



MIDDLE
ATLANTIC
SWIMMING



SENIOR LC CHAMPIONSHIPS

Wednesday, July 18 – Saturday, July 21, 2012

BUCKNELL UNIVERSITY, LEWISBURG, PA

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

Sanction # MA 12118 SR

Time Trial Sanction # MA 12118 TT

<http://entry.maswim.org>

<p>LOCATION</p>	<p>Arthur D. Kinney Natatorium, Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837 Days of Meet ONLY, Emergency phone: (570) 577-3679</p>
<p>ENTRY DEADLINE</p>	<p>Monday, 11:59 pm (EDT), July 9, 2012. No late entries will be accepted.</p>
<p>GENERAL MEETING</p>	<p>There will be a general meeting on Wednesday morning, July 18 at 8:40 am in the meeting room off the pool deck. Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative present from each team present.</p>
<p>MODIFIED SCRATCH PROCEDURE</p>	<p>This meet will be run under modified USA Swimming Championship Scratch rules and procedures (see section 207.11.6 of the 2012 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; scratches for Wednesday events may also be sent via email to bcatmeet@comcast.net until 5:00 pm on Tuesday evening.</p>
<p>FACILITY INFORMATION</p>	<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 not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). Since this is a bulkhead pool, the pool will be measured in length prior to the start of the meet. 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>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><u>Athlete Drop-Off area:</u> is at the rear of the Kinney Natatorium near the loading dock. Vehicles cannot park in this area after dropping off athletes.</p> <p><u>Team/Athlete/Officials Entrance:</u> is at the rear of the Kinney Natatorium.</p> <p><u>Spectator Entrance:</u> use front entrance to the Sojka Pavilion (adjacent to the Natatorium).</p> <p><u>Parking:</u> 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> <p><u>NO FOOD ON DECK:</u> The facility is adamant that no food or drink 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.</p>
<p>MEET DIRECTOR</p>	<p style="text-align: center;">Stephanie Rozick (814) 404-5824 bcatmeet@comcast.net</p>
<p>SAFETY DIRECTOR</p>	<p>Bob Stockett swisskier@verizon.net</p>
<p>MEET REFEREE / OFFICIALS</p>	<p>Meet Referee –</p> <p>All certified Officials are welcome and encouraged to work at the Meet. Officials may contact the Meet Referee, or e-mail to officials@maswim.org . 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.</p>
<p>ELIGIBILITY</p> <p>BONUS SWIMS</p> <p>DISABLED SWIMMERS</p> <p>On-Deck USA Registration</p>	<p>The meet is open to Middle Atlantic Swimming LSC registered athletes ONLY. Swimmers must have achieved the listed qualifying times for each event. Qualifying times must have been achieved on or after December 1, 2010. All custom entry times must be proven prior to the swimmer competing in an event.</p> <p>Bonus swims are allowed as follows:</p> <ul style="list-style-type: none"> 1 qualifying time = 2 bonus swims* 2 qualifying times = 1 bonus swim* 3 or more qualifying times = no bonus swims <p><u>*bonus swims in events 400 meters and greater must have an official time within one second per hundred meters of the event distance of the qualifying time.</u></p> <p>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.</p> <p>Unregistered swimmers may register on deck at this meet by submitting an Athlete registration form and payment to the Meet Director. The cost of registering at the meet is double the normal fee (\$120 per swimmer for 2012 registration).</p>

<p>ENTRY INSTRUCTIONS</p>	<p>Entries must be submitted through the USA Swimming website using the OME (Online Meet Entry) process at http://www.usaswimming.org/ome. Entries will be accepted beginning Monday, June 11, 2012 and will close on Monday, July 9, 2012 at 11:59 pm EDT. Payment for OME is requested using Visa, MasterCard, American Express or Discover; there is an option to pay by check directly to Middle Atlantic Swimming. If you are paying by check, please make payable to Middle Atlantic Swimming and send the check to:</p> <p style="text-align: center;">Middle Atlantic Swimming LC Senior Meet Entry 2150 New Castle Ave New Castle, DE 19720</p> <p>Do NOT bring checks with you to the meet. If you are paying by check, an email must be sent to bcatmeet@comcast.net indicating your check number and amount that was sent to the Middle Atlantic office. <u>Your athletes will NOT be permitted to swim without payment.</u></p> <p>After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet in case of problems with entries. You can return to your entry to modify entry times should they improve during the entry period. Once you “check out” using OME you can add events (prior to entry deadline) but you cannot delete events.</p> <p>Entry times will be taken from the SWIMS database. 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 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 style="text-align: center;">Entries will not be considered accepted until entry fees are received.</p>
<p>STARTING PROCEDURE</p>	<p>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>
<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 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>WARM-UP & START TIMES</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>PRELIMS</p> <p>7:30 am warm-up / 9:00 am start</p> <p>There will be a 15-minute warm-up/warm-down break after each Men's event.</p> <ul style="list-style-type: none"> ○ Saturday 1500 (except top 8) – the afternoon heats of the 1500 will be scheduled to end just prior to the 4:30 warm-up for Finals; warm-up will be one hour before the start of the slowest heat of the 1500. 10-min breaks will be taken during the swims, as appropriate. <p>FINALS</p> <p>4:30 pm warm up/ 5:30 pm start</p> <p>There will be a 10-minute warm-up/warm-down break after each Mens event.</p>
<p>WARM-UP PROCEDURES</p>	<p>The Middle Atlantic Swimming warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of Warm-up; times/lane assignments. During the meet there will be 10 minute breaks taken after a series of events to allow for warm down.</p>
<p>FINALS</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>RELAYS</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 Positively check-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. <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. Relay Cards can be picked up from the Admin Referee.</p> <p>All Relays must include at least one swimmer entered in an Individual event at the meet. 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 2012 registration.</p>

<p>DECK-SEEDED MEET – SCRATCH BOX</p>	<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 6:00 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’. E-Mail scratches will be permitted using bcatmeet@comcast.net.</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 6:00 pm on Friday. Positive check-in for Relays will close at 6:00 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>PRELIMINARIES HEAT ORDER</p>	<p>At Preliminaries, heats will be swum slow-to-fast. If appropriate, the 400 IM and 400 Free will be swum in the following order – the five fastest heats of Women followed by the five fastest heats of Men, swum slow-to-fast (the fastest three are circle seeded). Any Relay heats will follow (note: the fastest two (2) relay heats will swim at Finals). The remaining heats of the 400 IM** and 400 Free** Prelims will be swum fast-to-slow, alternating Women/Men.</p> <p>**Non-conforming entry times in these events will be converted by the meet program prior to seeding.</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 session, at the cost of \$10 per individual event and \$20 per relay. 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 2012 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>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.</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(1) and (2). Non-conforming times in the flighted events (400 IM and 400 Free), will be converted to a LCM time using the meet software and seeded accordingly. All individual events, except the 800 and 1500 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 - \$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>RULES / DISTANCE EVENTS</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. Any swimmer observed swimming under or through a 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.</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>SCRATCH RULE</p>	<p>The Meet will be swum using modified scratch rules to those described in Section 207.12.6 of the USA Swimming Rules & 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</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 2012

WOMEN

MEN

Wednesday, July 18, 2012

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:30 PM Meet Starts – 5:30 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
1	1:14.79	1:23.49	1:25.99	100 M Breaststroke	1:19.49	1:16.29	1:08.69	2
3	2:22.49	2:37.89	2:42.29	200 M Backstroke	2:30.49	2:28.69	2:12.59	4
5	26.59	29.59	30.99	50 M Freestyle	28.19	26.29	23.79	6
7	11:45.89	10:09.19	10:17.99	800 M Freestyle*	9:35.49	9:31.39	10:52.99	8

Thursday, July 19, 2012

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:30 PM Meet Starts – 5:30 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
9	2:27.19	2:41.79	2:42.79	200 M Butterfly	2:29.99	2:27.29	2:14.59	10
11	57.89	1:03.79	1:06.49	100 M Freestyle	1:00.49	57.59	52.19	12
13	5:32.09	4:46.79	4:55.99	400 M Freestyle	4:40.49	4:29.79	5:11.59	14
15				400 M Freestyle Relay				16

Friday, July 20, 2012

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:30 PM Meet Starts 5:30 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
17	2:03.99	2:16.69	2:21.79	200 M Freestyle	2:11.59	2:06.39	1:54.09	18
19	2:40.59	2:59.99	3:02.49	200 M Breaststroke	2:50.49	2:47.39	2:29.29	20
21	5:04.09	5:35.29	5:42.49	400 M Individual Medley	5:19.49	5:17.89	4:47.09	22
23				800 M Freestyle Relay				24

Saturday, July 21, 2012

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:30 PM Meet Starts-5:30 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
25	1:04.59	1:10.99	1:13.69	100 M Butterfly	1:06.49	1:04.99	59.29	26
27	1:05.29	1:11.69	1:15.79	100 M Backstroke	1:10.49	1:08.59	1:01.59	28
29	2:21.59	2:36.19	2:42.49	200 M Individual Medley	2:31.49	2:27.39	2:13.39	30
31				400 M Medley Relay				32
33	19:45.09	19:10.09	19:33.49	1500 M Freestyle*	18:31.49	18:07.99	18:27.49	34

*Swimmers for the 800 M and 1500 M Freestyle must provide their own timer (except at Finals) and counter. The fastest heat of Women and Men in the 800 Freestyle will swim as the first events at Wednesday Finals. Remaining heats will swim during Wednesday Prelims. The fastest heat of Women and Men 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.