



**2022 LCM MA JUNIOR OLYMPICS  
JULY 21-24, 2022**

<b>MEET HOST</b>	GPAC		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 2218 AG <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>		
<b>MEET DIRECTOR</b>	MATTHEW SPRANG	<b>E-MAIL:</b> admingpac@gmail.com	<b>PHONE:</b> 609-221-0517
<b>LOCATION</b>	<b>Pool name</b> GCIT <b>Street address</b> 1360 TANYARD ROAD <b>City, state and zip</b> SEWELL, NJ 08080 <b>Day of meet ONLY emergency phone</b> 609-221-0517		
<b>FACILITY DESCRIPTION</b>	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado 6 timing system with a 8 line scoreboard and competitor lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 450. Parking 400 Hospitality yes Snack bar no		
<b>POOL CERTIFICATION</b>	The competition course <input checked="" type="checkbox"/> has <input type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
<b>WATER DEPTH</b>	The depth of the water at the start end of the pool is 12 feet and at the turn end is 5 feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	JUNE 11, 2022		
<b>ENTRY DEADLINE</b>	JULY 11, 2022 at 11:59 PM		
<b>ENTRY QUALIFYING PERIOD</b>	Times for entries much have been achieved on or after December 31, 2019		
<b>ENTRY FEES</b>	Individual Events: <b>\$15.00</b>	Relay Events: <b>\$25.00</b>	
<b>ENTRY LIMITs</b>	3 (11 & Over) /5 (10 & Under) Individual Events per day (excluding relays).	1 Relays per day	<b>MEET ENTRY LIMIT:</b> 10 (11-14); 15 (10 & Under)
<b>ELIGIBILITY</b>	All entrants must be registered members of USA Swimming. Age <b>as of the first day of the meet</b> determines eligibility. This meet is open to ALL MA REGISTERED AND QUALIFIED USA swimming registered swimmers.		
<b>ON-SITE REGISTRATION</b>	On-site registration (athletes only) <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded last. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted.</li> <li>• Entries must be submitted electronically in a format compatible with Hy Tek meet management software.</li> <li>• 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</li> <li>• Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use HYTEK's <a href="#">TM Lite</a> 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 <a href="#">here</a>.</li> <li>• <b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by July 14, 2022 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
<b>MEET ENTRY CHAIR</b>	MATTHEW SPRANG	<b>PHONE #:</b> 609-221-0517 (no calls before 9:00 AM or after 9:00 PM)	

<b>E-MAIL ENTRY FILES TO</b>	ADMINGPAC@GMAIL.COM		
<b>MAIL CHECKS/ REPORTS</b>	GPAC; PO BOX 293, SEWELL, NJ 08080		
<b>CHECKS PAYABLE TO</b>	GPAC		
<b>OPERATIONAL RISK DIRECTOR</b>	MATTHEW SPRANG	<b>E-MAIL:</b> admingpac@gmail.com	<b>PHONE:</b> 609-221-0517
<b>OFFICIALS CONTACT</b>	MA SWIMMING OFFICIALS COMMITTEE	<b>E-MAIL:</b> officials@maswim.org	<b>PHONE:</b>

**Session 1 - Thursday Evening**  
3:00 pm warm-up; 4:00 pm meet (swimmers must provide their own counter and timer)  
Events will be swum fastest to slowest, alternating heats girls/boys

GIRLS	EVENT	BOYS
1	11-15 1500 Freestyle	2

**Session 2 - Friday 13-14 Prelims**  
7:00 am warm-up; 8:00 am meet

GIRLS	EVENT	BOYS
5	13-14 200 Freestyle	6
9	13-14 100 Breaststroke	10
13	13-14 100 Butterfly	14
17	13-14 400 Medley Relay	18
21	13-14 400 IM	22

**Session 3: Friday 11-12 Prelims & 10 & Under Timed Finals**  
Warm-up 11:00 am; Meet 12:00 pm

GIRLS	EVENT	BOYS
13	11-12 200 Freestyle	14
15	10 & Under 100 Freestyle	16
17	11-12 50 Backstroke	18
19	10 & Under 50 Breaststroke	20
21	11-12 100 Breaststroke	22
23	10 & Under 200 IM	24
25	11-12 100 Butterfly	26
27	10 & Under 200 Medley Relay	28
29	11-12 400 Medley Relay	30
31	11-12 400 IM	32

**Session 4: Friday Finals**  
Warm-up 4:00 pm; Meet 5:00 pm

GIRLS	EVENT	BOYS
11	13-14 400 IM	12
13	11-12 200 Freestyle	14
3	13-14 200 Freestyle	4
17	11-12 50 Backstroke	18
5	13-14 100 Breaststroke	6
21	11-12 100 Breaststroke	22
7	13-14 100 Butterfly	8
25	11-12 100 Butterfly	26

**Session 5 - Saturday 13-14 Prelims**  
7:00 am warm-up; 8:00 am meet

GIRLS	EVENT	BOYS
35	13-14 200 Backstroke	36
39	13-14 50 Freestyle	40
43	13-14 200 Butterfly	44
47	13-14 400 Freestyle Relay	48
51	13-14 400 Freestyle	52

**Session 6: Saturday 11-12 Prelims, 10 & Under Timed Finals**  
Warm-up 11:00 am; Meet 12:00 pm

GIRLS	EVENT	BOYS
43	11-12 200 Backstroke	44
45	10 & Under 100 Backstroke	46
47	11-12 50 Freestyle	48
49	10 & Under 50 Butterfly	50
51	11-12 50 Breaststroke	52
53	10 & Under 100 Breaststroke	54
55	11-12 200 Butterfly	56
57	10 & Under 200 Freestyle	58
59	11-12 400 Freestyle Relay	60
61	10 & Under 200 Freestyle Relay	62
63	11-12 400 Freestyle	64

**Session 7: Saturday Finals**  
Warm-up 4:00 pm; Meet 5:00 pm

GIRLS	EVENT	BOYS
41	13-14 400 Freestyle	42
43	11-12 200 Backstroke	44
33	13-14 200 Backstroke	34
47	11-12 50 Freestyle	48
35	13-14 50 Freestyle	36
51	11-12 50 Breaststroke	52
37	13-14 200 Butterfly	38
55	11-12 200 Butterfly	56

**Session 8 - Sunday 13-14 Prelims**

7:00 am warm-up; 8:00 am meet

GIRLS	EVENT	BOYS
67	13-14 100 Freestyle	68
71	13-14 100 Backstroke	72
75	13-14 200 Breaststroke	76
79	13-14 200 IM	80
83	13-14 800 Freestyle Relay	84

**Session 9: Sunday 11-12 Prelims; 10 & Under Timed Finals**

Warm-up 11:00 am; Meet 12:00 pm

GIRLS	EVENT	BOYS
75	11-12 100 Freestyle	76
77	10 & Under 50 Backstroke	78
79	11-12 50 Butterfly	80
81	10 & Under 50 Freestyle	82
83	11-12 200 Breaststroke	84
85	10 & Under 100 Butterfly	86
87	11-12 200 IM	88
89	11-12 100 Backstroke	90
91	10 & Under 400 Freestyle Relay	92
93	11-12 200 Freestyle Relay	94
95	10 & Under 400 Freestyle	96

**Session 10: Sunday Finals**

Warm-up 4:00 pm; Meet 5:00 pm

GIRLS	EVENT	BOYS
75	11-12 100 Freestyle	76
65	13-14 100 Freestyle	66
79	11-12 50 Butterfly	80
67	13-14 100 Backstroke	68
83	11-12 200 Breaststroke	84
69	13-14 200 Breaststroke	70
87	11-12 200 IM	88
71	13-14 200 IM	72
89	11-12 100 Backstroke	90

BONUS EVENTS: Swimmers will be eligible to enter bonus events under the following conditions:

- A swimmer qualifying for 1 individual event may enter to compete in up to 3 total bonus events, if the time standards are met.
- A swimmer qualifying for 2 individual events may enter to compete in up to 2 total bonus events, if the time standards are met.
- A swimmer qualifying for 3 individual events may enter to compete in up to 1 total bonus events, if the time standards are met.
- For 50's: The existing time standard + (1) second
- For 100's: The existing time standard + (1) second
- For 200's: The existing time standard + (2) seconds
- For the 400's: The existing time standard +(4) seconds

**Middle Atlantic Swimming**  
2022 LCM JUNIOR OLYMPIC TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.69	29.09	26.09	50 Free	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 Free	53.09	59.19	1:00.19
2:18.69	2:15.89	2:02.49	200 Free	1:56.29	2:09.19	2:11.89
4:52.59	4:47.29	5:28.29	500 Free	5:14.79	4:33.79	4:40.89
10:04.89	9:51.89	11:25.89	1000 Free	11:04.99	9:41.99	9:53.19
19:37.59	19:03.79	19:19.19	1650 Free	18:34.49	18:23.99	18:56.49
1:12.89	1:10.69	1:03.59	100 Back	1:00.39	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 Back	2:11.99	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 Breast	1:08.39	1:17.39	1:19.09
2:59.99	2:57.69	2:39.69	200 Breast	2:31.69	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 Fly	59.59	1:06.89	1:07.89
2:43.09	2:41.49	2:24.89	200 Fly	2:17.19	2:33.99	2:35.59
NA	NA	NA	100 IM	NA	NA	NA
2:38.49	2:34.29	2:18.99	200 IM	2:11.19	2:26.69	2:30.69
5:43.49	5:33.99	4:59.19	400 IM	4:44.59	5:19.19	5:28.19
LCM	SCM	SCY	11-12	SCY	SCM	LCM
30.99	30.49	27.29	50 Free	27.29	30.49	31.09
1:08.29	1:07.09	59.99	100 Free	59.99	1:06.59	1:07.79
2:27.99	2:24.99	2:09.89	200 Free	2:10.79	2:24.79	2:27.69
5:12.29	5:03.89	5:49.39	500 Free	5:49.99	5:03.99	5:12.29
10:47.59	10:34.99	12:15.09	1000 Free	12:07.59	10:27.59	10:39.99
21:05.09	20:29.89	20:45.89	1650 Free	20:30.99	20:02.59	20:38.29
36.59	35.39	31.59	50 Back	31.79	35.29	36.49
1:17.79	1:15.49	1:07.39	100 Back	1:08.29	1:16.79	1:18.09
2:48.69	2:44.39	2:26.79	200 Back	2:29.79	2:46.99	2:51.39
40.59	39.59	35.49	50 Breast	35.99	39.99	40.99
1:28.29	1:26.39	1:17.39	100 Breast	1:19.09	1:28.49	1:30.49
3:12.29	3:09.89	2:49.99	200 Breast	2:52.69	3:11.89	3:14.29
34.69	33.69	29.89	50 Fly	29.99	33.39	34.39
1:17.29	1:16.09	1:07.69	100 Fly	1:08.79	1:16.59	1:17.69
3:01.79	2:59.99	2:39.99	200 Fly	2:39.99	2:57.59	2:59.39
NA	NA	NA	100 IM	NA	NA	NA
2:49.99	2:45.59	2:28.09	200 IM	2:28.59	2:45.19	2:49.69
6:07.19	5:57.09	5:20.29	400 IM	5:21.99	5:58.69	6:08.89
LCM	SCM	SCY	10&U	SCY	SCM	LCM
35.99	35.39	31.59	50 Free	31.29	34.99	35.69
1:18.89	1:17.59	1:09.99	100 Free	1:09.99	1:17.59	1:18.89
2:51.59	2:48.09	2:31.89	200 Free	2:32.39	2:48.69	2:52.19
6:04.09	5:54.29	6:47.99	500 Free	6:48.99	5:54.79	6:04.59
42.09	40.79	36.59	50 Back	36.59	40.79	42.09
1:32.69	1:29.89	1:20.99	100 Back	1:20.99	1:29.89	1:32.69
48.39	47.19	42.59	50 Breast	42.79	47.39	48.59
1:44.39	1:41.99	1:31.39	100 Breast	1:32.29	1:42.59	1:44.79
40.39	39.29	35.19	50 Fly	35.19	39.29	40.39
1:35.59	1:34.09	1:23.99	100 Fly	1:24.39	1:33.69	1:35.09
NA	NA	NA	100 IM	NA	NA	NA
3:17.39	3:12.59	2:53.99	200 IM	2:54.99	3:13.49	3:18.29

<b>DECK ENTRIES</b>	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 _____ 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 _____ before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	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. PROOF DONE THROUGH OME Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
<b>SEEDING</b>	This meet will be pre-seeded with the exception of the event(s) noted below. 1500 Free, 400 Free, 400 IM
<b>SCRATCH RULES</b>	<p>ANY SWIMMER WHO DOES NOT SWIM A PRE-SEEDED PRELIMINARY OR PRE-SEEDED 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. SWIMMERS MAY TAKE A DFS IN A TIMED FINAL EVENT. EXCEPT THOSE SEEDED INTO THE TOP EIGHT OF THE 1000/1650 FREE ON SUNDAY.</p> <p>ANY SWIMMER WHO QUALIFIES FOR FINALS IN A PRELIMINARY/FINALS EVENT AND DOES NOT REPORT FOR AND SWIM THE FINALS WILL BE BARRED FROM THE REST OF THE MEET (INCLUDING RELAYS) UNLESS THE SWIMMER HAS SCRATCHED, OR INDICATED THEIR POSSIBLE INTENTION TO SCRATCH, TO THE ADMIN REFEREE WITHIN THIRTY (30) MINUTES OF THE ANNOUNCEMENT OF THE PRELIMINARY RESULTS. SWIMMERS DECLARING POSSIBLE INTENTION MUST CONFIRM THEIR INTENTION TO SCRATCH WITHIN THIRTY (30) MINUTES OF THE ANNOUNCEMENT OF THE RESULTS OF THAT SWIMMER'S LAST INDIVIDUAL EVENT AT THE PRELIMINARY SESSION OR THEY WILL BE SEEDED INTO THE EVENT AND EXPECTED TO SWIM. SWIMMERS WHO ARE INITIALLY ANNOUNCED AS ALTERNATES (OR LOWER) FOR THE FINALS WILL NOT BE SO PENALIZED</p> <p>A \$50 FINE WILL BE IMPOSED ON ANY MA SWIMMER WHO QUALIFIES FOR FINALS ON THE LAST NIGHT (OR LAST DAY OF COMPETITION FOR THAT SWIMMER) AND THEN DOES NOT COMPETE IN THAT EVENT, UNLESS SUCH SWIMMER HAS APPROPRIATELY SCRATCHED OR IS OTHERWISE EXCUSED FROM THE EVENT.</p>
<b>AWARDS</b>	<p>Individual events: Medals for 1st-8th place      Relays: Medals for 1st-3rd place</p> <p>Trophies will be presented to the Team scoring the most overall combined points, and to the highest scoring Girls and Boys Team.</p> <p>A High Point award will be presented to the highest scoring individual Girl and Boy in each age group</p>
<b>SCORING</b>	<p>Scoring for Individual events will be (1st thru 16th place): 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p> <p>Relay points are double those for individual events.</p>
<b>PROGRAMS AND ADMISSION</b>	<p>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.</p> <p>Admission is \$5 per session, no charge to attend finals. All ticket sales will be done online, no cash at the door. .</p> <p>Children under 10 admitted free. Those working in a posted volunteer position will receive free admission to that session.</p>
<b>MISCELLANEOUS</b>	<p>All Thursday events will be timed finals  All relays will be timed finals and swim during prelims  The 11-12 400 Free and 400 IM will be timed finals with all heats swimming with prelims  The 13-14 400 Free and 400 IM will be timed finals with the fastest heat of girls and the fastest heat of boys swimming during the final's session</p> <p>A/B/C Final for all 13-14 events 50/100/200 meters in length  A/B/C Final for all 11-12 events 50/100 meters in length  A/B Final for all 11-12 events 200 meters in length</p> <p>All 10 &amp; Under events are timed finals</p> <p>Swimmers who have achieved the 2022 SCY MA Junior Olympic Time Standard in the 800 freestyle in their respective age group, but do not have the 1500 freestyle qualifying time, may enter the 1500 freestyle with their 800 freestyle time. These entries will be seeded last, after any swimmers seeded with non-conforming 1500 qualifying times.</p> <p>Teams may enter any number of relays in those events, however only the A &amp; B relays will be eligible to score points and all other relays will be seeded as exhibition BEFORE the event is contested.</p>

--	--

SESSION	WARM-UP TIMES	MEET STARTS
1: Thursday 1500	3:00 pm	4:00 pm
2/6/10: 13-14 Prelims	7:00 am	8:00 am
3/7/11: 11-12 Prelims	10:45 am	11:45 am
4/8/12: 10 & Un Timed Finals	2:40 pm	3:40 pm
5/9/13: 11-14 Finals	5:00 pm	6:00 pm
<b>WARM-UP INFORMATION</b>	<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>	
<b>COVID-19</b>	<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 [THE LSC] 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>	
<b>MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER</b>	<p>GPAC and GCIT have taken enhanced health and safety measures. You must follow all posted instructions while at GCIT. 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 guests with underlying medical conditions are especially vulnerable. By visiting GCIT and participating in this meet hosted by GPAC, you voluntarily assume all risks related to exposure to COVID-19.</p>	
<b>ATHLETE PROTECTION (MAAPP)</b>	<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>	
<b>DECK PRIVILEGES</b>	<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>	

<b>TECH SUIT POLICY</b>	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.
<b>RACING START CERTIFICATION</b>	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. <b>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.</b>
<b>QUALIFYING TIMES</b>	Qualifying Times (if applicable) are shown on the attached Meet Structure
<b>MEET/DECK REFEREE</b>	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 <b>any</b> issues that arise that day during the course of the meet.
<b>MEET MARSHALS</b>	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.
<b>RULES:</b>	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.  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/  <b>No unauthorized personnel will be allowed on the pool deck.</b> 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
<b>DISABLED SWIMMERS</b>	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.
<b>PROTESTS</b>	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
<b>PHOTOGRAPHY</b>	<b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b> 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.
<b>DRONES</b>	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.
<b>DECK CHANGING</b>	Deck changes are prohibited.
<b>DIRECTIONS</b>	Please use 1360 Tanyard Road, Sewell, NJ 08080 in your GPS device to receive directions to the facility
<b>ACCOMMODATIONS</b>	Numerous accommodations are available by using "Deptford, NJ" in any of the available online hotel search sites.



