individual events.
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<b>PROGRAMS AND ADMISSION</b>	Programs/heat sheets will be sold by session entire meet. Meet mobile will be available. Admission is \$5.00 for prelims and timed finals sessions, and \$2.00 for finals sessions. A full meet program will be available for \$10.00, and will include coupons for free finals sessions heat sheets. Finals heat sheets will be \$2.00 without coupons. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
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SESSION	WARM-UP TIMES	MEET STARTS
Thursday-Sunday Prelims, 11 & Older	7:00 AM	8:30 AM
Thursday-Sunday Finals, 11 & Older	4:45 PM	5:45 PM
Friday-Sunday Timed Finals, 10 & Under	1:30 PM	2:15 PM

<b>WARM-UP INFORMATION</b>	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 <b>Warm-up breaks will be added between events at the discretion of the Meet Referee and Meet Director.</b>
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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. Identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials at sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if necessary.  Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck, before, during, or after the meet. Additionally these swimmers must register a contact person with the meet director. This information must be submitted with the entries  Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. <b>THERE ARE NO EXCEPTIONS TO THIS RULE.</b>
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<b>QUALIFYING TIMES</b>	Qualifying Times are shown in the event list tables.
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<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 judgement for <b>any</b> issues that arise that day during the course of the meet with exception of a protest. Protest, including issues of conduct which may occur in the meet venue, will be referred to the Meet Jury.
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<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 Prelims for this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.  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 Referee. The Meet Jury will consist of the Meet Director, an Athlete, a Coach and two additional members which may include an official. 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>	Deck changes are prohibited.
<b>DIRECTIONS</b>	GPS Address: 929 Harrisburg Avenue, Lancaster, PA 17603. Swimmer drop-off and entry will be in the parking lot whose entrance is at the intersection of Harrisburg Ave. and Race Ave.
<b>ACCOMMODATIONS</b>	2018 Jr. Olympic Swim Meet Hotel Information  Fairfield Inn & Suites by Marriott Lancaster 150 Granite Run Dr. Lancaster, PA 1601 Call (717) 299- 3000 by Mention Franklin and Marshall College for discounted rate Single Beds only* \$125.00 + fast  Lancaster Budget Host Inn 2140 Lincoln Highway East Lanc. PA 17602 Call (717) 397-1900 by 7/4/18 to reserve room Mention 2018 Jr. Olympic Swim Meet for discounted rate Rate: \$79.00 + tax  Fairfield Inn & Suites – Lancaster East 2270 Lincoln Highway East, Lancaster, PA 17602 Phone: (717) 295-9100 \$169.00 + tax reserve by 6/18/18 Mention code SPORTSGRPS for discounted rate  Double Tree Resort by Hilton Lancaster 2400 Willow Street Pike Lanc, PA 17602 Call 717-464-2711 or use website below, mention Jr. Olympic Swim Meet for discounted rate <a href="http://doubletree.hilton.com/en/dt/groups/personalized/L/LNSWVDT-JRS-20180718/index.jhtml?WT.mc_id=POG">http://doubletree.hilton.com/en/dt/groups/personalized/L/LNSWVDT-JRS-20180718/index.jhtml?WT.mc_id=POG</a>

Reserve by 6/18/18  
\$175.00 + tax

Sleep Inn & Suites  
310 Primrose Lane  
Mountville, PA 17554  
Call (717) 285-0444  
Mention Jr. Olympic Swim Meet for discounted rate  
Reserve by 6/26/18  
\$129.00 + tax

Lancaster Arts Hotel  
300 Harrisburg Ave  
Lancaster, PA 17603  
(717) 431-3058  
\$179.00 + tax

The Hotel Lancaster  
26 E. Chestnut St.  
Lancaster, PA 17602  
(717) 394-0900  
Mention Jr. Olympic Swim Meet for discounted rate  
Reserve by 6/19/18  
\$129.00 + tax 7/18, 7/19  
\$149.00 + tax 7/20-22