



MIDDLE ATLANTIC SWIMMING LC JUNIOR OLYMPICS JULY 18 -21, 2019

MEET HOST	Lancaster Aquatic Club, Franklin & Marshall College		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. MA19195 AG and MA 19197 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>		
MEET DIRECTOR	BEN DELIA	E-MAIL: bdelia@fandm.edu	PHONE: 717-358-3897
LOCATION	Pool name: KUNKEL AQUATIC CENTER, 929 HARRISBURG AVE., LANCASTER, PA 17603 Day of meet ONLY emergency phone (315) 806-123514		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado System 6 timing system with a 8 line scoreboard for the competition pool and non-turbulent lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 500. Parking – 700 Spots Hospitality YES Snack bar YES		
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 9 feet and at the turn end of the pool is 4'6" feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	OME will open for entries into this meet on June 17th, 2019 . OME can be accessed at www.usaswimming.org/ome		
ENTRY DEADLINE	OME will close at 2:00 PM EST on July 8th, 2019. No updates for already-qualified swimmers will be accepted after OME closes.		
LAST CHANCE MEET ENTRIES	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 July 8, 2019 and no later than 11:59 PM on July 14, 2019. 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 July 15, 2019 to Ben Delia at bdelia@fandm.edu Note that OME will not be reopened for Last Chance entries.		
MEET ENTRY FEES	Individual Events: \$7.00 Time Trials: \$10.00	Relay Events: \$12.00 Time Trials: \$20.00	Surcharge: \$5/swimmer (including relay only)
ENTRY LIMITS	Each swimmer is allowed 3 (Including time trials) Individual Events per day (Excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 10 Individual Events
ELIGIBILITY	All entrants must be Middle Atlantic registered members of USA Swimming.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
MEET ENTRY CHAIR	Ben Delia	E-mail: bdelia@fandm.edu	Phone: 717-358-3897
ENTRY FEE CHECKS	Make payable to "Franklin & Marshall College"		
MAIL CHECKS / REPORTS	Attn: Ben Delia, 415 Harrisburg Ave., Lancaster, PA 17603		
OPERATIONAL RISK DIRECTOR	Paul Taylor	E-mail: paul99dana@aol.com	Phone: 717-358-3897
OFFICIALS CONTACT	Bert Hewitt	E-mail: wehewitts@gmail.com	Phone: 717-358-3897
MEET REFEREE	Name Mike Malmstorm	E-mail: malmstrommike@gmail.com	Phone: TBA

<p>OFFICIALS REGISTRATION</p>	<p>All certified Middle Atlantic and USA Swimming Officials are welcome and encouraged to help officiate at this meet. Officials should sign up at www.ma.swim.officials.org prior to the meet to indicate which sessions they will attend. Officials that have not signed up in advance should report to the Referee at least one hour before the start of each session. Your help in making this meet a success will be greatly appreciated.</p> <p>An application has been filed for this meet to be an Officials Qualification Meet. Any official interested in USAS national certification is encouraged to apply for evaluation or education. Requests should be made to Bert Hewitt, wehewitts@gmail.com. A commitment to work at least four complete sessions of the meet is necessary to be eligible for N2 or N3 evaluation.</p>
<p>COACHES MEETING</p>	<p>There will be a coaches meeting on Friday morning, July 19th, 2019 at 7:30 am at the hospitality area. Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative present from each team.</p>
<p>ENTRY PROCEDURES</p>	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. Entries will be accepted through 2:00 PM EST, Monday, July 8th, 2019.</p> <p>Qualifying times must have been achieved after December 31st, 2017 OME will open for entries into this meet on June 17th, 2019. OME can be accessed at www.usaswimming.org/ome . OME will close at 2:00 PM EST July 8th, 2019.</p> <p>For this meet the OME system will process payment by check only. Upon checking out, a confirmation e-mail providing an invoice and a summary of the events will be returned. Entries are not in the meet until the check has been processed. At the check-out screen, please check the box that says "pay by check".</p> <p>Entry times will be taken from the SWIMS Database. Override times may be entered; however, all times not from SWIMS must be proven prior to the meet. Override times must have been achieved at a USA Swimming/MA Sanctioned, Approved or Observed Meet. All override times must be proven.</p> <p>For an override time to be considered, the coach must email the Meet Entry Chair at bdelia@fandm.edu and provide the athlete's name, age, event description, the time achieved and the following information about the meet where the time was achieved:</p> <ul style="list-style-type: none"> • The name of the meet • The date(s) of the meet • The sanction, approved or observed meet number for the meet, • A .pdf of the official results • A link to the official results • The event number at the meet <p>Without the above information override times will be rejected. Swimmers will not be permitted to swim with un-proven times, and will not be seeded into a pre-seeded event, but will be able to swim in the first heat if proven prior to the swim.</p> <p>Swimmers must enter their best time in an event. Times must be entered in the proper course in which achieved; converted times will not be accepted. Non-conforming (SCM and SCY) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <p>Entries sent with 'No Time' will be rejected!</p>
<p>MEET FORMAT</p>	<p>The following events are Timed Finals:</p> <p style="padding-left: 40px;">All 10 and Under events The 11-14 800 Free and 1500 Free Events The 11-12 and 13-14 400 Free and 400 IM events All Relays.</p> <p>For the remaining events, all are Prelims/Finals and will swim the following at Finals:</p> <p style="padding-left: 40px;">All 13-14 events 200 distance and shorter will swim A-, B-, and C-Finals. The 11-12 events at 100- and 50- distances will swim an A-, B- and C-Finals. The 11-12 events at 200 distance will swim A- and B-Finals. The C-Final will swim first at Finals, followed by the B-Final and then the A- Final.</p>

SESSION SCHEDULES

Session 1 – Thursday, July 18th Distance Session
Session Start Time – 4:00 PM

GIRLS	EVENT	BOYS
1	11-14 1500 Freestyle	2
* The 1500 is a combined age group event, swimming together but scored and awarded separately, and will swim fast to slow. Heats will alternate Girls 1500 Free / Boys 1500 Free. These are Timed Finals events *		

Session 2 – Friday, July 19th Prelims
Session Start Time – 8:15 PM

GIRLS	EVENT	BOYS
3	11-12 200 Freestyle	4
5	13-14 200 Freestyle	6
7	11-12 50 Backstroke	8
9	13-14 100 Breaststroke	10
11	11-12 100 Breaststroke	12
13	13-14 100 Butterfly	14
15	11-12 100 Butterfly	16
17	13-14 400 Medley Relay	18
19	11-12 400 Medley Relay	20
21	13-14 400 Individual Medley*	22
23	11-12 400 Individual Medley*	24
*The top 16 seeds after positive check-in will swim at Finals. These are Timed Finals events, swum fast to slow. *		

Session 3 – Friday, July 19th Timed Finals
Session Start Time – 2:15 PM

GIRLS	EVENT	BOYS
25	10 & Under 200 Individual Medley	26
27	10 & Under 100 Freestyle	28
29	10 & Under 50 Breaststroke	30
31	10 & Under 200 Medley Relay	32

Session 4 – Friday, July 19th Finals
Session Start Time – 5:15 PM

GIRLS	EVENT	BOYS
3	11-12 200 Freestyle	4
5	13-14 200 Freestyle	6
7	11-12 50 Backstroke	8
9	13-14 100 Breaststroke	10
11	11-12 100 Breaststroke	12
13	13-14 100 Butterfly	14
15	11-12 100 Butterfly	16

21	13-14 400 Individual Medley*	22
23	11-12 400 Individual Medley*	24
*Top 16 seeds after positive check-in will swim with finals, to be swum slow to fast.		

Session 5 – Saturday, July 20th Prelims
 Session Start Time – 8:15 AM

GIRLS	EVENT	BOYS
33	11-12 200 Backstroke	34
35	13-14 200 Backstroke	36
37	11-12 50 Freestyle	38
39	13-14 50 Freestyle	40
41	11-12 200 Butterfly	42
43	13-14 200 Butterfly	44
45	11-12 50 Breaststroke	46
47	13-14 400 Freestyle Relay	48
49	11-12 400 Freestyle Relay	50
51	13-14 400 Freestyle*	52
53	11-12 400 Freestyle*	54
*The fastest 16 seeds after positive check-in will swim at finals. These are timed finals events, swum past to slow.		

Session 6 – Saturday, July 20th Timed Finals
 Session Start Time – 2:15 PM

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

Session 7 – Saturday, July 20th Finals
 Session Start Time – 5:15 PM

GIRLS	EVENT	BOYS
33	11-12 200 Backstroke	34
35	13-14 200 Backstroke	36
37	11-12 50 Freestyle	38
39	13-14 50 Freestyle	40
41	11-12 200 Butterfly	42
43	13-14 200 Butterfly	44
45	11-12 50 Breaststroke	46
51	13-14 400 Freestyle*	52
53	11-12 400 Freestyle*	54
*Top 16 seeds after positive check-in will swim with finals, to be swum slow to fast.		

Session 8 -- Sunday, July 21st Prelims
 Session Start Time – 8:15 AM

GIRLS	EVENT	BOYS
65	11-12 100 Freestyle	66
67	13-14 100 Freestyle	68
69	11-12 100 Backstroke	70
71	13-14 100 Backstroke	72
73	11-12 200 Breaststroke	74
75	13-14 200 Breaststroke	76
77	11-12 50 Butterfly	78
79	13-14 200 Individual Medley	80
81	11-12 200 Individual Medley	82
83	11-14 800 Freestyle*	84

* The 800 freestyle is a combined age group event, swimming together but scored and awarded separately, and will swim fast to slow. Heats will alternate Girls 800 Free / Boys 800 Free. Top 8 seeded swimmers after positive check-in will swim at Finals. These are Timed Finals events.

Session 9 -- Sunday, July 21st Timed Finals
 Approximate Session Start Time – 2:45 PM

GIRLS	EVENT	BOYS
85	10 & Under 50 Freestyle	86
87	10 & Under 100 Butterfly	88
89	10 & Under 50 Backstroke	90
91	10 & Under 400 Freestyle	92

Session 10 -- Sunday, July 21st Finals
 Approximate Session Start Time – 5:45 PM

GIRLS	EVENT	BOYS
83	11-14 800 Freestyle*	84
65	11-12 100 Freestyle	66
67	13-14 100 Freestyle	68
69	11-12 100 Backstroke	70
71	13-14 100 Backstroke	72
73	11-12 200 Breaststroke	74
75	13-14 200 Breaststroke	76
77	11-12 50 Butterfly	78
79	13-14 200 Individual Medley	80
81	11-12 200 Individual Medley	82

* The top 8 seeds after positive check-in will swim with finals

*****Start times for sessions 9 and 10 are approximate and subject to change based on 800 freestyle entry numbers*****

Middle Atlantic Swimming

2019 LCM JUNIOR OLYMPIC TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.69	29.09	26.09	50 Free	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 Free	53.09	59.19	1:00.19
2:18.69	2:15.89	2:02.49	200 Free	1:56.29	2:09.19	2:11.89
4:55.59	4:47.59	5:31.29	400 Free	5:17.89	4:43.99	4:36.39
10:09.99	10:00.99	11:29.99	800 Free	10:59.99	9:50.19	9:54.99
20:04.29	19:30.59	19:45.99	1500 Free	18:55.99	18:45.49	19:17.99
1:12.89	1:10.69	1:03.59	100 Back	1:00.39	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 Back	2:11.99	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 Breast	1:08.39	1:17.39	1:19.09
2:59.99	2:57.69	2:39.69	200 Breast	2:31.69	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 Fly	59.59	1:06.89	1:07.89
2:43.09	2:41.49	2:24.89	200 Fly	2:17.19	2:33.99	2:35.59
2:38.49	2:34.29	2:18.99	200 IM	2:11.19	2:26.69	2:30.69
5:43.49	5:33.99	4:59.19	400 IM	4:44.59	5:19.19	5:28.19
LCM	SCM	SCY	11-12	SCY	SCM	LCM
30.99	30.49	27.29	50 Free	27.29	30.49	31.09
1:08.29	1:07.09	59.99	100 Free	59.99	1:06.59	1:07.79
2:27.99	2:24.99	2:09.89	200 Free	2:10.79	2:24.79	2:27.69
5:12.29	5:03.89	5:49.39	400 Free	5:49.99	5:03.99	5:12.29
10:45.99	10:39.99	11:45.99	800 Free	11:38.99	10:39.99	10:35.99
21:39.69	21:03.99	21:19.99	1500 Free	21:19.99	21:03.99	21:39.69
36.59	35.39	31.59	50 Back	31.79	35.29	36.49
1:17.79	1:15.49	1:07.39	100 Back	1:08.29	1:16.79	1:18.09
2:48.69	2:44.39	2:26.79	200 Back	2:29.79	2:46.99	2:51.39
40.59	39.59	35.49	50 Breast	35.99	39.99	40.99
1:28.29	1:26.39	1:17.39	100 Breast	1:19.09	1:28.49	1:30.49
3:12.29	3:09.89	2:49.99	200 Breast	2:52.69	3:11.89	3:14.29
34.69	33.69	29.89	50 Fly	29.99	33.39	34.39
1:17.29	1:16.09	1:07.69	100 Fly	1:08.79	1:16.59	1:17.69
3:01.79	2:59.99	2:39.99	200 Fly	2:39.99	2:57.59	2:59.39
2:49.99	2:45.59	2:28.09	200 IM	2:28.59	2:45.19	2:49.69
6:07.19	5:57.09	5:20.29	400 IM	5:21.99	5:58.69	6:08.89
LCM	SCM	SCY	10&U	SCY	SCM	LCM
35.39	34.79	30.99	50 Free	30.99	34.49	35.19
1:17.69	1:16.39	1:08.79	100 Free	1:08.39	1:15.99	1:17.29
2:51.59	2:48.09	2:31.89	200 Free	2:32.39	2:48.69	2:52.19
6:04.09	5:54.29	6:47.99	400 Free	6:48.99	5:54.79	6:04.59
41.89	40.49	36.29	50 Back	36.19	39.99	41.29
1:30.39	1:27.69	1:18.49	100 Back	1:19.29	1:27.99	1:30.69
47.39	46.19	41.59	50 Breast	42.09	46.79	47.99
1:43.19	1:40.99	1:30.39	100 Breast	1:32.29	1:42.59	1:44.79
39.89	38.79	34.59	50 Fly	34.89	38.79	39.89
1:34.09	1:32.69	1:22.49	100 Fly	1:24.39	1:33.69	1:35.09
3:15.19	3:10.09	2:51.39	200 IM	2:52.69	3:11.49	3:16.69

TEAM ASSIGNMENTS	Every team entered in the Meet will be responsible for supplying workers for the Meet. <u>THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet.</u> Each Team's contact person will be contacted in order to organize our work force. Teams are also asked to keep their team area clean. It is important that Middle Atlantic Swimming respect the facilities that they use. Note that volunteer officials are not considered part of fulfilling the club responsibilities for meet workers.
DECK ENTRIES/TIME TRIALS	Deck entries will not be accepted at this meet. Time trials will be available after each session on Thursday, Friday, Saturday and Sunday, time permitting, and at the discretion of the Meet Referee and Meet Director. Middle Atlantic Time Trials policy will be followed. Time trial events will count in the total allowable events per day.
SEEDING	<p>This is primarily a Prelims/Finals meet for 11 and over events; those events will have a C, B- and A-Finals at the Finals session swum in that order. The 800 Free and 1500 Free events for 11 and over swimmers are Timed Finals events. The 400 IM and 400 Free events for 11-12 and 13-14 swimmers are Timed Finals events.</p> <p>All 10/U events are Timed Finals.</p> <p>Non-conforming times will be accepted and will be seeded in LSY order according to USA Swimming procedures 207.11.7B.</p> <p>Positive check-in will be required to be seeded in the 400 IM, 400 Free, 800 Free, 1500 Free events and all Relays. Check in time will be 1 hour after the start of prelims on the day of the event.</p>
RELAYS	All relays are Timed Finals. There are no qualifying times for relays. <u>Each competing relay team must contain at least three (3) swimmers who are entered in the meet and compete in an individual event.</u> Teams may enter as many relays as they wish, but only two (2) relays from a team may score in an event. All relay-only swimmers must be entered in the meet before the entry deadline and pay the \$5 surcharge. Relays must check-in prior to the start of Prelims each day, but need not declare their swimmers until just before swimming.
DISTANCE EVENTS	Swimmers with qualifying times in the 800 or the 1500 freestyle may enter that event using their fastest time, or may enter at the LCM time standard. Swimmers in the 800 free and the 1500 free events must provide their own lap counters. The 400 IM, 400 free, 800 free and 1500 free are positive check in events. Swimmers in the 400 IM, 400 free, 800 free and 1500 free must provide their own timers during prelim sessions
SCRATCH RULES	<p>WILL NOT BE PENALIZED. ANY SWIMMER WHO POSITIVELY CHECKS-IN FOR A DECK-SEEDED EVENT AND DOES NOT SWIM THAT EVENT WILL BE BARRED FROM THEIR NEXT INDIVIDUAL EVENT. SWIMMERS MAY TAKE A DFS IN A TIMED FINAL EVENT. EXCEPT THOSE SEEDED INTO THE TOP EIGHT OF THE 800 FREE ON SUNDAY.</p> <p>ANY SWIMMER WHO QUALIFIES FOR FINALS IN A PRELIMINARY/FINALS EVENT AND DOES NOT REPORT FOR AND SWIM THE FINALS WILL BE BARRED FROM THE REST OF THE MEET (INCLUDING RELAYS)</p> <p>UNLESS THE SWIMMER HAS SCRATCHED, OR INDICATED THEIR POSSIBLE INTENTION TO SCRATCH, TO THE ADMIN REFEREE WITHIN THIRTY (30) MINUTES OF THE ANNOUNCEMENT OF THE PRELIMINARY RESULTS. SWIMMERS DECLARING POSSIBLE INTENTION MUST CONFIRM THEIR INTENTION TO SCRATCH WITHIN THIRTY (30) MINUTES OF THE ANNOUNCEMENT OF THE RESULTS OF THAT SWIMMER'S LAST RESULTS. SWIMMERS DECLARING POSSIBLE INTENTION MUST CONFIRM THEIR INTENTION TO SCRATCH INDIVIDUAL EVENT AT THE PRELIMINARY SESSION OR THEY WILL BE SEEDED INTO THE EVENT AND EXPECTED TO SWIM. SWIMMERS WHO ARE INITIALLY ANNOUNCED AS ALTERNATES (OR LOWER) FOR THE FINALS WILL NOT BE SO PENALIZED</p> <p>A \$50 FINE WILL BE IMPOSED ON ANY MA SWIMMER WHO QUALIFIES FOR FINALS ON THE LAST NIGHT (OR LAST DAY OF COMPETITION FOR THAT SWIMMER) AND THEN DOES NOT COMPETE IN THAT EVENT, UNLESS SUCH SWIMMER HAS APPROPRIATELY SCRATCHED OR IS OTHERWISE EXCUSED FROM THE EVENT.</p>

AWARDS	There will be a Team Award for the Girl's, Boy's and Combined Team with the highest point total.	
	There will be a High Point Award for the top female and top male in each age group (based on individual events).	
	Individual:	10 & Under 11-12, 13-14
	Relays:	10 & U, 11-12, 13-14
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.	
PROGRAMS AND ADMISSION	Admission is 7946	
	\$5 per session. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Children under 12 admitted free. A full meet program will be available for \$10 and will include coupons for free finals sessions heat sheets. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.	
SESSION	WARM-UP TIMES	MEET STARTS
Thursday Distance	3:00 PM	4:00 PM
Friday-Sunday Prelims, 11 & Older	7:00 AM	8:15 AM
Friday & Saturday Timed Finals, 10 & Under	1:30 PM	2:15 PM
Friday & Saturday Finals, 11 & Older	4:15 PM	5:15 PM
*Sunday Timed Finals, 10 & Under	2:00 PM	2:45 PM
*Sunday Finals, 11 & Older	4:45 PM	5:45 PM
*Warm-up and Meet start times are subject to change depending on 800 freestyle entries. Any changes will be clearly communicated with coaches and team representatives.		
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 Warm-up breaks will be added between events at the discretion of the Meet Referee and Meet Director.	
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.	
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.	
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.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Operational Risk 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 Prelims for this meet. 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/ No unauthorized personnel will be allowed on the pool deck. See Deck Privileges section for details.</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 Referee. The Meet Jury will consist of the Meet Director, an Athlete, a Coach and two additional members which may include an official. 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	GPS Address: 929 Harrisburg Avenue, Lancaster, PA 17603. Swimmer drop-off and entry will be in the parking lot whose entrance is at the intersection of Harrisburg Ave. and Race Ave.
ACCOMMODATIONS	<p>2019 Jr. Olympic Swim Meet Hotel Information</p> <p>Hotel Information will be announced soon.</p>