



MIDDLE ATLANTIC SWIMMING LC SR CHAMPIONSHIPS JULY 6-9, 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	KEYSTONE AQUATICS - MEET IS OPEN TO MIDDLE ATLANTIC LSC TEAMS ONLY		
SANCTION	<p style="text-align: center;">Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 23191 SR - Time Trials Sanction # MA 23192 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	TOM ESTEP	E-MAIL: tostep@gdcit.com	PHONE: (717) 372-1386 Voice or text
LOCATION	Pool name KEYSTONE AQUATICS CENTER Street address 103 MIDWAY DRIVE City, state and zip CARLISLE, PA 17015 Day of meet ONLY emergency phone (717) 372-1386		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a 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. Hospitality For Coaches and Officials Snack bar Will be available		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start/turn end of the pool is 8 feet and at the turn end of the pool is 8 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	JUNE 5,2023		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after December 31,2021		
ENTRY DEADLINE	ENTRIES WILL BE ACCEPTED THROUGH WEDNESDAY, JUNE 21ST, 2023 VIA THE INITIAL ENTRY FILE FOR MEET RECON at 11:59 PM Entries will be accepted for swimmers qualifying in an event after the entry deadline. Entries must be achieved by Monday, July 2, 2023 and must be submitted no later than 12 noon on Monday, July 3, 2023. Updates to a previously qualified event will NOT be accepted. Email all updates to Entry Chair: tostep@gdcit.com		
MEET ENTRY FEES	Individual Events: \$15.00 Time Trials: \$20.00	Relay Events: \$25.00 Time Trials: \$30.00	
ENTRY LIMITS	Swimmer may enter an unlimited number of events each day, but then may scratch to reach the limit of competing in only 3 Individual Events per day (excluding relays).	Each Team may enter 2 relays per event (A,B)	MEET INDIVIDUAL ENTRY LIMIT: 10
FRAN CRIPPEN AWARD (full award description here)	Each swimmer will earn a total score. This total score is a compilation of the FINA Power Points achieved from the following events: <p style="text-align: center;">400 IM, 400 Free, 800 Free, 1500 Free</p> This total score will be ranked by gender and the top point scorer in each gender will be awarded the Fran Crippen Award.		
ELIGIBILITY	All entrants must be Middle Atlantic registered members of USA Swimming.		

Thursday July 6, 2023

WOMEN	EVENT	MEN
1	1500 Freestyle	2

***Swimmers for the 1500 Freestyle events on Thursday must provide their own timer and counter. All heats will swim fast to slow, alternating women/men. See the Seeding Section for additional details.**

Friday July 7, 2023

WOMEN	EVENT	MEN
3	200 Freestyle Relay	4
5	200 Backstroke	6
7	100 Breaststroke	8
9	100 Freestyle	10
11	400 IM	12

Saturday July 8, 2023

WOMEN	EVENT	MEN
15	200 Medley Relay	16
17	200 Butterfly	18
19	50 Freestyle	20
21	200 Breaststroke	22
23	400 Freestyle	24

Sunday July 9, 2023

WOMEN	EVENT	MEN
25	100 Butterfly	26
27	200 IM	28
29	100 Backstroke	30
31	200 Freestyle	32
33	800 Freestyle	34

*Swimmers for the 800 M and 1500 M Freestyle must provide their own timer (except at Finals) and counter. The fastest heat of Women and Men in the 800 Freestyle will swim as the first events at Sunday Finals. Remaining heats will swim on Sunday afternoon (slow to fast /alternating women/men), with warm-up one hour before the scheduled start.

Top 8 seeded relays will swim at finals remaining relays will swim at prelims in event order.

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.

Middle Atlantic Swimming
2023 LCY SENIOR CHAMPS TIME STANDARDS

GIRLS			OPEN	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	27.99	25.39	50 Free	22.69	25.09	26.29
1:01.69	59.69	54.89	100 Free	49.49	54.89	57.19
2:15.69	2:11.09	1:58.99	200 Free	1:48.99	1:59.99	2:05.19
4:55.29	4:39.79	5:19.99	400 Free	4:59.99	4:22.69	4:32.79
9:59.99	9:47.99	11:14.99	800 Free	10:25.99	9:07.29	9:18.29
19:23.19	19:06.99	18:59.99	1500 Free	17:39.99	17:46.49	18:01.59
1:11.59	1:07.59	1:01.09	100 Back	55.99	1:01.29	1:04.69
2:32.89	2:25.49	2:13.09	200 Back	2:03.09	2:16.19	2:23.09
1:20.29	1:16.59	1:09.99	100 Breast	1:04.09	1:10.59	1:15.69
2:52.09	2:46.39	2:33.69	200 Breast	2:21.09	2:35.79	2:46.99
1:08.79	1:06.09	1:00.09	100 Fly	55.09	1:00.49	1:02.19
2:41.79	2:36.69	2:19.99	200 Fly	2:07.09	2:21.59	2:28.49
2:34.79	2:27.39	2:13.99	200 IM	2:03.39	2:17.79	2:25.59
5:28.29	5:21.89	4:49.99	400 IM	4:26.99	4:56.39	5:02.79

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

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 LSY. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. <p>Entries should be emailed to tomestep@gdcit.com using the entry file posted on the Middle Atlantic website. OME is still not available at this time.</p>
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	All entry checks are due by the first swim of the meet. They should be mailed before hand or hand delivered before the first swim of the meet. If this does not occur athletes will be removed from the meet. Entry times will be taken from the SWIMS Database only. Times must be entered in the proper course in which achieved; converted times will not be accepted.		
MEET ENTRY CHAIR	TOM ESTEP	PHONE #: 717 372-1386 <i>(no calls before 9:00 AM or after 9:00 PM)</i>	
ONLINE ENTRY	NO ONLINE ENTRY IS AVAILABLE AT THIS TIME. EMAIL TOMESTEP@GDCIT.COM YOUR ENTRY FILE.		
MAIL CHECKS/ REPORTS	SCOTT ZACHARDA 103 MIDWAY DRIVE CARLISLE, PA 17013		
OPERATIONAL RISK DIRECTOR	TRISH ESTEP	E-MAIL: trishstep1977@gmail.com	PHONE: 717 496-5747
OFFICIALS CONTACT	TOM ESTEP	E-MAIL: tomestep@gdcit.com	PHONE: 717 372-1386
SWIMMERS WITHOUT A COACH	Should report to the meet director for assistance.		
COACHES MEETING	There will be a coaches' meeting on Wednesday Evening, July 5 th , 2023 at 7:30 PM via Zoom. Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative from each team.		
MEET ADMINISTRATION	This Meet is sponsored and administered by Middle Atlantic Swimming. <u>MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET.</u> This requirement is necessary for the smooth running of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide assigned workers could cause penalties to be imposed on that Team's entries in the Meet or subsequent Meets		
DECK ENTRIES / TIME TRIALS	Deck entries will not be accepted at this meet. Time Trials will be offered as time permits		
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input checked="" type="checkbox"/> is <input type="checkbox"/> is not required for this meet. ACCEPTABLE FORM OF PROOF IS THE PAGE OF THE MEET RESULTS WITH THE USA SWIMMING SANCTION NUMBER, THE MEET NAME, HOST AND THE SWIMMER'S NAME HIGHLIGHTED. IF IT IS A SPLIT TIME, PLEASE MAKE SURE THE SPLIT IS REFLECTED IN THE RESULTS. PLEASE DO NOT SEND THE ENTIRE MEET FILE OR HTML RESULTS. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic.		
SEEDING	This is primarily a Prelim/Finals meet and will be entirely Deck-seeded. Non-conforming times will be accepted and will be seeded in LSY order according to USA Swimming procedures 207.11.7B; bonus events will be seeded last. Positive check-in will be required to be seeded in the 800 Free, the 1500 Free and all Relays. All individual events, except the 800 Free and the 1500 Free events will have D, C, B, and A Finals during the Finals session, swum in that order. C and D Finals will be limited to 18 and under swimmers. THE 400 FREE/400 IM TOP 2 HEATS WILL BE CIRCLE SEEDED FOLLOWED BY THE REMAINING HEATS ALTERNATING FEMALE/MALE. THERE WILL BE A BREAK AFTER EVERY 2ND MALE HEAT.		
RELAYS	All relays are Timed Finals and will be deck-seeded. The top 8 Seeded relays will swim at Finals. All Relays must Positively check-in by 8:00 am on the day of the event. 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 Cards can be picked up from the Admin Referee. Relays need to have a minimum of 3 swimmers individually qualified for the meet, i.e., only 1 relay only swimmer per relay. Relay-only swimmers should be submitted with the team entry, when possible.		
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 provided they are entered in at least one other individual event on the day of the distance free event. Swimmers in the 800 and the 1500 free events must provide their own timers and lap counters, except for timer at the final's session.		
SCRATCH RULES	This meet will be run under modified USA Swimming Championship Scratch rules and procedures, as stated in section 207.11.6 of the USA Swimming Rulebook. The meet will be entirely deck-seeded (i.e., will NOT be pre-seeded.) A Scratch Box will be situated with the Admin Referee on deck for swimmers (or their coach) to scratch events on that or subsequent meet days. Swimmers that have not scratched an individual event and then do not compete in that event during Prelims will be barred from further participation in an Individual Event on that meet day and will have to positive check-in to swim an Individual Event on subsequent meet days; check-in is with the Admin Referee. This does not apply to positive check-in (distance) events. A Declared False Start (DFS) option will be available at the Prelims sessions.		

	<p>Positive check-in will be required to be seeded in the 800 Free and 1500 Free. Swimmers that have positively checked-in and been seeded and do not then compete in the event will be barred from their next individual event in the meet.</p> <p>Relays are positive check-in events. Positive check-in for all Relays will close at 8:00 am each day. However, there is no penalty for a Relay that is seeded and then does not compete in the event.</p> <p>The Scratch Box will be available at the pool each day until 8:00 am to scratch that day's events. Positive check-in for the 800 Free will close at 1:00 pm on Sunday. Positive check-in for the 1500 Free will close at 5:00 pm on Thursday. Positive check-in for all Relays will close at 8:30 am each day.</p> <p>Any swimmer that qualifies for 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 previously scratched (or declared their possible intention to scratch) within 30 minutes of the announcement of the Prelims results of that event (swimmers initially declaring a possible intention to scratch must confirm their intent within 30 minutes of the announcement of the Prelims results of their last individual event on that day; a swimmer that does not confirm their intent is assumed to have NOT scratched the event.) Swimmers initially announced as Alternates for the Finals will not be so penalized.</p> <p>A Declared False Start is not allowed at Finals; a DFS, delay-of-meet False Start, or other action taken by a swimmer with the intent to non-compete in an event at Finals will be treated as a 'failure to compete' and will be penalized as such.</p> <p>Furthermore, a \$50 fine will be imposed on any Middle Atlantic swimmer who qualifies for Finals and fails to swim that event on the final day of the meet (or the final day for that particular swimmer) – unless that swimmer has appropriately scratched from the event or was originally listed as an Alternate (or lower) in the event. This fine also applies to the top eight (8) swimmers in the 800- and 1500-Free events listed on the pre-meet psych sheet that positively check-in for that event and then do not compete.</p>
BONUS SWIMS	<p>BONUS EVENTS: Swimmers will be eligible to enter bonus events under the following conditions:</p> <ul style="list-style-type: none"> - 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. <ul style="list-style-type: none"> -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
AWARDS	<p>Team Awards: Women's, Men's and Overall Team with the highest team point total will be awarded a team award. Individual Events: Medals 1st – 8th place finishers. Relay Events: Medals 1st – 3rd place finishers. Awards will be presented immediately following each event at finals. High Point Awards: Top 3 women and top 3 men (highest individual point total) in the meet. Relays do not count towards point total.</p>
SCORING	<p>Scoring for Individual events will be (1st thru 24th place): 32,28,27,26,25,24, 23,22, 19,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 Relay points are double those for individual events.</p>
PROGRAMS AND ADMISSION	<p>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 Per Person Per Session. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.</p>

SESSION	WARM-UP TIMES	MEET STARTS
Thursday	4:30 PM	5:30 PM
Friday Prelims	7:30 AM	9:00 AM
Friday Finals	4:30 PM	5:30 PM
Saturday Prelims	7:30 AM	9:00 AM
Saturday Finals	4:30 PM	5:30 PM
Sunday Prelims	7:30 AM	9:00 AM
Sunday Finals	4:30 PM	5:30 PM
WARM-UP INFORMATION	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available approximately 30 minutes before the start of each session. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p> <p>There will be a warm-up/warm-down after each men's event in both prelims and finals. Additional breaks will be added as needed.</p>	
ATHLETE PROTECTION (MAAPP)	<p>All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.</p>	
MEDICAL SUPERVISION AVAILABLE	<p>The Medical Supervision that will be present for the meet is Lifeguards. An AED and first-aid supplies are available in the control room on deck.</p>	
DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>	
TECH SUIT POLICY	<p>102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p>	
RACING START CERTIFICATION	<p>Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>	
QUALIFYING TIMES	<p>Qualifying Times are shown in the event list tables.</p>	
MEET/DECK REFEREE	<p>The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be 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.</p>	
MEET MARSHALS	<p>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.</p>	
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>	

	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. Coaches and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. Officials must have proof of certification available. All other individuals, except swimmers, will be prevented from entering the deck area
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	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT 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.
DECK CHANGING	Deck changes are prohibited.
DIRECTIONS	From 81 North or South: Take Exit 47 for PA-34/Hanover St. Turn right onto PA-34 S/S Hanover St./Holly Pike. Continue to follow PA-34 S past Chili's Grill & Bar (on the left in 0.2 mi.) Turn left onto Midway Dr. Keystone Aquatics Center will be straight ahead.
ACCOMMODATIONS	https://reservations.visitcumberlandvalley.com/hotel/list/12638