

WINTER SPASH MEET
DECEMBER 1-3, 2023

MEET HOST	NITTANY LION AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 24148 A <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	TRACY BOONE & JUSTINE GIBBLE	E-MAIL: MDNLAC@GMAIL.COM	PHONE: 814-977-5533
LOCATION	Pool name MCCOY NATATORIUM, PENN STATE UNIVERSITY Street address CORNER OF BIGLER AND CURTAIN ROADS City, state and zip UNIVERSITY PARK, PA 16802 Day of meet ONLY emergency phone 814-977-5533		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a timing system with a 6 line scoreboard and 6 lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 900. Parking EAST PARKING DECK (\$1 PER HOUR) Hospitality YES Snack bar NO		
POOL CERTIFICATION	The competition course <input checked="" type="checkbox"/> has <input 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 10 feet and at the turn end is 6 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	SEPTEMBER 1, 2023		
ENTRY DEADLINE	NOVEMBER 16, 2023 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00	Relay Events: \$20.00	
ENTRY LIMITs	4 Individual Events per day (excluding relays).	0 Relays per day	MEET ENTRY LIMIT: 10
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 ALL 9 AND OVER USA swimming registered swimmers.		
ENTRY PROCEDURES	<ul style="list-style-type: none"> The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded after all the yard seed times. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Hy-Tek meet management software. All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM Lite for entry submission. Manual (paper) entries are subject to a \$15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional \$25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found here. FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by November 16th Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	TRACY BOONE	PHONE #: 814-977-5533 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MDNLAC@GMAIL.COM		
MAIL CHECKS/ REPORTS	TRACY BOONE, 315 MEADOW FLOWER CIRCLE, BELLEFONTE, PA 16823		
CHECKS PAYABLE TO	NLAC		
OPERATIONAL RISK DIRECTOR	KARLA MCCOOL	E-MAIL: MCWAYCOOL13@YAHOO.COM	PHONE: 814-482-1540
OFFICIALS CONTACT	ALLYSON HUGGINS	E-MAIL: LAHUGGINS@NETZERO.COM	PHONE: 814-441-9629

Session 1
 FRIDAY, DECEMBER 1, 2023
 DISTANCE SESSION (OPEN)
 WARM UPS 5:30 PM, MEET STARTS 6:30 PM

GIRLS	EVENT	BOYS
1	500 FREESTYLE	2
3	400 IM	4

Session 2
 SATURDAY, DECEMBER 2, 2023
 AGES 13 & OVER
 WARM UPS 7:00 AM, MEET STARTS 8:30 AM

GIRLS	EVENT	BOYS
5	13-14 200 BREASTSTROKE	6
7	15 & OVER 200 BREASTSTROKE	8
9	13-14 50 FREESTYLE	10
11	15 & OVER 50 FREESTYLE	12
13	13-14 200 BUTTERFLY	14
15	15 & OVER 200 BUTTERFLY	16
17	13-14 100 BACKSTROKE	18
19	15 & OVER 100 BACKSTROKE	20
21	13-14 200 FREESTYLE	22
23	15 & OVER 200 FREESTYLE	24

Session 3
 SATURDAY, DECEMBER 2, 2023
 AGES 9-12
 WARM UPS 2:15 PM, MEET STARTS 3:15 PM

GIRLS	EVENT	BOYS
25	11-12 200 BACKSTROKE	26
27	9-10 100 FREESTYLE	28
29	11-12 100 FREESTYLE	30
31	9-10 50 BACKSTROKE	32
33	11-12 50 BACKSTROKE	34
35	11-12 200 BUTTERFLY	36
37	9-10 100 BREASTSTROKE	38
39	11-12 100 BREASTSTROKE	40
41	9-10 50 BUTTERFLY	42
43	11-12 50 BUTTERFLY	44
45	9-10 200 IM	46
47	11-12 200 IM	48

Session 4
 SUNDAY, DECEMBER 3, 2023
 AGES 13 & OVER
 WARM UPS 7:00 AM, MEET STARTS 8:30 AM

GIRLS	EVENT	BOYS
49	13-14 100 FREESTYLE	50
51	15 & OVER 100 FREESTYLE	52
53	13-14 100 BREASTSTROKE	54
55	15 & OVER 100 BREASTSTROKE	56
57	13-14 200 BACKSTROKE	58
59	15 & OVER 200 BACKSTROKE	60
61	100 BUTTERFLY	62
63	15 & OVER 100 BUTTERFLY	64
65	13-14 200 IM	66
67	15 & OVER 200 IM	68

Session 5
 SUNDAY, DECEMBER 3, 2023
 AGES 9-12
 WARM UPS 2:15 PM, MEET STARTS 3:15 PM

GIRLS	EVENT	BOYS
69	11-12 200 BREASTSTROKE	70
71	9-10 50 FREESTYLE	72
73	11-12 50 FREESTYLE	74
75	9-10 100 BACKSTROKE	76
77	11-12 100 BACKSTROKE	78
79	9-12 200 FREESTYLE	80
81	9-10 50 BREASTSTROKE	82
83	11-12 50 BREASTSTROKE	84
85	9-10 100 BUTTERFLY	86
87	11-12 100 BUTTERFLY	88
89	9-10 200 IM	90
91	11-12 200 IM	92

DECK ENTRIES	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" 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 \$20 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 Director 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 type="checkbox"/> is <input checked="" type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
SEEDING	This meet will be pre-seeded with the exception of the event(s) noted below. The meet program will be published on Meet Mobile.
AWARDS	No awards will be given.
SCORING	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
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. Children under 6 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	Volunteers will be needed from all teams to help run the meet. There will be a Sign-Up Genius with positions to be filled. Reminder that athletes are to use the restrooms in the locker rooms only. The restrooms on the first floor are for volunteers, officials, and coaches only.

SESSION	WARM-UP TIMES	MEET STARTS
1 - FRI, DEC 1	5:30 PM	6:30 PM
2 - SAT, DEC 2 4 - SUN, DEC 3	7:00 AM	8:30 PM
3 - SAT, DEC 2 5 - SUN, DEC 3	2:15 PM	3:15 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>	
MEDICAL SUPERVISION AVAILABLE	Lifeguards, AED devices, Doctors (NLAC has several parents who are doctors, nurses, ER doctors, EMT's, and Pediatricians)	
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.	
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	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.	
RACING START CERTIFICATION	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.	
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure	
MEET/DECK REFEREE	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.	
MEET MARSHALS	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.	
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</p>	

	swimmers, will be prevented from entering the deck area
DISABLED SWIMMERS	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.
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.
DIRECTIONS	US Route 322 to the Penn State Exit (Park Ave.). Turn onto Park Ave., follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past the first stop sign, on the left. Parking is available in the East Parking Deck on Bigler Rd., on the right prior to reaching the stop sign and pool.
ACCOMMODATIONS	<p>COMFORT SUITES: 132 Village Drive State College, PA 16801 Phone: 814-235-1900. Mention "Nittany Lion Aquatics" when making reservation. http://www.comfortsuites.com/hotel-state_college-pennsylvania- PA276</p> <p>COUNTRY INN & SUITES: 1357 East College Avenue, State College PA 16801 Phone 814-234-6000 Mention "Nittany Lion Aquatics" when making reservation. http://www.countryinns.com/state-college-hotel-pa-16801/pastate</p> <p>RAMADA CONFERENCE CENTER, 1450 South Atherton St., State College, PA 16801 Phone: 814-238-3001 Ask for Nittany Lion Aquatic Meet http://www.ramadasc.com/</p> <p>SLEEP INN GROUP BLOCKS: Address: 111 Village Drive State College, PA16801 Phone : 814-235-1020 Mention "Nittany Lion Aquatics" when making reservation. http://www.sleepinn.com/hotel-state_college-pennsylvania-PA421</p> <p>THE ATHERTON HOTEL (a full service hotel): 125 S. Atherton St., State College, PA 16802 Phone: 814-231-2100 Mention block code "NITTA011113" when making reservation. www.athertonhotel.net</p> <p>HOLIDAY INN EXPRESS: 1925 Waddle Rd. State College, PA 16803 Phone: 814-867-1800. http://www.ihg.com/holidayinnexpress/hotels/us/en/statecollege/scewr/hoteldetail</p> <p>FAIRFIELD INN & SUITES: 2215 N. Atherton St. State College, PA 16803 Phone: 814-238-3871. http://www.marriott.com/hotels/travel/sceco-fairfield-inn-and-suitesstate-college/</p> <p>SPRINGHILL SUITES: 1935 Waddle Rd. State College, PA 16803 Phone: 814-867-1807. http://www.marriott.com/hotels/travel/scesh-springhill-suites-state-college/</p>

	<p>HAMPTON INN & SUITES: 1955 Waddle Rd. State College, PA 16803 Phone: 814-231-1899. http://hamptoninn3.hilton.com/en/hotels/pennsylvania/hampton-inn-and-suites-Williamsburg-square-SCEHSHX/index.html Information about additional lodging is available at: http://www.visitpennstate.org/</p>
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