



2020 ★ 18 & UNDER WINTER CHAMPIONSHIPS

2020 18 & UNDER WINTER CHAMPIONSHIPS
DECEMBER 11-13, 2020

MEET HOST	KEYSTONE AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 2153 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>		
MEET DIRECTOR	NATE GENTZLER	E-MAIL: ngentzler284@gmail.com	PHONE: 717-586-4573
LOCATION	Pool name KEYSTONE AQUATICS 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 LED 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 200 Per State Order and spectator seating for 0 - NO Spectators. Parking for 500. Hospitality -YES Snack bar - No		
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	IMMEDIATELY		
ENTRY DEADLINE	NOVEMBER 24, 2020 at 11:59 PM		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after November 1 ST , 2018 through November 30, 2020		
ENTRY FEES	Individual Events: \$15.00	Due to pandemic restrictions no spectators will be admitted.	
ENTRY LIMIT	3 Individual Events per day		MEET ENTRY LIMIT: 9
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 Qualified USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration (athletes only) <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.		
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. 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 December 4, 2020 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 17105		
CHECKS PAYABLE TO	KEYSTONE AQUATICS		
OPERATIONAL RISK DIRECTOR	KIM GINTER	E-MAIL: kimberlyginter@gmail.com	PHONE: 717-884-6501

OFFICIALS CONTACT	NATE GENTZLER	E-MAIL: ngentzler284@gmail.com	PHONE: 717-586-4573
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Please note meet management reserves the right to alter meet format.

Session #1: GIRLS PRELIMS
Friday December 11, 2020
Warm up: 7:00 am Meet starts: 8:00 am

GIRLS	EVENT	BOYS
1	18 & Under 500 Free	
2	18 & Under 200 IM	
3	18 & Under 50 Free	

Session # 2: BOYS PRELIMS
Friday December 11, 2020
Warm up: 9:30 am Meet starts: 10:30 am

GIRLS	EVENT	BOYS
	18 & Under 500 Free	4
	18 & Under 200 IM	5
	18 & Under 50 Free	6

Session #3: GIRLS/BOYS FINALS
Friday December 11, 2020
Warm up: 5:00 pm Meet starts: 6:00 pm

GIRLS	EVENT	BOYS
1	18 & Under 500 Free	4
2	18 & Under 200 IM	5
3	18 & Under 50 Free	6

Session #4: GIRLS PRELIMS
Saturday December 12, 2020
Warm up: 7:00 am Meet start: 8:00 am

GIRLS	EVENT	BOYS
7	18 & Under 400 IM	
8	18 & Under 100 Fly	
9	18 & Under 200 Free	
10	18 & Under 100 Breast	
11	18 & Under 100 Back	

Session #5: BOYS PRELIMS
Saturday December 12, 2020
Warm up: 9:30 am Meet start: 10:30 am

GIRLS	EVENT	BOYS
	18 & Under 400 IM	12
	18 & Under 100 Fly	13
	18 & Under 200 Free	14
	18 & Under 100 Breast	15
	18 & Under 100 Back	16

Session #6: GIRLS/BOYS FINALS
 Saturday December 12, 2020
 Warm up: 5:00 pm Meet start: 6:00 pm

GIRLS	EVENT	BOYS
7	18 & Under 400 IM	12
8	18 & Under 100 Fly	13
9	18 & Under 200 Free	14
10	18 & Under 100 Breast	15
11	18 & Under 100 Back	16

Session #7: GIRLS PRELIMS
 Sunday December 13, 2020
 Warm up: 7:00 am Meet start: 8:00 am

GIRLS	EVENT	BOYS
17	18 & Under 1650 Free	
18	18 & Under 200 Back	
19	18 & Under 100 Free	
20	18 & Under 200 Breast	
21	18 & Under 200 Fly	

Session #8: BOYS PRELIMS
 Sunday December 13, 2020
 Warm up 9:30 am Meet start 10:30 am

GIRLS	EVENT	BOYS
	18 & Under 1650 Free	22
	18 & Under 200 Back	23
	18 & Under 100 Free	24
	18 & Under 200 Breast	25
	18 & Under 200 Fly	26

Session #9: GIRLS/BOYS FINALS
 Sunday December 13, 2020
 Warm up: 4:30 pm Meet start: 5:30 pm

GIRLS	EVENT	BOYS
17	18 & Under 1650 Free	22
18	18 & Under 200 Back	23
19	18 & Under 100 Free	24
20	18 & Under 200 Breast	25
21	18 & Under 200 Fly	26



TIME STANDARDS

2020 ★ 18 & UNDER
WINTER
CHAMPIONSHIPS

2020 USA SWIMMING 18 & UNDER WINTER CHAMPIONSHIPS

GIRLS			EVENT	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
24.39	27.29	27.69	50 FR	21.69	24.69	25.19
52.69	59.49	59.99	100 FR	46.99	53.39	54.39
1:53.79	2:07.99	2:09.09	200 FR	1:42.89	1:56.79	1:59.29
5:06.59	4:29.39	4:31.49	400/500 FR	4:39.89	4:08.79	4:12.49
10:26.69	9:18.39	9:19.39	800/1000 FR	9:40.09	8:39.79	8:45.99
17:24.79	17:48.89	17:50.79	1500/1650 FR	16:15.19	16:37.19	16:48.99
58.69	1:06.39	1:07.59	100 BK	52.69	59.59	1:01.49
2:06.29	2:23.59	2:25.49	200 BK	1:53.99	2:09.89	2:13.29
1:06.69	1:15.89	1:16.79	100 BR	59.29	1:08.49	1:09.39
2:24.19	2:42.79	2:45.09	200 BR	2:09.89	2:27.09	2:30.59
58.09	1:05.29	1:05.39	100 FL	51.69	58.79	58.99
2:06.69	2:22.99	2:23.39	200 FL	1:54.89	2:09.39	2:11.49
2:09.59	2:25.99	2:27.89	200 IM	1:56.29	2:11.29	2:14.19
4:33.49	5:07.69	5:10.39	400 IM	4:10.09	4:39.59	4:45.29

Qualifying period is November 1, 2018 through November 30, 2020

Hosts may opt to allow slower time standards to meet local needs; however, only results for swimmers that have achieved the published time standards will be included in the competition results

DECK ENTRIES	Deck Entries <input checked="" type="checkbox"/> will not be accepted <input type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of n/a 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 n/a 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	<p>THIS MEET WILL BE ENTIRELY DECK-SEEDED.</p> <p>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.</p> <p>All individual events, except 1650 Freestyle events, will have a C, B and A Final during the Finals session.</p> <p>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 Wednesday morning at 6:30 am and will close at 7:30 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'.</p> <p>Positive check-in will be required to be seeded into the 1650 Free on Sunday. Positive check-in for the Sunday 1650 Free events will close at 6:00 pm on Saturday. The fastest heat of the 1650 Free will swim during the Finals session on Sunday; the other heats will swim following prelims, fast-slow, alternating Women/Men if at a combined session. Any afternoon heats of the 1650 on Sunday will be timed so that the last heat finishes before the start of the Finals warm-up. Swimmers who have not checked in for the 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 1650 will be limited to open lanes in the slowest heat.</p>

FINALS	<p>The 1650 is a timed final event. The fastest heat of women's and the men's 1650 free will swim as the first events at Sunday's finals session.</p> <p>All other individual events are prelims/finals and will qualify 8 swimmers for the C-final and B-final, and 4 swimmers for the A-final, swum in that order.</p>
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.</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 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><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 1650-Free events listed on the pre-meet psych sheet that positively check-in for that event and then do not compete.</p>
SCORING	<p>Overall MA 18 & Winter Champions will be scored following the combining of the results from both meet sites. Scoring for Individual events will be (1st thru 16th place): 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1.</p>
BONUS SWIMS	<p>Bonus swims: bonus events will be allowed in this meet. A swimmer who qualifies for the meet in at least 1 event is entitled to enter up to the maximum of 3 events per day. The bonus time standards are the 15 -16 "A" times and faster. Bonus events must have an entry time. NT entries will not be accepted.</p>
OFFICIALS	<p>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.</p>
PROGRAMS AND ADMISSION	<p>Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Due to pandemic restrictions no spectators will be admitted.</p>
MISCELLANEOUS	<p>Live stream for this meet will be made available. The meet program and results will be posted on Meet Mobile along with results.</p>

SESSION	WARM-UP TIMES	MEET STARTS
1,4,7	7:00 am	8:00 am
2,5,8	9:30 am	10:30 am
3,6,9	5:00 pm	6:00 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>
COVID-19	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND 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.</p>
MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER	<p>We have taken enhanced health and safety measures-for you, our athletes, volunteers, coaches and staff. You must follow all posted instructions while visiting Keystone Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Keystone Aquatic Center you voluntarily assume all risks related to exposure to COVID-19.</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 the meet. Additionally these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
TECH SUIT POLICY	<p>The following rule will take effect SEPTEMBER 1, 2020. 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.</p>
RACING START CERTIFICATION	<p>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.</p>
QUALIFYING TIMES	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
MEET/DECK REFEREE	<p>The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be</p>

	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 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>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>
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	<p>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.</p>
ACCOMMODATIONS	<ul style="list-style-type: none"> - 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 <p>-OR-</p> <p>Google hotels near 103 Midway Drive, Carlisle, PA 17015</p>