

**LANY SUMMER STORM
MAY 31 - JUNE 2, 2019**

MEET HOST	LANCASTER FAMILY YMCA LIGHTNING		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 19189 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	03/22/2019		
ENTRY DEADLINE	05/15/2019 at 11:59 PM		
ENTRY FEES	Individual Events: \$6.00	Relay Events: \$12.00	\$5 surcharge per swimmer
ENTRY LIMITs	1 event Friday, 4 events each Saturday & Sunday Individual Events per day (excluding relays).	0 Relays per day	MEET ENTRY LIMIT: 9
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 5/31/2019 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	MARK BOLDIZAR	E-MAIL: mboldi@hotmail.com	PHONE: 717.519.9746
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

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 31, 2019 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 - June 1, 2019 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 June 1, 2019 w/up 1:30 - meet start 1:45pm

GIRLS	EVENT	BOYS
27	Senior 400 Free	28

Session #4

Saturday Afternoon - June 1, 2019 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 - June 2, 2019 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 - June 2, 2019 w/up 1:30 - meets start 1:45pm

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

Session #7

Sunday Afternoon - June 2, 2019 w/up 3:30pm - meet start 4:30pm

GIRLS	EVENT	BOYS
73	9-10 200 Free	74
75	11-12 200 Free	76
77	9-10 500 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

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	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. 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.

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	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. 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. 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.
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:	<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>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</p>
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	<p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</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>
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	Deck changes are prohibited.
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	Eden Resort, 222 Eden Rd., Lancaster, Pa., 717-569-6444
	The Sleep Inn, 310 Primrose Lane, Mountville, Pa., 717-285-0444
	Hampton Inn, 545 Greenfield Rd., Lancaster, Pa., 717-299-1200
	Westfield Inn, 2929 Hempland Rd., Lancaster, Pa, 717-397-9300
	Fairfield Inn, 150 Granite Run Dr., Lancaster, Pa., 717-581-1800
	Travel Lodge, 2101 Columbia Ave, Lancaster, Pa, 717-397-4201
	Econo Lodge, 2140 US Highway Rt. 30, Lancaster, Pa., 717-397-1900
	Days Inn, 30 Keller Ave, Lancaster, Pa., 717-299-5700
	Near the Outlets:
	Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster, Pa., 717-299-5500
	Ramada Inn, 2250 Lincoln Highway East, Lancaster, Pa., 717-393-5499
	Super 8 Motel, 2129 Lincoln Highway East, Lancaster, Pa., 717 393-8888
	Travel Inn, 2151 Lincoln Highway East, Lancaster, Pa., 717-299-8971
Howard Johnson, 2100 Lincoln Highway East, Lancaster, Pa., 717-397-7781	