

LAC ARENA HOLIDAY CUP
DECEMBER 11-14, 2025

MEET HOST	LANCASTER AQUATIC CLUB (LAC)		
SANCTION	Held under the sanctions of USA Swimming and Middle Atlantic Swimming. Sanction # MA 2620 A Time Trials Sanction # MA 2621 TT <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
MEET DIRECTOR	MANDY SHIREY	E-MAIL: meetdirector@lancasteraquaticclub.com	PHONE: 717-341-2040
LOCATION	Pool name MCGINNESS POOL AT FRANKLIN & MARSHALL COLLEGE Street address 931 HARRISBURG PIKE City, state and zip LANCASTER, PA 17603 Day of meet ONLY emergency phone 717-341-2040		
FACILITY DESCRIPTION	This is an ☒ indoor ☐ 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 ☒ SCY ☐ SCM ☐ LCM. Deck seating for 550 and spectator seating for 400. Parking IS FREE ADJACENT TO THE POOL Hospitality PROVIDED FOR COACHES AND OFFICIALS Snack bar FOR SPECTATORS WILL BE AVAILABLE		
WATER DEPTH	The depth of the water at the start end of the pool is 9 feet and at the turn end is 9 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	OCTOBER 1, 2025		
ENTRY DEADLINE	NOVEMBER 24, 2025 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00		Relay Events: \$20.00
ENTRY LIMITs	3 Individual Events per day (excluding relays).	2 Relays per day	MEET ENTRY LIMIT: 15
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	- 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 seeded as SCY, SCM, LCM. NT entries ☐ will ☒ 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 12/11/25 Include Meet Entry Summary with payment.		
MEET ENTRY CHAIR	MANDY SHIREY	PHONE #: 717-341-2040 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MEETDIRECTOR@LANCASTERAQUATICCLUB.COM		
MAIL CHECKS/ REPORTS	LAC/Aquatics Director, PO Box 3003, Lancaster, PA 17604		
CHECKS PAYABLE TO	LANCASTER AQUATIC CLUB		
OPERATIONAL RISK DIRECTOR	VAN MOORE	E-MAIL: VMOORE@LANCASTERAQUATICCLUB.COM	PHONE: 717-487-1636
OFFICIALS CONTACT	SAM KIEFFER	E-MAIL: SAMKIEFFER37@GMAIL.COM	PHONE: 717-497-4645

Session 1 - Thursday Distance
Warmups 5:00pm Meet Starts 6:00pm

GIRLS	EVENT	BOYS
1	1650 Freestyle	2

Session 2 - Friday Prelims
Warmups 6:30am Meet Starts 8:00am

GIRLS	EVENT	BOYS
3	13-14 200 Butterfly	4
5	15&Over 200 Butterfly	6
129	13-14 50 Backstroke	130
131	15&Over 50 Backstroke	132
7	13-14 200 Freestyle	8
9	15&Over 200 Freestyle	10
11	13-14 100 Breaststroke	12
13	15&Over 100 Breaststroke	14
15	13-14 400 IM	16
17	15&Over 400 IM	18
19	13&Over 800 Freestyle Relay	20

Session 3 - Friday 11-12 Prelims/9-10 Timed Finals
Warmups 12pm Meet Starts 1:00pm

GIRLS	EVENT	BOYS
21	11-12 200 Freestyle Relay	22
23	11-12 50 Butterfly	24
25	9-10 100 Butterfly	26
27	11-12 200 Freestyle	28
29	9-10 200 Freestyle	30
31	11-12 100 Breaststroke	32
33	9-10 50 Breaststroke	34
35	11-12 100 IM	36
37	10&Under 200 Freestyle Relay	38

Session 4 - Friday Finals
Warmups 4:00pm Meet Starts 5:00pm

GIRLS	EVENT	BOYS
23	11-12 50 Butterfly	24
3	13-14 200 Butterfly	4
5	15&Over 200 Butterfly	6
129	13-14 50 Backstroke	130
131	15&Over 50 Backstroke	132
27	11-12 200 Freestyle	28
7	13-14 200 Freestyle	8
9	15&Over 200 Freestyle	10
31	11-12 100 Breaststroke	32
11	13-14 100 Breaststroke	12
13	15&Over 100 Breaststroke	14
35	11-12 100 IM	36
15	13-14 400 IM	16
17	15&Over 400 IM	18

Session 5 - Saturday Prelims
Warm-ups 6:30am Meet Starts 8am

GIRLS	EVENT	BOYS
39	15&Over 200 Medley Relay	40
41	13-14 200 Medley Relay	42
43	15&Over 100 Freestyle	44
45	13-14 100 Freestyle	46
47	15&Over 200 Breaststroke	48
49	13-14 200 Breaststroke	50
133	15&Over 50 Butterfly	134
135	13-14 50 Butterfly	136
51	15&Over 200 Backstroke	52
53	13-14 200 Backstroke	54
55	15&Over 500 Freestyle	56
57	13-14 500 Freestyle	58
59	15&Over 400 Freestyle Relay	60
61	13-14 400 Freestyle Relay	62

Session 6 - Saturday 11-12 Prelims/9-10 Timed Finals
Warmups 12pm Meet Starts 1:00pm

GIRLS	EVENT	BOYS
63	11-12 200 Medley Relay	64
65	9-10 50 Freestyle	66
67	11-12 100 Freestyle	68
69	9-10 100 Breaststroke	70
71	11-12 50 Breaststroke	72
73	9-10 50 Backstroke	74
75	11-12 100 Backstroke	76
77	9-10 200 IM	78
79	11-12 500 Freestyle	80
81	10&Under 200 Medley Relay	82

Session 7 - Saturday Finals
Warmups 4:00pm Meet Starts 5:00pm

GIRLS	EVENT	BOYS
67	11-12 100 Freestyle	68
45	13-14 100 Freestyle	46
43	15&Over 100 Freestyle	44
71	11-12 50 Breaststroke	72
49	13-14 200 Breaststroke	50
47	15&Over 200 Breaststroke	48
135	13-14 50 Butterfly	136
133	15&Over 50 Butterfly	134
75	11-12 100 Backstroke	76
53	13-14 200 Backstroke	54
51	15&Over 200 Backstroke	52
79	11-12 500 Freestyle	80
57	13-14 500 Freestyle	58
55	15&Over 500 Freestyle	56

Session 8 - Sunday Prelims
Warmups 6:30am Meet Starts 8am

GIRLS	EVENT	BOYS
83	15&Over 200 Freestyle Relay	84
85	13-14 200 Freestyle Relay	86
87	15&Over 50 Freestyle	88
89	13-14 50 Freestyle	90
91	15&Over 200 IM	92
93	13-14 200 IM	94
95	15&Over 100 Backstroke	96
97	13-14 100 Backstroke	98
137	15&Over 50 Breaststroke	138
139	13-14 50 Breaststroke	140
99	15&Over 100 Butterfly	100
101	13-14 100 Butterfly	102
103	15&Over 400 Medley Relay	104
105	13-14 400 Medley Relay	106
107	13&Over 1000 Freestyle	108

Session 9 - Sunday 11-12 Prelims/9-10 Timed Finals
Warmups 12pm Meet Starts 1:00pm

GIRLS	EVENT	BOYS
109	11-12 400 Freestyle Relay	110
111	9-10 100 Freestyle	112
113	11-12 50 Freestyle	114
115	9-10 100 IM	116
117	11-12 200 IM	118
119	9-10 100 Backstroke	120
121	11-12 50 Backstroke	122
123	9-10 50 Butterfly	124
125	11-12 100 Butterfly	126
127	9-10 400 Freestyle Relay	128

Session 10 - Sunday Finals
Warmups 4:00pm Meet Starts 5:00pm

GIRLS	EVENT	BOYS
107	13&Over 1000 Freestyle	108
113	11-12 50 Freestyle	114
89	13-14 50 Freestyle	90
87	15&Over 50 Freestyle	88
117	11-12 200 IM	118
93	13-14 200 IM	94
91	15&Over 200 IM	92
121	11-12 50 Backstroke	122
97	13-14 100 Backstroke	98
95	15&Over 100 Backstroke	96
139	13-14 50 Breaststroke	140
137	15&Over 50 Breaststroke	138

125	11-12 100 Butterfly	126
101	13-14 100 Butterfly	102
99	15&Over 100 Butterfly	100

	2025 QUALIFYING TIMES	
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Girls			9-10	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
35.19	37.09	33.19	50 Free	33.19	37.09	35.19
1:24.89	1:22.59	1:15.99	100 Free	1:15.99	1:22.59	1:18.89
2:52.79	2:59.99	2:42.99	200 Free	2:44.19	3:01.19	2:52.79
42.89	44.49	39.29	50 Back	39.29	44.49	42.89
1:30.39	1:34.59	1:27.99	100 Back	1:27.99	1:34.59	1:30.39
49.99	50.99	44.99	50 Breast	45.29	51.29	50.29
1:52.09	1:49.99	1:40.99	100 Breast	1:41.99	1:51.29	1:52.99
43.49	42.59	38.99	50 Fly	39.29	42.99	43.79
1:39.99	1:41.39	1:29.99	100 Fly	1:30.99	1:41.99	1:39.99
1:29.89	NA	1:27.99	100 IM	1:27.99	NA	1:29.89
3:26.39	3:31.09	3:06.59	200 IM	3:05.99	3:29.99	3:26.39
Girls			11-12	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
32.19	33.19	29.09	50 Free	28.59	32.99	31.59
1:09.79	1:12.49	1:03.09	100 Free	1:01.99	1:10.39	1:07.39
2:32.79	2:37.29	2:18.19	200 Free	2:15.99	2:34.49	2:30.99
5:21.99	5:30.99	6:08.99	500 Free	5:59.99	5:23.99	5:12.99
37.29	38.49	33.39	50 Back	33.39	38.49	37.29
1:19.29	1:24.59	1:12.79	100 Back	1:12.79	1:24.59	1:19.29
42.29	42.99	37.99	50 Breast	37.99	42.99	41.79
1:29.09	1:34.39	1:20.99	100 Breast	1:20.99	1:34.39	1:27.09
34.99	35.89	32.09	50 Fly	31.89	35.99	34.79
1:21.09	1:22.79	1:12.99	100 Fly	1:13.59	1:21.99	1:21.99
1:19.99	NA	1:12.09	100 IM	1:12.09	NA	1:19.99
2:53.99	3:01.99	2:36.59	200 IM	2:36.59	3:01.99	2:51.39
Girls			13-14	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
29.69	30.29	26.79	50 Free	25.59	28.99	27.99
1:05.19	1:06.99	57.99	100 Free	54.29	1:01.89	1:00.29
2:19.09	2:22.99	2:05.59	200 Free	1:58.89	2:13.19	2:11.99
4:51.99	4:59.99	5:35.99	500 Free	5:20.99	4:38.49	4:35.99
9:51.99	10:09.99	11:29.99	1000 Free	11:04.99	9:53.99	9:41.99
19:03.99	19:37.99	19:19.99	1650 Free	18:34.99	18:56.99	18:23.99
1:11.99	1:15.99	1:05.29	100 Back	1:02.19	1:13.29	1:09.19
2:36.99	2:42.99	2:21.99	200 Back	2:15.99	2:39.99	2:30.99
1:24.89	1:26.69	1:14.69	100 Breast	1:09.79	1:21.29	1:19.59
3:00.99	3:07.59	2:42.99	200 Breast	2:33.99	2:57.99	2:52.99
1:11.79	1:13.49	1:05.39	100 Fly	1:02.09	1:10.69	1:08.49
2:46.09	2:50.59	2:28.99	200 Fly	2:19.99	2:41.99	2:38.99
2:35.99	2:42.59	2:22.59	200 IM	2:14.19	2:35.79	2:28.09
5:43.99	5:48.09	5:03.29	400 IM	4:51.99	5:34.99	5:20.79
Girls			15 & Over	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
28.69	29.99	25.99	50 Free	23.49	26.99	26.79
1:02.39	1:04.99	56.19	100 Free	50.89	57.69	56.89
2:14.99	2:16.99	1:59.99	200 Free	1:49.19	2:03.59	2:01.59
4:45.99	4:46.09	5:21.99	500 Free	4:58.59	4:25.19	4:23.19
9:50.99	9:59.99	11:14.99	1000 Free	10:25.99	9:18.99	9:07.99
19:06.99	19:23.19	18:59.99	1650 Free	17:39.99	18:01.59	17:46.49
1:11.09	1:14.59	1:02.99	100 Back	56.79	1:07.69	1:05.69
2:32.39	2:38.79	2:15.99	200 Back	2:05.29	2:26.59	2:23.39
1:22.89	1:24.79	1:13.39	100 Breast	1:05.09	1:15.89	1:16.09
2:57.49	3:01.89	2:38.29	200 Breast	2:21.89	2:45.79	2:42.49
1:10.09	1:11.59	1:01.99	100 Fly	56.49	1:05.29	1:04.19
2:37.99	2:41.09	2:21.99	200 Fly	2:07.99	2:24.99	2:22.09
2:34.59	2:37.39	2:16.29	200 IM	2:05.29	2:25.79	2:21.99
5:29.99	5:35.99	4:54.59	400 IM	4:28.79	5:10.99	5:03.49

	Deck Entries ☐ will not be accepted ☒ 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 ☐ is ☒ 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 PRE-seeded with the exception of the event(s) noted below. Scratches will be taken the day of the meet. The meet program will be published on Meet Mobile. All Relays and 9-10 events will be swum at Prelims as Timed Finals. All 11-12, 13-14, and 15&Over events of 400 yards and shorter are prelims/finals events. These distance events will be timed finals: 1000, 1650 and 11-12 500 freestyle. The top 8 Seeds will swim at Finals. The 1650 Freestyle will be swim fastest to slowest, alternating girls/boys.
AWARDS	A High Points award will be given per age group and gender at the end of the meet. Scoring for this will be based upon individual events only.
SCORING	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by ☐ session ☐ entire meet. Meet mobile ☒ will ☐ will not be available. Admission is \$10 per day and includes prelims and finals. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	SCRATCH POLICY: -Any swimmer who does not swim a pre-seeded preliminary or timed final event will not be penalized. -Any swimmer who positively checks in for a deck seeded event and does not swim that event will be barred from their next individual event, either on the same day or the next day of the meet. -Any swimmer qualifying for Finals who wishes not to swim that event must scratch or declare their intention to do so within the 30-minute scratch window. Swimmers failing to scratch who do not show up to swim a finals event will be banned from remaining events in the meet. This penalty does not apply to swimmers who are initially announced as alternates. 2025 QUALIFYING TIMES for 50s of Backstroke, Breaststroke & Butterfly: Any 13&Older swimmer entered in the meet with any qualifying swim may swim one 50 of backstroke, breaststroke or butterfly per day. They must enter with a time and must still remain within the 3 event limit per day. FINALS: 13-14 Top 16 will swim finals. 15&Over Top 24 will swim finals. 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 bonus time standards are met. - A swimmer qualifying for 2 individual events may enter to compete in up to 2 total bonus events, if the bonus time standards are met. - A swimmer qualifying for 3 or more individual events may enter to compete in 1 total bonus event, if the bonus time standard is met. - Swimmers must still stay within the event maximum of 3 individuals per day. Bonus event time standards are as follows: - For 50S: The existing time standard plus 1 second. - For 100S: The existing time standard plus 2 seconds. - For 200S: The existing time standard plus 4 seconds. - For the 500 free and 400 IM: The existing time standard plus 10 seconds. - There will be no bonus entries for the 1000 and 1650 free. POSITIVE CHECK-IN EVENTS: Positive Check-In will be required for the 500 Free, 1000 Free, 1650 Free and 400 IM. PRELIMS POOLS: We will run 2 pools for the morning prelims sessions and will alternate age/gender daily. Friday & Sunday: Deep Pool (Pool A): Girls 15&Over, Boys 13-14, Shallow Pool (Pool B): Boys 15&Over, Girls 13-14 Saturday: Deep Pool (Pool A): Boys 15&Over, Girls 13-14, Shallow Pool (Pool B): Girls 15&Over, Boys 13-14 Friday 800 Free Relay: Pool A Girls, Pool B Boys after conclusion of 400IM. FINALS ORDER OF EVENTS:

	<i>All 15&Over events of distances 200 and below will qualify the top-24 swimmers for finals and will be swum C-Final, then B-Final, then A-Final, in that order. 15&Over 500 free and 400 IM will qualify the top-16 swimmers and be swum B-Final, then A-Final, in that order.</i> <i>All 11-12 and 13-14 distances 200 and below will qualify the Top-16 swimmers for finals and will be swum B-Final, then A-Final in that order.</i> <i>13-14 500 Freestyle AND 400 IM will qualify the TOP-8 swimmers for A-Finals only.</i> DISTANCE EVENT POLICIES: <i>The 1000 free events will be conducted as a timed final event. The fastest 8-swimmers will compete in the finals session, with each other heat swimming DURING preliminaries, and being seeded fastest to slowest, alternating girls/boys in POOL A. All 1000 Freestyle swimmers are responsible for providing their own timers and lap counters.</i> <i>The 1650 will be swum as a Timed Final event on Thursday night swam fastest to slowest, alternating girls/boys and swimmers will be responsible for providing timers and lap counters for this session. We will run 1 pool for the 1650.</i> <i>The 11-12 500 Free will be a Timed Final Event. The top 8 Seeded swimmers will swim at Finals. The remaining swimmers will swim at Prelims and will swim Fastest to Slowest. All 500 Freestyle swimmers must provide their own lap counters and timers.</i> <i>All teams will need to provide volunteers for each session based on the number of entries for that session.</i>	
SESSION	WARM-UP TIMES	MEET STARTS
1-Thursday Distance	5:00pm	6:00pm
Morning Prelims	6:30am	8am
Afternoon Prelims/Timed Finals	12:00pm	1:00pm
Finals	4:00pm	5:00pm
WARM-UP INFORMATION	<i>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.</i> <i>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.</i> <i>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.</i> <i>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</i>	
MEDICAL SUPERVISION AVAILABLE	AED Device, Lifeguards	
ATHLETE PROTECTION (MAAPP)	<i>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.</i>	
SAFE SPORT MEET 360 REQUIREMENTS	The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of	

	Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report .
DECK PRIVILEGES	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.
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:	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. 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. 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, Officials, and designated Meet personnel 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	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.

DRONES	<i>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.</i>
DECK CHANGING	<i>Deck changes are prohibited.</i>
DIRECTIONS	PLEASE USE YOUR PREFERRED MAP APP and navigate to: 931 Harrisburg Avenue, Lancaster PA
ACCOMMODATIONS	<i>Lancaster Arts Hotel - 300 Harrisburg Pike Lancaster, PA 1-877-208-5521</i> <i>Lancaster Marriott Penn Square 25 South Queen St., Lancaster (sales) 1-717-207-4000</i> <i>Eden Resort- 222 Eden Road, Lancaster 717-569-6444</i> <i>The Sleep Inn - 310 Primrose Lane, Mountville 717-285-0444</i> <i>Hampton Inn - 545 Greenfield Rd, Lancaster 717-299-1200</i> <i>Fairfield Inn - 150 Granite Run Rd, Lancaster 717-581-1800</i> <i>Hilton Garden Inn - 101 Granite Run Rd, Lancaster 717-560-0880</i> <i>Main Stay Suites - 314 Primrose Lane, Mountville 717-285-2500</i> <i>Country Inn & Suites - 2260 Lincoln Hwy East, Lancaster 717-299-4460</i> <i>Cork Factory Hotel 480 New Holland Ave 717-735-2075</i> <i>Red Roof Inn 2307 Lincoln Highway East 717-299-9700</i> <i>Comfort Suites 2343 Lincoln Highway East 717-299-7000</i> <i>Wingate by Wyndham 2110 Lincoln Highway East 717-299-6604</i> <i>Homewood Suites 200 Granite Run drive 717-381-4400</i> <i>Courtyard Lancaster 1931 Hospitality Drive 717-393-3600</i> <i>Fairfield Inn & Suites by Marriott 2270 Lincoln Highway East 717-295-9100</i>