



**MIDDLE
ATLANTIC
SWIMMING**



SENIOR ELITE INVITATIONAL

January 14 -16, 2012

Gloucester County Institute of Technology

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction MA 1280SR
Time Trial Sanction MA 1280TT

Revised 11/8/2011 – corrected QT standard for Men’s 200 fly SCM

This meet will be conducted in SCY at Prelims, and LCM at Finals.

LOCATION	Gloucester County Institute of Technology 1360 Tanyard Road Sewell, NJ 08080 856-468-1445, x. 2304 (Day of meet emergency only)
ENTRY DEADLINE	Entries will be accepted until Wednesday, January 4, 2012 at 11:59 pm EST.
GENERAL MEETING	There will be a Coaches meeting on Saturday at 8:00 am (location to be announced). Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative present from each Team.
FACILITY INFORMATION	<p>The GCIT Aquatics Center, located on the campus of the Gloucester County Institute of Technology, has two 8-lane/25-yard courses equipped with Competitor non-turbulent lane lines; water depth is 10 feet at the start/turn ends of Pool A and 5 feet at the start/turn ends of Pool B. GCIT has Colorado timing systems on each pool with an 8-lane scoreboard on Pool A and 1-lane scoreboard display on Pool B. Depending on the number of meet entries, either one or two pools will be used for the SCY Prelims - competition. If only one pool is used, the other pool will remain open during the competition for warm-up/warm-down. If both pools are used for Prelims, breaks will be taken at appropriate times in each pool for warm-up/warm-down.</p> <p>For Finals, the pool will be re-configured into an 8-lane course; water depth is 10 feet at the starting end and 5 feet at the turn end. Breaks will be taken at appropriate time during Finals for warm-up/warm-down.</p> <p>The competition course has not been certified in accordance with USA Swimming Rule 104.2.2C (4).</p> <p>There is balcony seating for spectators with a capacity of 450.</p>
MEET DIRECTOR	Stephanie Rozick, (814) 404-5824, bcatmeet@comcast.net

SAFETY DIRECTOR	Bob Stockett, swisskier@verizon.net
MEET REFEREE / OFFICIALS	<p>Meet Referee – Cecil Gordon</p> <p>All certified USA Swimming Officials are welcome and encouraged to work at the Meet. Officials should contact the Meet Referee or e-mail officials@maswim.org to sign-up in advance of the meet. Or, officials may check-in with the Referee at the start of each session warm-ups. Your help in making this Meet a success will be greatly appreciated.</p>
ELIGIBILITY / BONUS SWIMS	<p>The meet is open to all registered USA Swimming athletes who meet the listed qualifying times for each event.</p> <p>Bonus Swims:</p> <p>Qualify and enter one or two individual events and you may swim two additional Bonus events.</p> <p>Qualify and enter three or four individual events and you may swim a total of five individual events.</p> <p>Qualify and enter five or more individual events and you may not enter additional Bonus events.</p> <p>Bonus events must have an entry time; 'NT' is not acceptable for any bonus entry. Bonus events of 400 distance and longer must have an entry time that is within one (1) second/per 100 of the qualifying time.</p>
ENTRY INSTRUCTIONS	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process. Entries will be accepted through Wednesday, January 4th at 11:59 pm EST.</p> <p>Qualifying times must have been achieved after April 30, 2010.</p> <p>OME will open for entries into this meet on Friday, November 18, 2011. OME can be accessed at www.usaswimming.org/ome .</p> <p>For this meet the OME system will process payment by credit card. It will accept VISA, MasterCard, American Express and Discover Card. Upon payment, a confirmation e-mail providing a receipt and a summary of the events will be returned. Entries are not in the meet until payment has been processed. If you need to pay by check, please email the meet director at bcatmeet@comcast.net after you go through the OME process. At the check-out screen, please check the box that says "pay by check".</p> <p>Entry times will be taken from the <u>SWIMS Database</u> . Custom times may be entered; however, 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 proper course in which achieved; converted times will not be accepted. Except for the 800/1500 Free events, times other than SCY will be treated as 'non-conforming' and will be seeded according to USA Swimming procedures.</p> <p>For the 800/1500 Free events, LCM times will be conforming and times other than LCM will be 'non-conforming.' Swimmers with qualifying times in the 800 and 1500 Free may enter those events at the conforming time standard (LCM) provided they are entered in at least one other individual event on the day of that event.</p> <p>Deck entries will not be accepted at this Meet. On-site registrations will not be accepted at this meet. Each swimmer must be registered through his/her LSC prior to competition.</p>

STARTING PROCEDURE	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). Standard starting procedures will be used at Finals.
ENTRY / EVENT LIMITATIONS	<p>Each swimmer may swim three (3) individual events per day (not including relays.) A Time Trial 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><u>Saturday/Sunday/Monday</u></p> <p>PRELIMS</p> <p>7:30 am warm-up / 9:00 am start</p> <p>the afternoon heats of the 800 and 1500 Free (except top 8) will be scheduled to end just prior to the 4:30 warm-up start for Finals; warm-up for the afternoon swims will be at least 30 minutes before the start of the earliest heat of the 800/1500 Free.</p> <p>FINALS</p> <p>4:30 pm warm-up / 5:30 pm start</p>
RELAYS	Relays are Timed Finals and will be deck-seeded. All relays must positively check-in. All Relays must include at least one swimmer entered in an individual event in the meet; Relay-only swimmers must be submitted with the team entry.
PRELIMINARIES/ FINAL HEAT ORDER	<p>At Prelims, 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>At Finals, heats will be swum in C-, B-, A-Finals order.</p> <p>All timed final events will be swum as LCM only.</p>
DECK ENTRIES TIME TRIALS	<p>There will be no deck entries at this meet.</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 (Relays - \$20.). A Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer.</p>
SWIMMERS WITHOUT A COACH	Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session for instructions.
SEEDING	This is 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 800 and 1500 freestyle events, will have a C-, B- and A-Final during the Finals session.

<p>ENTRY FEES</p>	<p>\$5 surcharge for all swimmers in meet, including relay only swimmers,</p> <p>Individual Events - \$5.00/each event Relays - \$10.00/each relay. Time Trial Individual Events - \$10 each Time Trial Relays - \$20 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>SWIMMERS WITH DISABILITIES</p>	<p>Swimmers with a disability are welcome to enter this meet. The coach or team entry contact 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.</p>
<p>POLICIES</p>	<p>For all Middle Atlantic meets, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
<p>SAFETY REQUIREMENTS</p>	<p>USA Swimming and Middle Atlantic safety procedures will be enforced during the meet. Warm-ups are subject to the following procedures: No diving during warm-ups except in designated sprint lanes. The Referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without coaches should report to the Referee or Meet Director prior to entering the pool for warm-ups and will be assigned to a Team/Coach for that session.</p> <p>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety Monitor 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>Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmers legal guardian to ensure compliance with this requirement.</p>
<p>SCRATCH RULE</p>	<p>Any swimmer who does not swim a pre-seeded Preliminary or pre-seeded 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, A Declared False Start is allowed.</p> <p>Any swimmer who qualifies for Finals in a Preliminary/Finals event and does not report for and swim the Finals will be barred from the rest of the Meet (including Relays) unless the swimmer has scratched, or indicated their possible intention to scratch, to the Admin Referee within thirty (30) minutes of the announcement of the Preliminary results. Swimmers declaring possible intention must confirm their intention to scratch within thirty (30) minutes of the announcement of the results of that swimmer's last individual event at the Preliminary session or they will be seeded into the event and expected to swim. Swimmers who are initially announced as Alternates (or lower) for the Finals will not be so penalized.</p>

SCORING & AWARDS	<p>Scoring - Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relays 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p> <p>Awards will be given to:</p> <p>Top 3 Teams, Combined Women and Men Top Individual Female, High Point Top Male Individual, High Point</p>
PROGRAMS & ADMISSION	<p>A 3-day Program will be sold for \$10. Finals Programs can be purchased for \$2. Free admission</p>
RESULTS	<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>
DIRECTIONS/Map	<p>A Google map with links to obtain directions can be found at: http://maps.google.com/</p>
Accommodations	<p>A link to area hotels can be found at: http://www.bing.com/travel/hotels/search?q=hotels+sewell+new+jersey&cid=IA_HotelsInPlace_Sewell%2c_New_Jersey&qpvt=hotels+sewell+new+jersey&FORM=ATRHIP</p>



**SENIOR ELITE INVITATIONAL
SCY- Prelims / LCM - Finals**

Saturday, January 14, 2012 – PRELIMS – Short Course Yards

7:30 AM warm up / 9:00 AM Prelims Start

Women	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	Men
1	1:21.39	1:24.49	1:13.69	100 Breast	1:04.99	1:15.19	1:11.89	2
3	2:18.89	2:20.59	2:04.39	200 Free	1:53.39	2:10.59	2:05.29	4
5	1:11.29	1:12.29	1:04.49	100 Fly	56.89	1:04.49	1:02.89	6
7	2:37.69	2:40.59	2:21.29	200 I.M.	2:07.19	2:27.79	2:20.59	8
9				400 Med. Relay*				10
11	9:58.59	10:10.09	11:23.29	800 Free**	10:36.19	9:34.09	9:16.79	12

* All relays will swim LCM at Finals; ** Initial heats of 800 Free will swim LCM after conversion of the pool.

FINALS – Long Course Meters

4:30 PM warm up / 5:30 PM Finals Start

Order of Events for Finals

800 Free (W & M) – 1 heat of each (top 8 seeded)

100 Breast (W & M) – C, B, A Finals

200 Free (W & M) – C, B, A Finals

100 Fly (W & M) – C, B, A Finals

200 I.M. (W & M) – C, B, A Finals

400 Medley Relay (W & M) - all heats

Sunday, January 15, 2012 – PRELIMS – Short Course Yards

7:30 AM warm up / 9:00 AM Prelims Start

Women	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	Men
13	5:32.79	5:42.09	5:01.19	400 IM	4:31.29	5:11.99	4:59.79	14
15	29.99	30.49	26.79	50 Free	23.79	27.39	26.59	16
17	2:55.59	3:01.19	2:38.89	200 Breast	2:21.49	2:43.29	2:36.29	18
19	1:12.29	1:15.19	1:05.49	100 Back	58.09	1:07.69	1:04.09	20
21	4:52.59	4:54.49	5:29.49	500 Free**	5:04.49	4:36.39	4:26.49	22
23				400 Free Relay*				24

* All relays will swim LCM at Finals; ** 500 Free will swim 400 Free at Finals.

FINALS – Long Course Meters

4:30 PM warm up / 5:30 PM Finals Start

Order of Events for Finals

400 IM (W & M) – C, B, A Finals

50 Free (W & M) – C, B, A Finals

200 Breast (W & M) – C, B, A Finals

100 Back (W & M) – C, B, A Finals

400 Free (W & M) – C, B, A Finals

400 Free Relay (W & M) - (all heats)

**SENIOR ELITE INVITATIONAL
SCY- Prelims / LCM - Finals**

Monday, January 16, 2012 – PRELIMS – Short Course Yards

7:30 AM warm up / 9:00 AM Prelims Start

Women	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	Men
25	2:34.09	2:39.39	2:19.39	200 Back	2:05.19	2:25.19	2:18.29	26
27	1:03.09	1:05.09	:57.39	100 Free	:51.89	59.89	57.39	28
29	2:32.69	2:35.59	2:18.19	200 Fly	2:04.19	2:23.29	2:17.29	30
31				800 Free Relay*				32
33	18:52.09	19:26.39	18:58.69	1500 Free**	17:41.09	18:13.29	17:34.89	34

* All Relays will swim LCM at Finals; ** Initial heats of 1500 Free will swim LCM after conversion of the pool.

FINALS – Long Course Meters

4:30 PM warm up / 5:30 PM Finals Start

Order of Events for Finals

1500 Free (W & M) – 1 heat each (top 8 seeded)

200 Back (W & M) – C, B, A Finals

100 Free (W & M) – C, B, A Finals

200 Fly (W & M) – C, B, A Finals

800 Free Relay (W & M) - (all heats)

Swimmers for the 800 and 1500 Freestyle events must provide their own timer (except at Finals) and counter. The fastest heat of the 1500 and the 800 will swim as the first event at Finals; remaining heats will swim on in the afternoon with warm-up at least 30 minutes before the scheduled start.