



MIDDLE  
ATLANTIC  
SWIMMING



## SENIOR LC CHAMPIONSHIPS

Wednesday, July 21 – Saturday, July 24, 2010

BUCKNELL UNIVERSITY, LEWISBURG, PA

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

Sanction # MA 1091 SR

Time Trial Sanction # MA 1091 TT

<b>LOCATION</b>	<p><b>Arthur D. Kinney Natatorium</b>, Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837 Days of Meet ONLY, <b>Emergency phone: (570) 577-3679</b></p>
<b>ENTRY DEADLINE</b>	<p>Monday, 12 Noon, July 12, 2010</p>
<b>GENERAL MEETING</b>	<p>There will be a general meeting on Wednesday morning, July 21 at 8:00 am in the meeting room off the pool deck. <b>Coaches are accountable for the information presented at this meeting.</b> Please make sure there is at least one representative present from each Team.</p>
<b>MODIFIED SCRATCH PROCEDURE</b>	<p>This meet will be run under modified USA Swimming Championship Scratch rules and procedures (see section 207.12.6 of the 2010 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 the following days' events. Swimmers that do not compete in a Prelims Individual Event that they have not scratched will be barred from further Individual Events on that meet day and will have to positive check-in to swim on all succeeding days. A Declared False Start option will be available at the Prelims sessions. Note: the Scratch Box will be available at the pool until 6:30 pm on Tuesday evening to scratch Wednesday's events.</p>
<b>FACILITY INFORMATION</b>	<p>The Arthur D. Kinney Natatorium is an 8-lane, 50-meter pool equipped with Competitor lane lines and Paragon starting blocks. Pool depth is 14.5 feet at the starting end and 13 feet at the turn end. The competition course has been certified in accordance with 104.2.2C(4). A Colorado timing system with an 8-lane scoreboard display will be used for this meet. There is a spectator area with seating for 600 persons; the deck holds 300 athletes and there is adequate parking. A snack bar will be available during the meet.</p> <p><b><u>Athlete Drop-Off area:</u></b> will be at the rear of the Kinney Natatorium near the loading dock. Vehicles will not be able to park in this area after dropping off athletes. <b><u>Team/Athlete/Officials Entrance:</u></b> will be at the rear of the Kinney Natatorium. <b><u>Spectator Entrance:</u></b> Front entrance of the Sojka Pavilion (adjacent to the Natatorium). <b>NO ATHLETES OR MEET PERSONNEL PLEASE.</b></p> <p><b><u>Parking:</u></b> Is available on campus in any legal parking spot. Illegally parked cars will be towed. There is a large parking lot located behind the football stadium.</p>

**NO FOOD ON DECK: The facility is adamant that no food or drink OF ANY KIND is allowed on the pool deck or in the locker rooms. Swimmers bringing food or drink on deck or into the locker rooms will be removed from the facility. Food can be eaten in the lobby or up in the concourse. Water will be available to athletes on the pool deck.**

<b>MEET DIRECTOR</b>	Stephanie Rozick (814) 404-5824  <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a>
<b>SAFETY DIRECTOR</b>	RuthAnn Joyce 856/582-2444
<b>MEET REFEREE / OFFICIALS</b>	Meet Referee – Fred Killian  All certified Officials are welcome and encouraged to help at the Meet. Officials may contact the Officials Chair, or e-mail to <a href="mailto:officials@maswim.org">officials@maswim.org</a> . Your help in making this Meet a success will be greatly appreciated. A determination on whether the meet will be an OQM for National certification will be made later.
<b>ELIGIBILITY / BONUS SWIMS</b>	The meet is open to all USA registered swimmers within the Middle Atlantic LSC ONLY who meet the listed qualifying times for each event. <b>Qualifying times must have been achieved on or after December 1, 2008.</b> There will be NO bonus events at this meet. The Meet will be conducted according to current USA Swimming Rules. Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee (\$114 per swimmer for 2010 registration).
<b>ENTRY INSTRUCTIONS</b>	<p style="text-align: center;"><b>Email entries to: Stephanie Rozick</b> <a href="mailto:bcatmeet@comcast.net">bcatmeet@comcast.net</a></p> <p style="text-align: center;"><b>All forms and payments to be sent to:</b> Middle Atlantic Swimming 2150 New Castle Rd New Castle DE 19720</p> <p>All times not from SWIMS are subject to ‘proof’ prior to the meet. Coaches will be notified of the need 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 LC will be treated as ‘non-conforming’ and will be seeded according to USA Swimming procedures.</p> <p><b>Entries will not be considered accepted until entry fees are received.</b></p>
<b>STARTING PROCEDURE</b>	This meet will use ‘fly-over’ starts 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). Normal starting procedures will be used at Finals.

<p><b>ENTRY / EVENT LIMITATIONS</b></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 use the scratch box to select which events 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>
<p><b>WARM-UP &amp; START TIMES</b></p>	<p><u>Tuesday</u> The pool will be open from 6:00-8:00 pm for Team practice.</p> <p><u>Wednesday/Thursday/Friday/Saturday</u></p> <p><b>PRELIMS</b></p> <p>7:30 am warm-up / 9:00 am start</p> <p>There will be a <b>15-minute warm-up/warm-down break after each Men's event.</b></p> <ul style="list-style-type: none"> <li>○ <b>Saturday 1500 (except top 8) – the afternoon heats of the 1500 will be scheduled to end just prior to the 4:00 warm-up for Finals; warm-up will be one hour before the start of the slowest heat of the 1500. A 10-min break may be taken during the swims, if appropriate.</b></li> </ul> <p><b>FINALS</b></p> <p>4:00 pm warm-up / 5:00 pm start</p> <p>There will be a <b>10-minute warm-up/warm-down break</b> after each Men's event.</p>
<p><b>FINALS</b></p>	<p>The following events are Timed Finals: all Relays, 800 Free and 1500 Free. The fastest eight (8) swimmers in men's / women's 800 Free will swim as the first events at Wednesday's Finals session. The fastest eight (8) swimmers in men's / women's 1500 Free will swim as the first events at Saturday'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>
<p><b>RELAYS</b></p>	<p>All relays are Timed Finals and will be deck-seeded. The fastest two (2) heats of each relay will swim at the evening Finals sessions. All Relays must be Positively checked-in by the scratch deadline (5:30 pm the previous evening). 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. <b><u>Saturday Relays (400 medley relay).</u> The "Saturday Relay Rule" will be in effect. Any relay that wishes to swim at Prelims may do so. All Saturday relays should indicate their preference when the relay is checked in. Up to the fastest 16 relays that wish to swim during Saturday Finals will do so, the remaining relays will swim during Saturday Prelims based on their entry seed time.</b> Relay Cards can be picked up from the Admin Referee. 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>

<p><b>DECK-SEEDED MEET – SCRATCH BOX</b></p>	<p style="text-align: center;"><b>THIS MEET WILL BE ENTIRELY DECK-SEEDED.</b></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 (6:30 pm on Tuesday for Wednesday 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 is required to be seeded into the 800-Free on Wednesday, the 1500-Free on Saturday and all Relays. Positive check-in for the 800-Free will close at 9:30 am on Wednesday. Positive check-in for the 1500-Free will close at 5:30 pm on Friday. Positive check-in for Relays will close at 5:30 pm the evening before the events.</p> <p>The fastest eight (8) swimmers in the 800-Free will swim during Finals session on Wednesday; the other heats will swim during the morning session, fast-to-slow, alternating Women/Men. The fastest eight (8) swimmers in the 1500-Free will swim during the Finals session on Saturday; the other heats will swim in the afternoon, slow-to-fast, alternating Women/Men. The afternoon heats 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 1500 will be limited to open lanes in the slowest heat.)</p>
<p><b>PRELIMINARIES HEAT ORDER</b></p>	<p>At Preliminaries, heats will be swum slowest to fastest except the 400 IM and 400 Free which will be swum in the following order – the five fastest Women’s heats followed by the four fastest Men’s heats, swum slowest to fastest (the fastest three will be circle seeded). The Relay heats (other than the fastest two (2) heats) will follow. The remaining preliminary heats of the 400 IM and 400 Free will be swum fastest to slowest, alternating Women’s and Men’s heats.</p>
<p><b>DECK ENTRIES /TIME TRIALS</b></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 session, at the cost of \$10 per individual 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. A Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer. The entry fee for a Time Trial in an individual event is \$10. The 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><b>SWIMMERS WITHOUT A COACH</b></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><b>SEEDING</b></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(1) and (2). All individual events, except the 800 and 1500 freestyle events, will have a C-, B- and A-Finals during the Finals session.</p>

<p><b>ENTRY FEES</b></p>	<p><b>\$5 surcharge for all swimmers in meet, including relay only swimmers,</b></p> <p>Individual Events - \$5.00/each event      Relays - \$10.00/each relay.  Time Trial Individual Events - \$10 each      Time Trial Relays - \$20 each  Deck entry Individual Events - \$10 each      Deck entry Relays - \$20 each</p>
<p><b>RULES / DISTANCE EVENTS</b></p>	<p>This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming Rules and policies. <b>USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</b> Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. <b>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety 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.</b></p> <p>According to USA Swimming/MA rules, all swimmers must use their actual best times when entering their events. Swimmers with qualifying times in the 800- and 1500-Free events may enter those events using their fastest time, or may enter at the LC qualifying standard provided they are entered in at least one other individual event on the day of the distance event.</p>
<p><b>SCRATCH RULE</b></p>	<p>The Meet will be swum using modified scratch rules to those described in Section 207.12.6 of the USA Swimming Rules &amp; Regulations.</p> <p>Any swimmer that has positively checked-in to 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>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>
<p><b>SCORING &amp; AWARDS</b></p>	<p>There will be a Team Award for the Women’s, Men’s and Combined Team with the highest point total.</p> <p>There are no awards for individual or relay events.</p> <p>There will be a High Point Award for the top three (3) Women and top three (3) Men.</p> <p>There will be an IRONMAN award for the swimmer (male and female) with the highest combined Power point score in the <b>1500, 800, 400 Freestyle and 400 IM</b> (a swimmer must compete in all four events to be eligible for this award.)</p> <p style="text-align: center;">Scoring for Individual events will be (1<sup>st</sup> thru 16<sup>th</sup> place): 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p> <p style="text-align: center;">Relay scoring will be double the Individual Event points.</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Admission - \$5.00 per session</p>
<p><b>RESULTS</b></p>	<p>The results will be posted on the Middle Atlantic website (<a href="http://www.maswim.org">www.maswim.org</a> ). Real-Times Results will also be available on the Middle Atlantic web site.</p>
<p><b>DIRECTIONS</b></p>	<p>Bucknell University is approximately six (6) miles south from I-80 on Rte 15 in Lewisburg, PA. The main entrance to the University is off Rte 15 approx. 1/3 of a mile south of the intersection of Rte 45 and Rte 15. Once you have entered the University, the football stadium will be on your right. Bear to the left of the chapel. A large Athletic Complex will be on your left. Kinney Natatorium is located towards the middle of this complex, next to the new pavilion. Directions may be found on the Bucknell website (<a href="http://www.bucknell.edu">http://www.bucknell.edu</a>)</p> <p>Please visit the Bucknell website for more detailed directions and local hotels: <a href="http://www.bucknell.edu/x19766.xml">http://www.bucknell.edu/x19766.xml</a></p>

**Accommodations**

**Where to Stay in Lewisburg**

**All Suites Inn**

4663 Westbranch Highway (Rt. 15)  
Lewisburg, Pa.

**Anni's Inn and Outings**

302 N. Third St.  
Lewisburg, Pa.

**Best Western Country Cupboard Inn**

570-524-5500  
Rt. 15 North  
Lewisburg, Pa.

**Brookpark Bed and Breakfast Inn**

100 Reitz Blvd.  
Lewisburg, Pa.

**Country Inn and Suites**

134 Walter Dr .  
Lewisburg, Pa.

**Days Inn**

570-523-1171  
Lewisburg, Pa.

**The Lewisburg Hotel**

136 Market St.  
Lewisburg, Pa.

**The Pineapple Inn B&B**

439 Market St.  
Lewisburg, Pa.



# QUALIFYING TIMES – Middle Atlantic Long Course Senior Championships 2010

## WOMEN

## MEN

Wednesday, July 21, 2010

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

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
1	1:15.19	1:23.99	1:26.49	100 M Breaststroke	1:19.49	1:16.69	1:08.79	2
3	2:23.89	2:38.99	2:44.29	200 M Backstroke	2:30.49	2:26.19	2:10.99	4
5	27.19	30.59	31.19	50 M Freestyle	28.19	27.29	24.29	6
7	11:38.49	10:11.19	10:23.59	800 M Freestyle*	9:35.49	9:16.59	10:35.99	8

Thursday, July 22, 2010

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

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
9	2:22.89	2:39.39	2:40.49	200 M Butterfly	2:30.49	2:27.79	2:12.39	10
11	58.59	1:05.79	1:06.99	100 M Freestyle	1:00.49	58.69	52.19	12
13	5:34.49	4:54.69	5:00.69	400 M Freestyle	4:40.49	4:31.29	5:04.99	14
15				400 M Freestyle Relay				16

Friday, July 23, 2010

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

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
17	2:05.19	2:21.49	2:22.29	200 M Freestyle	2:11.99	2:09.39	1:54.59	18
19	2:41.09	2:58.89	3:03.49	200 M Breaststroke	2:50.49	2:44.59	2:27.49	20
21	5:03.59	5:42.39	5:46.49	400 M Individual Medley	5:21.49	5:12.19	4:38.09	22
23				800 M Freestyle Relay				24

Saturday, July 24, 2010

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

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
25	1:06.29	1:13.69	1:14.19	100 M Butterfly	1:06.49	1:05.69	58.79	26
27	1:05.09	1:15.39	1:16.29	100 M Backstroke	1:10.49	1:07.49	1:01.09	28
29	2:22.69	2:41.59	2:44.49	200 M Individual Medley	2:33.49	2:28.09	2:11.49	30
31				400 M Medley Relay				32
33	19:04.19		19:33.49	1500 M Freestyle*	18:31.49		17:52.59	34

\*Swimmers for the 800 M and 1500 M Freestyle must provide their own timer and counter (except at Finals.) The fastest heat of men and women in the 800 Freestyle will swim as the first events at Wednesday Finals. Remaining heats will swim during Wednesday Prelims. The fastest heat of men and women in the 1500 Free will swim as the first event at Saturday Finals. Remaining heats will swim on Saturday afternoon with warm-up one hour before the scheduled start. The fastest two heats of each relay will swim at Finals.



MIDDLE ATLANTIC SWIMMING

MIDDLE ATLANTIC SENIOR CHAMPIONSHIP - SUMMARY
July 21-24, 2010

Team Name \_\_\_\_\_ Club Code \_\_\_\_\_
Head Coach \_\_\_\_\_ Email: \_\_\_\_\_
Address \_\_\_\_\_
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_
Telephone: Home ( ) \_\_\_\_\_ Office ( ) \_\_\_\_\_

ENTRY FEES

Table with 3 columns: Number of swimmers, Cost per, Total. Rows include Swimmer surcharge @ \$5.00 per swimmer, Individual events @ \$5.00, Relays @ \$10.00, Manual entry processing fee \$5.00 per swimmer, and 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: Must be received by 12:00 Noon, Monday, July 12, 2010. No entries will be accepted after that date. Mail/Fax form to:

Middle Atlantic Swimming
2150 New Castle Ave
New Castle, DE 19720

I certify that all swimmers from this Team entered in the LC 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 LC 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

**Entry Deadline: July 12, 2010**

Individual Events \_\_\_\_\_ @ \$5.00 = \_\_\_\_\_

