



MIDDLE ATLANTIC SILVER CHAMPS MARCH 20-22, 2020



| | | | |
|---------------------------|--|--|---|
| MEET HOST | Greater Philadelphia Aquatic Club | | |
| SANCTION | Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 20152 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> | | |
| MEET DIRECTOR | Matthew Sprang | E-MAIL: admingpac@gmail.com | PHONE: 609-221-0517 |
| LOCATION | Pool name: GCIT Aquatic Center Street address: 1360 Tanyard Road; Sewell, NJ 08080 Day of meet ONLY emergency phone 856-468-1445 x. 2659 | | |
| FACILITY DESCRIPTION | This is an indoor with 16 lanes for competition, a Colorado 6 timing system with an 8 line video display scoreboard and Competitor lane lines. The meet will be conducted in SCY. Deck seating for 1000 and spectator seating for 450. Parking 600 Hospitality yes Snack bar yes – snack bar is run by GCIT | | |
| 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 10.5 or 5 feet and at the turn end is 10.5 or 5 feet . | | |
| EVENTS | This meet will be conducted in accordance with the attached schedule of events. | | |
| ENTRIES OPEN | February 1, 2020 | | |
| ENTRY DEADLINE | March 5, 2020 at 11:59 PM No entries will be accepted after this date, including from Bronze Championships. | | |
| ENTRY FEES | Individual Events: \$7.00 | Relay Events: \$14.00 | Swimmer Surcharge: \$12.00 per swimmer includes free spectator admission |
| ENTRY LIMITS | 5 Individual Events per day for swimmers ages 10 & under (excluding relays). 3 Individual Events per day for swimmers ages 11 & over (excluding relays). | 1 Relays per day | MEET ENTRY LIMIT: 11 for 10 & Unders; 8 for 11 & overs (not including relays). |
| 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 all qualifying Middle Atlantic USA swimming registered swimmers. | | |
| ON-SITE REGISTRATION | On-site registration WILL NOT be accepted at this meet. All swimmers must be properly registered prior to the meet deadline set by the Middle Atlantic Office. Swimmers who are not properly registered may not warm-up or compete and are still responsible for paying all entry fees. | | |
| 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. The four hour session rule does not apply to this meet as it is a “Championship” meet. The 11 & Over preliminary sessions on Saturday and Sunday will be limited to 525 swimmers to ensure the safety of all in attendance. Once this limit is reached, no further entries will be taken. Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded last. Entries must be submitted electronically in a format compatible with Hy-Tek or TouchPad meet management software. 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 Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek’s TM Lite 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 here. FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by March 16, 2019 Include Meet Entry Summary with payment. | | |
| MEET ENTRY CHAIR | Ryan Hahn | PHONE #: 609-221-0517 (no calls before 9:00 AM or after 9:00 PM) | |
| E-MAIL ENTRY FILES TO | gpacentries@gmail.com | | |
| MAIL CHECKS/ REPORTS | GPAC; PO Box 293; Sewell, NJ 08080 | | |
| CHECKS PAYABLE TO | GPAC | | |
| OPERATIONAL RISK DIRECTOR | Matthew Sprang | E-MAIL: admingpac@gmail.com | PHONE: 609-221-0517 |

| | | | |
|--------------------------|----------------|--|----------------------------|
| OFFICIALS CONTACT | Rudyard Porter | E-MAIL: gpacswimofficials@gmail.com | PHONE: 609-221-0517 |
|--------------------------|----------------|--|----------------------------|

Session 1

Friday, March 20, 2020

Warm-up 3:30 pm, Events 4:30 pm

Swimmers must provide their own timer and counter for all events in this session

| GIRLS | EVENT | BOYS |
|--------------|---|-------------|
| 1 | 11-12 500 Freestyle | 2 |
| 3 & 5 | 13-14 & 15-19 500 Free (swum combined but scored separately) | 4 & 6 |
| 7 | 10 & Under 500 Free | 8 |
| 9 | 11-12 400 Individual Medley | 10 |
| 11 & 13 | 13-14 & 15-19 400 Individual Medley (swum combined but scored separately) | 12 & 14 |

Session 2 & 3

Saturday, March 21, 2020

Warm-up: 7:30 am, Meet starts at 8:30 am

| GIRLS | EVENT | BOYS |
|--------------|-----------------------------|-------------|
| 15 | 11-12 200 Medley Relay | 16 |
| 17 | 13-14 200 Medley Relay | 18 |
| 19 | 15-19 200 Medley Relay | 10 |
| 21 | 11-12 200 Freestyle | 22 |
| 23 | 13-14 200 Freestyle | 24 |
| 25 | 15-19 100 Freestyle | 26 |
| 27 | 11-12 100 Breaststroke | 28 |
| 29 | 13-14 100 Breaststroke | 30 |
| 31 | 15-19 200 Breaststroke | 32 |
| 33 | 11-12 100 Butterfly | 34 |
| 35 | 13-14 100 Butterfly | 36 |
| 37 | 15-19 200 Butterfly | 38 |
| 39 | 11-12 200 Backstroke | 40 |
| 41 | 13-14 200 Backstroke | 42 |
| 43 | 11-12 100 Freestyle | 44 |
| 45 | 15-19 100 Backstroke | 46 |
| 47 | 11-12 50 Backstroke | 48 |
| 49 | 13-14 100 Freestyle | 50 |
| 51 | 15-19 200 Freestyle | 52 |
| 53 | 11-12 200 Individual Medley | 54 |

Session 4 & 5

Saturday, March 21, 2020

Warm-up: 12:45 pm, Meet 1:30 pm

| GIRLS | EVENT | BOYS |
|--------------|----------------------------------|-------------|
| 55 | 10 & Under Medley Relay | 56 |
| 57 | 10 & Under 100 Freestyle | 58 |
| 59 | 10 & Under 50 Breaststroke | 60 |
| 61 | 10 & Under 100 Backstroke | 62 |
| 63 | 10 & Under 50 Butterfly | 64 |
| 65 | 10 & Under 200 Individual Medley | 66 |

Session 6
 Saturday, March 21, 2020
 11 & Over Finals
 Warm-up: 4:30 pm, Meet 5:30 pm

Session 7 & 8
 Sunday, March 22, 2020
 Warm-up: 7:30 am, Meet 8:30 am

| GIRLS | EVENT | BOYS |
|-------|-----------------------------|------|
| 67 | 11-12 200 Free Relay | 68 |
| 69 | 13-14 200 Free Relay | 70 |
| 71 | 15-19 200 Free Relay | 72 |
| 73 | 11-12 200 Breaststroke | 74 |
| 75 | 13-14 200 Breaststroke | 76 |
| 77 | 15-19 50 Freestyle | 78 |
| 79 | 11-12 50 Breaststroke | 80 |
| 81 | 13-14 50 Freestyle | 82 |
| 83 | 15-19 100 Breaststroke | 84 |
| 85 | 11-12 50 Freestyle | 86 |
| 87 | 13-14 100 Backstroke | 88 |
| 89 | 15-19 200 Backstroke | 90 |
| 91 | 11-12 100 Backstroke | 92 |
| 93 | 13-14 200 Butterfly | 94 |
| 95 | 15-19 100 Butterfly | 96 |
| 97 | 11-12 200 Butterfly | 98 |
| 99 | 50 Butterfly | 100 |
| 101 | 13-14 200 Individual Medley | 102 |
| 103 | 15-19 200 Individual Medley | 104 |
| 105 | 11-12 100 Individual Medley | 106 |

Session 9 & 10
 Sunday, March 22, 2020
 Warm-up 12:45 pm, Meet 1:30 pm

| GIRLS | EVENT | BOYS |
|-------|----------------------------------|------|
| 107 | 10 & Under 200 Free Relay | 108 |
| 109 | 10 & Under 50 Freestyle | 110 |
| 111 | 10 & Under 100 Breaststroke | 112 |
| 113 | 10 & Under 50 Backstroke | 114 |
| 115 | 10 & Under 100 Butterfly | 116 |
| 117 | 10 & Under 100 Individual Medley | 118 |
| 119 | 10 & Under 200 Freestyle | 120 |

Session 11
 Sunday, March 22, 2020
 11 & Over Finals
 Warm-up: 4:30 pm, Meet 5:30 pm

Middle Atlantic Swimming

2020 SCY SILVER CHAMPS TIME STANDARD RANGES

| GIRLS - LCM | | GIRLS - SCM | | GIRLS - SCY | | | BOYS - SCY | | BOYS - SCM | | BOYS - LCM | |
|----------------------------|----------------|----------------------------|----------------|----------------------------|----------------|-----------------|----------------|----------------------------|----------------|----------------------------|----------------|----------------------------|
| Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | 13-14 | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than |
| 33.09 | 29.69 | 31.69 | 29.09 | 28.29 | 26.09 | 50 Free | 24.49 | 28.09 | 27.39 | 31.49 | 27.89 | 32.69 |
| 1:11.29 | 1:03.79 | 1:09.69 | 1:02.79 | 1:02.79 | 56.39 | 100 Free | 53.09 | 1:01.49 | 59.19 | 1:08.29 | 1:00.19 | 1:09.89 |
| 2:35.39 | 2:18.69 | 2:33.79 | 2:15.89 | 2:18.29 | 2:02.49 | 200 Free | 1:56.29 | 2:17.89 | 2:09.19 | 2:33.19 | 2:11.89 | 2:34.79 |
| 5:20.09 | 4:55.59 | 5:18.49 | 4:47.59 | 6:03.99 | 5:31.29 | 500 Free | 5:17.89 | 5:59.99 | 4:43.99 | 5:14.99 | 4:36.39 | 5:16.99 |
| 1:21.59 | 1:12.89 | 1:19.89 | 1:10.69 | 1:11.89 | 1:03.59 | 100 Back | 1:00.39 | 1:12.99 | 1:07.49 | 1:20.79 | 1:09.59 | 1:22.49 |
| 2:56.39 | 2:36.89 | 2:54.89 | 2:32.89 | 2:37.49 | 2:17.59 | 200 Back | 2:11.99 | 2:31.99 | 2:27.09 | 2:48.79 | 2:30.99 | 2:50.39 |
| 1:35.39 | 1:23.09 | 1:33.79 | 1:21.29 | 1:24.39 | 1:13.09 | 100 Breast | 1:08.39 | 1:25.99 | 1:17.39 | 1:35.49 | 1:19.09 | 1:37.49 |
| 3:24.69 | 2:59.99 | 3:23.19 | 2:57.69 | 3:02.99 | 2:39.69 | 200 Breast | 2:31.69 | 2:51.99 | 2:50.09 | 3:10.99 | 2:52.19 | 3:12.59 |
| 1:24.99 | 1:11.89 | 1:23.99 | 1:10.79 | 1:14.99 | 1:03.69 | 100 Fly | 59.59 | 1:14.99 | 1:06.89 | 1:23.99 | 1:07.89 | 1:24.99 |
| 3:10.99 | 2:43.09 | 3:09.39 | 2:41.49 | 2:50.59 | 2:24.89 | 200 Fly | 2:17.19 | 2:39.29 | 2:33.99 | 2:56.89 | 2:35.59 | 2:58.49 |
| 200 IM | 200 IM | 200 IM | 200 IM | 200 IM | 200 IM | 100 IM | 200 IM | 200 IM | 200 IM | 200 IM | 200 IM | 200 IM |
| 2:57.39 | 2:38.49 | 2:55.99 | 2:34.29 | 2:37.99 | 2:18.99 | 200 IM | 2:11.19 | 2:36.99 | 2:26.69 | 2:54.99 | 2:30.69 | 2:56.49 |
| 6:16.79 | 5:43.49 | 6:15.19 | 5:33.99 | 5:37.99 | 4:59.19 | 400 IM | 4:44.59 | 5:29.89 | 5:19.19 | 6:06.19 | 5:28.19 | 6:07.79 |
| Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | 11-12 | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than |
| 35.49 | 30.99 | 34.69 | 30.49 | 31.09 | 27.29 | 50 Free | 27.29 | 31.59 | 30.49 | 35.09 | 31.09 | 37.49 |
| 1:15.09 | 1:08.29 | 1:13.59 | 1:07.09 | 1:06.29 | 59.99 | 100 Free | 59.99 | 1:06.99 | 1:06.59 | 1:14.29 | 1:07.79 | 1:15.99 |
| 2:51.09 | 2:27.99 | 2:49.49 | 2:24.99 | 2:32.49 | 2:09.89 | 200 Free | 2:10.79 | 2:32.49 | 2:24.79 | 2:49.49 | 2:27.69 | 2:51.09 |
| 6:05.19 | 5:12.29 | 5:58.79 | 5:03.89 | 6:49.99 | 5:49.39 | 500 Free | 5:49.99 | 6:52.99 | 5:03.99 | 6:01.39 | 5:12.29 | 6:02.99 |
| 41.59 | 36.59 | 40.79 | 35.39 | 36.59 | 31.59 | 50 Back | 31.79 | 37.99 | 35.29 | 42.29 | 36.49 | 43.09 |
| 1:31.59 | 1:17.79 | 1:29.89 | 1:15.49 | 1:20.99 | 1:07.39 | 100 Back | 1:08.29 | 1:22.99 | 1:16.79 | 1:31.89 | 1:18.09 | 1:33.49 |
| 3:11.09 | 2:48.69 | 3:09.49 | 2:44.39 | 2:50.69 | 2:26.79 | 200 Back | 2:29.79 | 2:58.59 | 2:46.99 | 3:18.29 | 2:51.39 | 3:19.89 |
| 48.69 | 40.59 | 47.99 | 39.59 | 42.99 | 35.49 | 50 Breast | 35.99 | 43.59 | 39.99 | 48.49 | 40.99 | 49.29 |
| 1:45.39 | 1:28.29 | 1:43.69 | 1:26.39 | 1:32.99 | 1:17.39 | 100 Breast | 1:19.09 | 1:34.19 | 1:28.49 | 1:44.59 | 1:30.49 | 1:46.19 |
| 3:31.39 | 3:12.29 | 3:29.79 | 3:09.89 | 3:08.99 | 2:49.99 | 200 Breast | 2:52.69 | 3:09.79 | 3:11.89 | 3:30.69 | 3:14.29 | 3:32.29 |
| 40.79 | 34.69 | 39.89 | 33.69 | 35.69 | 29.89 | 50 Fly | 29.99 | 37.99 | 33.39 | 42.29 | 34.39 | 43.09 |
| 1:34.89 | 1:17.29 | 1:33.29 | 1:16.09 | 1:23.89 | 1:07.69 | 100 Fly | 1:08.79 | 1:25.99 | 1:16.59 | 1:35.49 | 1:17.69 | 1:37.09 |
| 3:28.79 | 3:01.79 | 3:27.19 | 2:59.99 | 3:06.59 | 2:39.99 | 200 Fly | 2:39.99 | 3:00.19 | 2:57.59 | 3:20.09 | 2:59.39 | 3:21.69 |
| NA | NA | 1:27.49 | 1:16.49 | 1:18.99 | 1:08.49 | 100 IM | 1:08.69 | 1:21.89 | 1:16.29 | 1:30.89 | NA | NA |
| 3:13.39 | 2:49.99 | 3:11.99 | 2:45.59 | 2:52.99 | 2:28.09 | 200 IM | 2:28.59 | 2:54.99 | 2:45.19 | 3:14.29 | 2:49.69 | 3:15.89 |
| 7:07.99 | 6:07.19 | 7:06.39 | 5:57.09 | 6:24.09 | 5:20.29 | 400 IM | 5:21.99 | 6:19.09 | 5:58.69 | 7:00.79 | 6:08.89 | 7:02.39 |
| Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | 10&U | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than | Slower Than | Equal To Faster Than |
| 41.59 | 35.99 | 40.79 | 35.39 | 36.69 | 31.59 | 50 Free | 31.29 | 39.39 | 34.99 | 43.79 | 35.69 | 44.59 |
| 1:34.29 | 1:18.89 | 1:32.69 | 1:17.59 | 1:23.49 | 1:09.99 | 100 Free | 1:09.99 | 1:30.69 | 1:17.59 | 1:40.69 | 1:18.89 | 1:42.29 |
| 3:16.19 | 2:51.59 | 3:15.09 | 2:48.09 | 2:55.69 | 2:31.89 | 200 Free | 2:32.39 | 2:55.39 | 2:48.69 | 3:14.69 | 2:52.19 | 3:16.29 |
| 6:55.99 | 6:04.09 | 6:54.39 | 5:54.29 | 7:53.49 | 6:47.99 | 500 Free | 6:48.99 | 7:51.09 | 5:54.79 | 6:52.29 | 6:04.59 | 6:53.89 |
| 50.79 | 42.09 | 49.99 | 40.79 | 44.99 | 36.59 | 50 Back | 36.59 | 46.79 | 40.79 | 51.99 | 42.09 | 52.79 |
| 1:56.69 | 1:32.69 | 1:55.99 | 1:29.89 | 1:43.69 | 1:20.99 | 100 Back | 1:20.99 | 1:37.99 | 1:29.89 | 1:48.79 | 1:32.69 | 1:50.39 |
| 58.09 | 48.39 | 57.29 | 47.19 | 51.59 | 42.59 | 50 Breast | 42.79 | 53.59 | 47.39 | 59.49 | 48.59 | 1:00.29 |
| 2:13.69 | 1:44.39 | 2:12.09 | 1:41.99 | 1:58.99 | 1:31.39 | 100 Breast | 1:32.29 | 1:56.99 | 1:42.59 | 2:09.89 | 1:44.79 | 2:11.49 |
| 55.19 | 40.39 | 54.39 | 39.29 | 48.99 | 35.19 | 50 Fly | 35.19 | 47.49 | 39.29 | 52.79 | 40.39 | 53.59 |
| 1:52.89 | 1:35.59 | 1:51.29 | 1:34.09 | 1:40.19 | 1:23.99 | 100 Fly | 1:24.39 | 1:48.69 | 1:33.69 | 2:00.69 | 1:35.09 | 2:02.29 |
| NA | NA | 1:57.89 | 1:28.69 | 1:46.19 | 1:19.49 | 100 IM | 1:19.49 | 1:47.19 | 1:28.69 | 1:58.99 | NA | NA |
| 3:48.39 | 3:17.39 | 3:46.79 | 3:12.59 | 3:24.29 | 2:53.99 | 200 IM | 2:54.99 | 3:24.79 | 3:13.49 | 3:46.49 | 3:18.29 | 3:48.99 |

There are no qualifying time ranges for swimmers 15&O. If a swimmer aged 15&O does not have a Senior Champs cut in an event, they automatically qualify for Silvers in that event provided that they do not enter with an NT. If a swimmer 15&O has a Senior Champs cut in an event they may not swim that event in the Silver Meet.

| | | |
|--|---|--------------------|
| OFFICIALS SIGN UP | <p>It is requested that all officials who will be attending to work one or more sessions of the meet sign up ONLINE using the following link: www.mysignup.com/ma_silver_champs2020</p> <p>Any official who works three or more sessions at the meet will receive a commemorative 2020 Middle Atlantic Silver Championships white Officials shirt. Please contact Mary Katherine Weatherby by March 1st to ensure proper sizing.</p> | |
| DECK ENTRIES | Deck entries will not be accepted for this meet. | |
| PROOF OF TIMES | <p>Proof of time is required for this meet. All entries will be verified by Middle Atlantic Swimming utilizing the SWIMS database. All exceptions from the SWIMS recon will be contacted for proof of time by the Meet Director. Entry times must be from a USA Swimming sanctioned, approved or observed meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic.</p> | |
| SEEDING | <p>This meet will be pre-seeded and/or deck seeded at the Meet Director's with the exception of any individual event 400 yards or longer and all events on Friday night. All relays will be pre-seeded. The Meet Director has the reserved right with the approval of the Middle Atlantic Director of Competition to modify the seeding procedure. Written notice will be given to all entered if the seeding procedures are modified.</p> | |
| AWARDS | <p>Awards will be presented to the top 16 finishers in the 10 & under and 11-12 age groups, and the top 8 finishers in the 13-14 and 15-19 age groups. High point awards will be presented for each age group, calculated from individual events only.</p> | |
| SCORING | There will be no team scoring at this meet. | |
| PROGRAMS AND ADMISSION | <p>Programs/heat sheets will be sold by <input type="checkbox"/> session <input checked="" type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is free for all spectators.</p> | |
| SESSION | WARM-UP TIMES | MEET STARTS |
| 1: Friday Night | 3:30 pm | 4:30 pm |
| 2/3: 11 & Over Prelims Saturday | 7:30 am | 8:30 am |
| 4/5: Saturday 10 & Unders Timed Finals | 12:45 pm | 1:30 pm |
| 6: Saturday Finals | 4:30 pm | 5:30 pm |
| 7/8: Sunday 11 & Over Prelims | 7:30 am | 8:30 am |
| 9/10: Sunday 10 & Under Timed Finals | 12:45 pm | 1:30 pm |
| 11: Sunday Finals | 4:30 pm | 5:30 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> | |
| ATHLETE PROTECTION (MAAPP) | <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> | |
| 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> | |

| | |
|-----------------------------------|--|
| | 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 | 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 must be within the range for the event listed on the 2020 SCY Silver Championship Standards chart. Entry times outside of the ranges on the chart will not be accepted. Swimmers who have achieved a 2020 Junior Olympic or Senior Championship qualifying time in an event, during the qualifying period, no matter in what course it was achieved, may not enter that event in Silver Championships. |
| 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 for all events on Friday night, all 11 & Over Prelims events, and all 10 & under timed finals events. 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>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. Smoking is prohibited by NJ State Law on the entire GCIT campus.</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> |
| PRELIMS/FINALS | <p>This meet will be conducted in prelims/finals format for all 11-12, 13-14, & 15 & Over individual events contested on Saturday and Sunday. ALL TEAMS, COACHES, AND SWIMMERS are responsible for knowing the rules and procedures for these events.</p> <ol style="list-style-type: none"> 1) Swimmers will have 30 minutes from the posting of preliminary results to declare their intention to scratch or scratch from an event. Once the 30 minute deadline has passed, the seeding for finals will be set and posted. 2) Any swimmer who fails to scratch and does not show for Finals will be barred from the remainder of the meet. This does not apply to alternates. 3) Middle Atlantic and USA Swimming rules will be in effect and strictly enforced. 4) Alternates will only be able to move into the B Final. If a swimmer is missing from the A Final that lane will remain open for the race. We will not go beyond the posted second alternate, after scratches, to fill lanes at Finals. 5) All relays are timed finals and will be swum in prelims. |
| DISABLED SWIMMERS | Swimmers with a disability are welcome to enter this meet regardless of qualifying times. 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</p> |

| | |
|-----------------------|--|
| | <p>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 | <p>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.</p> |
| DECK CHANGING | <p>Deck changes are prohibited.</p> |
| DIRECTIONS | <p>Please use 1360 Tanyard Road; Sewell, NJ 08080 in your GPS device to get point-to-point directions to the facility.</p> |
| ACCOMMODATIONS | <p>Please contact the meet director for more information on local hotels. The meet host will not maintain a block of hotel rooms for this meet.</p> |