



**Fall Slower than BB
MLAC
November 9-10, 2019**



FACILITY LOCATION	Mt. Lebanon High School, 155 Cochran Road, Pittsburgh, PA 15228		
SANCTION # AM-110919-02	Held under the Sanction of USA Swimming and Allegheny Mountain Swimming, Inc. <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 the event.</i>		
ENTRIES OPEN	TUESDAY, October 15, 2019 at 10:00 PM	ENTRIES CLOSE	FRIDAY, October 25, 2019 at 10:00 PM
MEET DIRECTOR	Michael Kristufek	PHONE: 724-859-5350	E-MAIL: coachmikek@mlacwimming.com
MEET ENTRY CHAIR	Mike Kristufek	PHONE: 724-859-5350	E-MAIL ENTRIES TO: mlac-entries@amswim.org
OFFICIALS CONTACT	Dave Watterson	PHONE:	E-MAIL: wttsnd@gmail.com
OPERATIONAL RISK/SAFETY DIRECTOR	Mike Kristufek		
SESSION	WARM-UP TIMES – (Times listed below may be modified based upon entries)		MEET STARTS
Saturday/Sunday AM-1	7:00-8:00am		8:05am
Saturday/Sunday AM-2	There may be up to a 20 minute warm-up before the start of AM-2		After 20 minute warm up
Saturday/Sunday PM-1	12:00-1:00pm		1:05pm
Saturday/Sunday AM-2	There may be up to a 20 minute warm-up before the start of AM-2		After 20 minute warm up
Sunday afternoon	12:00-1:00pm		1:05pm
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRY LIMIT	4 Individual Events per day (excluding relays).		MEET ENTRY LIMIT: Per USA Swimming Rule 205.3.1F
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$8.00	Swimmer Surcharge: \$5.00
MAIL CHECKS/ REPORTS	MLAC, PO Box 14684, Pittsburgh, PA 15234		CHECKS PAYABLE TO: MLAC
ENTRY PROCEDURES	<ul style="list-style-type: none"> • "No Time" or "NT" entries are not accepted in AMS swim meets. If a qualifying time does not exist, an entry time must still be used. Files with NT's will be returned by the Entry Chair until the file is corrected and resent. • Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail to the Meet Entry Chair during the Entry Period; • Please include the following information in the body of the e-mail: Team Name, Number of Individual Entries, Number of Relay Entries, Total Entries, and Team Entry Chair's Contact Information along with the Entry report by Swimmer's Name. A final entry report must be mailed or e-mailed to the entry chair five (5) days prior to the meet start. Payments shall be made for the entries to the host prior to the start of the meet. • No refunds will be given, except for mandatory scratch down of events <p>**No late entries will be accepted.</p>		
DECK ENTRIES	<p>Deck entries are accepted on a standby basis only for any non-LSC Championship meet. An athlete may be deck entered into an event provided that: they are a USA Swimming registered athlete, they or their club are already entered into the meet, they have not exceeded the maximum entry limit for the day/meet, their time for said event is within the qualifying times for the meet, and additional heats are not added.</p> <p>Deck entries cost \$10.00, inclusive of a deck entry surcharge but in addition to any meet-specific surcharges, and close 30 minutes prior to the start of the session. Refer to AMS Operating Procedures for procedure.</p>		
RELAY ENTRIES	Relay entries will be accepted with the meet entry file or as a deck entry the day of the meet		
MEET DURATION AND SCRATCH-DOWN OF ENTRIES	<p>In order to comply with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), swimmers may be required to scratch-down individual events per day at the direction of the Meet Director and the Designated Committee. If a scratch down is required, teams will need to submit a new file that includes the scratch down of the events.</p> <ul style="list-style-type: none"> • In addition, entries may be returned in order help control meet duration. Affected clubs will be notified no less than five (5) days prior to the start of the meet. • Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. <p>Events 400 yards/meters or longer may be limited to the fastest five (5) heats per event</p>		
QUALIFYING TIMES	Qualifying Times (BB and slower) are per the USA Swimming Current Time Standards per Age Group.		
CONFORMING TIMES	Entry times must be in SCY . Non-conforming times will be seeded last in the order of SCM, LCM, entry times shall not be converted		

PROOF OF TIMES	Proof of time not required for this meet.	
AWARDS	Individual Awards: Ribbons for 1 st thru 8 th to 10 & under and 11-12 year olds	Relay Awards: Ribbons 1 st thru 3 rd for 10 & unders and 11-12 year olds.
SCORING	This meet will NOT be scored.	
SEEDING/DECK SEEDED	<p>Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. The meet will be deck seeded. Upon coach sign in, a scratch packet will be provided for swimmers that will be scratching from an event or from the session.</p> <p>Scratches will be due 35 minutes prior to the start of the session. Any swimmer not scratched from an event or session will be entered into the meet.</p> <p>Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay unless the Referee is notified of a declared false start prior to the start of their race.</p> <ul style="list-style-type: none"> • Events 400 yards/meters or longer that are Timed Finals will be swum fastest to slowest alternating girls/boys. 	
OTHER INFORMATION		
FACILITY DESCRIPTION	8 lane 25 yard pool competition pool with Daktronics timing system	
POOL CERTIFICATION	The competition course has not been certified in accordance with Article 104.2.2C (4)	
WATER DEPTH	<p>The minimum water depth for racing starts shall be measured in accordance with Article 103.2.3.</p> <p>The depth of the water at the start end of the pool is 13 feet and at the turn end of the pool is 4.5 feet.</p>	
WARM-UP INFORMATION	<p>Warm-up policies will be strictly enforced by USA Swimming Officials. These policies along with the lane assignments, if applicable shall be posted on the wall at the start end of the pool.</p> <p>REQUIRED DURING WARM-UPS:</p> <ul style="list-style-type: none"> • There will be specifically designated lanes during all warm-up sessions for 10 & under swimmers. • Warm-Up and Warm Down is reserved for Meet Participants Only • Swimmers will enter the pool feet first at the start end of the pool and shall be under the direct supervision of a certified coach. • No equipment in the competition pools during scheduled warm-ups. (Including but not limited to snorkels, kickboard, fins, or pull buoys.) • Designated lanes will be open for starts and one way sprints during each warm-up session. A separate lane should be designated for backstroke starts. The outside lanes will be open throughout warm-ups for continual warm-up. • The Referee/Meet Marshals will have control over Warm-Up Procedures the day of the meet. • At any session with distance events (1000/800, 1650/1500) offered and at any championship formatted meet (prelims/finals), the outside lane or lanes shall be restricted to pace lanes only at the same time sprint lanes are opened. At any distance only meet or session (1000/800, 1650/1500), only one lane shall be opened for sprinting. <p>Specific warm-up times for each club (if applicable) and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than five (5) days prior to the start of the meet.</p> <p>The Meet Director reserves the right to adjust warm-ups and start times based on the number of entries (prior to the meet) or the referee (day of the meet).</p> <p>The Meet Entry Chair will email all attending clubs specific warm-up times and any changes to the warm-up schedule no later than five (5) days prior to the start of the meet; this will also be posted on the AMS website.</p> <p>**In sessions of a standard meet, where there are distance events (400IM, 400/500 Free) there shall be a ten (10) minute break before the events when there is not a separate warm-up/warm down pool available or at the discretion of the Referee.</p>	
RULES	This meet will be governed by current USA Swimming Rules and Current AMS Operating Procedures. Fly-over starts WILL be used.	
MINOR ATHLETE ABUSE PREVENTION POLICY	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provision of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.	
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/Deck Referee 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.	
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/Deck Referee will act as a mediator</p> <p>A Meet Jury shall be identified and posted at the beginning of each session of the meet.</p>	
ELIGIBILITY	All entrants must be registered members of USA Swimming as provided in Article 302. Age as of the first day of the meet shall determine the swimmer's age for the entire meet. On deck registration is not permitted; all athletes must be registered prior to entering the meet.	

DECK PRIVILEGES	<p>DECK PRIVILEGES: No unauthorized personnel will be allowed on the pool deck. All coaches, officials, and meet volunteers must wear a wristband to be on deck. Only those with wristbands, along with competing athletes, may be permitted on the deck at any time. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times.</p> <p>Coaches and Officials must present their current USA Swimming registration card at the sign-in table in order to receive their wristband.</p> <p>Proof of registration through USA Swimming Deck Pass app is acceptable.</p> <p>Prior to entering the deck, unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them during warm-up, warm-down, before, during, and after the meet; the swimmer must notify the Referee of this coach prior to the start of the session. Additionally, these swimmers must register a contact person with the Meet Director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p> <p>Coaches and swimmers must remain a minimum of four (4) feet from the pool edge to allow officials to perform their assigned tasks. Coaches and Officials: only competing swimmers, officials and lap counters are permitted within four (4) feet of the pool edge both in the starting and turning areas.</p>
RACING START CERTIFICATION	<p>Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. <u>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.</u></p>
SWIMMERS WITH DISABILITIES	<p>Swimmers with disabilities are welcome to attend this meet and should contact the Meet Director and/or Referee prior to the start of the meet regarding any accommodations.</p>
PHOTOGRAPHY	<p>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.</p> <p>Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, 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 AMS Board of Directors 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.</p> <p>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>
AMS PHOTOGRAPHY POLICY	<p>Refer to the AMS Operating Procedures</p>
DECK CHANGING	<p>Per USA Swimming Rule 202.4.9(l), Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p>
AMS SWIMMER DRESS CODE	<p>Swimsuits worn at competition must be nontransparent and conform to the current concepts of the appropriate. To further clarify, boys shall wear suits which cover the buttocks and are not cut too low in the front. Girls shall wear suits which cover the buttocks and chest area. A purposeful violation of the modesty dress code may be reported to the meet referee who will discuss with the athlete's coach. The coach may need to address the violation and required action with their swimmer. Swimmers with suits that do not meet modesty standards or do not properly cover the areas addressed may be asked to adjust the suit or change their attire before they are permitted to participate further in the swimming competition. The referee(s), coach(s), or athlete(s) have the right to request a review by which the meet jury will convene.</p>
RESTRICTIONS	<p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.</p> <ul style="list-style-type: none"> • Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. • No glass containers are allowed in the meet venue. • 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.
DIRECTIONS	

Slower Than BB

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Slower Than		Saturday AM Session 1			Slower Than	
Girls			Event	Boys		
	SCY	LCM		LCM	SCY	
1	-	-	11-12 200 Freestyle Relay	-	-	2
-	-	-	13&O 200 Medley Relay	-	-	3
4	2:43.99	3:10.19	11-12 200 Backstroke	3:06.49	2:40.29	5
-	-	-	13&O 200 Backstroke	2:49.69	2:25.89	6
7	34.09	38.29	11-12 50 Butterfly	38.69	34.19	8
-	-	-	13&O 100 Breaststroke	1:28.09	1:15.59	9
10	1:08.29	1:18.49	11-12 100 Freestyle	1:15.69	1:05.89	11
12	2:47.79	3:11.49	11-12 200 Individual Medley	3:09.29	2:44.19	13
-	-	-	13&O 200 Individual Medley	2:51.99	2:28.59	14
15	35.59	41.19	11-12 50 Backstroke	40.89	35.29	16
-	-	-	13 & Over 100 Freestyle	1:09.99	1:00.89	17
18	2:47.89	3:10.19	11-12 200 Butterfly	3:07.69	2:43.99	19
-	-	-	13 & Over 200 Butterfly	2:49.19	2:26.99	20
21	1:27.39	1:41.39	11-12 100 Breaststroke	1:38.49	1:25.49	22

Slower Than		Saturday PM Session 3			Slower Than	
Girls			Event	Boys		
	SCY	LCM		LCM	SCY	
26	-	NQT	10 & Under 200 Freestyle Relay	-	-	27
28	-	NQT	13&O 200 Medley Relay	-	-	-
29	1:39.09	1:52.99	10 & Under 100 Butterfly	1:51.39	1:37.99	30
31	2:35.39	2:59.39	13&O 200 Backstroke	-	-	-
32	41.89	48.89	10 & Under 50 Backstroke	49.19	42.39	33
34	1:22.39	1:34.99	13&O 100 Breaststroke	-	-	-
35	3:15.59	3:43.19	10 & Under 200 Individual Medley	3:40.79	3:13.19	36
37	2:39.19	3:03.39	13&O 200 Individual Medley	-	-	-
38	1:19.99	1:31.49	10 & Under 100 Freestyle	1:30.29	1:18.79	39
40	1:05.79	1:15.39	13&O 100 Freestyle	-	-	-
41	47.49	53.99	10 & Under 50 Breaststroke	53.29	46.59	42
43	2:37.89	2:59.49	13&O 200 Butterfly	-	-	-

Slower Than		Saturday AM Session 2			Slower Than	
23	5:56.79	6:48.29	11-12 400 Individual Medley	6:39.39	5:46.39	24
-	-	-	13 & Over 400 Individual Medley	6:04.69	5:17.39	25

Slower Than		Saturday PM Session 4			Slower Than	
44	5:39.69	6:27.59	13 & Over 400 Individual Medley	-	-	-

Slower Than		Sunday AM Session 5			Slower Than	
Girls			Event	Boys		
	SCY	LCM		LCM	SCY	
45	-	-	11-12 200 Medley Relay	-	-	46
-	-	-	13&O 200 Freestyle Relay	-	-	47
48	1:18.29	1:28.49	11-12 100 Butterfly	1:26.29	1:16.49	49
-	-	-	13&O 200 Freestyle	2:32.29	2:12.79	50
51	1:18.39	-	11-12 100 Individual Medley	-	1:14.99	52
-	-	-	13&O 100 Butterfly	1:15.49	1:06.39	53
54	39.99	45.49	11-12 50 Breaststroke	45.39	39.59	55
-	-	-	13&O 50 Freestyle	31.99	27.89	56
57	31.49	35.79	11-12 50 Freestyle	34.69	30.29	58
59	1:18.49	1:31.09	11-12 100 Backstroke	1:29.09	1:15.79	60
-	-	-	13&O 200 Breaststroke	3:11.59	2:45.59	61
62	2:29.69	2:50.39	11-12 200 Freestyle	2:45.19	2:24.59	63
-	-	-	13&O 100 Backstroke	1:18.29	1:06.89	64
65	3:08.59	3:36.09	11-12 200 Breaststroke	3:28.69	3:00.99	66

Slower Than		Sunday PM Session 7			Slower Than	
Girls			Event	Boys		
	SCY	LCM		LCM	SCY	
70	-	-	10 & Under 200 Medley Relay	-	-	71
72	-	-	13&O 200 Freestyle Relay	-	-	-
73	2:57.39	3:20.99	10 & Under 200 Freestyle	3:12.09	2:47.99	74
75	2:22.19	2:42.59	13&O 200 Freestyle	-	-	-
76	1:30.69	1:45.99	10 & Under 100 Backstroke	1:43.59	1:29.69	77
78	1:11.39	1:21.09	13&O 100 Butterfly	-	-	-
79	41.79	47.29	10 & Under 50 Butterfly	45.99	40.49	80
81	30.29	34.59	13&O 50 Freestyle	-	-	-
82	35.19	39.89	10 & Under 50 Freestyle	39.49	34.49	83
84	2:58.29	3:25.59	13&O 200 Breaststroke	-	-	-
85	1:44.99	2:01.49	10 & Under 100 Breaststroke	1:57.69	1:41.89	86
87	1:11.69	1:23.59	13&O 100 Backstroke	-	-	-
88	1:31.69	-	10 & Under 100 Individual Medley	-	1:29.39	89

Slower Than		Sunday AM Session 6			Slower Than	
67	6:38.39	5:56.49	11-12 500 Freestyle	5:48.69	6:27.49	68
-	-	-	13 & Over 500 Freestyle	5:24.09	5:58.99	69

Slower Than		Sunday PM Session 8			Slower Than	
90	7:35.49	6:51.09	10 & Under 500 Freestyle	6:44.59	7:26.99	91
92	6:20.09	5:40.89	13 & Over 500 Freestyle	-	-	-