



MIDDLE
ATLANTIC
SWIMMING



SENIOR SC CHAMPIONSHIPS

March 22 - 25, 2012

Graham Aquatic Center, York, PA

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

Sanction MA 1297 SR

Time Trial Sanction MA 1297 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 accepted until Monday, March 12, 2012 (11:59 pm EDT).
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 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 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. <i>Note: the Scratch Box will be available at the pool until 6:00 pm on Thursday evening to scratch from Friday's events.</i>
FACILITY INFORMATION	Indoor facility with a possible 16-lane, 25-yard configuration. Primary configuration will consist of eight 9-foot-wide lanes for competition (6' depth at the start end and 5.5' depth at the turn end), and six 7-foot-wide lanes for warm-up/warm-down. The competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4). Permanent bleacher seating for 800+; very large deck area for swimmers, coaches and officials. Daktronics Omni Sport 2000 timing system with LED matrix scoreboard. Hy-Tek Meet Manager 3.0 software. Concession area with promenade overlooking competitive pool; with flat screen TVs and free Wi-Fi. Free parking is available; capacity 550.
MEET DIRECTOR	Stephanie Rozick, (814) 404-5824, bcatmeet@comcast.net
SAFETY DIRECTOR	Bob Stockett, swisskier@verizon.net

<p>MEET REFEREE / OFFICIALS</p>	<p>Meet Referee – TBA</p> <p>All certified 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. Your help in making this Meet a success will be greatly appreciated.</p> <p>Middle Atlantic may 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 registered Middle Atlantic swimmers who have achieved the listed qualifying times for each event.</p> <p>Bonus Swims: Bonus events will be allowed in this meet; Bonus time standards are 15-16 BB and faster. Swimmers with 1 or 2 Qualifying Times may enter Bonus events up to a maximum three (3) total Individual events. <i>Note: Bonus entries in events 400 yards or longer must be within 1 sec per 100 of the meet QT.</i></p>
<p>ENTRY INSTRUCTIONS</p>	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process. Entries will be accepted through Monday March 12, 2012 at 11:59 pm EDT.</p> <p>Qualifying times must have been achieved after September 1, 2010.</p> <p>OME will open for entries into this meet on February 15, 2012. 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 SWIMS Database . Custom times may be entered; however, all times not from SWIMS are subject to being proven 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.</p> <p>Swimmers with qualifying times in the Women's 1000 and Men's 1650 Free on Sunday may enter those events at the conforming time standard (SCY) provided they are entered in at least one other individual event on Sunday.</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 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>Thursday – TIMED FINALS</u> 4:30 pm warm up / 5:30 pm start</p> <p><u>Friday/Saturday/Sunday</u></p> <p>PRELIMS Fri/Sat/Sun - 7:30 am warm-up / 9:00 am start</p> <p>Sunday 1000/1650 Free (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> <p>FINALS Fri/Sat - 4:30 pm warm-up / 5:30 pm start Sun - 4:00 pm warm-up / 5:00 pm start</p> <p>Continuous warm up/warm down is available.</p>
<p>FINALS</p>	<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>
<p>RELAYS</p>	<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 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 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</p>

	<p>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.) 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>
PRELIMINARIES HEAT ORDER	<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>
DECK ENTRIES /TIME TRIALS	<p>Deck entries will be accepted at the Meet to the extent that no additional Heats will be created. Swimmers must have achieved at least the 'Bonus event standard' to be considered for a Deck entry – i.e., the 15-16 BB standards and within 1 sec per 100 for a distance event.</p> <p>Time Trials will be scheduled at the discretion of the Meet Director and the Meet Referee based on available time. Swimmers wanting to swim a Time Trial should make that request to the Meet Director at any time during the meet.</p> <p>The entry fee for a Deck Entry or Time Trial is \$10 (\$20 for a Relay.) A Deck Entry / Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer.</p> <p>Swimmers not entered in the meet must provide proof of 2012 USA Swimming registration in order to swim a Deck Entry or Time Trial, and are subject to the meet surcharge. On-site registrations will not be accepted at this meet. Each swimmer must be registered with Middle Atlantic prior to competition.</p>
SWIMMERS WITHOUT A COACH	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session for instructions.</p>
SEEDING	<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; Exception – any Prelim/Finals event that is 'flighted' by the Meet Director will have non-conforming times converted by the HyTek program and will be seeded as 'conforming'.</p> <p>All individual events, except the 1000 and 1650 Freestyle events, will have a C-, B- and A-Final during the Finals session.</p>
ENTRY FEES	<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/Deck Entry - \$10/event Relays - \$20/relay</p>
RULES / POLICIES	<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>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>SWIMMERS WITH DISABILITIES</p>	<p>Swimmers with a disability are welcome to enter this meet. The coach or team entry contact person should contact the Meet Director regarding Entry Qualifications, and must alert the Meet Director and Meet Referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.</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>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>

SCORING & AWARDS	<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>
TEAM RESPONSIBILITIES	<p>This Meet is administered by Middle Atlantic Swimming. MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET. This is necessary for the smooth running of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide workers could cause penalties to be imposed on that Team's entries in this or subsequent Meets.</p>
PROGRAMS & ADMISSION	<p>Admission - \$5.00 per session, which includes heat sheet</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://tinyurl.com/99zkuz</p>
Accommodations	<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 2012

Thursday

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

WOMEN					MEN			
#	LC	SCM	SCY	Event	SCY	SCM	LC	#
1	19:33.49	19:10.99	19:45.09	1650 Freestyle				
				1000 Freestyle	10:52.99	9:31.39	9:35.49	2

Friday

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

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
3	2:21.79	2:16.69	2:03.99	200 Freestyle	1:54.09	2:06.39	2:11.59	4
5	1:25.99	1:23.49	1:14.79	100 Breaststroke	1:08.69	1:16.29	1:19.49	6
7	1:13.69	1:10.99	1:04.59	100 Butterfly	59.29	1:04.99	1:06.49	8
9	5:42.49	5:35.29	5:04.09	400 Individual Medley	4:47.09	5:17.89	5:19.49	10
11				800 Freestyle Relay				12

Saturday

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

#	LC	SCM	SCY	Event	SCY	SCM	LC	#
13	2:39.99	2:41.79	2:27.19	200 Butterfly	2:14.59	2:27.29	2:29.99	14
15	30.99	29.59	26.59	50 Freestyle	23.79	26.29	28.19	16
17	3:02.49	3:04.49	2:45.29	200 Breaststroke	2:29.29	2:47.39	2:50.49	18
19	1:15.79	1:11.69	1:05.29	100 Backstroke	1:01.59	1:08.59	1:10.49	20
21	4:55.79	4:46.79	5:32.09	500 Freestyle	5:11.59	4:29.79	4:40.49	22
23				400 Free Relay				24

Sunday

Prelims 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	10:17.99	10:09.19	11:45.89	1000 Freestyle				
				1650 Freestyle	18:27.49	18:07.99	18:31.49	26
27	2:42.29	2:37.89	2:22.49	200 Backstroke	2:12.59	2:28.69	2:30.49	28
29	1:06.49	1:03.79	57.89	100 Freestyle	52.19	57.59	1:00.49	30
31	2:42.49	2:36.19	2:21.59	200 Individual Medley	2:13.39	2:27.39	2:31.49	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.