



**2022 MA LCM SILVER CHAMPS
HOSTED BY KEYSTONE AQUATICS
JULY 15-17, 2022**

MEET HOST	KEYSTONE AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 22182 AG <i>In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</i>		
MEET DIRECTOR	TOM ESTEP	E-MAIL: tomestep@gdcit.com	PHONE: 717 372-1386
LOCATION	Pool name KEYSTONE AQUATIC CENTER Street address 103 MIDWAY DR. City, state and zip CARLISLE, PA 17015 Day of meet ONLY emergency phone 717-372-1386		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a full-color matrix 8-line scoreboard and Competitor Gold Medal 6" lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 500. Parking is free and available in two lots as well as on-street. Hospitality will be available for coaches and officials. Snack bar will be available		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 8 feet and at the turn end is 8 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	OME will open for entries on JUNE 1, 2022 at 12:01 am. OME can be accessed at www.usaswimming.org/ome		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after December 31, 2020		
ENTRY DEADLINE	OME will close for entries on JUNE 27TH, 2022 at 11:59 PM. No updates for swimmers who have already achieved qualifying times will be accepted after this deadline.		
ENTRY FEES	Individual Events: \$15.00	Relay Events: \$25.00	
ENTRY LIMITS	3 Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 9
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to Middle Atlantic Swimming USA swimming registered swimmers only.		
ELIGIBILITY	All entrants must be Middle Atlantic members of USA Swimming		
ON-SITE REGISTRATION	On-site registration (athletes only) <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
MEET ENTRY CHAIR	TOM ESTEP	PHONE #: 717-372-1386 (no calls before 9:00 AM or after 9:00 PM)	
MAIL CHECKS/ REPORTS	SCOTT ZACHARDA, 103 MIDWAY DR. CARLISLE, PA 17015		
CHECKS PAYABLE TO	KEYSTONE AQUATICS		
OPERATIONAL RISK DIRECTOR	TRISH ESTEP	E-MAIL: trishstep1977@gmail.com	PHONE: 717-496-5747
OFFICIALS CONTACT	TOM ESTEP	E-MAIL: tomestep@gdcit.com	PHONE: 717-372-1386
MEET REFEREE	TBA		
WEATHER/ EMERGENCY INFORMATION	WWW.KEYSTONEAQUATICS.COM AND HTTPS://WWW.TEAMUNIFY.COM/HOME.JSP?TEAM=USAPAKA		

Official's Sign-up	TBA
Coaches Meeting	There will be a coaches' meeting via Zoom on Wednesday July 13th at 7:30 PM. All coaches are responsible for the information presented at this meeting. Please make sure that at least one coach representative from each team is present at the meeting.
Entry Procedure	<p>Entries will be processed using the USA Swimming OME (Online Meet Entry) process, only (with the exception of late qualifiers). No hand entries will be accepted.</p> <p>Entries will be accepted through 11:59 PM EST, July 5th, 2022 .</p> <p>Qualifying times must have been achieved after December 31st, 2020. OME will open for entries into this meet on June 1, 2022. OME can be accessed at www.usaswimming.org/ome .OME will close at 11:59 PM EST June 27th, 2022.</p> <p>All entry checks are due by the first swim of the meet. They should be mailed beforehand or hand delivered before the first swim of the meet. If this does not occur athletes will be removed from the meet. Entry times will be taken from the SWIMS Database only. Times must be entered in the proper course in which achieved; converted times will not be accepted".</p> <p>Entry times will be taken from the SWIMS Database. Override times may be entered; however, all times not from SWIMS must be proven prior to the meet. Override times must have been achieved at a USA Swimming/MA Sanctioned, Approved or Observed Meet. All override times must be proven.</p> <p>For an override time to be considered, the coach must submit proof of time via email to the meet director in the form of a print-out from the online USA Swimming database or pdf of meet results. Without full proof of time the override times will be rejected. Swimmers will not be permitted to swim with un-proven times.</p> <p>Swimmers must enter their best time in an event. Times must be entered in the proper course in which achieved; converted times will not be accepted. Non-conforming (SCM and SCY) times will be seeded according to USA Swimming Rule 207.12.7B.</p> <p>Relay entry times do not need to be proven.</p> <p>Entries that do not conform to the attached qualifying times will be rejected. Override times for individual events which cannot be proven will be rejected. Last Chance meet entries submitted without proof of time and unable to be verified through SWIMS will be rejected.</p> <p>Coaches who submit falsified times will be subject to penalty as per USA Swimming and Middle Atlantic rules. Entries submitted with times that cannot be verified will still require entry fee payment.</p>
MEET FORMAT	<p>10 & Under</p> <ul style="list-style-type: none"> • All Events are timed finals <p>11-12</p> <ul style="list-style-type: none"> • 50 & 100 Events, 200 Free, and 200 IM will have an A & B Final • 200 Back, 200 Breast, 200 Fly & 400 Events will be timed finals <p>13-14 & 15-18 Events</p> <ul style="list-style-type: none"> • 50, 100, & 200 Events will have an A & B Final • 400 Events will be timed finals • These two age groups will swim combined for prelims but separated for scoring and for finals <p>For all 200 & 400 Events</p> <ul style="list-style-type: none"> • All 200 and 400 individual events will be swum combined in prelims (13 & Over) but separate for scoring and for finals • All 400 events will be swum fastest to slowest alternating heats of girls and boys <p>Relays</p> <ul style="list-style-type: none"> • All relays are timed finals and swum with prelims

Middle Atlantic Swimming

2022 LCM SILVER CHAMPS TIME STANDARD RANGES

GIRLS - LCM		GIRLS - SCM		GIRLS - SCY			BOYS - SCY		BOYS - SCM		BOYS - LCM	
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	15-18	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
33.09	29.19	31.69	27.99	28.29	25.39	50 Free	22.69	28.09	25.09	31.49	26.29	32.69
1:11.29	1:01.69	1:09.69	59.69	1:02.79	54.89	100 Free	49.49	1:01.49	54.89	1:08.29	57.19	1:09.89
2:35.39	2:15.69	2:33.79	2:11.09	2:18.29	1:58.99	200 Free	1:48.99	2:17.89	1:59.99	2:33.19	2:05.19	2:34.79
5:20.09	4:45.59	5:18.49	4:39.79	6:03.99	5:19.99	500 Free	4:59.99	5:59.99	4:22.49	5:14.99	4:32.79	5:16.99
1:21.59	1:11.59	1:19.89	1:07.59	1:11.89	1:01.09	100 Back	55.99	1:12.99	1:01.29	1:20.79	1:04.69	1:22.49
2:56.39	2:32.89	2:54.89	2:25.49	2:37.49	2:13.09	200 Back	2:03.09	2:31.99	2:16.19	2:48.79	2:23.09	2:50.39
1:35.39	1:20.29	1:33.79	1:16.59	1:24.39	1:09.99	100 Breast	1:04.09	1:25.99	1:10.59	1:35.49	1:15.69	1:37.49
3:24.69	2:52.09	3:23.19	2:46.39	3:02.99	2:33.69	200 Breast	2:21.09	2:51.99	2:35.79	3:10.99	2:46.99	3:12.59
1:24.99	1:08.79	1:23.99	1:06.09	1:14.99	1:00.09	100 Fly	55.09	1:14.99	1:00.49	1:23.99	1:02.19	1:24.99
3:10.99	2:41.79	3:09.39	2:36.69	2:50.59	2:19.99	200 Fly	2:07.09	2:39.29	2:21.59	2:56.89	2:28.49	2:58.49
2:57.39	2:34.79	2:55.99	2:27.39	2:37.99	2:13.99	200 IM	2:03.39	2:36.99	2:17.79	2:54.99	2:25.59	2:56.49
6:16.79	5:28.29	6:15.19	5:21.89	5:37.99	4:49.99	400 IM	4:26.99	5:29.89	4:56.39	6:06.19	5:02.79	6:07.79
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	13-14	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
33.09	29.69	31.69	29.09	28.29	26.09	50 Free	24.49	28.09	27.39	31.49	27.89	32.69
1:11.29	1:03.79	1:09.69	1:02.79	1:02.79	56.39	100 Free	53.09	1:01.49	59.19	1:08.29	1:00.19	1:09.89
2:35.39	2:18.69	2:33.79	2:15.89	2:18.29	2:02.49	200 Free	1:56.29	2:17.89	2:09.19	2:33.19	2:11.89	2:34.79
5:20.09	4:55.59	5:18.49	4:47.59	6:03.99	5:31.29	500 Free	5:17.89	5:59.99	4:43.99	5:14.99	4:36.39	5:16.99
1:21.59	1:12.89	1:19.89	1:10.69	1:11.89	1:03.59	100 Back	1:00.39	1:12.99	1:07.49	1:20.79	1:09.59	1:22.49
2:56.39	2:36.89	2:54.89	2:32.89	2:37.49	2:17.59	200 Back	2:11.99	2:31.99	2:27.09	2:48.79	2:30.99	2:50.39
1:35.39	1:23.09	1:33.79	1:21.29	1:24.39	1:13.09	100 Breast	1:08.39	1:25.99	1:17.39	1:35.49	1:19.09	1:37.49
3:24.69	2:59.99	3:23.19	2:57.69	3:02.99	2:39.69	200 Breast	2:31.69	2:51.99	2:50.09	3:10.99	2:52.19	3:12.59
1:24.99	1:11.89	1:23.99	1:10.79	1:14.99	1:03.69	100 Fly	59.59	1:14.99	1:06.89	1:23.99	1:07.89	1:24.99
3:10.99	2:43.09	3:09.39	2:41.49	2:50.59	2:24.89	200 Fly	2:17.19	2:39.29	2:33.99	2:56.89	2:35.59	2:58.49
NA	NA	NA	NA	NA	NA	100 IM	NA	NA	NA	NA	NA	NA
2:57.39	2:38.49	2:55.99	2:34.29	2:37.99	2:18.99	200 IM	2:11.19	2:36.99	2:26.69	2:54.99	2:30.69	2:56.49
6:16.79	5:43.49	6:15.19	5:33.99	5:37.99	4:59.19	400 IM	4:44.59	5:29.89	5:19.19	6:06.19	5:28.19	6:07.79
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	11-12	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
34.79	30.99	33.19	30.49	29.89	27.29	50 Free	27.29	29.89	30.49	33.19	31.09	34.79
1:15.09	1:08.29	1:13.59	1:07.09	1:06.29	59.99	100 Free	59.99	1:05.49	1:06.59	1:12.69	1:07.79	1:14.29
2:47.59	2:27.99	2:45.99	2:24.99	2:29.59	2:09.89	200 Free	2:10.79	2:29.59	2:24.79	2:45.99	2:27.69	2:47.59
6:05.19	5:12.29	5:58.79	5:03.89	6:49.99	5:49.39	500 Free	5:49.99	6:43.35	5:03.99	5:53.59	5:12.29	5:59.99
41.09	36.59	39.49	35.39	35.59	31.59	50 Back	31.79	36.09	35.29	39.99	36.49	41.59
1:24.79	1:17.79	1:23.19	1:15.49	1:14.99	1:07.39	100 Back	1:08.29	1:14.99	1:16.79	1:23.19	1:18.09	1:24.79
3:11.09	2:48.69	3:09.49	2:44.39	2:50.69	2:26.79	200 Back	2:29.79	2:58.59	2:46.99	3:18.29	2:51.39	3:19.89
48.69	40.59	47.99	39.59	42.99	35.49	50 Breast	35.99	43.59	39.99	48.49	40.99	49.29
1:42.39	1:28.29	1:40.79	1:26.39	1:30.79	1:17.39	100 Breast	1:19.09	1:30.79	1:28.49	1:40.79	1:30.49	1:42.39
3:31.39	3:12.29	3:29.79	3:09.89	3:08.99	2:49.99	200 Breast	2:52.69	3:09.79	3:11.89	3:30.69	3:14.29	3:32.29
38.49	34.69	36.89	33.69	33.29	29.89	50 Fly	29.99	33.29	33.39	36.89	34.39	38.49
1:34.89	1:17.29	1:33.29	1:16.09	1:23.89	1:07.69	100 Fly	1:08.79	1:25.99	1:16.59	1:35.49	1:17.69	1:37.09
3:28.79	3:01.79	3:27.19	2:59.99	3:06.59	2:39.99	200 Fly	2:39.99	3:00.19	2:57.59	3:20.09	2:59.39	3:21.69
NA	NA	NA	NA	NA	NA	100 IM	NA	NA	NA	NA	NA	NA
3:08.59	2:49.99	3:06.99	2:45.59	2:48.49	2:28.09	200 IM	2:28.59	2:48.49	2:45.19	3:06.99	2:49.69	3:08.59
7:07.99	6:07.19	7:06.39	5:57.09	6:24.09	5:20.29	400 IM	5:21.99	6:19.09	5:58.69	7:00.79	6:08.89	7:02.39

Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	10&U	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
41.59	35.99	40.79	35.39	36.69	31.59	50 Free	31.29	39.39	34.99	43.79	35.69	44.59
1:34.29	1:18.89	1:32.69	1:17.59	1:23.49	1:09.99	100 Free	1:09.99	1:30.69	1:17.59	1:40.69	1:18.89	1:42.29
3:16.19	2:51.59	3:15.09	2:48.09	2:55.69	2:31.89	200 Free	2:32.39	2:55.39	2:48.69	3:14.69	2:52.19	3:16.29
6:55.99	6:04.09	6:54.39	5:54.29	7:53.49	6:47.99	500 Free	6:48.99	7:51.09	5:54.79	6:52.29	6:04.59	6:53.89
50.79	42.09	49.99	40.79	44.99	36.59	50 Back	36.59	46.79	40.79	51.99	42.09	52.79
1:56.69	1:32.69	1:55.99	1:29.89	1:43.69	1:20.99	100 Back	1:20.99	1:37.99	1:29.89	1:48.79	1:32.69	1:50.39
58.09	48.39	57.29	47.19	51.59	42.59	50 Breast	42.79	53.59	47.39	59.49	48.59	1:00.29
2:13.69	1:44.39	2:12.09	1:41.99	1:58.99	1:31.39	100 Breast	1:32.29	1:56.99	1:42.59	2:09.89	1:44.79	2:11.49
55.19	40.39	54.39	39.29	48.99	35.19	50 Fly	35.19	47.49	39.29	52.79	40.39	53.59
1:52.89	1:35.59	1:51.29	1:34.09	1:40.19	1:23.99	100 Fly	1:24.39	1:48.69	1:33.69	2:00.69	1:35.09	2:02.29
NA	NA	NA	NA	NA	NA	100 IM	NA	NA	NA	NA	NA	NA
3:48.39	3:17.39	3:46.79	3:12.59	3:24.29	2:53.99	200 IM	2:54.99	3:24.79	3:13.49	3:46.49	3:18.29	3:48.99

Friday Prelims: 13& Overs

GIRLS	EVENT	BOYS
1	13-14 200 Free Relay	2
3	15-18 200 Free Relay	4
5	13-14 200 Breaststroke	6
7	15-18 200 Breaststroke	8
9	13-14 100 Butterfly	10
11	15-18 100 Butterfly	12
13	13-14 50 Freestyle	14
15	15-18 50 Freestyle	16
17	13-14 400 Freestyle	18
19	15-18 400 Freestyle	20

Session 2

Friday 11& 12 Prelims & 10 & Under Timed Finals

GIRLS	EVENT	BOYS
21	11-12 200 Free Relay	22
23	10 & Under 200 Free Relay	24
25	11-12 200 Breaststroke	26
27	11-12 100 Butterfly	28
29	10 & Under 100 Breaststroke	30
31	11-12 50 Backstroke	32
33	10 & Under 100 Backstroke	34
35	11-12 50 Freestyle	36
37	10 & Under 400 Freestyle	38
39	11-12 400 Freestyle	40

Session 3
Friday 11 & Over Finals

GIRLS	EVENT	BOYS
5	13-14 200 Breaststroke	6
7	15-18 200 Breaststroke	8
27	11-12 100 Butterfly	28
9	13-14 100 Butterfly	10
11	15-18 100 Butterfly	12
31	11-12 50 Backstroke	32
13	13-14 50 Freestyle	14
15	15-18 50 Freestyle	16
35	11-12 50 Freestyle	36

Session 4
Saturday 13 & Over Prelims

GIRLS	EVENT	BOYS
41	13-14 200 Medley Relay	42
43	15-18 200 Medley Relay	44
45	13-14 200 IM	46
47	15-18 200 IM	48
49	13-14 100 Freestyle	50
51	15-18 100 Freestyle	52
53	13-14 200 Butterfly	54
55	15-18 200 Butterfly	56
57	13-14 100 Backstroke	58
59	15-18 100 Backstroke	60

Session 5
Saturday 11& 12 Prelims & 10 & Under Timed Finals

GIRLS	EVENT	BOYS
61	11-12 200 Medley Relay	62
63	10 & Under 200 Medley Relay	64
65	11-12 200 IM	66
67	10 & Under 200 IM	68
69	11-12 100 Freestyle	70
71	10 & Under 100 Freestyle	72
73	11-12 100 Backstroke	74
75	10 & Under 50 Backstroke	76
77	11-12 50 Breaststroke	78
79	10 & Under 50 Butterfly	80
81	11-12 200 Butterfly	82

Session 6
Saturday 11 & Over Finals

GIRLS	EVENT	BOYS
65	11-12 200 IM	66
45	13-14 200 IM	46
47	15-18 200 IM	48
69	11-12 100 Freestyle	70
49	13-14 100 Freestyle	50
51	15-18 100 Freestyle	52
53	13-14 200 Butterfly	54
55	15-18 200 Butterfly	56
73	11-12 100 Backstroke	74
57	13-14 100 Backstroke	58
59	15-18 100 Backstroke	60
77	11-12 50 Breaststroke	78

Session 7
Sunday 13 & Over Prelims

GIRLS	EVENT	BOYS
83	13-14 200 Backstroke	84
85	15-18 200 Backstroke	86
87	13-14 100 Breaststroke	88
89	15-18 100 Breaststroke	90
91	13-14 200 Freestyle	92
93	15-18 200 Freestyle	94
95	13-14 400 IM	96
97	15-18 400 IM	98

Session 8
Sunday 11 & 12 Prelims & 10 & Under Timed Finals

GIRLS	EVENT	BOYS
99	11-12 100 Breaststroke	100
101	10 & Under 50 Breaststroke	102
103	11-12 200 Freestyle	104
105	10 & Under 200 Freestyle	106
107	11-12 50 Butterfly	108
109	10 & Under 100 Butterfly	110
111	11-12 400 IM	112
113	10 & Under 50 Freestyle	114
115	11-12 200 Backstroke	116

Session 9
Sunday 11 & Over Finals

GIRLS	EVENT	BOYS
83	13-14 200 Backstroke	84
85	15-18 200 Backstroke	86
99	11-12 100 Breaststroke	100
87	13-14 100 Breaststroke	88
89	15-18 100 Breaststroke	90
103	11-12 200 Freestyle	104
91	13-14 200 Freestyle	92
93	15-18 200 Freestyle	94
107	11-12 50 Butterfly	108

DECK ENTRIES	Deck Entries <input checked="" type="checkbox"/> will not be accepted <input type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of _____ per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet _____ before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
PROOF OF TIMES	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input checked="" type="checkbox"/> is <input type="checkbox"/> is not required for this meet. _____ Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	<p>This meet will be scratch-back/deck-seeded.</p> <p>All events for this meet will be deck seeded. With the exception of the distance session events, "scratch back" sheets will be provided to each attending team at the admin table by the start of each warm-up session. "Scratch back" sheets MUST be turned back into the admin table no later than 45 minutes prior to the start of the session.</p> <p>A swimmer who will scratch all events for that session should have a thin line drawn through his/her name, and "SCR" written next to the line. A swimmer scratching a single event should have a thin line drawn through the name of the event, and "SCR" written next to the line. Please use a simple thin line, not a scribble, so that the name or event is still legible. There is no penalty for swimmers that are not scratched and then do not swim their event for "scratch back" sessions.</p> <p>For the 400 Freestyle and 400 IM, positive check-in sheets will be available at a table labeled as the "scratch table." Positive check-in for these events will open when announced and close between 30-60 minutes prior to the start of the event. There MAY BE a penalty for swimmers that check in and then do not swim their event, at the discretion of the meet referee.</p> <p>The 11 & Over 400 freestyle and 400 IM will be seeded fast-to-slow, and alternate heats of girls and boys.</p>
SCRATCH RULES	<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. Swimmers may take a DFS in a timed final event.</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> <p>A \$50 fine will be imposed by Middle Atlantic Swimming on any ma swimmer who qualifies for finals on the last night (or last day of competition for that swimmer) and then does not compete in that event, unless such swimmer has appropriately scratched or is otherwise excused from the event.</p>
AWARDS	Top 8 in the 10 & Under and 11-12 age groups; Top 8 in the 13-14 age group; Top 3 in the 15-18 age group; Top 3

	<p>relays in all age groups</p> <p>In each individual event, medals will be awarded to 1st through 8th place and ribbons will be awarded to 9th through 16th place. Medals will be awarded to 1st through 3rd place in all relay events.</p> <p>A High Point award will be presented to the highest scoring individual Girl and Boy in each age group.</p>
SCORING	No team scoring at this meet
STARTING PROCEDURES	This meet will be conducted using the 'No Recall' false start rule and will use whistle command starting procedure. Fly-over starts will be used at Prelims and all timed final events.
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5 per Person Per Session. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	<p>Programs/heat sheets are only provided to coaches, officials, and volunteers - they will not be provided to spectators. There will be a few copies of the heat sheet for each session posted to the walls of the natatorium, and the heat sheets will also be posted to meet mobile.</p> <p>Results will be posted throughout the meet for parents and swimmers to view. Live results will be available through the Meet Mobile app available for iPhone and Android.</p> <p>Final results will be posted on www.maswim.org, and they will also be provided electronically to any coach who brings a flash drive, at the conclusion of the meet.</p> <p>Swimmers need to provide their own timer for the 400 IM and 400 Freestyle.</p>

SESSION	WARM-UP TIMES	MEET STARTS
1	6:30 am	8:00 am
2	12:30 pm	1:45 pm
3	4:30 pm	5:30 pm
4	6:30 am	8:00 am
5	12:30 pm	1:45 pm
6	4:30 pm	5:30 pm
7	6:30 am	8:00 am
8	12:30 pm	1:45 pm
9	4:30 pm	5:30 pm
WARM-UP INFORMATION	<p>USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes.</p> <p>Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet.</p> <p>Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>	
ATHLETE PROTECTION (MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.	
COVID-19	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing</p>	

	<p>yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MIDDLE ATLANTIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>
MEET HOST'S ASSUMPTION OF RISK DISCLAIMER	<p>By attending or participating in this competition, you voluntarily assume all risks associated with exposures to COVID-19 and forever release and hold harmless USA Swimming, Middle Atlantic Swimming, Keystone Aquatics Center, Keystone Aquatics, and each of their Officers, Directors, Agents, Employees, or other representatives from any liability or claims including for personal injuries, death, disease, or property losses, or any other loss, including but not limited to claims of negligence, and give up any claims you make have to seek damages, whether known or unknown, foreseen, or unforeseen, in connection therewith.</p>
DECK PRIVILEGES	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. A (non-removable) identification band must be provided to and worn by each non-athlete member of USA Swimming, including coaches and officials, that is on-deck at a sanctioned meet; such identification band shall be issued following a review of that individual's membership/certification credentials and personal photo ID. A new identification band shall be issued for each day of such meet, and the credentials/photo ID must be re-checked if a replacement ID is issued.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them while on deck during warm-up, warm down, before, during, or after the meet. Additionally, these swimmers must register a contact person with the meet director. This information should be submitted with the entries.</p>
TECH SUIT POLICY	<p>102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p>
RACING START CERTIFICATION	<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. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</p>
QUALIFYING TIMES	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>
MEET/DECK REFEREE	<p>The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.</p>
MEET MARSHALS	<p>Meet Marshals have full authority through the Meet Referee & Operational Risk Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.</p>
RULES:	<p>This meet will be governed by current USA Swimming Rules. Fly-over starts will be used at this meet for all events involving swimmers 9 and over. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p> <p>For pools with bulkheads: Any swimmer observed swimming under or through the bulkhead by an Official or Safety Monitor/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>Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/</p> <p>No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area</p>
DISABLED SWIMMERS	<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>

PROTESTS	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet Referee will act as a mediator
PHOTOGRAPHY	<p>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</p> <p>In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e., cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time.</p> <p>As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.</p>
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
DECK CHANGING	Deck changes are prohibited.
FINAL RESULTS	Will be available on the Middle Atlantic Swimming website in both readable and electronic data transfer (for Team Manager) formats.
DIRECTIONS	From 81 North or South: Take Exit 47 for PA-34/Hanover St. Turn right onto PA-34 S/S Hanover St./Holly Pike. Continue to follow PA-34 S past Chili's Grill & Bar (on the left in 0.2 mi.) Turn left onto Midway Dr. Keystone Aquatics Center will be straight ahead.
ACCOMMODATIONS	https://reservations.visitcumberlandvalley.com/hotel/list/12638