

**KEYSTONE AQUATICS  
KA-LAC-ARENA HOLIDAY CUP  
DECEMBER 9TH - 12TH, 2021**

<b>MEET HOST</b>	KEYSTONE AQUATICS		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 2217 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>		
<b>MEET DIRECTOR</b>	TOM ESTEP/ADREINE MELLINGER	<b>E-MAIL:</b> tostep@gdcit.com	<b>PHONE:</b> 717-372-1386
<b>LOCATION</b>	<b>Pool name</b> KEYSTONE AQUATICS CENTER <b>Street address</b> 103 MIDWAY DR <b>City, state and zip</b> CARLISLE, PA 17015 <b>Day of meet ONLY emergency phone</b> 717-372-1386		
<b>FACILITY DESCRIPTION</b>	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 1000 and spectator seating for 500. Parking 500 Hospitality Yes Snack bar Yes		
<b>POOL CERTIFICATION</b>	The competition course <input type="checkbox"/> has <input checked="" 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 8 feet and at the turn end is 8 feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	SEPTEMBER 1ST, 2021		
<b>ENTRY DEADLINE</b>	NOVEMBER 17TH, 2021 <b>at 11:59 PM</b>		
<b>ENTRY FEES</b>	Individual Events: <b>\$10.00</b>		Relay Events: <b>\$20.00</b>
<b>ENTRY LIMITS</b>	3 Individual Events per day (excluding relays).	1 Relays per day	<b>MEET ENTRY LIMIT:</b> 13
<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 9 & OVER 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 after all of the yards seed times. 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 December 8th, 2021 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
<b>MEET ENTRY CHAIR</b>	TOM ESTEP	<b>PHONE #:</b> 717-372-1386 (no calls before 9:00 AM or after 9:00 PM)	
<b>E-MAIL ENTRY FILES TO</b>	TOMESTEP@GDCIT.COM		
<b>MAIL CHECKS/ REPORTS</b>	SCOTT ZACHARDA, 103 MIDWAY DR CARLISLE, PA 17015		
<b>CHECKS PAYABLE TO</b>	KEYSTONE AQUATICS		
<b>OPERATIONAL RISK DIRECTOR</b>	TRISH ESTEP	<b>E-MAIL:</b> trishstep1977@gmail.com	<b>PHONE:</b> 717-496-5747
<b>OFFICIALS CONTACT</b>	SEAN MELLINGER	<b>E-MAIL:</b> sean.mellinger@gmail.com	<b>PHONE:</b> 717-725-6099

**Session 1**  
Thursday Distance  
Warmups 4:30 PM Meet Starts 5:30 PM

GIRLS	EVENT	BOYS
1	13 & Over 1650 Freestyle	2

**Session 2**  
 Friday Prelims  
 Warmups 6:30 AM Meet Starts 8:00 AM

GIRLS	EVENT	BOYS
3	13-14 200 Butterfly	4
5	15 & Over 200 Butterfly	6
7	13-14 200 Freestyle	8
9	15 & Over 200 Freestyle	10
11	13-14 100 Breaststroke	12
13	15 & Over 100 Breaststroke	14
15	13-14 400 IM	16
17	15 & Over 400 IM	18
19	13-14 200 Freestyle Relay	20
21	15 & Over 200 Freestyle Relay	22

**Session 3**  
 Friday Prelims/Timed Finals  
 Warmups 12:00 PM Meet Starts 1:30 PM

GIRLS	EVENT	BOYS
23	11-12 50 Butterfly	24
25	9-10 100 Butterfly	26
27	11-12 100 Freestyle	28
29	9-10 200 Freestyle	30
31	11-12 100 Breaststroke	32
33	9-10 50 Breaststroke	34
35	10 & Under 200 Freestyle Relay	36
37	11-12 200 Freestyle Relay	38
39	11-12 500 Freestyle	40

**Session 4**  
 Friday Finals  
 Warmups 4:30 PM Meet Starts 5:30 PM

GIRLS	EVENT	BOYS
23	11-12 50 Butterfly	24
3	13-14 200 Butterfly	4
5	15 & Over 200 Butterfly	6
27	11-12 100 Freestyle	28
7	13-14 200 Freestyle	8
9	15 & Over 200 Freestyle	10
31	11-12 100 Breaststroke	32
11	13-14 100 Breaststroke	12
13	15 & Over 100 Breaststroke	14
39	11-12 500 Freestyle	40
15	13-14 400 IM	16
17	15 & Over 400 IM	18

**Session 5**  
 Saturday Prelims  
 Warmups 6:30 AM Meet Starts 8:00 AM

GIRLS	EVENT	BOYS
41	15 & Over 100 Freestyle	42
43	13-14 100 Freestyle	44
45	15 & Over 200 Breaststroke	46
47	13-14 200 Breaststroke	48
49	15 & Over 200 Backstroke	50
51	13-14 200 Backstroke	52
53	13 & Over 500 Freestyle	54
55	13-14 400 Medley Relay	56
57	15 & Over 400 Medley Relay	58

**Session 6**  
 Saturday Prelims/Timed Finals  
 Warmups 12:00 PM Meet Starts 1:30 PM

GIRLS	EVENT	BOYS
59	11-12 200 Freestyle	60
61	9-10 50 Freestyle	62
63	11-12 50 Breaststroke	64
65	9 -10 100 Breaststroke	66
67	11-12 100 Backstroke	68
69	9-10 50 Backstroke	70
71	11-12 100 IM	72
73	9-10 200 IM	74
75	10 & Under 200 Medley Relay	76
77	11 - 12 200 Medley Relay	78

**Session 7**  
 Saturday Finals  
 Warmups 4:30 PM Meet Starts 5:30 PM

GIRLS	EVENT	BOYS
41	15 & Over 100 Freestyle	42
43	13-14 100 Freestyle	44
59	11-12 200 Freestyle	60
45	15 & Over 200 Breaststroke	46
47	13-14 200 Breaststroke	48
63	11-12 50 Breaststroke	64
49	15 & Over 200 Backstroke	50
51	13-14 200 Backstroke	52
67	11-12 100 Backstroke	68
53	13 & Over 500 Freestyle	54
71	11-12 100 IM	72

**Session 8**  
 Sunday Prelims  
 Warmups 6:30 AM Meet Starts 8:00 AM

GIRLS	EVENT	BOYS
79	15 & Over 50 Freestyle	80
81	13-14 50 Freestyle	82
83	15 & Over 200 IM	84
85	13-14 200 IM	86
87	15 & Over 100 Backstroke	88
89	13-14 100 Backstroke	90
91	15 & Over 100 Butterfly	92
93	13-14 100 Butterfly	94
95	13-14 400 Freestyle Relay	96
97	15 & Over 400 Freestyle Relay	98
99	13 & Over 1000 Freestyle	100

**Session 9**  
 Sunday Prelims/Timed Finals

GIRLS	EVENT	BOYS
101	11-12 50 Freestyle	102
103	9-10 100 Freestyle	104
105	11-12 200 IM	106
107	9-10 100 IM	108
109	11-12 50 Backstroke	110
111	9-10 100 Backstroke	112
113	11-12 100 Butterfly	114
115	9-10 50 Butterfly	116
117	11-12 400 Freestyle Relay	118
119	10 & Under 400 Freestyle Relay	120

**Session 10**  
 Sunday Finals  
 Warmups 4:30 PM Meet Starts 5:30 PM

GIRLS	EVENT	BOYS
79	15 & Over 50 Freestyle	80
81	13-14 50 Freestyle	82
101	11-12 50 Freestyle	102
83	15 & Over 200 IM	84
85	13-14 200 IM	86
105	11-12 200 IM	106
87	15 & Over 100 Backstroke	88
89	13-14 100 Backstroke	90
109	11-12 50 Backstroke	110
91	15 & Over 100 Butterfly	92
93	13-14 100 Butterfly	94
113	11-12 100 Butterfly	114
99	13 & Over 1000 Freestyle	100

**QUALIFYING TIMES**

Girls			9-10	Boys		
SCY	LCM	SCM		SCY	LCM	SCM
32.09	36.39	35.19	<b>50 Free</b>	32.39	36.69	35.69
1:11.59	1:21.19	1:18.89	<b>100 Free</b>	1:11.79	1:21.39	1:18.59
2:37.09	2:58.39	2:52.79	<b>200 Free</b>	2:37.29	2:58.99	2:53.19
38.09	43.89	42.89	<b>50 Back</b>	38.29	44.09	43.09
1:21.79	1:32.79	1:30.39	<b>100 Back</b>	1:21.59	1:32.99	1:30.09
42.29	48.09	46.49	<b>50 Breast</b>	42.59	48.39	46.69
1:32.39	1:45.79	1:42.09	<b>100 Breast</b>	1:32.59	1:45.99	1:42.59
36.69	41.09	40.49	<b>50 Fly</b>	36.89	41.29	40.69
1:25.29	1:36.29	1:34.19	<b>100 Fly</b>	1:25.79	1:36.49	1:34.39
1:21.39	NA	1:29.89	<b>100 IM</b>	1:21.99	NA	1:30.49
2:54.19	3:18.59	3:12.39	<b>200 IM</b>	2:55.19	3:19.39	3:12.99
Girls			11-12	Boys		
SCY	LCM	SCM		SCY	LCM	SCM
29.09	33.19	32.19	<b>50 Free</b>	27.89	32.09	30.79
1:03.09	1:12.49	1:09.79	<b>100 Free</b>	1:00.89	1:09.89	1:07.39
2:18.19	2:37.29	2:32.79	<b>200 Free</b>	2:13.49	2:32.49	2:27.99
6:07.79	5:29.09	5:21.99	<b>500 Free</b>	5:57.69	5:21.89	5:12.99
32.89	37.99	37.29	<b>50 Back</b>	32.29	37.49	36.99
1:11.79	1:23.29	1:19.29	<b>100 Back</b>	1:09.29	1:21.49	1:17.49
36.89	41.99	41.29	<b>50 Breast</b>	36.19	41.59	40.79
1:20.39	1:33.39	1:29.09	<b>100 Breast</b>	1:18.39	1:30.39	1:27.09
31.49	35.39	34.99	<b>50 Fly</b>	31.19	35.29	34.79
1:11.49	1:20.79	1:19.09	<b>100 Fly</b>	1:09.59	1:18.59	1:17.09
1:11.09	NA	1:19.79	<b>100 IM</b>	1:09.09	NA	1:17.99
2:31.39	2:53.29	2:47.89	<b>200 IM</b>	2:30.89	2:53.89	2:47.39
Girls			13-14	Boys		
SCY	LCM	SCM		SCY	LCM	SCM
26.29	29.69	29.19	<b>50 Free</b>	24.99	28.49	27.69
57.09	1:05.39	1:04.19	<b>100 Free</b>	54.29	1:01.89	1:00.29
2:04.09	2:21.49	2:17.69	<b>200 Free</b>	1:58.89	2:13.19	2:11.99
5:31.99	4:53.99	4:47.59	<b>500 Free</b>	5:20.99	4:38.49	4:35.99
11:05.59	9:54.09	9:50.49	<b>1000 Free</b>	10:17.19	9:12.09	9:05.99
19:45.99	20:04.29	19:30.59	<b>1650 Free</b>	18:55.99	19:17.99	18:45.49
1:04.29	1:15.39	1:11.39	<b>100 Back</b>	1:01.79	1:12.29	1:08.89
2:19.99	2:41.99	2:35.59	<b>200 Back</b>	2:14.69	2:36.59	2:29.89
1:14.69	1:26.49	1:24.89	<b>100 Breast</b>	1:09.79	1:21.29	1:19.59
2:42.19	3:07.39	2:59.99	<b>200 Breast</b>	2:32.89	2:56.79	2:52.29
1:04.69	1:13.49	1:11.79	<b>100 Fly</b>	1:01.29	1:09.69	1:08.49
2:25.79	2:45.69	2:44.39	<b>200 Fly</b>	2:15.69	2:36.19	2:34.99
2:20.19	2:41.89	2:35.49	<b>200 IM</b>	2:14.19	2:35.79	2:28.09
5:01.49	5:44.69	5:33.99	<b>400 IM</b>	4:48.99	5:32.59	5:20.79

Girls			Senior	Boys		
SCY	LCM	SCM		SCY	LCM	SCM
25.99	29.99	28.69	<b>50 Free</b>	23.49	26.99	26.79
56.19	1:04.99	1:02.39	<b>100 Free</b>	50.89	57.69	56.89
1:59.09	2:16.99	2:12.69	<b>200 Free</b>	1:49.19	2:03.59	2:01.59
5:21.39	4:46.09	4:44.09	<b>500 Free</b>	4:58.59	4:25.19	4:23.19
11:05.59	9:54.09	9:50.49	<b>1000 Free</b>	10:17.19	9:12.09	9:05.99
19:45.99	20:04.29	19:30.59	<b>1650 Free</b>	18:55.99	19:17.99	18:45.49
1:03.79	1:14.59	1:11.09	<b>100 Back</b>	56.79	1:07.69	1:05.69
2:16.69	2:38.79	2:32.39	<b>200 Back</b>	2:05.29	2:26.59	2:23.39
1:13.39	1:24.79	1:22.89	<b>100 Breast</b>	1:05.09	1:15.89	1:16.09
2:38.29	3:01.89	2:57.49	<b>200 Breast</b>	2:21.89	2:45.79	2:42.49
1:02.69	1:11.59	1:10.09	<b>100 Fly</b>	56.49	1:05.29	1:04.19
2:21.99	2:41.09	2:37.99	<b>200 Fly</b>	2:06.79	2:24.99	2:22.09
2:17.09	2:37.39	2:34.59	<b>200 IM</b>	2:05.29	2:25.79	2:21.99
4:52.79	5:33.99	5:28.99	<b>400 IM</b>	4:28.79	5:10.99	5:03.49

<b>DECK ENTRIES</b>	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" 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 \$20 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 Director 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. 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. Scratches will be taken the day of the meet. The meet program will be published on Meet Mobile.  All 9-10 events will be swum as timed finals  All 11-12,13-14, and Senior events are Prelims/finals events with the exceptions being the Senior 1000 and 1650 freestyle event along with the 11-12 500 Freestyle. This distance event will be timed finals. The top 8 Seeds will swim at Finals. The Senior 1650 Freestyle will compete solely on Thursday night.
<b>AWARDS</b>	Individual awards will be given in each event for 1st through 8th place. Awards will be given out during Finals. Awards for Relays will be given out for the Top 3 Relays. Those Awards will be given out immediately after the races are officially scored in prelims. 10 & Under Awards will be given during their session as time permits.  A High Points award will be given per age group and gender at the end of the meet also. Scoring for this will be based upon individual events only.
<b>SCORING</b>	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
<b>PROGRAMS AND ADMISSION</b>	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 \$5 per session. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	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><b>BONUS EVENTS:</b> Swimmers will be eligible to enter bonus events under the following conditions:</p> <ul style="list-style-type: none"> <li>- A swimmer qualifying for 1 individual event may enter to compete in up to 3 total bonus events, if the bonus time standards are met.</li> <li>- A swimmer qualifying for 2 individual events may enter to compete in up to 2 total bonus events, if the bonus time standards are met.</li> <li>- A swimmer qualifying for 3 or more individual events may enter to compete in 1 total bonus event, if the bonus time standard is met.</li> <li>- Swimmers must still stay within the event maximum of 3 individuals per day. Bonus event time standards are as follows: <ul style="list-style-type: none"> <li>- For 50 and 100 distance events: The existing time standard plus 1 second.</li> <li>- For 200 distance events: The existing time standard plus 2 seconds.</li> <li>- For the 500 free and 400 IM: The existing time standard plus 5 seconds.</li> <li>- There will be no bonus entries for the 1000 free.</li> </ul> </li> </ul> <p><b>Positive Check In:</b> 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><b>FINALS ORDER OF EVENTS:</b> 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.</p> <p><b>DISTANCE EVENT POLICIES:</b> The 1000 free event will be conducted as a 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 and 1000 free swimmers are responsible for providing their own lap counters. The 1650 will be swam as a Timed Final event on Thursday night swam fastest to slowest and swimmers will be responsible for providing timers and lap counters for this session. The 11-12 500 Free will be a Timed Final Event. The top 8 Seeded swimmers will swim at Finals. The remaining swimmers will swim at Prelims and will swim Fastest to Slowest.</p>
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SESSION	WARM-UP TIMES	MEET STARTS
Morning Prelims	6:30 AM	8:00 AM
Afternoon Prelims/Timed Finals	12:00 PM	1:30 PM
Finals	4:30 PM	5:30 PM
Thursday Distance	4:30 PM	5:30 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>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>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>	

	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.
<b>Meet Host's Assumption of Risk Disclaimer</b>	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.
<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>	<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><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</p>
<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>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b></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>
<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>	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.
<b>ACCOMMODATIONS</b>	Google Hotels near 103 Midway Drive Carlisle, PA