LAC SPEEDO HOLIDAY CUP DECEMBER 15TH - 17TH, 2017

| | | WIBER 15''' - 1 | • | | | |
|-----------------------|--|--|--|--|--|--|
| MEET HOST | LANCASTER AQUATIC CLUE | AND FRANKLIN & I | MARSHALL COLLEGE | | | |
| SANCTION | Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 1896 A & MA 1897 TT 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. | | | | | |
| MEET DIRECTOR | BEN DELIA | PHONE: 717-358-3897 | | | | |
| LOCATION | Pool name KUNKEL AQUATIC CENTER Street address 929 HARRISBURG AVE. City, state and zip LANCASTER, PA 17603 Day of meet ONLY emergency phone 315-806-1235 | | | | | |
| FACILITY DESCRIPTION | scoreboard and non-turbulent | lane lines. The meet | for competition, a Colorado timin will be conducted in ⊠SCY ☐ spitality will be available for coac | | | |
| POOL CERTIFICATION | The competition course ⊠ has | ☐ has not been ce | rtified in accordance with 104.2.2 | 2C(4) | | |
| WATER DEPTH | The depth of the water at the st | art end of the pool is | 9 feet and 6 feet and at the turn | end is 9 feet and 6 feet. | | |
| EVENTS | This meet will be conducted in | accordance with the a | ttached schedule of events. | | | |
| ENTRIES OPEN | FRIDAY, SEPTEMBER 15TH, 2 | 017 | | | | |
| ENTRY DEADLINE | THURSDAY, NOVEMBER 30TH | H, 2017 at 11:59 P | M | | | |
| ENTRY FEES | Individual Events: \$5.00 | | Relay Events: \$10.00 | | | |
| ENTRY LIMITS | 3 Individual Events per day (ex | cluding relays). | 1 Relays per day | MEET ENTRY LIMIT: 12 | | |
| ELIGIBILITY | | | mming. Age as of the first day o swimming registered swimmers. | of the meet determines | | |
| ON-SITE REGISTRATION | On-site registration will | will not be accepted | at this meet. | | | |
| ENTRY PROCEDURES | rules. Swimmers/teams elin • Entry times must be submit L, S . NT entries will • Entries must be submitted e • All entries should be submit following information in the Relay Entries and Team Me • Electronic entry files (TM / use Hytek's TM LIte for entry or more swimmers who sub are due at the time of entry | minated from the mee ted in the course in what will not be accepted. We will not be accepted to the course in what will be accepted to the course of the e-mail. More than the course of the e-mail of the course of | at compatible with Team Manag t YOUR TEAM NAME – MEET N eet Name, Team Name, Number ntact Information required for all entries. Unattach (paper) entries are subject to a se subject to an additional \$25/sw I entry form can be found here. It is must be mailed or e-mailed to to the subject to a second subject to an additional \$25/sw I entry form can be found here. | s will be given a full refund. Iforming times will be seeded Y, er meet management software. AME entry. Please include the of Individual Entries, Number of med swimmers are encouraged to \$15 surcharge. Teams with five immer surcharge. These fees | | |
| MEET ENTRY CHAIR | BEN DELIA | | 17-358-3897 (no calls before 9:0 | 0 AM or after 9:00 PM) | | |
| E-MAIL ENTRY FILES TO | BDELIA@FANDM.EDU | 1 | | · | | |
| MAIL CHECKS/ REPORTS | BEN DELIA, 415 HARRISBUR | G AVE., LANCASTE | R, PA 17603 | | | |
| CHECKS PAYABLE TO | FRANKLIN & MARSHALL CO | LLEGE | | | | |
| SAFETY DIRECTOR | PAUL TAYLOR | PAUL TAYLOR E-MAIL: paul99dana@aol.com PHONE: 717-742-7568 | | | | |
| OFFICIALS CONTACT | MELISSA GATES | E-MAIL: MGATES1@ | DFANDM.EDU | PHONE: 717-358-4526 | | |
| | • | • | | | | |

Session 1 Friday, December 15th Prelims

| GIRLS | EVENT | BOYS |
|-------|----------------------------|------|
| 1 | 13-14 100 Butterfly | 2 |
| 3 | Senior 100 Butterfly | 4 |
| 5 | 13-14 200 Freestyle | 6 |
| 7 | Senior 200 Freestyle | 8 |
| 9 | 13-14 400 IM | 10 |
| 11 | Senior 400 IM | 12 |
| 13 | 13-14 200 Freestyle Relay | 14 |
| 15 | Senior 200 Freestyle Relay | 16 |
| 17 | 13 & Over 1000 Freestyle* | 18 |

^{*}The 1000 freestyle is a combined age group event, swimming together but scored and awarded separately. Heats be swum fastest to slowest, with the fastest heat swimming with finals.

Session 2 Friday, December 15th 11-12 Prelims / 10&U Timed Finals

| GIRLS | EVENT | BOYS |
|-------|---------------------------|------|
| 19 | 10&U 50 Butterfly | 20 |
| 21 | 11-12 50 Butterfly | 22 |
| 23 | 10&U 100 Freestyle | 24 |
| 25 | 11-12 100 Freestyle | 26 |
| 27 | 10&U 200 IM | 28 |
| 29 | 11-12 200 IM | 30 |
| 31 | 10&U 200 Freestyle Relay | 32 |
| 33 | 11-12 200 Freestyle Relay | 34 |

Session 3 Friday, December 15th Finals

| GIRLS | EVENT | BOYS |
|-------|----------------------------|------|
| 17 | 13 & Over 1000 Freestyle | 18 |
| 1 | 13-14 100 Butterfly | 2 |
| 3 | Senior 100 Butterfly | 4 |
| 5 | 13-14 200 Freestyle | 6 |
| 7 | Senior 200 Freestyle | 8 |
| 9 | 13-14 400 IM | 10 |
| 11 | Senior 400 IM | 12 |
| 13 | 13-14 200 Freestyle Relay | 14 |
| 15 | Senior 200 Freestyle Relay | 16 |

Session 4
Saturday, December 16th Prelims

| GIRLS | EVENT | BOYS |
|-------|-------------------------|------|
| 35 | 13-14 200 IM | 36 |
| 37 | Senior 200 IM | 38 |
| 39 | 13-14 50 Freestyle | 40 |
| 41 | Senior 50 Freestyle | 42 |
| 43 | 13-14 200 Breaststroke | 44 |
| 45 | Senior 200 Breaststroke | 46 |
| 47 | 13-14 100 Backstroke | 48 |
| 49 | Senior 100 Backstroke | 50 |
| 51 | 13-14 400 Medley Relay | 52 |
| 53 | Senior 400 Medley Relay | 54 |
| 55 | 13-14 500 Freestyle | 56 |
| 57 | Senior 500 Freestyle | 58 |

Session 5
Saturday, December 16th 11-12 Prelims / 10&U Timed Finals

| GIRLS | EVENT | BOYS |
|-------|------------------------|------|
| 59 | 10&U 100 IM | 60 |
| 61 | 11-12 100 IM | 62 |
| 63 | 10&U 50 Freestyle | 64 |
| 65 | 11-12 50 Freestyle | 66 |
| 67 | 10&U 100 Breaststroke | 68 |
| 69 | 11-12 100 Breaststroke | 70 |
| 71 | 10&U 50 Backstroke | 72 |
| 73 | 11-12 50 Backstroke | 74 |
| 75 | 10&U 200 Medley Relay | 76 |
| 77 | 11-12 200 Medley Relay | 78 |

Session 6
Saturday December 16th Finals

| GIRLS | EVENT | BOYS |
|-------|-------------------------|------|
| 35 | 13-14 200 IM | 36 |
| 37 | Senior 200 IM | 38 |
| 39 | 13-14 50 Freestyle | 40 |
| 41 | Senior 50 Freestyle | 42 |
| 43 | 13-14 200 Breaststroke | 44 |
| 45 | Senior 200 Breaststroke | 46 |
| 47 | 13-14 100 Backstroke | 48 |
| 49 | Senior 100 Backstroke | 50 |
| 55 | 13-14 500 Freestyle | 56 |
| 57 | Senior 500 Freestyle | 58 |

Session 7 Sunday, December 17th Prelims

| GIRLS | EVENT | BOYS |
|-----------------|----------------------------|------|
| 79 | 13-14 200 Backstroke | 80 |
| 81 | Senior 200 Backstroke | 82 |
| 83 | 13-14 100 Freestyle | 84 |
| 85 | Senior 100 Freestyle | 86 |
| 87 | 13-14 100 Breaststroke | 88 |
| 89 | Senior 100 Breaststroke | 90 |
| 91 | 13-14 200 Butterfly | 92 |
| 93 | Senior 200 Butterfly | 94 |
| 95 | 13-14 400 Freestyle Relay | 96 |
| 97 | Senior 400 Freestyle Relay | 98 |
| 99 | 13 & Over 1650 Freestyle* | 100 |
| +T 4050 C 1 1 ' | | |

^{*}The 1650 freestyle is a combined age group event, swimming together but scored and awarded separately. Heats be swum fastest to slowest, with the fastest heat swimming with finals.

$Session \ 8 \\ Sunday, \ December \ 17^{th} \ 11-12 \ Prelims \ / \ 10\&U \ Timed \ Finals$

| GIRLS | EVENT | BOYS |
|-------|---------------------------|------|
| 101 | 10&U 100 Backstroke | 102 |
| 103 | 11-12 100 Backstroke | 104 |
| 105 | 10&U 200 Freestyle | 106 |
| 107 | 11-12 200 Freestyle | 108 |
| 109 | 10&U 50 Breaststroke | 110 |
| 111 | 11-12 50 Breaststroke | 112 |
| 113 | 10&U 100 Butterfly | 114 |
| 115 | 11-12 100 Butterfly | 116 |
| 117 | 10&U 400 Freestyle Relay | 118 |
| 119 | 11-12 400 Freestyle Relay | 120 |

Session 9 Sunday, December 17th Finals

| GIRLS | EVENT | BOYS |
|-------|--------------------------|------|
| 99 | 13 & Over 1650 Freestyle | 100 |
| 79 | 13-14 200 Backstroke | 80 |
| 81 | Senior 200 Backstroke | 82 |
| 83 | 13-14 100 Freestyle | 84 |
| 85 | Senior 100 Freestyle | 86 |
| 87 | 13-14 100 Breaststroke | 88 |
| 89 | Senior 100 Breaststroke | 90 |
| 91 | 13-14 200 Butterfly | 92 |
| 93 | Senior 200 Butterfly | 94 |

LAC Speedo Holiday Cup 10&U and 11-12 Qualifying Times

| GIRLS | | | 10&U | | BOYS | |
|---------|---------|---------|------------|---------|---------|---------|
| SCY | LCM | SCM | | SCY | LCM | SCM |
| 31.89 | 36.29 | 35.19 | 50 Free | 31.39 | 35.69 | 34.69 |
| 1:11.39 | 1:21.19 | 1:18.89 | 100 Free | 1:10.19 | 1:20.39 | 1:17.59 |
| 2:36.39 | 2:58.39 | 2:52.79 | 200 Free | 2:31.29 | 2:51.89 | 2:47.19 |
| 32.29 | 37.49 | 36.79 | 50 Back | 32.29 | 36.99 | 36.59 |
| 1:21.79 | 1:34.79 | 1:30.39 | 100 Back | 1:20.09 | 1:31.69 | 1:28.59 |
| 41.99 | 48.09 | 46.49 | 50 Breast | 41.89 | 48.19 | 46.29 |
| 1:32.39 | 1:46.49 | 1:42.09 | 100 Breast | 1:30.19 | 1:44.69 | 1:39.69 |
| 36.69 | 41.49 | 40.49 | 50 Fly | 36.19 | 40.89 | 39.99 |
| 1:25.29 | 1:36.79 | 1:34.19 | 100 Fly | 1:24.79 | 1:36.09 | 1:33.69 |
| 1:21.39 | NA | 1:29.89 | 100 IM | 1:20.39 | NA | 1:28.79 |
| 2:54.19 | 3:17.59 | 3:12.39 | 200 IM | 2:53.69 | 3:16.89 | 3:11.99 |

| GIRLS | | 11-12 | | BOYS | | |
|---------|---------|---------|------------|---------|---------|---------|
| SCY | LCM | SCM | | SCY | LCM | SCM |
| 28.39 | 32.39 | 31.49 | 50 Free | 27.39 | 32.59 | 30.29 |
| 1:01.09 | 1:10.89 | 1:08.69 | 100 Free | 1:00.89 | 1:08.49 | 1:07.39 |
| 2:12.19 | 2:29.59 | 2:26.89 | 200 Free | 2:10.79 | 2:27.39 | 2:24.89 |
| 32.29 | 37.49 | 36.79 | 50 Back | 32.29 | 36.99 | 36.59 |
| 1:09.69 | 1:20.29 | 1:17.29 | 100 Back | 1:09.29 | 1:20.39 | 1:17.29 |
| 37.49 | 42.09 | 41.39 | 50 Breast | 36.89 | 41.99 | 40.79 |
| 1:19.69 | 1:30.79 | 1:28.39 | 100 Breast | 1:19.29 | 1:31.69 | 1:27.69 |
| 31.89 | 35.79 | 35.29 | 50 Fly | 31.69 | 35.89 | 34.99 |
| 1:10.49 | 1:19.89 | 1:18.09 | 100 Fly | 1:10.59 | 1:20.39 | 1:17.99 |
| 1:10.09 | NA | 1:18.79 | 100 IM | 1:09.09 | NA | 1:16.59 |
| 2:30.39 | 2:50.59 | 2:46.89 | 200 IM | 2:29.99 | 2:49.89 | 2:45.89 |

LAC Speedo Holiday Cup 13-14 and Senior Qualifying Times

| | GIRLS | | 13-14 | | BOYS | |
|----------|----------|----------|------------|----------|----------|----------|
| SCY | LCM | SCM | | SCY | LCM | SCM |
| 26.29 | 29.69 | 29.19 | 50 Free | 24.99 | 28.49 | 27.69 |
| 57.09 | 1:05.39 | 1:04.19 | 100 Free | 54.29 | 1:01.89 | 1:00.29 |
| 2:04.09 | 2:21.49 | 2:17.69 | 200 Free | 1:58.89 | 2:!3.19 | 2:11.99 |
| 5:31.99 | 4:53.99 | 4:47.59 | 500 Free | 5:20.99 | 4:38.49 | 4:35.99 |
| 11:05.59 | 9:54.09 | 9:50.49 | 1000 Free | 10:17.19 | 9:12.09 | 9:05.99 |
| 18:41.39 | 19:02.19 | 18:39.39 | 1650 Free | 17:44.29 | 18:13.89 | 18:01.19 |
| 1:04.29 | 1:13.39 | 1:11.39 | 100 Back | 1:02.09 | 1:10.89 | 1:08.89 |
| 2:19.99 | 2:39.19 | 2:35.59 | 200 Back | 2:14.09 | 2:32.59 | 2:29.89 |
| 1:14.69 | 1:25.29 | 1:24.89 | 100 Breast | 1:11.69 | 1:21.89 | 1:19.59 |
| 2:42.19 | 3:05.29 | 2:59.99 | 200 Breast | 2:34.09 | 2:54.49 | 2:52.29 |
| 1:04.69 | 1:12.69 | 1:11.79 | 100 Fly | 1:01.69 | 1:09.29 | 1:08.49 |
| 2:28.09 | 2:46.29 | 2:44.39 | 200 Fly | 2:21.99 | 2:36.99 | 2:37.59 |
| 2:20.19 | 2:38.89 | 2:35.49 | 200 IM | 2:14.19 | 2:32.19 | 2:28.09 |
| 5:01.49 | 5:43.49 | 5:33.99 | 400 IM | 4:48.99 | 5:28.19 | 5:20.79 |

| | GIRLS | | SENIOR | | BOYS | |
|----------|----------|----------|------------|----------|----------|----------|
| SCY | LCM | SCM | | SCY | LCM | SCM |
| 25.99 | 28.99 | 28.69 | 50 Free | 23.49 | 26.99 | 26.79 |
| 56.19 | 1:03.49 | 1:02.39 | 100 Free | 50.89 | 57.69 | 56.89 |
| 1:59.09 | 2:14.99 | 2:12.69 | 200 Free | 1:49.19 | 2:03.59 | 2:01.59 |
| 5:21.39 | 4:46.09 | 4:44.09 | 500 Free | 4:58.59 | 4:25.19 | 4:23.19 |
| 11:05.59 | 9:54.09 | 9:50.49 | 1000 Free | 10:17.19 | 9:12.09 | 9:05.99 |
| 18:41.39 | 19:02.19 | 18:39.39 | 1650 Free | 17:44.29 | 18:13.89 | 18:01.19 |
| 1:04.09 | 1:12.59 | 1:11.09 | 100 Back | 57.99 | 1:07.69 | 1:05.69 |
| 2:16.69 | 2:34.79 | 2:32.39 | 200 Back | 2:06.19 | 2:25.69 | 2:23.39 |
| 1:13.39 | 1:23.79 | 1:22.89 | 100 Breast | 1:06.29 | 1:17.09 | 1:16.09 |
| 2:38.29 | 2:59.89 | 2:57.49 | 200 Breast | 2:23.79 | 2:46.39 | 2:42.49 |
| 1:02.69 | 1:10.59 | 1:10.09 | 100 Fly | 56.69 | 1:04.09 | 1:04.19 |
| 2:24.09 | 2:39.29 | 2:37.99 | 200 Fly | 2:06.79 | 2:24.39 | 2:22.09 |
| 2:17.09 | 2:35.39 | 2:34.59 | 200 IM | 2:05.29 | 2:22.79 | 2:21.99 |
| 4:52.79 | 5:30.99 | 5:28.99 | 400 IM | 4:28.79 | 5:05.19 | 5:03.49 |

| DECK ENTRIES | Deck Entries will not be accepted will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, 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 does not allow deck entries 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 ⊠ is □ 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 pre- seeded with the exception of the event(s) noted below. All 10 & under events will be swum as timed finals events. All 11-12, 13-14, and senior individual events are prelims/finals events, with exceptions being the 1000 and 1650 freestyle events. These distance events, plus all relays, will be timed finals. The following events will require positive check-in and will be deck-seeded accordingly: - 500 free, 1000 free, 1650 free, 400 IM, and all relay events All non-conforming times will be seeded in accordance with USA Swimming rules in the order of Y, L, S. |
| AWARDS | Individual Events: Medals for places 1-8. Relay Events: Medals for places 1-3. Team Awards: Team awards will be given to the first place male, female, and combined teams. |

| | Individual High Point: Awarded to the first place boy and girl in each age group. Relay scoring does not count toward the individual high point standings. | | | | |
|---------------------------|---|--|--|--|--|
| | Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 | | | | |
| SCORING | Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 | | | | |
| PROGRAMS AND ADMISSION | Programs/heat sheets will be sold by ☐ session ☐ entire meet. Meet mobile ☒ will ☐ will not be available. Admission is\$25.00 for an all-session pass (must retain wristband for re-entry), or \$5.00 per individual sessions. Preliminary heat sheets will be \$10.00 for all sessions, with free vouchers for finals sessions. Finals heat sheets without vouchers will be \$2.00 per session. Children under admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost. | | | | |
| | 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, B, or C 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, including both individual and relay events. This penalty does not apply to swimmers who are initially announced as alternates. | | | | |
| | DECK ENTRIES / TIME TRIALS: Deck entries will not be accepted at this meet. Time trials will be held at the conclusion of each preliminary and timed final session, as time permits and at the discretion of the meet referee and meet director. Middle Atlantic time trial policies will be followed. Time trials will count toward the maximum allowable number of events per day. | | | | |
| | POSITIVE CHECK-IN: Positive check-in will be required for the 500 free, 1000 free, 1650 free, 400 IM, and all relay events. Check-in will be held at the scratch table for all events, Check-in time will end 1-hour after the start of each applicable session. | | | | |
| | PRELIMINARIES: The 13-14 and Senior preliminary sessions will be run from two pools. | | | | |
| | 13-14 Boys and Senior Girls will be grouped together, swimming in the deep pool on Friday and Sunday mornings, and in the shallow pool on Saturday morning. | | | | |
| MISCELLANEOUS | The 13-14 Girls and Senior Boys will be grouped together, swimming in the shallow pool on Friday and Sunday mornings, and in the deep pool on Saturday morning. | | | | |
| | FINALS ORDER OF EVENTS: All senior events of distances 200 and below will qualify the top-24 swimmers for finals and will be swum C-Final, then B-Final, then A-Final, in that order. Senior 500 free and 400 IM will qualify the top-16 swimmers and be swum B-Final, then A-Final, in that order. | | | | |
| | All 11-12 and 13-14 events of distances 200 and below will qualify the top 16 swimmers for finals and be swum B-Final, then A-Final, in that order. The 11-12 and 13-14 500 free and 400 IM will qualify the top-8 swimmers, and have an A-Final swimming with finals. | | | | |
| | DISTANCE EVENT POLICIES: The 1000 and 1650 free events will be conducted as timed final events. The fastest 8-swimmers will compete in the finals session, with each other heat swimming at the end of preliminaries, and being seeded fastest to slowest. All 500 free, 1000 free, and 1650 free swimmers are responsible for providing their own lap counters. All 1000 free and 1650 free swimmers competing at the end of preliminaries will also be responsible for providing one backup timer. | | | | |
| | EVENT LIMITS: Each team shall be limited to 2 entries per relay event. | | | | |
| | The 500 free, 1000 free, and 1650 free may be limited based on seed times, going from fastest to slowest. This will be determined by the meet director based on entry numbers. Each event will be limited to 6 heats per 500 free event, 4 heats per 1000 free event, and 3 heats per 1650 free event. Teams will be notified if they have swimmers removed from an event due to space and time restrictions. | | | | |

| SESSION | WARM-UP TIMES | MEET STARTS | | | |
|----------------------------------|--|---|--|--|--|
| Morning Preliminaries | 6:30 - 7:50 AM | 8:00 AM | | | |
| Afternoon Prelims / Timed Finals | 12:30 - 1:20 PM | 1:30 PM | | | |
| Finals | 4:30 - 5:20 PM | 5:30 PM | | | |
| WARM-UP INFORMATION | USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedul entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet firstart/sprint lanes. Warm-up sessions may be divided into periods of equal length depending on the number each session. Warm-up schedules will be posted and made available to coaches at the Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backs' except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules. | rst except in designated r of swimmers entered into meet. troke starts will be permitted, | | | |
| DECK PRIVILEGES | Only currently credentialed coaches, USA Swimming registered athletes and essential memitted on deck. Swimmers must be under the direct supervision of an USA Swimming Member Certified must present their current USA Swimming registration card and keep it visible on deck at swimmers and attached swimmers attending without a coach are responsible for securing coach who will supervise them while on deck during warm-up, warm down, before, during Additionally these swimmers must register a contact person with the meet director. This is submitted with the entries. | Coach at all times. Coaches all times. Unattached g a USA Swimming Member g, or after the meet. | | | |
| 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 condumate directly to him/her. The meet/deck referee has final judgment for any issues that a course of the meet. | | | | |
| MEET MARSHALS | Meet Marshals have full authority through the Meet Referee & Safety Director for safety a the venue at all times. Swimmers, coaches and spectators may be removed from the de with procedures or non-cooperation with Marshals' instructions. | | | | |
| | This meet will be governed by current USA Swimming Rules. Fly-over starts will be used involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain completion of their race until the next heat has begun. | ain in the water at the | | | |
| RULES: | 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 perdirector and the meet referee as to the need for any special accommodations or seeding entry is submitted. | | | | |
| PROTESTS | A Meet Jury will adjudicate any protests including issues of conduct which may occur in t must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Dire Additional members including an official may be added for a jury of five. The Meet Refer | ctor, an Athlete and a Coach. | | | |

| 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 | 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. | |
| DECK CHANGING | Deck changes are prohibited. | |
| DIRECTIONS | GPS Address: 929 Harrisburg Ave., Lancaster, PA 17603. Swimmer drop-off and spectator entry will be in the parking lots to the west of the pool. The entrance to these lots is at the intersection of Harrisburg Ave. and Race Ave. | |
| ACCOMODATIONS | Please check back for information on hotel room blocks in conjunction with this meet. | |