



2020 MIDDLE ATLANTIC SWIMMING SENIOR CHAMPIONSHIP MARCH 26 - 29, 2020

MEET HOST	LANCASTER AQUATIC CLUB		
SANCTION	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 20156 SR and MA 20157 TT <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></p>		
MEET DIRECTOR	BEN DELIA	E-MAIL: BDELIA@FANDM.EDU	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	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 16 lanes for competition, a COLORADO timing system with a 16- line scoreboard for the competition pool and non-turbulent lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 500. Indoor facility with a possible 21-lane, 25-yard configuration.. Hospitality For Coaches and Officials Snack bar Will be available.		
POOL CERTIFICATION	The competition course <input checked="" type="checkbox"/> has <input type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start/turn end of the pool is 6-9 feet and at the turn end of the pool is 6-9 feet.		
EVENTS	This meet will be conducted in accordance with the schedule of events below.		
ENTRIES OPEN	FEBURARY 10 TH , 2020		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after September 1 ST , 2018		
ENTRY DEADLINE	ENTRIES WILL BE ACCEPTED THROUGH TUESDAY, MARCH 10 TH , 2020 at 11:59 PM		
ENTRIES FROM LAST CHANCE MEETS	<i>Entries will be accepted for swimmers qualifying in an event after the OME deadline. Last Chance entries must be achieved in a Middle Atlantic sanctioned meet after MARCH 10TH, 2020 and no later than 11:59 PM on MARCH 22ND, 2020. Updates to a previously qualified event will NOT be accepted. Last Chance entries must be in a Team Manager format and emailed by 2:00 PM on MARCH 23RD to Ben Delia at BDELIA@FANDM.EDU Note that OME will NOT be reopened for Last Chance entries.</i>		
MEET ENTRY FEES	Individual Events: \$7.00 Time Trials: \$15.00	Relay Events: \$14.00 Time Trials: \$20.00	Surcharge: \$5/swimmer (including relay only)
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 2020 USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. .		
ENTRY PROCEDURES	<ul style="list-style-type: none"> • 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. • Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded YLS . NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. <p>OME will open for entries on February 10th, 2020. OME can be accessed at www.usaswimming.org/ome</p> <p>For this meet the OME system will process payment by credit card. It will accept VISA, MasterCard, American Express and Discover Card. Upon payment, a confirmation e-mail providing a receipt and a summary of the events will be returned. Entries are not in the meet until payment has been processed. Payment by check is not an option.</p>		

	Entry times will be taken from the SWIMS Database only. Times must be entered in the proper course in which achieved; converted times will not be accepted. Swimmers with qualifying times in the Women's 1000 and Men's 1650 Free on Sunday may enter those events at the conforming time standard (SCY) provided they are entered in at least one other individual event on Sunday.		
MEET ENTRY CHAIR	BEN DELIA	PHONE #: 717-358-3897 <i>(no calls before 9:00 AM or after 9:00 PM)</i>	
ONLINE ENTRY	WWW.USASWIMMING.ORG/OME		
MAIL CHECKS/ REPORTS	BEN DELIA, 415 HARRISBURG AVE., LANCASTER, PA 17603		
SAFETY DIRECTOR	PAUL TAYLOR	E-MAIL: paul99dana@aol.com	PHONE: 717-358-3897
OFFICIALS CONTACT	TBA	E-MAIL: TBA	PHONE: TBA
SWIMMERS WITHOUT A COACH	SHOULD REPORT TO THE MEET DIRECTOR FOR ASSISTANCE.		

Thursday March 26th, 2020

WOMEN	EVENT	MEN
1	1650 Freestyle	
	1000 Freestyle	2

***Swimmers for the 1650 and 1000 Freestyle events on Thursday must provide their own timer and counter. All heats will swim fast to slow, alternating Women/Men. See the Seeding Section for additional details.**

Friday March 27th, 2020

WOMEN	EVENT	MEN
3	200 Freestyle Relay	4
5	200 Backstroke	6
7	100 Breaststroke	8
9	100 Freestyle	10
11	400 IM	12
13	800 Freestyle Relay	14

Saturday March 28th, 2020

WOMEN	EVENT	MEN
15	200 Medley Relay	16
17	200 Butterfly	18
19	50 Freestyle	20
21	200 Breaststroke	22
23	500 Freestyle	24
25	400 Freestyle Relay	24

Sunday March 29th, 2020

WOMEN	EVENT	MEN
27	1000 Freestyle	
	1650 Freestyle	28
29	100 Butterfly	30
31	200 IM	32
33	100 Backstroke	34
35	200 Freestyle	36
37	400 Medley Relay	38

****Swimmers for the 1000 and 1650 Freestyle events on Sunday must provide their own timer (except at Finals) and counter. The fastest heat of the Men's 1650 and the Women's 1000 will swim as the first event at Sunday's Finals; remaining heats will swim on Sunday afternoon with warm-up one hour before the scheduled start. The Sunday afternoon heats will swim slow-to-fast, alternating Women/Men. See the Seeding Section for additional details.**

Middle Atlantic Swimming

2020 SCY SENIOR CHAMPS TIME STANDARDS

GIRLS			OPEN	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	27.99	25.39	50 Free	22.69	25.09	26.29
1:01.69	59.69	54.89	100 Free	49.49	54.89	57.19
2:15.69	2:11.09	1:58.99	200 Free	1:48.99	1:59.99	2:05.19
4:55.29	4:39.79	5:19.99	500 Free	4:59.99	4:22.69	4:32.79
10:12.59	10:00.59	11:26.39	1000 Free	10:29.99	9:11.29	9:22.29
19:43.19	19:26.99	19:19.99	1650 Free	17:59.99	18:06.49	18:21.59
1:11.59	1:07.59	1:01.09	100 Back	55.99	1:01.29	1:04.69
2:32.89	2:25.49	2:13.09	200 Back	2:03.09	2:16.19	2:23.09
1:20.29	1:16.59	1:09.99	100 Breast	1:04.09	1:10.59	1:15.69
2:52.09	2:46.39	2:33.69	200 Breast	2:21.09	2:35.79	2:46.99
1:08.79	1:06.09	1:00.09	100 Fly	55.09	1:00.49	1:02.19
2:41.79	2:36.69	2:19.99	200 Fly	2:07.09	2:21.59	2:28.49
2:34.79	2:27.39	2:13.99	200 IM	2:03.39	2:17.79	2:25.59
5:28.29	5:21.89	4:49.99	400 IM	4:26.99	4:56.39	5:02.79

SESSION	WARM-UP TIMES	MEET STARTS
Thursday	4:30 PM	5:30 PM
Friday-Sunday Prelims	7:30 AM	9:00 AM
Friday-Saturday Finals	4:30 PM	5:30 PM
Sunday Finals	4:00 PM	5:00 PM
Sunday Distance	1 hour before the start of the earliest heat	TBA

Continuous Warm-up/Warm-down is available

MEET ADMINISTRATION	This Meet is sponsored and administered by Middle Atlantic Swimming. <u>MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET.</u> This requirement is necessary for the smooth running of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide assigned workers could cause penalties to be imposed on that Team's entries in the Meet or subsequent Meets
DECK ENTRIES / TIME TRIALS	Deck entries will not be accepted at this meet. Time Trials are open to swimmers entered in this meet in an individual or relay event. Time Trials will be scheduled at the conclusion of preliminary sessions based on time availability, at the discretion of the Meet Director and the Meet Referee. Swimmers wanting to swim a Time Trial should make that request to the Meet Director at any time during the meet. Swimmers are limited to two (2) individual event time trials for the meet. See Entry Fee section for cost. A Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer.
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. Overrides of times in OME need to provide proof of time. Proof should be submitted to the meet director prior to the meet. Acceptable form of proof is the page of the meet results with the USA Swimming sanction number, meet name, meet host, and the swimmer's name all highlighted. For any split times, please make sure the split is reflected in the results. Please do not send the entire meet file or html results. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic.
SEEDING	THIS MEET WILL BE ENTIRELY DECK-SEEDED. This meet is primarily a Prelim/Finals meet. Non-conforming times will be accepted and will be seeded according to USA Swimming procedures 207.11.7B. All individual events, except the 1000 and 1650 Freestyle events, will have a C-, B- and A-Final during the Finals session. For all Prelims/Finals individual events, swimmers are expected to scratch events that they do not intend to swim on the same or following meet days. The scratch box will be open on Thursday evening and will close at 8:00 am on each of the following days for events on those days. Swimmers may scratch at any time for the 'entire meet' or for subsequent day's events. Swimmers that have not scratched an event and then do not compete are subject to the penalties and procedures described below under 'Scratch Rule'. Positive check-in will be required to be seeded into the 1650/1000 Free on Thursday, the 1000/1650 Free on Sunday and all Relays. Positive check-in for the Thursday distance Free events will close at 5:00 pm on Thursday. Positive check-in for the Sunday distance Free events will close at 6:00 pm on Saturday. The Women's 1650/Men's 1000 Free events on Thursday evening will swim fast-to-slow, alternating Women/Men. The fastest heat of the Women's 1000 and the Men's 1650 Free will swim during the Finals session on Sunday; the other heats will swim in the afternoon, slow-to-fast, alternating Women/Men. The afternoon heats of the 1000/1650 on Sunday will be timed so that the last heat finishes just before the start of the Finals warm-up. Swimmers who have not checked in for the 1000/1650 Freestyle may swim the event by reporting to the Meet Referee prior to the start of the event. (Note: swimmers not checked in for the 1000/1650 will be limited to open lanes in the slowest heat.
RELAYS	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 on the day of the relay). Relay participants must be declared to the Admin 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 2020 registration.
DISTANCE EVENTS	Swimmers with qualifying times in the 1000 or the 1650 freestyle may enter that event using their fastest time, or may enter at the SCY time standard provided they are entered in a t least one other individual event on the day of the distance free event. Swimmers in the 1000 and the 1650 free events must provide their own timer and lap counter, except for timer at the finals session.
FINALS	THE FOLLOWING EVENTS ARE TIMED FINALS: 1000 FREE, 1650 FREE, AND ALL RELAYS. THE FASTEST HEAT OF THE WOMEN'S 1000 AND MEN'S 1650 FREE WILL SWIM AS THE FIRST EVENTS AT SUNDAY'S FINALS SESSION.

	ALL OTHER INDIVIDUAL EVENTS ARE PRELIMS/FINALS AND WILL QUALIFY A C-FINAL, B-FINAL, AND A-FINAL, SWUM IN THAT ORDER.												
SCRATCH RULES	<p>The Meet will be swum using modified scratch rules similar to those described in Section 207.11.6 of the USA Swimming Rules & Regulations. The meet will be entirely Deck Seeded; swimmers that do not intend to swim an event are urged to scratch from that event using the Scratch box as described under SEEDING.</p> <p>A. <u>Preliminary Heats</u>: Any swimmer that does not compete in a Prelims Individual event for which they have not scratched will be barred from further Individual events on that meet day, and will be required to positively check-in with the Admin Referee in order to swim an Individual event on a subsequent meet day. A Declared False Start (DFS) option is available at the Prelims sessions by declaring such with the Admin or Deck Referee at the designated time and manner.</p> <p>B. <u>Positive Check-in events</u>: Any swimmer that has positively checked-in to a deck-seeded (distance) event and then does not swim that event will be barred from their next Individual event in the meet. A DFS can be taken in these events after the positive check-in event has been seeded – except for the fastest heat of the event when scheduled to swim at Finals. Any Relay, including those swimming at Finals, may take a DFS if the relay are unable to compete.</p> <p>C. <u>Finals events</u>: Any swimmer that qualifies for one of the Finals heats (C-, B-, or A-Finals) in a Prelims/Finals event and then does not compete in that event at Finals will be barred from further competition in the meet (including relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the results of the Prelims results of that event. Swimmers initially declaring their possible intention to scratch must confirm such intention within thirty minutes of the announcement of the results of that swimmer's last individual event at the Prelims session; a swimmer who does not confirm their intention to scratch is assumed NOT to have scratched and will be seeded into the Finals event. Swimmers initially announced as Alternates for the Finals will not be so penalized.</p> <p>A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at the Finals session will be treated as a failure to compete and will be penalized as such.</p> <p>D. <u>Final day-of-meet Finals no-show rule</u>: Furthermore, a \$50 fine will be imposed on any Middle Atlantic swimmer who qualifies for Finals and fails to swim that event on the final day of the meet (or the final day for that particular swimmer) – unless that swimmer has appropriately scratched from the event or was originally listed as an Alternate (or lower) in the event. This fine also applies to the top eight (8) swimmers in the 1000- and 1650-Free events listed on the pre-meet psych sheet that positively check-in for that event and then do not compete.</p>												
AWARDS	There are no awards for individual or relay events. There will be High Point Awards for the top three (3) Women and top three (3) Men, the top Women's team, the top Men's team and the top team Combined.												
SCORING	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 Relay points are double those for individual events.												
BONUS SWIMS	<p>BONUS SWIMS: BONUS EVENTS WILL BE ALLOWED IN THIS MEET. THE BONUS TIME STANDARDS ARE THE 15-16 BB TIMES AND FASTER.</p> <p>BONUS SWIMS:</p> <table border="0"> <tr> <td># OF QUALIFIED SWIMS:</td> <td># OF BONUS SWIMS ALLOWED:</td> <td>MAX TOTAL # OF ENTRIES:</td> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>2</td> <td>1</td> <td>3</td> </tr> <tr> <td>3 OR MORE</td> <td>0</td> <td>QUALIFIED EVENTS ONLY</td> </tr> </table> <p>BONUS EVENTS MUST HAVE AN ENTRY TIME. NT ENTRIES WILL NOT BE ACCEPTED. BONUS EVENTS FOR DISTANCES 400 OR LONGER MUST HAVE AN ENTRY TIME WITHIN 1 SECOND PER 100 OF THE MEET QUALIFYING TIME.</p>	# OF QUALIFIED SWIMS:	# OF BONUS SWIMS ALLOWED:	MAX TOTAL # OF ENTRIES:	1	2	3	2	1	3	3 OR MORE	0	QUALIFIED EVENTS ONLY
# OF QUALIFIED SWIMS:	# OF BONUS SWIMS ALLOWED:	MAX TOTAL # OF ENTRIES:											
1	2	3											
2	1	3											
3 OR MORE	0	QUALIFIED EVENTS ONLY											
OFFICIALS	All certified Officials are welcome and encouraged to work at the Meet. Officials may use the online sign-up at: TBA Your help in making this Meet a success will be greatly appreciated. A determination on whether the meet will be an OQM for National certification will be made later.												

PROGRAMS AND ADMISSION	Admission is \$5 per session, with heat sheets \$10 for the entire meet . Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
WARM-UP INFORMATION	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. 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. 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules
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.
DECK PRIVILEGES	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. Only currently certified Officials that are also working the session are permitted on deck. Officials must present their current certification using their Deck Pass (USAS app on their smart phone) or a printed copy of their certification card that they print from OTS. Note that laminated certification cards will not be issued to Officials starting in 2016. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Coaches must present their current USA Swimming registration card and keep it visible on deck 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. Coaches and officials without proper credentials will not be permitted on the pool deck. Meet workers will be given identification tags to be worn on deck. THERE ARE NO EXCEPTIONS TO THIS RULE.
TECH SUIT POLICY	Beginning January 1, 2018, swimmers ten (10) years of age and younger may not compete in a ‘Tech suit’ at any Middle Atlantic sanctioned meet, including Mini-meets and Developmental meets. This restriction also applies to any swimmer age ten (10) years or younger that is competing in a ‘Senior’ designated event or other event for which there is no age restriction.
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 are shown in the event list tables.
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 with exception of a protest, which includes issues of conduct which may occur in the meet venue will be referred to the Meet Jury.
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:	This meet will be governed by current USA Swimming Rules. During prelims 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/ 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 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	Street Address: 929 Harrisburg Ave., Lancaster, PA 17603. Meet parking lots can be accessed at the entry point at the intersection of Race Avenue and Harrisburg Avenue.
ACCOMODATIONS	TBD