

**LANY SUMMER STORM
MAY 29 - MAY 31, 2020**

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| MEET HOST | LANCASTER FAMILY YMCA LIGHTNING | | |
| SANCTION | Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 20174 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 | STEPHANIE ROZICK | E-MAIL: bcatmeet@verizon.net | PHONE: 8144045824 |
| LOCATION | Pool name KUNKLE AQUATIC CENTER Street address 929 HARRISBURG PIKE City, state and zip LANCASTER, PA 17604 Day of meet ONLY emergency phone 717-399-4524 | | |
| 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 8 line scoreboard and Adolph Keiser 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 Yes Hospitality Yes Snack bar Yes | | |
| 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 9 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 | 04/01/2020 | | |
| ENTRY DEADLINE | 05/13/2020 at 11:59 PM | | |
| ENTRY FEES | Individual Events: \$6.00 | | Relay Events: \$12.00 |
| ENTRY LIMITS | 1 event Friday, 4 events each Saturday & Sunday Individual Events per day (excluding relays). | 0 Relays per day | MEET ENTRY LIMIT: 9 \$5 surcharge per swimmer |
| 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 ANY SWIMMER , AGE DETERMINED 05/29/2020 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 turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$120/swimmer). 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 L,Y,S, . NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with 6.0 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 5/29/18 Include Meet Entry Summary with payment. | | |
| MEET ENTRY CHAIR | STEPHANIE ROZICK | PHONE #: 814-404-5824 NO TEXT Please (no calls before 9:00 AM or after 9:00 PM) | |
| E-MAIL ENTRY FILES TO | BCATMEET@VERIZON.NET | | |
| MAIL CHECKS/ REPORTS | GWYN ATKINSON C/O LANCASTER YMCA 265 HARRISBURG AVE. LANCASTER, PA 17603 | | |
| CHECKS PAYABLE TO | LANCASTER YMCA | | |
| SAFETY DIRECTOR | JOE CORVINO | E-MAIL: jcoors@gmail.com | PHONE: 845-705-3305 |
| OFFICIALS CONTACT | DAN KLINE | E-MAIL: danielkline@donegalgroup.com | PHONE: |

POSITIVE CHECK-IN

FRIDAY NIGHT...SENIOR 400IM - CLOSES @ 5:00PM

9-12 400 FREE & SENIOR 800 FREE CLOSES @ 5:30PM

SATURDAY - SENIOR 400 FREE CLOSES @ 11:30AM

SUNDAY - SENIOR 1500 CLOSSES @ 11:30AM

SCRATCH POLICY...ANY SWIMMER WHO POSITIVELY CHECKED IN FOR A DECK SEEDED DISTANCE EVENT AND THEN DOES NOT SWIM THAT EVENT WILL BE BARRED FROM SWIMMING THE NEXT INDIVIDUAL EVENT IN WHICH THE SWIMMER ENTERED, WHETHER ON THE SAME DAY OR LATER IN THE MEET.

THE 800 & 1500 FREE WILL BE SEEDED FASTEST TO SLOWEST AND WILL BE SWUM IN ALTERNATING HEATS OF WOMEN AND THEN MEN.

THE SATURDAY 400 FREE IS A SENIOR EVENT, 13 & OLDER WILL BE GIVEN PRIORITY. WILL BE SEEDED FASTEST TO SLOWEST, SWIMMERS MUST PROVIDE THEIR OWN TIMER
SWIMMERS IN THE FRIDAY 9-12 400 FREE - DO NOT HAVE TO PROVIDE THEIR OWN TIMER.

SWIMMERS IN THE SENIOR 800 FREE ARE RESPONSIBLE FOR PROVIDING THEIR OWN TIMER & COUNTER

SWIMMERS IN THE 1500 FREE ARE RESPONSIBLE FOR PROVIDING THEIR OWN LAP COUNTER & TIMER. LIMITED TO A TOTAL OF 4 HEATS. SWIMMERS WITH TIMES WILL BE GIVEN PRIORITY OVER NT'S.

Session #1

Friday Evening May 29,2020 w/up 4:30pm - meet start 5:30pm

| GIRLS | EVENT | BOYS |
|-------|-----------------|------|
| 1 | Senior 400 IM | 2 |
| 3 | 9-12 400 Free | 4 |
| 5 | Senior 800 Free | 6 |

Session #2

Saturday Morning - May 30,2020 w/up 6:30am - meet start 8am

| GIRLS | EVENT | BOYS |
|-------|----------------------|------|
| 7 | 15 & OVER 200 Back | 8 |
| 9 | 13-14 200 Back | 10 |
| 11 | 15 & OVER 100 Breast | 12 |
| 13 | 13-14 100 Breast | 14 |
| 15 | 15 & OVER 200 Fly | 16 |
| 17 | 13-14 200 Fly | 18 |
| 19 | 15 & OVER 100 Free | 20 |
| 21 | 13-14 100 Free | 22 |
| 23 | 15 & OVER 200 IM | 24 |
| 25 | 13-14 200 IM | 26 |

Session #3

Saturday 400 Free May 30,2020 w/up 1:30 - meet start 1:45pm

| GIRLS | EVENT | BOYS |
|-------|-----------------|------|
| 27 | Senior 400 Free | 28 |

Session #4
Saturday Afternoon - May 30,2020 w/up 3:30pm - meet start 4:30pm

| GIRLS | EVENT | BOYS |
|-------|-----------------|------|
| 31 | 9-10 100 Fly | 32 |
| 33 | 11-12 100 Fly | 34 |
| 35 | 9-10 50 Back | 36 |
| 37 | 11-12 50 Back | 38 |
| 39 | 9-10 100 Free | 40 |
| 41 | 11-12 100 Free | 42 |
| 43 | 9-10 50 Breast | 44 |
| 45 | 11-12 50 Breast | 46 |
| 47 | 9-10 200 IM | 48 |
| 49 | 11-12 200 IM | 50 |

Session #5
Sunday Morning - May31,2020 w/up 6:30am - meet start 8am

| GIRLS | EVENT | BOYS |
|-------|----------------------|------|
| 51 | 15 & OVER 200 Free | 52 |
| 53 | 13-14 200 Free | 54 |
| 55 | 15 & OVER 100 Fly | 56 |
| 57 | 13-14 100 Fly | 58 |
| 59 | 15 & OVER 50 Free | 60 |
| 61 | 13-14 50 Free | 62 |
| 63 | 15 & OVER 100 Back | 64 |
| 65 | 13-14 100 Back | 66 |
| 67 | 15 & OVER 200 Breast | 68 |
| 69 | 13-14 200 Breast | 70 |

Session #6
Sunday Monster Mile - May 31,2020 w/up 1:30 - meets start 1:45pm

| GIRLS | EVENT | BOYS |
|-------|---------------------------------------|------|
| 71 | Senior 1500 Free (Limited to 4 heats) | 72 |

Session #7
Sunday Afternoon - May 31,2020 w/up 3:30pm - meet start 4:30pm

| GIRLS | EVENT | BOYS |
|-------|------------------|------|
| 73 | 9-10 200 Free | 74 |
| 75 | 11-12 200 Free | 76 |
| 77 | 9-10 50 Fly | 78 |
| 79 | 11-12 50 Fly | 80 |
| 81 | 9-10 100 Back | 82 |
| 83 | 11-12 100 Back | 84 |
| 85 | 9-10 50 Free | 86 |
| 87 | 11-12 50 Free | 88 |
| 89 | 9-10 100 Breast | 90 |
| 91 | 11-12 100 Breast | 92 |

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| 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 \$12 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/Stephanie Rozick 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 entirely deck-seeded with the exception of the event(s) noted below. positive check-in distance events |
| AWARDS | No awards for this meet |
| SCORING | No scoring for this meet |
| PROGRAMS AND ADMISSION | 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/session, except for distance events where a timer is required. There will be no heat sheets due to the fact that this is an entirely deck seeded meet. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost. |
| MISCELLANEOUS | <p>We encourage your team to have your original file as complete as possible before submitting.</p> <p>Entry Fees will be based on the original entry file received by each team. Scratches to the original file will still require payment to LANY. Additional entries will be accepted at the discretion of the meet director.</p> <p>Teams may be asked to provide timers. Assignments will be based on the number of swimmers participating in the meet.</p> <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 30 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 scratch table 30 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. Penalties apply to positive check-in distance events only</p> |

| SESSION | WARM-UP TIMES | MEET STARTS |
|----------------------------|--|--------------------|
| Friday Evening | Pool deck opens @ 4pm, All ages warm up 4:30pm | 5:30pm |
| Sat/Sun 13 & Older | Pool deck opens @ 6am, Open Warm up 6:30am | 8:00am |
| Sat/Sun 9-12 | Open Warm up 3:30pm | 4:30pm |
| Sat/Sun Distance | Saturday 400 Free/Sunday Mile - open 1:30pm | 1:45pm |
| WARM-UP INFORMATION | <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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| ATHLETE PROTECTION (MAAPP) | All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition. |
| DECK PRIVILEGES | <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>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</p> |

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| | 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. |
| TECH SUIT POLICY | Beginning January 1, 2018, swimmers ten (10) years of age and younger may not compete in a 'Tech suit' at any Middle Atlantic sanctioned meet, including Mini-meets and Developmental meets. This restriction also applies to any swimmer age ten (10) years or younger that is competing in a 'Senior' designated event or other event for which there is no age restriction. |
| 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. |
| DRONES | 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. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race. |
| 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. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a |

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| | practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race. |
| DIRECTIONS | <p>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. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fitness Center to your right.</p> <p>From Harrisburg, Pittsburgh and points west: Take the PA Turnpike to Harrisburg (Exit 19) onto Route 283 towards Lancaster. Exit onto Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fitness Center to your right.</p> <p>From Philadelphia, South Jersey and points east: Take the PA Turnpike to Exit 21 (Lancaster-Reading) and take Route 222 South to Route 30 West. Proceed to Harrisburg Pike Exit. Turn left onto Harrisburg Pike and drive 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports & Fitness Center to your right.</p> |
| ACCOMODATIONS | <p>RESTAURANT AND LODGING INFORMATION CAN BE FOUND AT:</p> <p>https://lancasterpa.com/visitors</p> |