



2021 MIDDLE ATLANTIC SWIMMING SENIOR CHAMPIONSHIP
APRIL 22 - 25, 2021

MEET HOST	KEYSTONE AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 21113 SR <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	TOM ESTEP AND BRIAN GUNN	E-MAIL: tostep@gdcit.com	PHONE: 717-372-1386
LOCATION	Pool name KEYSTONE AQUATICS CENTER Street address 103 MIDWAY DR City, state and zip CARLISLE, PA 17015 Day of meet ONLY emergency phone 717-372-1386		
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 Competitor Gold Medal 6" lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 240 Per State Order and spectator seating for 0 - NO Spectators. Parking 500 Hospitality Yes Snack bar No		
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 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	OME will open for entries into this meet on MARCH 8TH, 2021 OME can be accessed at www.usaswimming.org/ome		
ENTRY DEADLINE	OME will close at 2:00 PM EST APRIL 7TH, 2021 DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!!		
ENTRY FEES	Individual Events: \$10.00		Relay Events: \$20.00
ENTRY LIMITS	3 Individual Events per day (excluding relays).	2 Relays per day	MEET ENTRY LIMIT: 15
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 2021 USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration (athletes only) <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
ENTRY PROCEDURES	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. Entries will be accepted through 2:00 PM EST, APRIL 7, 2021.</p> <p>Qualifying times must have been achieved after SEPTEMBER 1, 2019. OME will open for entries into this meet on MARCH 8, 2021. OME can be accessed at www.usaswimming.org/ome . OME will close at 2:00 PM EST APRIL 7, 2021.</p> <p>For this meet the OME system will not process payment for entries. Keystone Aquatic Center will process all payments for meet entries accepted into meet. Keystone Aquatics accepts Visa, MasterCard or check (payable to Keystone Aquatics). At the check-out screen, please check the box that says "pay by check"</p> <p>Entry times will be taken from the SWIMS Database. Override times may be entered; however, all times not from SWIMS must be proven prior to the meet. Override times must have been achieved at a USA Swimming officially Sanctioned, Approved or Observed Meet. All override times must be proven.</p> <p>For an override time to be considered, the coach must email the meet director tostep@gdcit.com and provide the athlete's name, age, event description, the time achieved and the following information about the meet where the time was achieved:</p>		

	<ul style="list-style-type: none"> • The name of the meet • The date(s) of the meet • The sanction, approved or observed meet number for the meet, • A .pdf of the official results • A link to the official results • The event number at the meet <p>Without the above information override times will be rejected. Swimmers will not be permitted to swim with un-proven times, and will not be seeded into a pre-seeded event, but will be able to swim in the first heat if proven prior to the swim.</p> <p>Swimmers must enter their best time in an event. Times must be entered in the proper course in which achieved; converted times will not be accepted. Non-conforming (SCM and LCM) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <ul style="list-style-type: none"> • Entries sent with 'No Time' will be rejected! 		
MEET ENTRY CHAIR	TOM ESTEP	PHONE #: 717-372-1386 <i>(no calls before 9:00 AM or after 9:00 PM)</i>	
E-MAIL ENTRY FILES TO	TOMESTEP@GDCIT.COM		
MAIL CHECKS/ REPORTS	SCOTT ZACHARDA, 103 MIDWAY DR CARLISLE, PA 17105		
CHECKS PAYABLE TO	KEYSTONE AQUATICS		
OPERATIONAL RISK DIRECTOR	TRISH ESTEP	E-MAIL: trishestep1977@gmail.com	PHONE: 717-496-5747
OFFICIALS CONTACT	TBA	E-MAIL: TOMESTEP@GDCIT.COM	PHONE:

Session 1

Thursday Timed Finals

Warm Ups 5:00 PM Meet Starts 6:00 PM

FEMALE	EVENT	MALE
1	1650 Freestyle	2

Session 2

Friday Prelims

Warm Ups 6:30 AM Meet Starts 8:00 AM

	EVENT	MALE
	200 Free Relay	4
	200 Backstroke	6
	100 Breaststroke	8
	100 Freestyle	10
	400 IM	12

Session 3

Friday Prelims

Warm Ups 10:30 AM Meet Starts 12:00 PM

FEMALE	EVENT	
3	200 Free Relay	
5	200 Backstroke	
7	100 Breaststroke	
9	100 Freestyle	
11	400 IM	

Session 4
Friday Finals
Warmups 5:00 PM Meet Starts 6:00 PM

FEMALE	EVENT	MALE
5	200 Backstroke	6
7	100 Breaststroke	8
9	100 Freestyle	10
11	400 IM	12

Session 5
Saturday Prelims
Warm Ups 6:30 AM Meet Starts 8:00 AM

EVENT	EVENT	MALE
	200 Medley Relay	14
	50 Freestyle	16
	200 Breaststroke	18
	100 Butterfly	20
	500 Freestyle	22

Session 6
Saturday Prelims
Warm Ups 10:30 AM Meet Starts 12:00 PM

MALE	EVENT	EVENT
13	200 Medley Relay	
15	50 Freestyle	
17	200 Breaststroke	
19	100 Butterfly	
21	500 Freestyle	

Session 7
Saturday Finals
Warm Ups 5:00 PM Meet Starts 6:00 PM

FEMALE	EVENT	MALE
15	50 Freestyle	15
16	200 Breaststroke	17
18	100 Butterfly	19
20	500 Freestyle	21

Session 8
Sunday Prelims
Warm Ups 6:30 AM Meet Starts 8:00 AM

EVENT	EVENT	MALE
	1000 Freestyle	24
	200 IM	26
	200 Butterfly	28
	100 Backstroke	30
	200 Freestyle	32

Session 9
 Sunday Prelims
 Warm Ups 10:30 AM Meet Starts 12:00 PM

FEMALE	EVENT	
23	1000 Freestyle	
25	200 IM	
27	200 Butterfly	
29	100 Backstroke	
31	200 Freestyle	32

Session 10
 Sunday Finals
 Warm Ups 5:00 PM Meet Starts 6:00 PM

FEMALE	EVENT	MALE
23	1000 Freestyle	24
25	200 IM	26
27	200 Butterfly	28
29	100 Backstroke	30
31	200 Freestyle	32

2021 Short Course Senior Championships
 Qualifying Times & Consideration Times
 September 1, 2019 – March 31, 2021

Auto SCY	Auto LCM	Cons SCY	Cons LCM	Event	Auto SCY	Auto LCM	Cons SCY	Cons LCM
:23.39	:26.89	:25.29	:29.09	50 Freestyle	:20.79	:24.29	:22.49	:26.29
:50.69	:58.19	:54.79	1:02.89	100 Freestyle	:45.39	:52.89	:49.09	:57.19
1:49.29	2:04.99	1:58.09	2:14.99	200 Freestyle	1:39.39	1:55.69	1:47.39	2:04.99
4:53.09	4:23.79	5:16.59	4:44.89	400/500 Freestyle	4:30.49	4:05.29	4:52.19	4:24.99
10:03.59	9:03.49	10:51.89	9:46.99	800/1000 Freestyle	9:25.49	8:33.79	10:10.79	9:14.89
16:46.19	17:20.49	18:06.69	18:43.79	1500/1650 Freestyle	15:46.99	16:14.99	17:02.79	17:32.99
:55.79	1:05.19	1:00.29	1:10.49	100 Backstroke	:49.99	:58.89	:53.99	1:03.69
2:00.99	2:20.39	2:10.69	2:31.69	200 Backstroke	1:49.99	2:08.99	1:58.79	2:19.39
1:03.19	1:13.79	1:08.29	1:19.69	100 Breaststroke	:56.99	1:06.99	1:01.59	1:12.39
2:18.79	2:39.09	2:29.89	2:51.89	200 Breaststroke	2:04.59	2:25.79	2:14.59	2:37.49
:55.39	1:02.99	:59.89	1:08.09	100 Butterfly	:49.59	:57.09	:53.59	1:01.69
2:02.09	2:18.99	2:11.89	2:30.19	200 Butterfly	1:51.59	2:07.69	2:00.59	2:17.99
2:02.69	2:22.09	2:12.59	2:33.49	200 IM	1:50.79	2:09.79	1:59.69	2:20.19
4:22.39	5:00.99	4:43.39	5:25.09	400 IM	3:59.09	4:37.29	4:18.29	4:59.49

RELAY ENTRIES	EACH TEAM IS LIMITED TO 2 RELAYS IN EACH OF THE RELAY EVENTS. THERE ARE NO QUALIFYING TIMES FOR THESE EVENTS. RELAY ONLY SWIMMERS ARE NOT PERMITTED.
DECK ENTRIES	Deck Entries <input checked="" type="checkbox"/> will not be accepted <input type="checkbox"/> will be accepted at this meet 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 \$0 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 NOT ACCEPTED 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 checked="" type="checkbox"/> is <input 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 PRE-seeded with the exception of the event(s) noted below. Scratches will be taken the day of the meet. The meet program will be published on Meet Mobile. All events are Prelims/finals events with the exceptions being the 1000 and 1650 freestyle events. These distance event will be timed finals. The top 8 Seeds will swim at Finals. Relays will be swam during Finals.
AWARDS	High Point Awards will be given for each age group.
SCORING	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
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 NO SPECTATOR. Children under NO SPECTATORS admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	<p>There will be a cap of 200 Swimmers per session as our current capacity per State Recommendations is 240 people on the deck.</p> <p>There will be no spectators allowed inside the building. We will be streaming the event via YouTube or Facebook Live and the link will be sent out to all participating teams</p> <p>Anyone on Keystone Aquatics Center property must wear a FACE COVERING unless they are sitting inside their car. All participants must wear face coverings and comply with mandated social distancing and mass gathering rules. Any issues with the face covering mandate must be addressed with the Meet Referee prior to the start of the meet.</p> <p>Swimmers will be staged with their teams in assigned areas social distanced through the Natatorium at Keystone Aquatics Center. Unless actively swimming, all swimmers must abide by the FACE COVERING mandate.</p> <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 the next day of the meet. -Any swimmer qualifying for Finals 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 remaining events in the meet. This penalty does not apply to swimmers who are initially announced as alternates.</p> <p>Positive Check In: Positive Check In will be required for the 500 Free, 1000 Free, 1650 Free and 400 IM. 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.</p> <p>FINALS ORDER OF EVENTS: All Events will have an A, B and C final. With the C final swimming first, B final swimming second, followed by the A final.</p> <p>DISTANCE EVENT POLICIES: The 1650 and 1000 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. It needs to be someone already admitted onto the deck, whether that be another swimmer or volunteer. Please see the Meet Director the day of the meet if you are having problems obtaining a counter.</p> <p>All Relays will swim at Finals. Relays are Timed Finals and will be deck-seeded. All relays must positively check-in by the scratch deadline (5:30 pm on the day of the relay). Relay participants must be declared to the Admin</p>

	Referee (on Relay cards) one hour before the relay swims, but may be changed up to the time of the swim. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet, upon payment of the meet surcharge and submission of proof of 2021 registration.
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SESSION	WARM-UP TIMES	MEET STARTS
Morning Prelims	6:30 AM	8:00 AM
MID Day Prelims	10:30 AM	12:00 PM
Finals	5:00 PM	6:00 PM

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.
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COVID-19	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MIDDLE ATLANTIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>
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Meet Host’s Assumption of Risk Disclaimer	By attending or participating in this competition, you voluntarily assume all risks associated with exposures to COVID-19 and forever release and hold harmless USA Swimming, Middle Atlantic Swimming, Keystone Aquatics Center, Keystone Aquatics, and each of their Officers, Directors, Agents, Employees, or other representatives from any liability or claims including for personal injuries, death, disease, or property losses, or any other loss, including but not limited to claims of negligence, and give up any claims you make have to seek damages, whether known or unknown, foreseen, or unforeseen, in connection therewith.
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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</p>
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	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	The following rule will take effect SEPTEMBER 1, 2020. 102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed 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 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	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	From 81 North or South: Take Exit 47 for PA-34/Hanover St. Turn right onto PA-34 S/S Hanover St./Holly Pike. Continue to follow PA-34 S past Chili's Grill & Bar (on the left in 0.2 mi.) Turn left onto Midway Dr. Keystone Aquatics Center will be straight ahead.

ACCOMMODATIONS

Google Hotels near 103 Midway Drive Carlisle, PA