



2023 SC JUNIOR CHAMPIONSHIPS

March 16 – 19, 2023

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

MEET HOST	LANCASTER AQUATIC CLUB		
SANCTION	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 23161 AG and MA 23162 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></p>		
MEET DIRECTOR	Adriene Mellinger	E-MAIL: adriene@lancasteraquaticclub.com	PHONE: 717-572-6430
LOCATIONS	Pool name MCGINNIS POOL AT FRANKLIN & MARSHALL COLLEGE Street address 929 HARRISBURG PIKE City, state and zip LANCASTER, PA 17604 Day of meet ONLY emergency phone 773-960-3387		
FACILITY DESCRIPTIONS	The MCGINNIS POOL AT FRANKLIN & MARSHALL COLLEGE is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a 8+ line scoreboard and wave eater 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.		
POOL CERTIFICATIONS	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 end of the pool is 6 feet and at the turn end is 5 feet		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	FEBRUARY 16, 2023		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after September 1 ST , 2021		
ENTRY DEADLINE	MARCH 2, 2023. DO NOT SEND ENTRIES TO THE MIDDLE ATLANTIC OFFICE!!		
ENTRIES FROM LAST CHANCE MEETS	<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 02, 2023 and no later than 11:59 PM on MARCH 06, 2023. Updates to a previously qualified events will NOT be accepted. Email entries to Adriene Mellinger at adriene@lancasteraquaticclub.com. Reminder Flex memberships are not valid for Championship Meets.</i>		
ENTRY FEES	Individual Events: \$15.00	Time Trials: \$20.00	Relay Events: \$25.00 Time Trials: \$30.00
ENTRY LIMIT	3 Individual Events per day (excluding relays).	2 Relay per day	MEET ENTRY LIMIT: 10 individual events
ELIGIBILITY	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 16, 2023. All entry times must be from a USA Swimming Sanctioned, Observed or Approved meet.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> • The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. • Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded YLS. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. • 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 Include Meet Entry Summary with payment		
RELAYS	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. Relays need to have a minimum of 3 swimmers individually qualified for the meet, i.e., only 1 relay only swimmer per relay. Additional relay swimmers will be accepted at the meet, upon payment of the meet surcharge and submission of proof of 2023 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.		
MEET ENTRY CHAIR	Adriene Mellinger Email adriene@lancasteraquaticclub.com is the preferred method of communication. In the event of an actual emergency, where the issue cannot be addressed by email, the phone number is: 717-572-6430 (no calls before 9:00 AM or after 8:00 PM)		
MAIL CHECKS/ REPORTS	Nick Sahd, 1065 Olde Forge Crossing, Lancaster, PA 17601		
CHECKS PAYABLE TO	Lancaster Aquatic Club.		
OPERATIONAL RISK DIRECTOR	Nick Sahd	E-MAIL: nsahd@lancasteraquaticclub.com	PHONE: 717-951-8685
MEET REFEREE	TBA	E-MAIL:	PHONE:

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.

MIDDLE ATLANTIC JUNIOR CHAMPIONSHIPS 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 16, 2023 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 17, 2023 Preliminaries

GIRLS	EVENT	BOYS
3	13-14 200 Breaststroke	4
5	13-14 100 Butterfly	6
7	13-14 200 IM	8
9	13-14 500 Free	10
11	13-14 400 Free Relay	12

Friday, March 17, 2023 Preliminaries

GIRLS	EVENT	BOYS
13	11-12 200 Backstroke	14
15	11-12 100 Breaststroke	16
17	11-12 50 Freestyle	18
19	11-12 100 IM	20
21	11-12 100 Butterfly	22
23	11-12 400 IM	24
25	11-12 400 Medley Relay	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 11-12 400 IM is a timed final, with the top eight (8) seeded athletes swimming at finals.

Friday, March 17, 2023_FINALS

GIRLS	EVENT	BOYS
25	11-12 400 Medley Relay	26
11	13-14 400 Free Relay	12
13	11-12 200 Backstroke	14
3	13-14 200 Breaststroke	4
17	11-12 50 Freestyle	18
15	11-12 100 Breaststroke	16
5	13-14 100 Butterfly	6
21	11-12 100 Butterfly	22
7	13-14 200 IM	8
19	11-12 100 IM	20
9	13-14 500 Free	10
23	11-12 400 IM	24

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.

Saturday, March 18, 2023 Preliminaries

GIRLS	EVENT	BOYS
27	13-14 200 Mixed Freestyle Relay	27
29	13-14 100 Backstroke	30
31	13-14 200 Freestyle	32
33	13-14 400 IM	34
35	13-14 50 Free	36
37	13-14 400 Medley Relay	38

Saturday, March 18, 2023 Preliminaries

GIRLS	EVENT	BOYS
39	11-12 200 Mixed Medley Relay	39
40	11-12 100 Backstroke	41
42	11-12 200 Breaststroke	43
44	11-12 100 Freestyle	45
46	11-12 50 Butterfly	47
48	11-12 500 Freestyle	49
50	11-12 400 Freestyle Relay	51

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 18, 2023_FINALS

GIRLS	EVENT	BOYS
27	13-14 200 Mixed Freestyle Relay	27
39	11-12 200 Mixed Medley Relay	39
29	13-14 100 Backstroke	30
40	11-12 100 Backstroke	41
31	13-14 200 Freestyle	32
42	11-12 200 Breaststroke	42
44	11-12 100 Freestyle	45
35	13-14 50 Freestyle	36
46	11-12 50 Butterfly	47
33	13-14 400 IM	34
48	11-12 500 Freestyle	49
37	13-14 400 Medley Relay	38
50	11-12 400 Freestyle Relay	51

Sunday, March 19, 2023 Preliminaries

GIRLS	EVENT	BOYS
52	13-14 200 Mixed Medley Relay	52
54	13-14 200 Backstroke	55
56	13-14 100 Breaststroke	57
58	13-14 100 Freestyle	59
60	13-14 200 Butterfly	61

Sunday, March 19, 2023 Timed Final

62	11-14 1000 Freestyle	63
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Notes:

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

Sunday, March 19, 2023 Preliminaries

64	11-12 Mixed 200 Freestyle Relay	64
66	11-12 50 Backstroke	67
68	11-12 200 IM	69
70	11-12 50 Breaststroke	71
72	11-12 200 Freestyle	73
74	11-12 200 Butterfly	75

Sunday, March 19, 2023 FINALS

GIRLS	EVENT	BOYS
62	11-14 1000 Free	63
66	11-12 50 Backstroke	67
54	13-14 200 Backstroke	55
68	11-12 200 IM	69
56	13-14 100 Breaststroke	57
70	11-12 50 Breaststroke	71
58	13-14 100 Freestyle	59
72	11-12 200 Freestyle	73
60	13-14 200 Butterfly	61
74	11-12 200 Butterfly	75

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, a girls heat followed by a boys heat.

Middle Atlantic Swimming

2023 SCY AGE GROUP CHAMPIONSHIPS TIME STANDARDS

GIRLS			JO 2023	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
4:52.59	4:47.29	5:28.29	500 Free	5:14.79	4:33.79	4:40.89
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
31.09	30.49	27.29	50 Free	27.29	30.49	31.09
1:08.29	1:07.09	59.99	100 Free	59.99	1:07.09	1:08.29
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 the bonus events under the following conditions:

- A Swimmer qualifying in 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 of 1650 free

DECK ENTRIES	Deck entries will not be accepted at this Meet.
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 the 1000 and 1650 Freestyle events, will have a C-, B- and A-Final during the Finals session.</p> <p>At preliminaries, heats will be swum slow-to-fast. If appropriate, any event may be ‘flighted’ and will be swum in the following order – the five fastest heats of women followed by the five fastest heats of men, swum slow-to-fast (the fastest two or three heats are circle seeded). The remaining heats will be swum in the "B" Flight fast-to-slow alternating women/men.</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 Thursday evening and will close at 8:00 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 Freestyle on Thursday, the 1000 Freestyle on Sunday and all Relays. Positive check-in for the Thursday 1650 Freestyle events will close at 5:00 pm on Thursday. Positive check-in for the Sunday 1000 Freestyle events will close at 6:00 pm on Saturday. The 1650 Freestyle on Thursday evening will swim fast-to-slow, alternating Women/Men. The fastest heat of the Women’s and the Men’s 1000 Freestyle will swim during the Finals session on Sunday; the other heats will swim in the afternoon, slow-to-fast, alternating Women/Men. The afternoon heats of the Freestyle will be timed so that the last heat finishes just before the start of the Finals warm-up. Swimmers who have not checked in for the 1000/1650 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 1000/1650 will be limited to open lanes in the slowest heat.</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. Any Relay, including those swimming at Finals, may take a DFS if the relay is unable to compete.</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 (including relays) 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>D. <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</p>

	<p>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	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.
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 on the attached Meet Structure.
OFFICIALS	<p>OFFICIALS: Certified Officials wishing to officiate at the meet should sign up here: TBA</p> <p>This meet is approved as an Officials Qualifying Meet (OQM) for all positions up to N3 under the National Officials Certification Program. Any official interested in being evaluated send an email to officialstraining@maswim.org. If you will be requesting a National Certification Program evaluation, please note the position and level of the evaluation. Please review the requirements.</p> <p>N2 https://www.usaswimming.org/docs/default-source/officialsdocuments/national-certification-and-evaluation/evaluation-and-certification-requirements/n2-evaluation-and-certification-feb-2022.pdf</p> <p>N3 https://www.usaswimming.org/docs/default-source/officialsdocuments/national-certification-and-evaluation/evaluation-and-certification-requirements/n3-evaluation-and-certification-feb-2022.pdf</p> <p>Official's briefings will take place 1 hour prior to the start of each session.</p>
MEET 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 with exception of a protest, which includes issues of conduct which may occur in the meet venue will be referred to the Meet Jury.
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 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>No unauthorized personnel will be allowed on the pool deck. Please see DECK PRIVILEGES section for details on presenting proper credentials for deck access.</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	<p>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.</p>
DECK CHANGING	<p>Deck changes are prohibited.</p>
FINAL RESULTS	<p>Will be available on the Middle Atlantic Swimming website in both readable and electronic data transfer (for Team Manager) formats.</p>
DIRECTIONS	<p>FROM BALTIMORE, WASHINGTON AND POINTS SOUTH - Take I-83 to exit 9 East, which becomes Route 30 East. Follow Route 30 East to Lancaster and exit at the Harrisburg Pike exit. Turn right onto Harrisburg Pike and continue 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports and Fitness Center to your left.</p> <p>FROM HARRISBURG, PITTSBURG AND POINTS WEST - Take the PA Turnpike to Harrisburg (exit 19) onto Route 283 towards Lancaster. Exit on Route 30 West and proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue for 1.5 mile to F&M College. From Harrisburg Pike, turn left at first traffic light. AS you enter the parking lot, McGuinness Pool is located in the Alumni Sports and Fitness Center to your left.</p> <p>FROM PHILADELPHIA, SOUTH JERSEY AND POINTS EAST- Take the PA Turnpike to the Reading-Lancaster exit. Take Route 222 South to Route 30 West. Proceed to Harrisburg Pike exit. Turn left onto Harrisburg Pike and continue for 1.5 miles to F&M College. From Harrisburg Pike, turn left at first traffic light. As you enter the parking lot, McGuinness Pool is located in the Alumni Sports and Fitness Center to your left.</p>
ACCOMMODATIONS	<p>Lancaster Arts Hotel - 300 Harrisburg Pike Lancaster, PA 1-877-208-5521 Lancaster Marriott Penn Square 25 South Queen St., Lancaster (sales) 1-717-207-4000 Eden Resort- 222 Eden Road, Lancaster 717-569-6444 The Sleep Inn - 310 Primrose Lane, Mountville 717-285-0444 Hampton Inn - 545 Greenfield Rd, Lancaster 717-299-1200 Fairfield Inn - 150 Granite Run Rd, Lancaster 717-581-1800 Hilton Garden Inn - 101 Granite Run Rd, Lancaster 717-560-0880 Main Stay Suites - 314 Primrose Lane, Mountville 717-285-2500 Country Inn & Suites - 2260 Lincoln Hwy East, Lancaster 717-299-4460 Cork Factory Hotel 480 New Holland Ave 717-735-2075 Red Roof Inn 2307 Lincoln Highway East 717-299-9700 Comfort Suites 2343 Lincoln Highway East 717-299-7000 Wingate by Wyndham 2110 Lincoln Highway East 717-299-6604 Homewood Suites 200 Granite Run drive 717-381-4400 Courtyard Lancaster 1931 Hospitality Drive 717-393-3600 Fairfield Inn & Suites by Marriott 2270 Lincoln Highway East 717-295-9100</p>