



**MIDDLE
ATLANTIC
SWIMMING**



SENIOR SC CHAMPIONSHIPS

March 25 - 28, 2010

Graham Aquatic Center, York, PA

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction MA 1078 SR

Time Trial Sanction MA 1078 TT

LOCATION	Graham Aquatic Center, 543 N. Newberry St, York, Pa 17401 Day of Meet Emergency Phone: (717) 718-1968
ENTRY DEADLINE	Entries will be processed through the USA Swimming website using OME (Online Meet Entry). Entry deadline is Tuesday, March 16, 2010 at 11:59pm (EDT). OME will open for entries into this meet on Friday, February 1, 2010. OME can be accessed at http://www.usaswimming.org/ome .
GENERAL MEETING	There will be a general meeting on Thursday at 4:00 pm. Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative present from each Team.
MODIFIED SCRATCH PROCEDURE	This meet will be run under modified USA Swimming Championship Scratch rules and procedures (see section 207.12.6 of the 2009 USA Swimming Rulebook.) The meet will not be pre-seeded; a Scratch Box will be situated with the Admin Referee on deck for swimmers (or coaches) to scratch subsequent day's events. Swimmers that have not scratched from a Preliminary Individual Event and then do not compete in that event will be barred from further Individual Events on that meet day, and will have to positive check-in with the Admin Ref prior to the closing of the scratch box to swim on all succeeding days. A Declared False Start option is available at the Prelims sessions. Note: the Scratch Box will be available at the pool until 6:00 pm on Thursday evening to scratch from Friday's events.
FACILITY INFORMATION	The Graham Aquatic Center is a 25 yd, 8-lane pool with non-turbulent lane lines, Daktronics Timing System and an 8-lane display. Water depth at the starting end is 6 feet. Five additional 25-yd lanes are available for warm-down during the meet. Seating is available for approximately 600 spectators. FOOD: A selection of food will be available throughout the meet. PARKING: Ample on site parking.
MEET DIRECTOR	Stephanie Rozick (814) 234-8955 bcatmeet@comcast.net
SAFETY DIRECTOR	Ruth Ann Joyce irishmpj@aol.com

<p>MEET REFEREE / OFFICIALS</p>	<p>Meet Referee – Fred Killian (302) 994-3389</p> <p>All certified Officials are welcome and encouraged to work at the Meet. Officials may contact the Meet Referee or e-mail officials@maswim.org to sign-up in advance. Your help in making this Meet a success will be greatly appreciated.</p> <p>Middle Atlantic will apply for this meet to be an OQM for National certification evaluations. Officials wanting to be evaluated for N2 or N3 (S&T only) positions should contact the Meet Referee for additional information.</p>
<p>ELIGIBILITY / BONUS SWIMS</p>	<p>The meet is open to all swimmers registered with USA Swimming who meet the listed qualifying times for each event. Bonus events will be allowed in this meet: Bonus time standards are 15-16 BB and faster.</p> <p>Bonus Swims: Qualify for one or more individual events and you may swim one (1) bonus event.</p>
<p>ENTRY INSTRUCTIONS</p>	<p>Entries may be submitted online beginning February 1, 2010 (9:00 am EST) through the USA Swimming website using OME (Online Meet Entry) at http://www.usaswimming.org/ome. Online entries will be accepted through Wednesday, March 16, 2010 (11:59 pm EST). Payment for OME is requested using Visa, MasterCard, American Express or Discover; there is also an option to pay by check directly to Middle Atlantic Swimming. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet in case there are any problems with your entries. You can add events to your entry but you cannot delete events once they are submitted.</p> <p>Entry times will be taken from the SWIMS database. Custom times may be entered; however, all times <u>not</u> from SWIMS must be proven prior to the meet. Coaches will be notified of the need and method to prove times. Swimmers will not be permitted to swim with un-proven times. Times must be entered in the course in which achieved; converted times will not be accepted. Times other than SCY will be treated as 'non-conforming' and will be seeded according to USA Swimming procedures.</p> <p>Swimmers with qualifying times in the Women's 1000 and Men's 1650 Free on Sunday may enter those events at the non-conforming time standard provided they are entered in at least one other individual event on that day.</p> <p>Entries will not be considered accepted until entry fees are received.</p>
<p>STARTING PROCEDURE</p>	<p>This meet will use 'fly-over' starting procedures at Prelims. Swimmers should remain in the water and move to the side of their lane on completion of each race (except Backstroke events) until after the start of the next heat (unless directed otherwise by the Referee). Standard starting procedures will be used at Finals.</p>
<p>ENTRY / EVENT LIMITATIONS</p>	<p>Each swimmer may swim three (3) individual events per day (not including relays.) A swimmer may enter more than three individual events per day and scratch those events they do not want to swim; if a swimmer does not scratch to reach the three-event limit, all events above the allowed limit will be scratched. A time trial or deck-entered event is included in the three-event limit.</p> <p>The Meet Director reserves the right to make any changes that become necessary to ensure the meet complies with Middle Atlantic guidelines. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>

WARM-UP & START TIMES	<p>Thursday – <u>TIMED FINALS</u> 4:30 pm warm up / 5:30 pm start</p> <p>Friday/Saturday/Sunday</p> <p>PRELIMS 7:30 am warm-up / 9:00 am start</p> <ul style="list-style-type: none"> ▪ Sunday 1000/1650 (except top 8) - the afternoon heats of the Women's 1000 and Men's 1650 will be scheduled to end just prior to the 4:00 warm-up for Finals; warm-up for afternoon swims will be one hour before the start of the earliest heat of the 1000/1650 Free. <p>FINALS 4:00 pm warm-up / 5:00 pm start</p> <p>Continuous warm up/warm down is available.</p>
FINALS	<p>The following events are Timed Finals: all Relays, 1000 Free and 1650 Free. The fastest heat of the Women's 1000 / Men's 1650 Free will swim as the first events at Sunday's Finals session. All other events are Prelims/Finals and will have a C-Final, a B-Final and an A-Final, swum in that order.</p>
RELAYS	<p>All Relays will swim at Finals. Relays are Timed Finals and will be deck-seeded. All relays must positively check-in by the scratch deadline (5:30 pm the previous evening; 6:00 pm on Thursday). Relay participants must be declared to the Admin Referee (on Relay cards) one hour before the relay swims, but may be changed up to the time of the swim. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet, upon payment of the meet surcharge and submission of proof of 2010 registration.</p>
DECK-SEEDED MEET – SCRATCH BOX	<p style="text-align: center;">THIS MEET WILL BE ENTIRELY DECK-SEEDED.</p> <p>For all Prelims/Finals individual events, swimmers are expected to scratch events that they do not intend to swim on the next meet day. The scratch box will close at 5:30 pm each evening (6:00 pm on Thursday for Friday's events.) Swimmers that do not scratch 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 1650/1000 Free on Thursday, the 1000/1650 Free on Sunday and all Relays. Positive check-in for the Thursday distance Free events will close at 5:00 pm on Thursday. Positive check-in for the Sunday distance Free events will close at 5:30 pm on Saturday. Positive check-in for Relays will close at 5:30 pm the evening before the events, except for the Friday Relays which will close at 9:30 am on Friday.</p> <p>The Women's 1650/Men's 1000 Free events on Thursday evening will swim fast-to-slow, alternating Women/Men.</p> <p>The fastest heat of the Women's 1000 and the Men's 1650 Free 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 1000/1650 will be timed so that the last heat finishes just before the start of the Finals warm-up. Swimmers who have not checked-in 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>

<p>PRELIMINARIES HEAT ORDER</p>	<p>At Preliminaries, heats will swim slowest to fastest. The Meet Referee or Meet Director may modify the meet format, including limiting the number of heats or the order of swimming in certain events, if necessary to provide an appropriate timeline.</p> <p>If this meet is heavily subscribed, it may be necessary to ‘flight’ the meet on certain days. If this becomes necessary, teams will be notified prior to the meet and appropriate heat listings will be posted on the Middle Atlantic website for each session.</p>
<p>DECK ENTRIES /TIME TRIALS</p>	<p>Subject to space availability, and at the discretion of the Meet Director and Meet Referee, deck entries will be accepted on the day of the meet, prior to the start of each Prelims session, at the cost of \$8 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but the swimmer will not advance to Finals and will not score in the meet for points or awards. A deck entry counts toward the maximum allowed three (3) individual events per day for each swimmer. To enter, please see the Meet Director before the end of the warm-up session.</p> <p>Swimmers interested in swimming a Time Trial should make that request to the Meet Director at any time during the meet. Time Trials will be scheduled at the discretion of the Meet Director and the Meet Referee. The entry fee for a Time Trial is \$10. A Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer. Entry fee for a relay Time Trial is \$20.</p> <p>Swimmers not entered in the meet must provide proof of 2010 USA Swimming registration in order to ‘Deck Enter’ or swim a ‘Time Trial’ and are subject to the meet surcharge.</p>
<p>SWIMMERS WITHOUT A COACH</p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session for instructions.</p>
<p>SEEDING</p>	<p>This is primarily a Prelim/Finals meet. Non-conforming times will be accepted and will be seeded according to USA Swimming procedures 207.12.7B. All individual events, except the 1000 and 1650 freestyle events, will have a C-, B- and A-Final during the Finals session.</p>
<p>ENTRY FEES</p>	<p>\$5 surcharge for all swimmers in meet, including relay only swimmers,</p> <p>Individual Events - \$4.00/each event Relays - \$8.00/each relay. Time Trial Individual Events - \$10 each Time Trial Relays - \$20 each Deck entry Individual Events - \$8 each Deck entry Relays - \$16 each</p>
<p>RULES</p>	<p>This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming Rules and policies. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>According to USA Swimming/MA rules, Proof of entry time will be required for all Individual Event entries not proven via SWIMS prior to being permitted to swim that event in the meet.</p>

<p>SCRATCH RULE</p>	<p>The Meet will be swum using modified scratch rules similar to those described in Section 207.12.6 of the USA Swimming Rules & Regulations.</p> <p>Any swimmer that has positively checked-in for a deck-seeded event and then does not swim that event will be barred from their next individual event in the meet.</p> <p>Any swimmer that does not compete in a Prelims event in which they are entered and have not scratched (via the Scratch box) will be barred from further individual events on that day and must positively check-in to be seeded into any individual event on succeeding days in order to swim those events; positive check-in must occur prior to the close of the scratch box on the previous evening. A Declared False Start may be taken in Prelims events.</p> <p>Any swimmer that qualifies for one of the Finals heats (A-, B- or C-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 (and confirmed their possible intention to scratch 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>A Declared False Start, a Delay-of-Meet False Start or other action taken by a swimmer with the intent to non-compete at the Finals session will be treated as a failure to compete and will be penalized as such.</p> <p>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 in the event. This fine also applies to the top eight (8) swimmers in the 1000-Free and 1650-Free listed on the pre-meet psych sheet who positively check-in for that event and then do not compete.</p>
<p>SCORING & AWARDS</p>	<p>There are no awards for individual or relay events. There will be High Point Awards for the top three (3) Women and top three (3) Men, the top Women's team, the top Men's team and the top team Combined.</p> <p style="text-align: center;">Scoring for Individual events will be (1st thru 16th place): 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p> <p style="text-align: center;">Relay points are double those for individual events.</p>
<p>PROGRAMS & ADMISSION</p>	<p>Admission - \$5.00 per session, which includes heat sheet</p>
<p>RESULTS</p>	<p>The results will be posted on the Middle Atlantic website (www.maswim.org). Real-Time Results will also be available on the Middle Atlantic web site.</p>
<p>DIRECTIONS/Map</p>	<p>A Google map with links to obtain directions can be found at: http://tinyurl.com/99zkuz</p>
<p>Accommodations</p>	<p>A link to area lodging can be found here. http://www.yorkpa.org/index.asp?act=page&pag_id=7</p>



QUALIFYING TIMES – Middle Atlantic Short Course Senior Championships 2010

Thursday

Warm up 4:30 PM Meet Starts 5:30 PM

WOMEN					MEN			
#	LC	SCM	SCY	Event	SCY	SCM	LC	#
1	20:28.49	19:51.99	19:59.89	1650 Freestyle				
				1000 Freestyle	11:12.19	9:48.19	10:04.59	2

Friday

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
3	2:25.39	2:19.99	2:05.49	200 Freestyle	1:55.39	2:08.79	2:17.39	4
5	1:29.79	1:24.59	1:15.79	100 Breaststroke	1:09.19	1:16.49	1:20.59	6
7	1:16.09	1:12.89	1:05.29	100 Butterfly	59.79	1:06.79	1:09.09	8
9	5:57.59	5:47.09	5:14.09	400 Individual Medley	4:49.09	5:19.49	5:29.99	10
11				800 Freestyle Relay				12

Saturday

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
13	2:44.69	2:42.79	2:27.69	200 Butterfly	2:14.59	2:28.69	2:32.19	14
15	31.89	32.39	26.99	50 Freestyle	24.09	26.89	28.79	16
17	3:08.49	3:06.79	2:47.29	200 Breaststroke	2:30.09	2:45.89	2:54.29	18
19	1:18.39	1:14.59	1:06.79	100 Backstroke	1:03.29	1:10.69	1:11.99	20
21	5:12.89	5:01.89	5:44.99	500 Freestyle	5:20.29	4:40.29	4:53.29	22
23				400 Free Relay				24

Sunday

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
25	10:41.89	10:26.49	11:55.89	1000 Freestyle				
				1650 Freestyle	18:47.49	18:41.39	19:22.99	26
27	2:47.59	2:43.49	2:26.49	200 Backstroke	2:13.59	2:26.59	2:34.89	28
29	1:08.09	1:04.89	58.39	100 Freestyle	52.49	58.59	1:03.09	30
31	2:46.09	2:43.29	2:24.99	200 Individual Medley	2:17.39	2:33.39	2:37.19	32
33				400 Medley Relay				34

*Swimmers for the 1000 and 1650 Freestyle events must provide their own timer (except at Finals) and counter. The fastest heat of the men's 1650 and the women's 1000 will swim as the first event at Sunday Finals; remaining heats will swim on Sunday afternoon with warm-up one hour before the scheduled start.



MIDDLE ATLANTIC SWIMMING

MIDDLE ATLANTIC SENIOR CHAMPIONSHIP - SUMMARY

March 25 - 28, 2010

THIS FORM MUST be sent after using OME. This form may be mailed

Team Name _____ Club Code _____

Head Coach _____ Email: _____

Address _____

City _____ State _____ Zip Code _____

Telephone: Home () _____ Office () _____

ENTRY FEES

<u>Number of</u>		<u>Cost per</u>	<u>Total</u>
_____	Swimmer surcharge @	\$5.00 per swimmer	\$ _____
_____	Individual events @	\$4.00	\$ _____
_____	Relays @	\$8.00	\$ _____
_____	Manual entry processing fee	\$5.00 per swimmer	\$ _____
TOTAL			\$ _____

WORKER CONTACT PERSON: This person will be responsible for obtaining the workers from your club for this meet. The Meet Director will contact this person after the entries are submitted. No entries will be accepted without this information.

NAME: _____

TELEPHONE: _____

FAX PHONE: _____

EMAIL: _____

ENTRY DEADLINE: Received by 11:59 PM, March 16, 2010. No entries will be accepted after that date. Mail form to:

Stephanie Rozick
5249 W. Buffalo Run Rd
Port Matilda, PA 16870

I certify that all swimmers from this Team entered in the SC Senior Champs are current members of USA Swimming and that all Coaches from this team who will attend the meet hold current coaching credentials.

Head Coach _____

MIDDLE ATLANTIC SC SENIOR CHAMPIONSHIPS

INDIVIDUAL EVENT ENTRY FORM

Team Name: _____ Team Code: _____

Contact: _____ Contact Phone: _____ E-mail _____

Name (Last,First)	USA-Swimming #	Event	Time	Event	Time	Event	Time	Event	Time

Deadline: March 16, 2010 at 11:59 pm

Individual Events _____ @ \$4.00 = _____

MIDDLE ATLANTIC SC SENIOR CHAMPIONSHIPS

RELAY EVENT ENTRY FORM

Team Name: _____ Team Code: _____

Contact: _____ Phone: _____ e-mail _____

NAME	EVENT #	RELAY A or B etc.	ENTRY TIME

Deadline: March 16, 2010 at 11:59 pm Relay Events _____ @\$8.00 _____