



MIDDLE ATLANTIC BRONZE CHAMPIONSHIPS
MARCH 7-8, 2020
HOSTED BY KEYSTONE AQUATICS

MEET HOST	KEYSTONE AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 20158 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	NATE GENTZLER	E-MAIL: ngentzler284@gmail.com	PHONE: 717-586-4573
LOCATION	Pool name KEYSTONE AQUATIC CENTER Street address 103 MIDWAY DR City, state and zip CARLISLE, PA 17015 Day of meet ONLY emergency phone 717-586-4573		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a full-color matrix 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 430 and spectator seating for 430. Parking capacity 430. Hospitality will be available for coaches and officials. Snack bar will be available during all sessions.		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 8 feet and at the turn end is 8 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	JANUARY 1, 2020		
ENTRY DEADLINE	FEBRUARY 21, 2020 at 11:59 PM		
ENTRY FEES	Individual Events: \$7.00		Surcharge: \$5.00 per swimmer
ENTRY LIMITS	4 Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 8
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 swimmers 9-14 yr. who meet the qualifying standards and are Middle Atlantic USA swimming registered swimmers. Swimmers who turn 9 on 3/7/20 will be permitted to compete in the 9-10 events following the published time standards. If you have one of these swimmers, please email the meet director for entry instructions. The meet is built for the 9-14 age group, and thus you will not be able to enter them through TU or TM. Please note, this meet is <u>not</u> a qualifying meet for MA Silver Championships.		
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 after all of the yards seed times. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with Hy-Tek 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 entry deadline Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	NATE GENTZLER	PHONE #: 717-586-4573 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	NGENTZLER284@GMAIL.COM		
MAIL CHECKS/ REPORTS	SCOTT ZACHARDA, 103 MIDWAY DR. CARLISLE, PA 17015		
CHECKS PAYABLE TO	KEYSTONE AQUATICS		
OPERATIONAL RISK DIRECTOR	KIMBERLY GINTER & RANDY PENTZ	E-MAIL: peaksvcs@yahoo.com	PHONE: 717-884-6501
OFFICIALS CONTACT	ANDY MILLER	E-MAIL: andrew.miller@ngc.com	PHONE: 717-825-8807

Session 1 - Saturday Morning
Warm-Ups: 7:00 AM; Meet Start: 8:30 AM

GIRLS	EVENT	BOYS
1	9-10 100 IM 11 y/o 100 IM	2
3	9-10 200 FR 11 y/o 200 FR	4
5	9-10 50 FLY 11 y/o 50 FLY	6
7	9-10 100 BK 11 y/o 100 BK	8
9	9-10 100 BR 11 y/o 100 BR	10
11	9-10 50 FR 11 y/o 50 FR	12

Session 2 - Saturday Afternoon
Warm-Ups: 1:00 PM; Meet Start: 2:30 PM
Warm-up / start times may be adjusted based on the number of entries.

GIRLS	EVENT	BOYS
13	12 y/o 500 FR 13-14 500 FR May be limited to 8 heats per gender. Swimmers provide own lap counter.	14
15	12 y/o 200 BR 13-14 200 BR	16
17	12 y/o 100 FL 13-14 100 FL	18
19	12 y/o 100 FR 13-14 100 FR	20
21	12 y/o 100 BK 13-14 100 BK	22
23	12 y/o 200 IM 13-14 200 IM	24
25	12 y/o 50 BR	26

Session 3 - Sunday Morning
 Warm-Ups: 7:00 AM; Meet Start: 8:30 AM

GIRLS	EVENT	BOYS
27	9/10 50 BR 11 y/o 50 BR	28
29	9-10 100 FLY 11 y/o 100 FLY	30
31	9-10 100 FR 11 y/o 100 FR	32
33	9-10 50 BK 11 y/o 50 BK	34
35	9-10 200 IM 11 y/o 200 IM	36

Session 4 - Sunday Afternoon
 Warm-Ups: 1:00 PM; Meet Start: 2:30 PM
 Warm-up / start times may be adjusted based on the number of entries.

GIRLS	EVENT	BOYS
37	13-14 400 IM May be limited to 8 heats per gender	38
39	12 y/o 50 BK	40
41	12 y/o 100 BR 13-14 100 BR	42
43	12 y/o 200 FL 13-14 200 FL	44
45	12 y/o 200 FR 13-14 200 FR	46
47	12 y/o 100 IM 13-14 100 IM Must not have 200 IM Silver Cut	48
49	12 y/o 200 BK 13-14 200 BK	50
51	12 y/o 50 FL	52
53	12 y/o 50 FR 13-14 50 FR	54

Middle Atlantic Swimming

2020 SCY BRONZE 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
38.59	33.09	37.79	31.69	33.99	28.29	50 Free	28.09	33.99	31.49	37.79	32.69	38.59
1:22.69	1:11.29	1:21.09	1:09.69	1:12.99	1:02.79	100 Free	1:01.49	1:14.99	1:08.29	1:23.29	1:09.89	1:24.89
3:16.99	2:35.39	3:15.39	2:33.79	2:55.99	2:18.29	200 Free	2:17.89	2:55.99	2:33.19	3:15.39	2:34.79	3:16.99
6:14.89	5:20.09	6:07.49	5:18.49	6:59.99	6:03.99	500 free	5:59.99	6:59.99	5:14.99	6:07.49	5:16.99	6:14.89
1:37.09	1:21.59	1:35.49	1:19.89	1:25.99	1:11.89	100 Back	1:12.99	1:27.99	1:20.79	1:37.69	1:22.49	1:39.29
3:21.39	2:56.39	3:19.79	2:54.89	2:59.99	2:37.49	200 Back	2:31.99	2:59.99	2:48.79	3:19.79	2:50.39	3:21.39
2:10.39	1:35.39	2:08.79	1:33.79	1:55.99	1:24.39	100 Breast	1:25.99	1:59.99	1:35.49	2:13.89	1:37.49	2:14.79
3:55.79	3:24.69	3:54.19	3:23.19	3:30.99	3:02.99	200 Breast	2:51.99	3:30.99	3:10.99	3:54.19	3:12.59	3:55.79
1:41.49	1:24.99	1:39.89	1:23.99	1:29.99	1:14.99	100 Fly	1:14.99	1:29.99	1:23.99	1:39.89	1:24.99	1:41.49
3:39.19	3:10.99	3:37.59	3:09.39	3:15.99	2:50.59	200 Fly	2:39.29	3:15.99	2:56.89	3:37.59	2:58.49	3:39.19
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
3:43.59	2:57.39	3:41.99	2:55.99	3:19.99	2:37.99	200 IM	2:36.99	3:19.99	2:54.99	3:41.99	2:56.49	3:43.59
6:30.09	6:16.79	6:28.49	6:15.19	5:49.99	5:37.99	400 IM	5:29.89	5:49.99	6:06.19	6:28.49	6:07.79	6:30.09
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
46.29	35.49	45.49	34.69	40.99	31.09	50 Free	31.59	40.99	35.09	45.49	37.49	46.29
1:37.39	1:15.09	1:36.59	1:13.59	1:26.99	1:06.29	100 Free	1:06.99	1:26.99	1:14.29	1:36.59	1:15.99	1:37.39
3:21.39	2:51.09	3:19.79	2:49.49	2:59.99	2:32.49	200 Free	2:32.49	2:59.99	2:49.49	3:19.79	2:51.09	3:21.39
6:24.69	6:05.19	6:17.19	5:58.79	7:10.99	6:49.99	500 Free	6:52.99	7:10.99	6:01.39	6:17.19	6:02.99	6:24.69
51.89	41.59	51.09	40.79	45.99	36.59	50 Back	37.99	47.99	42.29	53.29	43.09	54.09
2:00.39	1:31.59	1:58.79	1:29.89	1:46.99	1:20.99	100 Back	1:22.99	1:46.99	1:31.89	1:58.79	1:33.49	2:00.39
3:32.49	3:11.09	3:30.89	3:09.49	3:09.99	2:50.69	200 Back	2:58.59	3:09.99	3:18.29	3:30.89	3:19.89	3:32.49
1:00.79	48.69	59.99	47.99	53.99	42.99	50 Breast	43.59	53.99	48.49	59.99	49.29	1:00.79
2:03.69	1:45.39	2:02.09	1:43.69	1:49.99	1:32.99	100 Breast	1:34.19	1:57.99	1:44.59	2:10.99	1:46.19	2:12.59
4:06.89	3:31.39	4:05.29	3:29.79	3:40.99	3:08.99	200 Breast	3:09.79	3:40.99	3:30.69	4:05.29	3:32.29	4:06.89
55.19	40.79	54.39	39.89	48.99	35.69	50 Fly	37.99	52.99	42.29	58.89	43.09	59.69
2:03.69	1:34.89	2:02.09	1:33.29	1:49.99	1:23.89	100 Fly	1:25.99	1:49.99	1:35.49	2:02.09	1:37.09	2:03.69
3:43.59	3:28.79	3:41.99	3:27.19	3:19.99	3:06.59	200 Fly	3:00.19	3:19.99	3:20.09	3:41.99	3:21.69	3:43.59
NA	NA	1:55.49	1:27.49	1:43.99	1:18.99	100 IM	1:21.89	1:46.99	1:30.89	1:58.79	NA	NA
3:50.29	3:13.39	3:48.69	3:11.99	3:25.99	2:52.99	200 IM	2:54.99	3:33.99	3:14.29	3:57.59	3:15.89	3:59.19
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
57.39	41.59	56.59	40.79	50.99	36.69	50 Free	39.39	50.99	43.79	56.59	44.59	57.39
2:09.29	1:34.29	2:07.69	1:32.69	1:54.99	1:23.49	100 Free	1:30.69	1:54.99	1:40.69	2:07.69	1:42.29	2:09.29
3:54.69	3:16.19	3:53.09	3:15.09	3:29.99	2:55.69	200 Free	2:55.39	3:49.99	3:14.69	4:15.29	3:16.29	4:16.89
1:02.99	50.79	1:02.19	49.99	55.99	44.99	50 Back	46.79	57.99	51.99	1:04.39	52.79	1:05.19
2:18.19	1:56.69	2:16.59	1:55.99	2:02.99	1:43.69	100 Back	1:37.99	2:02.99	1:48.79	2:16.59	1:50.39	2:18.19
1:20.79	58.09	1:19.99	57.29	1:11.99	51.59	50 Breast	53.59	1:11.99	59.49	1:19.99	1:00.29	1:20.79
2:32.59	2:13.69	2:30.99	2:12.09	2:15.99	1:58.99	100 Breast	1:56.99	2:19.99	2:09.89	2:35.39	2:11.49	2:36.99
1:19.59	55.19	1:18.79	54.39	1:10.99	48.99	50 Fly	47.49	1:10.99	52.79	1:18.79	53.59	1:19.59
2:55.89	1:52.89	2:24.29	1:51.29	2:00.99	1:40.19	100 Fly	1:48.69	2:09.99	2:00.69	2:24.29	2:02.29	2:55.89
NA	NA	2:14.29	1:57.89	2:09.99	1:46.19	100 IM	1:47.19	2:09.99	1:58.99	2:24.29	NA	NA
4:12.49	3:48.39	4:10.84	3:46.79	3:45.99	3:24.29	200 IM	3:24.79	3:53.99	3:46.49	4:19.79	3:48.99	4:21.39

DECK ENTRIES	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 10.00 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 no later than the first 30 minutes of warmup session. Swimmer must provide proof of entry time through the SWIMS database (via Deck Pass) before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input checked="" type="checkbox"/> is <input type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	This meet will be pre-seeded with the exception of the event(s) noted below.
AWARDS	Medals 1st to 3rd Ribbons 4th to 8th in all events.
SCORING	THIS MEET WILL NOT BE SCORED.
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input checked="" 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. Children under admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	Programs/heat sheets are only provided to coaches, officials, and volunteers - they will not be provided to spectators. There will be a few copies of the heat sheet for each session posted to the walls of the natatorium, and the heat sheets will also be posted to meet mobile. Results will be posted throughout the meet for parents and swimmers to view. Live results will be available through the Meet Mobile app available for iPhone and Android. Final results will be posted on www.maswim.org, and they will also be provided electronically to any coach who brings a flash drive, at the conclusion of the meet.

SESSION	WARM-UP TIMES	MEET STARTS
1 (Saturday 9-11)	7:00 AM	8:30 AM
2 (Saturday 12-14)	1:30 PM ***Warm-up / start times may be adjusted based on the number of entries.***	2:30 PM
3 (Sunday 9-11)	7:00 AM	8:30 AM
4 (Saturday 12-14)	1:30 PM ***Warm-up / start times may be adjusted based on the number of entries.***	2:30 PM
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. 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. 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.	

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 (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
RULES:	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/ 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	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT 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.
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
DECK CHANGING	Deck changes are prohibited.
DIRECTIONS	From 81 North or South: Take Exit 47 for PA-34/Hanover St. Turn right onto PA-34 S/S Hanover St./Holly Pike. Continue to follow PA-34 S past Chili's Grill & Bar (on the left in 0.2 mi.) Turn left onto Midway Dr. Keystone Aquatics Center will be straight ahead.
ACCOMMODATIONS	Days Inn Carlisle South, Alexander Spring Rd, Carlisle, PA LaQuinta Inn & Suites, Bent Creek Blvd, Mechanicsburg, PA Wingate by Wyndham, 236 Cumberland Pkwy Mechanicsburg, PA

