



# JUNIOR OLYMPIC AGE GROUP CHAMPIONSHIPS

## March 17 – 20, 2022

Middle Atlantic Swimming and the Meet Management Team reserves the right to modify the meet format and/or entry of the meet.

<b>MEET HOST</b>	<b>York YMCA Aquatic Club</b>		
<b>SANCTION</b>	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming.  <b>Sanction # MA 22141 AG and MA 22142 TT</b>  <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></p>		
<b>MEET DIRECTOR</b>	BRIAN GUNN	<b>E-MAIL:</b> BCGUNN60@COMCAST.NET	<b>PHONE:</b> 717-676-1335
<b>LOCATIONS</b>	<b>Pool name</b> GRAHAM AQUATIC CENTER <b>Street address</b> 543 N. NEWBERRY ST. <b>City, state and zip</b> YORK, PA 17404 <b>Day of meet ONLY emergency phone</b> (717)676-1335		
<b>FACILITY DESCRIPTIONS</b>	The Graham Aquatic Center is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Daktronics LED Matrix timing system with a 8+ line scoreboard and _____ lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 400+ and spectator seating for 650. Parking 550. Hospitality will be provided throughout the meet. Snack bar concession area with promenade overlooking competitive pool.		
<b>POOL CERTIFICATIONS</b>	Both courses have been measured but not certified in accordance with USA Swimming Rule 104.2.2C (4).		
<b>WATER DEPTH</b>	Graham: The depth of the water at the start end of the pool is 6 feet and at the turn end is 5 feet		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	OME will open for entries into this meet on FEBRUARY 16, 2022. OME can be accessed at <a href="http://www.usaswimming.org/ome">www.usaswimming.org/ome</a> .		
<b>ENTRY QUALIFYING PERIOD</b>	Times for entry into this meet must have been achieved on or after September 1 <sup>ST</sup> , 2020		
<b>ENTRY DEADLINE</b>	OME will close at 2:00 PM EST MARCH 11, 2022. DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!!		
<b>ENTRIES FROM LAST CHANCE MEETS</b>	<i>Entries will be accepted for swimmers qualifying in an event after the entry deadline. Last Chance entries must be achieved in a Middle Atlantic sanctioned meet after MARCH 11, 2022 and no later than 11:59 PM on MARCH 13, 2022. Updates to a previously qualified event will NOT be accepted. OME will be reopened for Last Chance entries on MARCH 14, 2022, OME for Last Chance entries will close at 2:00 PM on MARCH 15, 2022 to Brian Gunn at <a href="mailto:BCGunn60@comcast.net">BCGunn60@comcast.net</a>.</i>		
<b>ENTRY FEES</b>	Individual Events: <b>\$15.00</b> Time Trials: <b>\$20.00</b>	Relay Events: <b>\$25.00</b>	Time Trials: <b>\$30.00</b>
<b>ENTRY LIMIT</b>	3 Individual Events per day (excluding relays).	2 Relay per day	MEET ENTRY LIMIT: 10 individual events
<b>ELIGIBILITY</b>	This Meet is limited to Middle Atlantic swimmers ages 14 and under only; swimmers must be currently registered with Middle Atlantic and USA Swimming in order to compete. This meet will be conducted according to current USA Swimming Rules and Regulations. Age group is determined by the swimmer's age on THURSDAY, MARCH 17, 2022. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet.		
<b>ON-SITE REGISTRATION</b>	On-site registration will not be accepted at this meet. Each swimmer must be registered through Middle Atlantic prior to competition		
<b>ENTRY PROCEDURES</b>	Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only. No hand entries will be accepted. <b>Entries will be accepted through 2:00 PM EST, MARCH 11, 2022.</b>		

	<p><b>Qualifying times must have been achieved after SEPTEMBER 1, 2020.</b></p> <p>OME will open for entries into this meet on FEBRUARY 16, 2022. OME can be accessed at <a href="http://www.usaswimming.org/ome">www.usaswimming.org/ome</a> . OME will close at 2:00 PM EST MARCH 11, 2022.</p> <p>For this meet the OME system will process payment by credit card or check. It will accept VISA, MasterCard, American Express and Discover Card. Upon payment, a confirmation e-mail providing a receipt and a summary of the events will be returned. Entries are not in the meet until payment has been processed. If you need to pay by check, please email the Meet Director at <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a> after you go through the OME process. At the check-out screen, please check the box that says "pay by check".</p> <p>Entry times will be taken from the <b>SWIMS Database</b>. Override times may be entered; however, all times not from <b>SWIMS</b> must be proven prior to the meet. <b>Override times must have been achieved at a USA Swimming officially Sanctioned, Approved or Observed Meet. All override times must be proven.</b></p> <p><b>For an override time to be considered, the coach must email the meet director <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a> and provide the athlete's name, age, event description, the time achieved and the following information about the meet where the time was achieved:</b></p> <ul style="list-style-type: none"> <li>• The name of the meet</li> <li>• The date(s) of the meet</li> <li>• The sanction, approved or observed meet number for the meet,</li> <li>• A .pdf of the official results</li> <li>• A link to the official results</li> <li>• The event number at the meet</li> </ul> <p><b>Without the above information override times will be rejected.</b> 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 LCM) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <p><b>Entries sent with 'No Time' will be rejected!</b></p>		
<b>RELAYS</b>	<p>On Friday and Saturday, the fastest Heat of all Relays will swim at Finals. On Sunday all relays will swim in the pre-lim's session. Relays are Timed Finals and will be deck-seeded. All relays must positively check-in by the scratch deadline. Relay participants must be declared to the Admin Referee (on Relay cards) one hour before the relay swims, but may be changed up to the time of the swim. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet, upon payment of the meet surcharge and submission of proof of 2022 registration. Mixed Relays must contain 2 male swimmers and 2 female swimmers, the 4 swimmers may swim in any order. The mixed 13-14 200 Medley Relay will be seeded with 400 Medley Relay Times.</p>		
<b>MEET ENTRY CHAIR</b>	Brian Gunn	<b>PHONE #:</b> Email <a href="mailto:bcgunn60@comcast.net">bcgunn60@comcast.net</a> is the much preferred method of communication. In the event of an actual emergency, where the issue cannot be addressed by email, the phone number is: <b>717-676-1335</b> (no calls before 9:00 AM or after 8:00 PM)	
<b>MAIL CHECKS/ REPORTS</b>	MA JO Entries, Attn. Brian Gunn, 722 Dogwood Circle, York, PA 17403		
<b>CHECKS PAYABLE TO</b>	If paying by check, write only ONE check per club payable to "York YMCA Aquatic Club."		
<b>OPERATIONAL RISK DIRECTOR</b>	SHANNON PHIFER	<b>E-MAIL:</b> <a href="mailto:SNPHIFER7@GMAIL.COM">SNPHIFER7@GMAIL.COM</a>	<b>PHONE:</b> 920-382-2477
<b>Meet Referee</b>	ERIC HARNISH	<b>E-MAIL:</b> <a href="mailto:EHARNISH1@COMCAST.NET">EHARNISH1@COMCAST.NET</a>	<b>PHONE:</b> 717-881-2032

### Meet Format

- The following events are Timed Finals:
  - All Thursday events
  - 1650 Free
  - 1000 Free

- 11-12 500 Free
- 11-12 400 IM
- All Relays.
- For the remaining events, all are Prelims/Finals and will swim the following at Finals:
  - 13-14 events 200 yards and shorter will swim A-, B-, and C-Finals
  - 13-14 400 IM and 500 Free will swim A- and B-Finals
  - 11-12 events 200 yards will swim A- and B-Finals, 100 and 50 yards will have A-, B-, and C- finals
- The C-Final will swim first at Finals, followed by the B-Final and then the A- Final.
- The mixed 13-14 200 Medley Relay will be seeded with 400 Medley Relay Times.
- During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session.
- Throughout the meet, there will be 6 lane warm-up/warm-down lanes available.

### MIDDLE ATLANTIC JUNIOR OLYMPICS EVENT LIST

**Middle Atlantic Swimming and the Meet Management Team reserves the right to modify the meet format and/or entry of the meet.**

Thursday, March 17, 2022 Events

GIRLS	EVENT	BOYS
1	11-14 1650 Freestyle	2

Notes:

- The 1650 Free is a Timed Finals and alternate between event. Swimmers in the 1650 free events must provide their own timer and lap counter.

Friday, March 18, 2022 Preliminaries

GIRLS	EVENT	BOYS
9	13-14 200 Breaststroke	10
15	13-14 100 Butterfly	16
19	13-14 200 IM	20
23	13-14 500 Free	24
5	13-14 400 FREE RELAY	6

Friday, March 18, 2022 Preliminaries

GIRLS	EVENT	BOYS
7	11-12 200 Backstroke	8
13	11-12 100 Breaststroke	14
11	11-12 200 Freestyle	12
21	11-12 100 IM	22
17	11-12 100 Butterfly	18
25	11-12 400 IM	26
3	11-12 400 MEDLEY RELAY	4

Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
- The 11-12 400 IM is a timed final, with the top eight (8) seeded athletes swimming at finals.



## Friday, March 18, 2022\_FINALS

GIRLS	EVENT	BOYS
3	11-12 400 MEDLEY RELAY	4
5	13-14 400 FREE RELAY	6
7	11-12 200 Backstroke	8
9	13-14 200 Breaststroke	10
11	11-12 200 Freestyle	12
13	11-12 100 Breaststroke	14
15	13-14 100 Butterfly	16
17	11-12 100 Butterfly	18
19	13-14 200 IM	20
21	11-12 100 IM	22
23	13-14 500 Free	24
25	11-12 400 IM	26

## Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
- The 13-14 500 Free is a timed final, with the top eight (8) seeded athletes swimming at finals
- The 11-12 400 IM is a timed final, with the top eight (8) seeded athletes swimming at finals.

## Saturday, March 19, 2022 Preliminaries

GIRLS	EVENT	BOYS
27	13-14 200 Mixed Freestyle Relay	27
31	13-14 100 Backstroke	32
35	13-14 200 Freestyle	36
45	13-14 400 IM	46
41	13-14 50 Free	42
49	13-14 400 Medley Relay	50

## Saturday, March 19, 2022 Preliminaries

GIRLS	EVENT	BOYS
29	11-12 200 Mixed Medley Relay	29
33	11-12 100 Backstroke	34
37	11-12 200 Breaststroke	38
39	11-12 100 Freestyle	40
43	11-12 50 Butterfly	44
47	11-12 500 Freestyle	48
51	11-12 400 Freestyle Relay	52

## Notes:

- Relays are Timed Finals, with the top eight (8) seeded teams swimming at Finals. **The top eight (8) seeded must swim at Finals or take a declared false start.**
- The 11-12 500 Free is a timed final, with the top eight (8) seeded athletes swimming at finals

Saturday, March 19, 2022\_FINALS

GIRLS	EVENT	BOYS
27	13-14 200 Mixed Freestyle Relay	27
29	11-12 200 Mixed Medley Relay	29
31	13-14 100 Backstroke	32
33	11-12 100 Backstroke	34
35	13-14 200 Freestyle	36
37	11-12 200 Breaststroke	38
39	11-12 100 Freestyle	40
41	13-14 50 Freestyle	42
43	11-12 50 Butterfly	44
45	13-14 400 IM	46
47	11-12 500 Freestyle	48
49	13-14 400 Medley Relay	50
51	11-12 400 Freestyle Relay	52

Sunday, March 20, 2022 Preliminaries

GIRLS	EVENT	BOYS
53	13-14 200 Mixed Medley Relay	53
61	13-14 200 Backstroke	62
65	13-14 100 Breaststroke	66
69	13-14 100 Freestyle	70
73	13-14 200 Butterfly	74

Sunday, March 20, 2022 Preliminaries

57	11-14 1000 Freestyle	58
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Notes:

- The 1000 Free is a Timed Finals and alternate between event. Swimmers in the 1000 free events in preliminaries must provide their own timer and lap counter.

Sunday, March 20, 2022 Preliminaries

55	11-12 Mixed 200 Freestyle Relay	55
59	11-12 50 Backstroke	60
63	11-12 200 IM	64
67	11-12 50 Breaststroke	68
71	11-12 50 Freestyle	72
75	11-12 200 Butterfly	76

Sunday, March 20, 2022 FINALS

GIRLS	EVENT	BOYS
57	11-14 1000 Free	58
59	11-12 50 Backstroke	60
61	13-14 200 Backstroke	62
63	11-12 200 IM	64
65	13-14 100 Breaststroke	66
67	11-12 50 Breaststroke	68
69	13-14 100 Freestyle	70
71	11-12 50 Freestyle	72
73	13-14 200 Butterfly	74
75	11-12 200 Butterfly	76

Notes:

- Relays are Timed Finals. **All Sunday Relays will swim during Preliminaries.**
- The fastest eight (8) 11-14 age group in the 1000 Free will swim at night in the Finals session.

# Middle Atlantic Swimming

## 2022 SCY 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
5:52.59	4:44.59	5:28.29	500 Free	5:14.79	4:40.89	4:33.79
10:04.89	9:51.89	11:25.89	1000 Free	11:04.99	9:41.99	9:53.19
19:37.59	19:03.79	19:19.19	1650 Free	18:34.49	18:23.99	18:56.49
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
5:39.69	5:30.19	4:55.39	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	500 Free	5:49.99	5:03.99	5:12.29
10:47.59	10:34.99	12:15.09	1000 Free	12:07.59	10:27.59	10:39.99
21:05.09	20:29.89	20:45.89	1650 Free	20:30.99	20:02.59	20:38.29
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
NA	1:16.49	1:08.49	100 IM	1:08.69	1:16.29	NA
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

BONUS EVENTS: Swimmers will be eligible to enter bonus events under the following conditions:

- A swimmer qualifying for 1 individual event may enter to compete in up to 3 total bonus events, if the time standards are met.
- A swimmer qualifying for 2 individual events may enter to compete in up to 2 total bonus events, if the time standards are met.
- A swimmer qualifying for 3 individual events may enter to compete in up to 1 total bonus events, if the time standards are met.
- For 50's: The existing time standard + (.5) second
- For 100's: The existing time standard + (1) second
- For 200's: The existing time standard + (2) seconds
- For the 400 IM: The existing time standard +(4) seconds
- For the 500 Free: The existing time standard + (5) seconds
- There will be no bonus entries for the 1000 free or 1650 free





<b>TEAM ASSIGNMENTS</b>	Every team entered in the Meet will be responsible for supplying workers for the Meet. <b><u>THIS IS A MANDATORY RESPONSIBILITY and is necessary to have a successful Meet.</u></b> 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.	
<b>SESSIONS</b>	<b>WARMUP TIMES</b>	<b>MEET STARTS</b>
THURSDAY	4:00 PM	5:00 PM
FRIDAY 13/14 PRELIMS	7:00 AM	8:00 AM
FRIDAY 11/12 PRELIMS	11:30 AM	12:30 PM
SATURDAY 13/14 PRELIMS	7:00 AM	12:30 PM
SATURDAY 11/12 PRELIMS	11:30 AM	12:30 PM
SUNDAY 13/14 PRELIMS	7:00 AM	8:00AM
1000 FREE SESSION	10:00 AM	10:30 AM
SUNDAY 11/12 PRELIMS	12:00 PM	1:00 PM
FINALS ALL DAYS	4:30 PM	5:30 PM
<b>WARM-UP INFORMATION</b>	<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>During warm-ups, sprint and pace lanes will be opened approximately thirty minutes before the start of each session. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them warm-up warm down.</p> <p>Continuous Warm-up/down pools will be available at both locations throughout the meet.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>	
<b>ATHLETE PROTECTION (MAAPP)</b>	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.	
<b>COVID-19</b>	<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>	
<b>MEET HOST'S ASSUMPTION OF RISK STATEMENT</b>	We have taken enhanced health and safety measures – for you, our coaches, and athletes. You must follow all posted instructions while visiting the Graham 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 joining in our competition, you voluntarily assume all risks related to exposure to COVID-19.	
<b>DECK PRIVILEGES</b>	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	

	<p>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>	USA Swimming rule: 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.
<b>RACING START CERTIFICATION</b>	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>
<b>QUALIFYING TIMES</b>	Qualifying Times are shown on the attached Meet Structure.
<b>OFFICIALS</b>	All certified Officials are welcome and encouraged to work at the Meet. Officials may use the online sign-up at: <a href="#">TBA</a> Your help in making this Meet a success will be greatly appreciated.
<b>MEET REFEREE</b>	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 with exception of a protest, which includes issues of conduct which may occur in the meet venue will be referred to the Meet Jury.
<b>MEET MARSHALS</b>	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.
<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 at Prelims, for all of Thursday evening events, and all timed final 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/</p> <p><b>No unauthorized personnel will be allowed on the pool deck.</b> Please see DECK PRIVILEGES section for details on presenting proper credentials for deck access.</p>
<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>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b></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>

<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>FINAL RESULTS</b>	Will be available on the Middle Atlantic Swimming website in both readable and electronic data transfer (for Team Manager) formats.
<b>DIRECTIONS</b>	See Map and directions below

**ACCOMMODATIONS**     <https://www.yorkpa.org/>

**Directions to Graham Aquatic Center**

**Note:** The following directions will lead you directly to the Graham Aquatic Center, which is where swimmers may be dropped off. However, parking for the facility is located on Parkway Boulevard. There will be additional parking available at Met-Ed, and along the streets. There is easy access to the facility from the parking area via a pedestrian path and bridge. The address of the facility is 543 North Newberry Street, York, PA 17404.

From northbound Interstate 83:

Take Interstate 83 north to PA Exit 21 B (US Route 30 West). At the end of the ramp, merge onto US Route 30. Proceed on Route 30 west to the first traffic signal at North George Street. Turn left onto George and proceed for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound Interstate 83:

Take Interstate 83 south to PA Exit 22 (North George Street). At the end of the ramp, turn right onto George Street.  
**NOTE:** Follow signs for Route 30. The first right towards the end of the ramp will be Lightner Road. Go past Lightner, and turn right at the traffic light onto George. Proceed on George across US Route 30 and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.



From eastbound US Route 30:

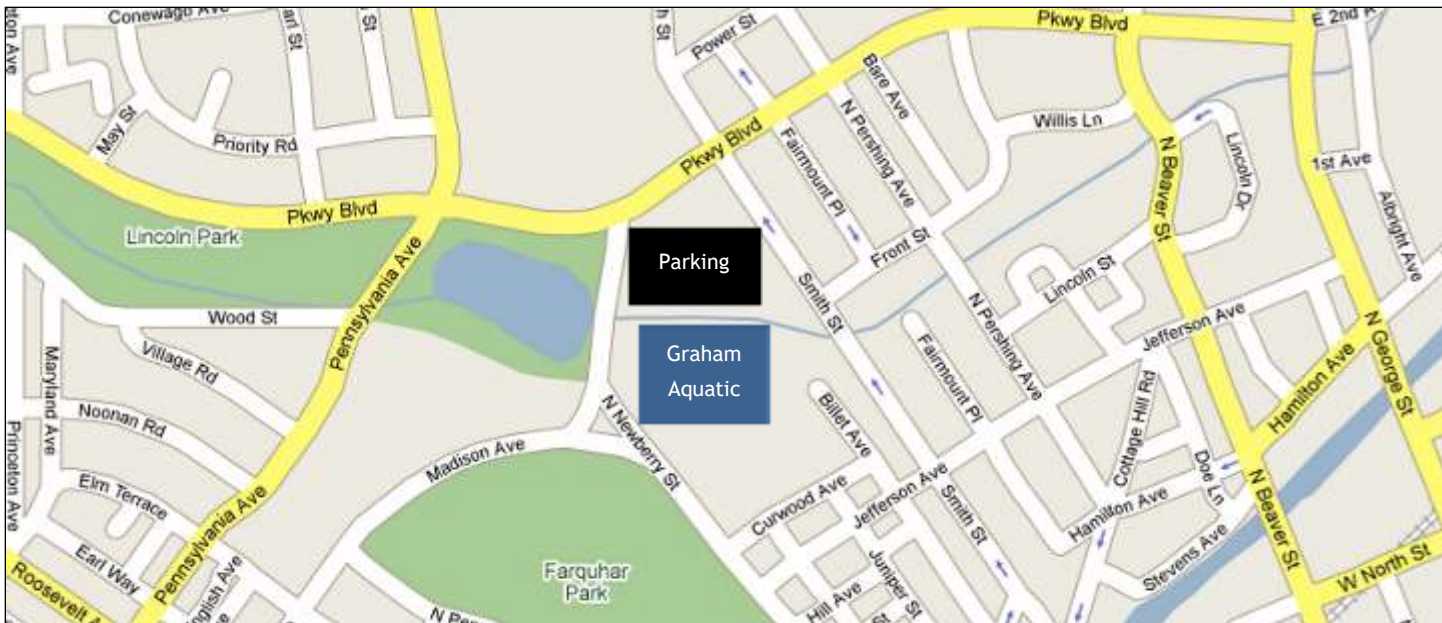
Follow US Route 30 east into the light cycle in York. After you pass several Apple car dealerships on the right, you will come to a traffic signal at Roosevelt Avenue. There will be a Denny's on the left corner. Turn right and follow Roosevelt approximately a half mile to Parkway Boulevard. Turn left onto Parkway and continue for about a half mile until you proceed through a traffic signal and pass Kiwanis Lake on the right. Immediately after you pass the lake, turn right onto North Newberry Street. The pool will be on the left; Kiwanis Lake will still be on the right.

From westbound US Route 30:

Follow US Route 30 west into the light cycle in York. The first traffic signal after you pass under Interstate 83 will be North George Street. Turn left onto George and continue for approximately a mile. After you pass a cemetery on the right, you will come to a traffic signal at Parkway Boulevard. Turn right and follow Parkway for about a half mile to North Newberry Street. Turn left onto Newberry. The pool will be on the left; Kiwanis Lake will be on the right.

From southbound PA Route 74:

Follow PA Route 74 south past US Route 30 and continue until you pass the York Fair on the right. At the first traffic signal immediately after the fairgrounds, turn left onto Madison Avenue. Proceed on Madison until it ends at North Newberry Street. Farquhar Park will be to the right of the intersection. Turn left onto Newberry. The pool will be on the right; Kiwanis Lake will be on the left.



Graham Aquatic Center  
543 North Newberry Street  
York, PA 17404

### PARKING MAP

Ample parking is available in five general areas within walking distance of the Graham Aquatic Center. Swimmers may be dropped off at the circular entrance located at 543 North Newberry Street. There is also limited handicapped parking at this location. Upon drop-off, cars may proceed to any of the parking areas detailed below. Please secure all valuables when you park.

PLEASE NOTE: PARKING IN ALL LOTS MUST BE IN LINED SPACES ONLY. PLEASE DO NOT BLOCK FENCES, GARAGES, OR INTRUDE ON PRIVATE PROPERTY IN THESE LOTS. TOWING MAY BE ENFORCED.



Graham Aquatic Center/Swimmer Drop-off/Handicap Parking

- P1 Graham Aquatic Center Lot (enter off Parkway Dr. and cross bridge to pool)
- P2 Grace Brethren Church Lot\*\* (enter off N. Newberry St. and cross bridge to pool)  
\*\*No Parking on Sunday, please...
- P3 Met-Ed Visitor Lot (enter off Parkway Dr. and walk up N. Newberry St. to pool)
- P4/P5 Ferguson Elementary – Upper/Lower Visitor Lot  
(enter off N. Newberry St. and walk down N. Newberry St. or down path behind pool)

