

LAC ARENA CLASSIC 2023
JUNE 30 - JULY 2, 2023

MEET HOST	LANCASTER AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 23179 A <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
MEET DIRECTOR	ADRIENE MELLINGER	E-MAIL: adriene@lancasteraquaticclub.com	PHONE: 717-572-6430
LOCATION	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 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 11 line scoreboard and WAVE EATER lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 550 and spectator seating for 400. Parking is free, adjacent to the pool. Hospitality will be provided for coaches & officials. Snack bar for spectators 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 end of the pool is 9 feet and at the turn end is 4 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	APRIL 1, 2023		
ENTRY DEADLINE	JUNE 15, 2023 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00		Relay Events: \$20.00
ENTRY LIMITs	4 Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 12
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to 9&OVER USA swimming registered swimmers.		
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 as NT ENTRIES. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Meet Manager meet management software. 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. 		
MEET ENTRY CHAIR	ADRIENE MELLINGER	PHONE #: 717-572-6430 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	ADRIENE@LANCASTERAQUATICCLUB.COM		
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
OFFICIALS CONTACT	SAM KIEFFER	E-MAIL: samkieffer37@gmail.com	PHONE: 717-497-4645

Session 1
Friday, June 30, 2023
Warmup 7am Meet Starts 8am

GIRLS	EVENT	BOYS
1	OPEN 400 IM	2
3	OPEN 400 FREESTYLE	4

Session 2
 Friday, June 30, 2023
 Warmup 11:30am, Meet Starts at 12:30pm

GIRLS	EVENT	BOYS
5	OPEN 1500 FREESTYLE	6

Session 3
 Friday, June 30, 2023
 Warmup 4pm, Meet Starts at 5pm

GIRLS	EVENT	BOYS
7	11-12 200 BACKSTROKE	8
9	9-10 100 BREASTSTROKE	10
11	11-12 100 BREASTSTROKE	12
13	9-10 100 FREESTYLE	14
15	11-12 100 FREESTYLE	16
17	9-10 200 IM	18
19	11-12 200 IM	20

Session 4
 Saturday, July 1, 2023
 Warmup 7am, Meet Starts at 8am

GIRLS	EVENT	BOYS
21	15&OVER 200 IM	22
23	15&OVER 100 FREESTYLE	24
25	15&OVER 200 BACKSTROKE	26
27	15&OVER 100 BREASTSTROKE	28
29	15&OVER 100 BUTTERFLY	30
31	15&OVER 400 FREESTYLE	32

Session 5
 Saturday, July 1, 2023
 Warmup 12pm, Meet Starts at 1pm

GIRLS	EVENT	BOYS
33	11-12 200 BREASTSTROKE	34
35	9-10 50 BACKSTROKE	36
37	11-12 50 BACKSTROKE	38
39	9-10 100 BUTTERFLY	40
41	11-12 100 BUTTERFLY	42
43	9-10 200 FREESTYLE	44
45	11-12 200 FREESTYLE	46

Session 6
 Saturday, July 1, 2023
 Warmup 4:45pm, Meet Starts at 5:45pm

GIRLS	EVENT	BOYS
47	13-14 200 IM	48
49	13-14 100 FREESTYLE	50
51	13-14 200 BACKSTROKE	52
53	13-14 100 BREASTSTROKE	54
55	13-14 100 BUTTERFLY	56

Session 7
Sunday, July 2, 2023
Warmup 7am, Meet Starts at 8am

GIRLS	EVENT	BOYS
57	15&OVER 200 FREESTYLE	58
59	15&OVER 100 BACKSTROKE	60
61	15&OVER 200 BREASTSTROKE	62
63	15&OVER 200 BUTTERFLY	64
65	15&OVER 50 FREESTYLE	66

Session 8
Sunday, July 2, 2023
Warmup 11:30am, Meet Starts at 12:30pm

GIRLS	EVENT	BOYS
67	11-12 200 BUTTERFLY	68
69	9-10 50 FREESTYLE	70
71	11-12 50 FREESTYLE	72
73	9-10 100 BACKSTROKE	74
75	11-12 100 BACKSTROKE	76
77	9-10 50 BACKSTROKE	78
79	11-12 50 BACKSTROKE	80
81	9-10 50 BUTTERFLY	82
83	11-12 50 BUTTERFLY	84

Session 9
Sunday, July 2, 2023
Warmup 4:30pm. Meet Starts at 5:30pm

GIRLS	EVENT	BOYS
85	13-14 200 FREESTYLE	86
87	13-14 100 BACKSTROKE	88
89	13-14 200 BREASTSTROKE	90
91	13-14 200 BUTTERFLY	92
93	13-14 50 FREESTYLE	94

DECK ENTRIES	Deck Entries <input type="checkbox"/> will not be accepted <input type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of 20 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	This meet will be deck-seeded with the exception of the event(s) noted below. 1500 FREE, 400IM AND 400 FREE WILL ALL BE POSITIVE CHECK-IN EVENTS
AWARDS	No awards will be given
SCORING	This is not a scored meet
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input 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 and will be electronic. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	This meet will be entirely deck-seeded. All teams and Unattached swimmers will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned into the scratch table 40 minutes before the start of the session. The meet will then be seeded and heat sheets will be provided for coaches and officials only. The heat sheets will be available for no additional charge via Meet Mobile. Swimmers entered in the 400 Free, 400 IM, and 1500 Free must provide their own timers and lap counters (1500). The 400 Free, 400 IM, and 1500 Free events will be swum fastest to slowest. Heats for the 1500 Free will alternate Female and Male. 400 Free and 400 IM will NOT

	alternate male and female. There will be warmup/cooldown breaks within the distance sessions. Teams will be asked to provide timers for each session based on the number of entries for that session
--	--

SESSION	WARM-UP TIMES	MEET STARTS
1, 4, 7	7am	8am
2, 8	11:30am	12pm
3	4:30pm	5:30pm
5	12pm	1pm
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 at the end of the warm-up period. 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>	
MEDICAL SUPERVISION AVAILABLE	Lifeguard & AED available	
ATHLETE PROTECTION (MAAPP)	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.	
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	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 (if applicable) are shown on the attached Meet Structure	
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 this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/Marshal at the meet will be disqualified from that swimmer's next individual event or from the remainder of the meet, as determined by the Meet Referee. This policy will be STRICTLY enforced.</p> <p>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p>No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel</p>	

	will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area
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	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	<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, McGuiness</p> <p>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,</p> <p>McGuiness 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, McGuiness 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</p> <p>Lancaster Marriott Penn Square 25 South Queen St., Lancaster (sales) 1-717-207-4000</p> <p>Eden Resort- 222 Eden Road, Lancaster 717-569-6444</p> <p>The Sleep Inn - 310 Primrose Lane, Mountville 717-285-0444</p> <p>Hampton Inn - 545 Greenfield Rd, Lancaster 717-299-1200</p> <p>Fairfield Inn - 150 Granite Run Rd, Lancaster 717-581-1800</p> <p>Hilton Garden Inn - 101 Granite Run Rd, Lancaster 717-560-0880</p> <p>Main Stay Suites - 314 Primrose Lane, Mountville 717-285-2500</p> <p>Country Inn & Suites - 2260 Lincoln Hwy East, Lancaster 717-299-4460</p> <p>Cork Factory Hotel 480 New Holland Ave 717-735-2075</p> <p>Red Roof Inn 2307 Lincoln Highway East 717-299-9700</p> <p>Comfort Suites 2343 Lincoln Highway East 717-299-7000</p> <p>Wingate by Wyndham 2110 Lincoln Highway East 717-299-6604</p> <p>Homewood Suites 200 Granite Run drive 717-381-4400</p> <p>Courtyard Lancaster 1931 Hospitality Drive 717-393-3600</p> <p>Fairfield Inn & Suites by Marriott 2270 Lincoln Highway East 717-295-9100</p>