

FRIENDS' CENTRAL AQUATICS HOLIDAY MEET  
DECEMBER 10-12, 2021

<b>MEET HOST</b>	FRIENDS' CENTRAL AQUATICS		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 2245 A <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
<b>MEET DIRECTOR</b>	WILLIAM GALLAGHER	<b>E-MAIL:</b> wgallagher@friendscentral.org	<b>PHONE:</b> 610-658-5655
<b>LOCATION</b>	<b>Pool name</b> SHIMADA ATHLETIC CENTER <b>Street address</b> 1101 CITY AVE <b>City, state and zip</b> WYNNEWOOD, PA 19096 <b>Day of meet ONLY emergency phone</b> 267-275-7711		
<b>FACILITY DESCRIPTION</b>	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a Colorado timing system with a 6 line scoreboard and 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 swimmers and coaches and spectator seating for 125. Parking Friends' Central Parking Lot Hospitality Yes Snack bar Yes		
<b>POOL CERTIFICATION</b>	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
<b>WATER DEPTH</b>	The depth of the water at the start end of the pool is 12 feet and at the turn end is 4 feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	8/1/2021		
<b>ENTRY DEADLINE</b>	11/26/2021 <b>at 11:59 PM</b>		
<b>ENTRY FEES</b>	Individual Events: <b>\$10.00</b>		Relay Events: <b>\$20.00</b>
<b>ENTRY LIMITs</b>	5 Individual Events per day (excluding relays).	2 Relays per day	<b>MEET ENTRY LIMIT:</b>
<b>ELIGIBILITY</b>	All entrants must be registered members of USA Swimming. Age <b>as of the first day of the meet</b> determines eligibility. This meet is open to 9 & OLDER USA swimming registered swimmers.		
<b>ON-SITE REGISTRATION</b>	On-site registration (athletes only) <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet. Unregistered swimmers may register on deck at this meet by tuning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee. This applies to all swimmers attached to a club.		
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</li> <li>• Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded after all conforming times. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted.</li> <li>• Entries must be submitted electronically in a format compatible with Hy-Tek meet management software.</li> <li>• All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information</li> <li>• Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's <a href="#">TM Lite</a> for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found <a href="#">here</a>.</li> <li>• <b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by 12/2/2021 Include <a href="#">Meet Entry Summary</a> with payment.</li> </ul>		
<b>MEET ENTRY CHAIR</b>	WILLIAM GALLAGHER	<b>PHONE #:</b> 610-658-5655 (no calls before 9:00 AM or after 9:00 PM)	
<b>E-MAIL ENTRY FILES TO</b>	MEETINFO@SWIMFCA.ORG		
<b>MAIL CHECKS/ REPORTS</b>	FRIENDS' CENTRAL AQUATICS ATTN:WILL GALLAGHER C/O FRIENDS' CENTRAL SCHOOL 1101 CITY AVE WYNNEWOOD PA 19096		
<b>CHECKS PAYABLE TO</b>	FRIENDS' CENTRAL SCHOOL		
<b>OPERATIONAL RISK DIRECTOR</b>	WILLIAM GALLAGHER	<b>E-MAIL:</b> wgallagher@friendscentral.org	<b>PHONE:</b> 267-275-7711
<b>OFFICIALS CONTACT</b>	WILLIAM GALLAGHER	<b>E-MAIL:</b> wgallagher@friendscentral.org	<b>PHONE:</b> 267-275-7711

**Session 1**

Friday, December 10

The 1000 will be limited to a total of 14 heats, entries will be accepted on a first come first serve basis, as noted in the entries section above. All 1000 heats will be run fastest to slowest with alternating heats of boys and girls. Swimmers are responsible for providing their own lap counter and timers.

This event will be positive check-in. Check-in for the 1000 will close 30 minutes before the start of the session (6:00pm).

GIRLS	EVENT	BOYS
101	Open- 1000 Free	102

**Session 2**

Age 9-10 Saturday, December 11

GIRLS	EVENT	BOYS
201	400 Free Relay	202
203	100 Breast	204
204	100 Free	205
207	100 Back	208
209	50 Fly	210
211	100 IM	212
213	200 Medley Relay	214

**Session 3**

Age 11-12 Saturday, December 11

GIRLS	EVENT	BOYS
215	400 Free Relay	216
217	200 Breast	218
219	100 Free	220
221	200 Back	222
223	100 Fly	224
225	200 IM	226
227	200 Medley Relay	228

**Session 4**

13 &amp; Over-Saturday, December 11

GIRLS	EVENT	BOYS
229	13 & Older 200 Medley Relay	230
231	13 & Older 200 Breaststroke	232
233	13 & Older 100 Free	234
235	13 & Older 200 Back	236
237	13 & Older 100 Fly	238
239	13 & Older 200 IM	240

**Session 5**

Age 9-10 Sunday, December 12

GIRLS	EVENT	BOYS
301	200 Free Relay	302
303	50 Breast	304
305	200 Free	306
307	50 Back	308
309	100 Fly	310
311	50 Free	312
313	400 Medley Relay	314

**Session 6**  
Age 11-12 Sunday, December 12

GIRLS	EVENT	BOYS
315	200 Free Relay	316
317	100 Breast	318
319	200 Free	320
321	100 Back	322
323	200 Fly	324
325	50 Free	326
327	400 Medley Relay	328

**Session 7**  
Age- 13 & Over Sunday, December 12

GIRLS	EVENT	BOYS
329	13 & Older 200 Free Relay	330
331	13 & Older 100 Breast	332
333	13 & Older 200 Free	334
335	13 & Older 100 Back	336
337	13 & Older 200 Fly	338
339	13 & Older 50 FR	340

<b>DECK ENTRIES</b>	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$20 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
<b>SEEDING</b>	This meet will be pre-seeded with the exception of the event(s) noted below. Both 13 & Over sessions will be deck-seeded. The 1000 will be positive check-in and deck-seeded
<b>AWARDS</b>	12 & Under Individual Events: 1st to 6th.
<b>SCORING</b>	
<b>PROGRAMS AND ADMISSION</b>	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 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	

SESSION	WARM-UP TIMES	MEET STARTS
1	Friday (12/10)- 5:30pm-Open	6:30pm
2 & 5	Saturday & Sunday (12/11-12/12) Ages 9-10-7am	8am
3 & 6	Saturday & Sunday (12/11-12/12) Ages 11-12- 11:30am	12:30pm
4 & 7	Saturday & Sunday (12/11-12/12) Ages 13 & Over- 4pm	5pm
<b>WARM-UP INFORMATION</b>	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	
<b>COVID-19</b>	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>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>
<b>MEET HOST'S ASSUMPTIONS OF RISK DISCLAIMER</b>	<p>Friends' Central Aquatics has maintained our use of the Shimada Athletic Center Natatorium through the COVID-19 epidemic by developing and enforcing a strict COVID-19 safety plan. This plan requires specific access, traffic flow; however, it does not eliminate the risk of COVID-19 exposure. Anyone attending events in the natatorium assume all risks and all liability related to exposures to COVID-19 or any other infectious disease</p>
<b>ATHLETE PROTECTION (MAAPP)</b>	<p>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.</p>
<b>DECK PRIVILEGES</b>	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
<b>TECH SUIT POLICY</b>	<p>102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 &amp; Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p>
<b>RACING START CERTIFICATION</b>	<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. <b>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</b></p>
<b>QUALIFYING TIMES</b>	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
<b>MEET/DECK REFEREE</b>	<p>The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for <b>any</b> issues that arise that day during the course of the meet.</p>
<b>MEET MARSHALS</b>	<p>Meet Marshals have full authority through the Meet Referee &amp; 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.</p>
<b>RULES:</b>	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be STRICTLY enforced.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p>

	<b>No unauthorized personnel will be allowed on the pool deck.</b> Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area
<b>DISABLED SWIMMERS</b>	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
<b>PROTESTS</b>	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
<b>PHOTOGRAPHY</b>	<b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b> 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.
<b>DRONES</b>	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
<b>DECK CHANGING</b>	Deck changes are prohibited.
<b>DIRECTIONS</b>	From NJ Turnpike: NJ Turnpike to Exit 6. Pennsylvania Turnpike. Follow directions for PA Turnpike. From PA Turnpike: Get on PA Turnpike to Exit 326 (old 24) (Valley Forge) After toll proceed on I-76 East (approximately 8 miles) to Exit 339 (old 33) (City Line Avenue/Route 1). Go south on City Line Avenue (Rt 1) for appx. 2 miles. Cross over Lancaster Avenue (Route 30) 1/2 mile on your right is entrance to campus.
<b>ACCOMMODATIONS</b>	Holiday Inn City Line 4100 Presidential Blvd., Philadelphia, Pennsylvania, USA, 19131 215-477-0200 Toll-free: 800-465-4329  North American Motor Inn 4444 City Line Ave, Philadelphia, Pennsylvania, USA, 19131 215-878-3100  Marriott Philadelphia West 111 Crawford Avenue, West Conshohocken, Pennsylvania, USA, 19428 (off of Rt.76) 610-941-5600 Toll-free: 800-237-3639