

**GOLDEN RAM AQUATICS
B MAXIMUM PRELIMS/ FINALS MEET
NOVEMBER 29- DECEMBER 1, 2019**

MEET HOST	GOLDEN RAM AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 2049 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	BETH ANN CAROZZA AND STEPHANIE ROZICK	E-MAIL: grameetdirector@gmail.com	PHONE: 484-883-7202
LOCATION	Pool name GRAHAM NATATORIUM Street address 855 SOUTH NEW STREET City, state and zip WEST CHESTER, PA, 19383 Day of meet ONLY emergency phone 484-883-7202		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a Colorado timing system with a 6 line scoreboard and Competitor Anit-Wave lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 200 and spectator seating for 750. Parking: ample spaces available Hospitality for officials and coaches only Snack bar yes		
POOL CERTIFICATION	The competition course <input checked="" type="checkbox"/> has <input 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	SEPTEMBER 30, 2019		
ENTRY DEADLINE	NOVEMBER 13, 2019 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00		Relay Events: \$10.00
ENTRY LIMITS	3 Individual Events per day (excluding relays).	na 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 SUB-JUNIOR OLYMPIC TIME STANDARD FOR 9 AND OVER USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.		
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 according to US Swimming procedures. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with MEET MANAGER meet management software. • All entries should be submitted via e-mail, subject YOUR TEAM NAME-MEET NAME entry. Please include all the following in the body of the email: Meet Name, team Name, Number of Individual Entries, Number of Relay Entries (if necessary) 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 must be mailed to the address below by the entry deadline above. Please include meet summary with payment. • Any necessary reports must be emailed to the entry chair at graentries@gmail.com. • FINAL entry payments and any necessary reports must be mailed or emailed by the entry chair by deadline above. Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	DANIELLE DARMO	PHONE #: 678-849-4227 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	GRAMREETRIES@GMAIL.COM		

MAIL CHECKS/ REPORTS	WEST CHESTER UNIVERSITY, 855 SOUTH NEW STREET, WEST CHESTER, PA 19383, ATTN: JOAN RIMKIS		
CHECKS PAYABLE TO	WEST CHESTER UNIVERSITY		
OPERATIONAL RISK DIRECTOR	CECE CARY	E-MAIL: grasafetydirector@gmail.com	PHONE: 610-470-6580
OFFICIALS CONTACT	SUZANNE TURCO	E-MAIL: Presidentgra@gmail.com	PHONE: 484-354-1831

ALL QTS ARE SLOWER THAN THE TIME STANDARD

Girls Event #	SCY	Friday 9 and over Timed Finals	SCY	Boys Event #
1		400 IM		2
	5:19.89	11-12	5:23.09	
	5:01.49	13-14	4:48.99	
	4:52.79	15 and over	4:28.79	
3	2:30.39	11-12 200 IM	2:29.99	4
5		500 Free		6
	5:50.39	11/12	5:46.89	
	5:31.99	13/14	5:20.99	
	5:21.39	15 and over	4:58.59	
Girls Event #	SCY	Saturday 13 and over Preliminaries	SCY	Boys Event #
7	31.89	11/12 50 fly	31.69	8
9	1:02.69	13 and over 100 fly	56.69	10
11	28.39	11/12 50 free	27.39	12
13	26.29	13/14 50 free	24.99	14
15	25.99	15 and over 50 free	23.49	16
17	1:09.69	11/12 100 back	1:09.29	18
19		200 back		20
	2:19.99	13-14	2:14.09	
	2:16.69	15 and over	2:06.19	
21	37.49	11/12 50 breast	36.89	22
23	1:13.39	13 and over 100 breast	1:06.29	24
25	2:12.19	11/12 200 free	2:10.79	26
27	2:04.09	13/14 200 free	1:58.89	28
29	1:59.09	15 and over 200 free	1:49.19	30
Saturday 9/10 Timed Finals				
31	2:36.39	200 free	2:31.29	32
33	1:32.39	100 breast	1:31.19	34
35	1:25.29	100 fly	1:24.79	36
37	31.89	50 free	28.39	38
39	1:21.79	100 back	1:20.09	40

Girls Event #	SCY	Sunday Preliminary	SCY	Boys Event #
41	1:01.09	11/12 100 free	1:00.89	42
43	57.09	13/14 100 free	54.29	44
45	56.19	15 and over 100 free	50.89	46
47	1:10.09	11/12 100 IM	1:09.09	48

49	2:17.09	13 and over 200 IM	2:05.29	50
51	32.29	11/12 50 back	32.29	52
53	1:04.09	13 and over 100 back	57.99	54
55	1:10.49	11/12 100 fly	1:10.59	56
57		200 fly		58
	2:28.09	13-14	2:21.99	
	2:24.09	15 and over	2:06.79	
59	1:19.69	11/12 100 breast	1:19.29	60
61		200 breast	1:19.29	62
	2:42.19	13-14	2:34.09	
	2:38.29	15 and over	2:23.79	

Girls Event #	SCY	Sunday 9/10 Timed Finals	SCY	Boys Event #
63	2:54.19	200 IM	2:53.69	64
65	37.99	50 back	36.49	66
67	1:11.39	100 free	1:10.19	68
69	41.99	50 breast	41.89	70
71	36.69	50 fly	36.19	72
73	1:21.39	100 IM	1:20.39	74

DECK ENTRIES	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$10.00 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Entry Chair 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. ANY Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	<p>This meet will be pre-seeded with the exception of the event(s) noted below. THE 400 IM AND 500 FREE ARE FINALS ONLY/ DECK SEEDED EVENTS. A CHECK IN TABLE WILL BE SET UP IN THE LOBBY AND WILL CLOSE 30 MINUTES PRIOR TO THE START OF THE SESSION. SWIMMERS WHO CHECK IN WILL BE SEEDED TO SWIM THE EVENT. A SWIMMER WHO POSITIVELY CHECKS IN FOR AN EVENT AND FAILS TO SWIM THE EVENT WILL BE BARRED FROM SWIMMING HIS/HER NEXT INDIVIDUAL EVENT.</p> <p>ALL 9/10 EVENTS ARE TIMED FINALS. ALL OTHER EVENTS (WITH THE EXCEPTIONS OF 400 IM AND 500 FREE) PRELIM/ FINALS FORMAT. THE TOP 12 SWIMMERS WILL SWIM AT NIGHT (QUALIFIERS # 1-6 IN THE A FINAL AND 7-12 IN THE B FINAL).</p> <p>ALL TRIAL/ FINALS EVENTS: B FINAL FOLLOWED BY A FINAL.</p>
AWARDS	Medals 1st-3rd and Ribbons 4th- 12th.
SCORING	NA
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input checked="" type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5.00. Evening sessions are free. Children under 8 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	<p>SCRATCH POLICY: - Any swimmer who does not swim a pre-seeded preliminary or 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, either on the same day or on the next day of the meet. - Any swimmer qualifying for an A or B final in any prelims/finals event who wishes not to swim that event must scratch or declare their intention to do so within the 30-minute scratch window. Swimmers failing to scratch who do not show up to swim a finals event will be banned from all remaining events in the meet. This penalty does not apply to swimmers who are initially announced as alternates.</p> <p>Although NTs are accepted, please be mindful that this meet is designed for swimmers with B or C times.</p>

	<p>Teams that are entered in the meet will be expected to supply timers for sessions 2, 3, 5 and 6. Meet Director will send an email to team representative with assignments.</p> <p>HISTORICALLY, THIS MEET FILLS UP VERY FAST. IT IS SUGGESTED THAT ENTRIES ARE SUBMITTED AS EARLY AS POSSIBLE.</p>	
SESSION	WARM-UP TIMES	MEET STARTS
FRIDAY EVENING session 1	5:30	6:30
SAT. AND SUN. MORNINGS sessions 2 and 5	8:00	9:00
SAT. AND SUN. AFTERNOONS sessions 3 and 6	12:30	1:15
Sat. and Sun. Evenings sessions 4 and 7	3:30	4:30
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>	
ATHLETE PROTECTION (MAAPP)	<p>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.</p>	
DECK PRIVILEGES	<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>	
TECH SUIT POLICY	<p>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.</p>	
RACING START CERTIFICATION	<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. 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.</p>	
QUALIFYING TIMES	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>	
MEET/DECK REFEREE	<p>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.</p>	
MEET MARSHALS	<p>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.</p>	

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	<p>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.</p>
PROTESTS	<p>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</p>
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	<p>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.</p>
DECK CHANGING	<p>Deck changes are prohibited.</p>
DIRECTIONS	<p>From North: PA turnpike to Exit 312/Downingtown, Rte. 100 S. to Rte. 202 S. Continue on 202 S. past High St. exit – Turn right onto Pleasant Grove Rd., which is the 1st right after Stetson Middle School (large Presbyterian Church on corner beyond turn) – Turn right at stop sign onto New St. – Follow 1.5 mile past University Farrell Stadium – Turn right into athletic building parking lot – Proceed to back of lot to glass enclosed Natatorium entrance at left rear corner of building.</p> <p>From South: Rte. 202 N. – Turn left onto Rte. 926 – Take 1st right on S. New St. – Pass Farrell Stadium – Turn right into athletic building parking lot – Natatorium in rear.</p>
ACCOMMODATIONS	<p>Days West Chester: 943 S. High St., West Chester, 19382 Phone: 610-692-1900</p> <p>Microtel Inn & Suites: 500 Willow Brook Lane, West Chester, Phone: 610-738-9111</p> <p>Comfort Inn Brandywine Valley: 1310 Wilmington Pike West Chester, PA, 19382. Phone: 610-399-4600</p> <p>Hotel Warner: 102 North High Street, West Chester, PA 19380 Phone: 610- 692-6920</p>