



**2025 Short Course  
10 & UNDER CHAMPIONSHIPS**

**Hosted by Blue Eagle Swim Team**

**MARCH 8 & 9, 2025**

**ENTRY DEADLINE**

**FEBRUARY 24, 2025 AT 11:59 PM**



## 2025 Short Course 10 & Under Championships

**Middle Atlantic Swimming (MASI) and the Meet Management Team reserves the right to modify the meet format and/or entry of the meet.**

<b>MEET HOST</b>	Blue Eagle Swim Team
<b>LOCATION</b>	Nazareth Area Middle School, 94 Friedenstahl Ave., Nazareth PA, 18064
<b>EVENT PERSONNEL</b>	Referee: Scott Palochik email officials@blueeagleswimteam.org phone 610-762-9094 Meet Director: Lisa Serafin email meetdirector@blueeagleswimteam.org phone 484-903-8733 Meet Entry Chair: Lisa Serafin email meetdirector@blueeagleswimteam.org phone 484-903-8733 Operational Risk Director: Kelly Salmon & Shawn Silvoy email meetdirector@blueeagleswimteam.org phone 484-903-8733 Officials Coordinator: Sarah Schiavone email officials@blueeagleswimteam.org phone 484-903-8733
<b>SANCTION</b>	This meet is held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction # MA 25167 AG</b>  <b>It is understood and agreed that USA Swimming and Middle Atlantic Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</b>
<b>ELIGIBILITY</b>	These events are open to swimmers who are 2025 Premium Athlete or Outreach Members of USA and Middle Atlantic Swimming, and who have achieved the published time standard in one or more events at a sanctioned USA Swimming competition.
<b>ENTRY QUALIFYING PERIOD</b>	Times for entry into this meet must have been achieved on or after September 1, 2023
<b>FORMAT</b>	These championships will be conducted in SCY. All individual and relays will be timed final events.
<b>SCHEDULE</b>	9-10yr olds= Saturday Session #1 and Sunday Session #3: Warmup: 7:30am to 8:20am. Meet Start: 8:30am.  8yr&U=Saturday Session #2 and Sunday Session #4: WarmUp: 1:30pm to 2:20pm. Meet Start 2:30pm p.m.
<b>SEEDING</b>	Events shall be seeded in order of SCY, LCM, SCM and then bonus entries in the same order.
<b>TECHNICAL MEETING FOR COACHES</b>	There will be a virtual (Zoom-based) technical meeting the Thursday March 6th, 2025 evening prior to Day 1 events at 7:00pm local time. Details will be sent to each coach. Coaches are encouraged to check the Middle Atlantic Swimming website for last minute details about the event. Participating

coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

## **RULES**

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

## **WARM UP**

Only feet-first entry is allowed during warm-ups, except in designated lanes and times. Entry into the pool shall be from the ends, not the sides. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the Meet. More detailed warm-up procedures will be distributed at registration and during the Technical Meeting.

## **SCORING AND AWARDS**

This competition will follow the scoring rules as defined in section 102.24.3 of the USA Swimming Rules and Regulations. Individual scores will be kept and awarded. Awards will be given to all place winners 1<sup>st</sup> through 16<sup>th</sup> place for individual events as well as top 6 place winners for the relay events. In Sessions 1 & 3, all events are awarded by the combined age group 9 & 10. Sessions 2 & 4, all events are awarded as single age groups 6 & under, 7, and 8. Individual High Point Awards will be given to the top scoring girls and boys swimmers for 6 & under, 7, 8, 9, 10-year-olds.

## **SWIMS DATABASE**

Times from the following will be in SWIMS, the national times database.

- USA Swimming Sanctioned competition.
- USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
- The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time frame, may be used in proving relay entry times. That swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry will not enter a swimmer into a competition nor place a club on the USA Swimming mailing list.

## **RESPONSIBILITY CLAUSE**

The coach, swimmer or swimmer representative who enters a Middle Atlantic Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty, payable to Middle Atlantic Swimming, for each such time entered, unless absolved of the fine by Middle Atlantic Swimming or Administrative Review Board. Additional action or penalty may be taken or levied as deemed appropriate by Middle Atlantic Swimming. Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines must be made to the Meet Referee or designee and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four of the USA Swimming Rulebook.

## ENTRIES

Entries open January 28, 2025

Entry Deadline **February 24, 2025 at 11:59 PM**

Mail checks to: Blue Eagle Swim Team 1700 Sullivan Trail #390, Easton PA 18040

All entries must be sent electronically to the Meet Director using the posted event file. Please include the following information in the e-mail: subject YOUR TEAM NAME – MEET NAME entry, Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information. Entries must be submitted electronically in a format compatible with Hy-Tek meet management software.

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 of the yards seed times NT entries will not be accepted.

All checks are due by the first swim of the meet. They should be mailed beforehand or hand delivered the first day of the meet. If this does not occur athletes may 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.

It is the coach's responsibility to know for which events his or her athlete is qualified. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven, and Middle Atlantic Swimming reserves the right to challenge any submitted time.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim four (4) individual events per day, and a total of eight (8) events (not including relays) during the meet.

## ENTRY FEE

Individual Events: \$10.00 per event  
Relay Events: \$20.00 per event

## RELAYS

All relays will be deck-seeded, timed final events. Relay-only swimmers will be allowed on relays. Mixed Relays must contain two (2) girls and two (2) boys swimmers, the four (4) swimmers may swim in any order. Each team may enter a maximum of four (4) relays in an event.

***All relay cards must be submitted to the site's Administrative Official or Deck Referee prior to the deadlines.***

## SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

## SAFETY

This competition will follow the Marshals rule as defined in section 102.18 of the USA Swimming Rules and Regulations. It is the responsibility of the swimmers, the swimmer's legal guardian, coaches, and officials to help ensure an orderly competition.

## OFFICIALS' INFORMATION

A meeting for officials may be held prior to each session, either in-person or virtually.

A sign-up for officials who wish to work at this meet is available at MASwim.org.

If this meet has been designated as a National Qualifying Meet, all officials who wish to and are eligible to be evaluated for advancement or re-certification must request evaluation.

## MEET ADMINISTRATION

This Meet is sponsored and 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 requirement is necessary for the success of the Meet. Each Team's contact person will be notified of their Team's assignments. Failure to provide assigned workers may cause penalties to be imposed on that Team's entries in the Meet or subsequent meets.

## BROADCAST

Any photographs, videos, or other audio and/or visual recordings of the event created by a spectator

**STATEMENT** may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published, or disseminated, or used for any commercial purposes, without the prior written consent of Middle Atlantic Swimming

**IMAGE AUTHORIZATION** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Middle Atlantic Swimming under the conditions authored by Middle Atlantic Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Middle Atlantic Swimming competitions to promote such competitions.

**LIABILITY** USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must always supervise their swimmers. Glass containers are not permitted in the facility. Children must be always supervised.

**SAFE SPORT** The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

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.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [uscenterforsafesport.org/report-a-concern](https://uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [usaswimming.org/report](https://usaswimming.org/report).

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after March 27, 2025, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after March 27, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Marshal, is harmful to others or to other's property may be required to leave the competition.

No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

Deck changing is prohibited.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting

blocks during the entire meet and are not permitted in changing areas, rest rooms or locker rooms.

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.

All coaches and staff expecting to receive a deck access must be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

## **ABOUT THE FACILITY**

EASY ACCESS from major highways, Nazareth is a safe suburban area. The pool is located in Nazareth Middle School .

Enter using Doors K into the pool lobby. The pool area is to your right via the glass vestibule. Spectator bleacher seating is straight ahead as you enter pool area. Handicap access & seating available.

Swimmers provided ample bleacher seating on pool deck. No camping chairs please. Swimmers access Locker Rooms via the deck doors only. LR doors to hallway are for emergency exit only. Pool area Emergency Exits are located in both corners on the block end of the pool deck. Auditorium via hallway from pool lobby provides additional comfortable seating and big screen live video streaming. Spectator restrooms in both pool lobby hallway and Auditorium hallway.

Pool is 8 lane, 25yds in length. Depth 12.5ft block end, 4.5ft shallow end. Colorado 6 Timing System. Large scoreboard with 8 lane timing, Event & Heat number display.

## **TECH SUIT POLICY**

This competition will follow the swimwear rules as defined in section 102.8 of the USA Swimming Rules and Regulations:  
102.8.1 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.

## **MEDICAL ASSISTANCE**

Lifeguards are present at all meets. The Coach Office, on the left just inside the pool area, is designated as the First Aid Room. The metal cabinet contains medical supplies and EAP instructions. AED devices are located both in the pool lobby, and inside the pool area on the wall across from the Coach Office/First Aid Room.

## **CONCESSIONS**

Full Concessions will be available in pool lobby. Tables and chairs provided for eating.

## **HOSPITALITY**

Full Hospitality available for Coaches and Officials.

## **PARKING**

Safe one-way drop-off lane at Doors K for swimmers. Then park in the ample parking lots of Naz. Middle School. Adjacent parking lots handle overflow, including high school stadium and high school parking lots- both visible from Doors K pool lobby entrance.

## **HOTELS**

Hotel recommendations provided by AllSports : [Here](#)

**MAKE THE MOST OF YOUR WEEKEND, in and out of the POOL:**

The CRAYOLA FACTORY is located 10 miles from pool <https://www.crayolaexperience.com/easton>). Open Sat. & Sun. 10a-6p.

MARTIN GUITARS (<https://www.martinguitar.com/visit-us.html>) only 1 mile from pool. A must for music lovers..

Just a mile away from the pool, downtown Historic Nazareth has many bakeries, cafes, restaurants, shops, as well as a micro-brewery, homemade ice cream, and centers of arts, music, and crafting.

Within 3-6 miles from pool, in a safe and easy to get to suburban retail location that is surrounded by multiple popular stores, chain restaurants, and movie theater.

## **ADMISSIONS**

A \$10 per swimmer surcharge (in lieu of spectator admission fees) made in one payment by your team, is due simultaneously with Event Entry Fees for all swimmers entered in the meet (including Relay only swimmers).

**EVENT ORDER**

<b>GIRLS</b>	<b>Session 1</b> Saturday March 8, 2025 WarmUp- 7:30am Session Start- 8:30am <b>EVENT</b>	<b>BOYS</b>
1	<b>9 &amp; 10 200 Medley Relay</b>	2
3	<b>9 &amp; 10 100 Freestyle</b>	4
5	<b>9 &amp; 10 50 Fly</b>	6
7	<b>9 &amp; 10 100 Backstroke</b>	8
9	<b>9 &amp; 10 50 Breaststroke</b>	10
11	<b>9 &amp; 10 200 IM</b>	12
13	<b>9 &amp; 10 500 Freestyle begins 15 minutes after the conclusion of event #12</b>	14
<b>GIRLS</b>	<b>Session 2</b> Saturday March 8, 2025 WarmUp- 1:30pm Session Start- 2:30pm <b>EVENT</b>	<b>BOYS</b>
15	<b>8 &amp; Under 100 Medley Relay</b>	16
17	<b>8 Year Old 100 Backstroke</b>	18
19	<b>8 &amp; Under 25 Backstroke</b>	20
21	<b>8 &amp; Under 50 Freestyle</b>	22
23	<b>8 Year Old 100 Breaststroke</b>	24
25	<b>8 &amp; Under 25 Breaststroke</b>	26
27	<b>8 &amp; Under 50 Butterfly</b>	28
29	<b>8 &amp; Under 100 IM</b>	30
31	<b>8 &amp; Under Mixed 200 Freestyle Relay</b>	31
<b>GIRLS</b>	<b>Session 3</b> Sunday March 9, 2025 WarmUp- 7:30am Session Start- 8:30am <b>EVENT</b>	<b>BOYS</b>
33	<b>9 &amp; 10 200 Freestyle Relay</b>	34
35	<b>9 &amp; 10 100 IM</b>	36
37	<b>9 &amp; 10 100 Butterfly</b>	38
39	<b>9 &amp; 10 50 Backstroke</b>	40
41	<b>9 &amp; 10 200 Freestyle</b>	42
43	<b>9 &amp; 10 100 Breaststroke</b>	44
45	<b>9 &amp; 10 50 Freestyle</b>	46

<b>GIRLS</b>	<b>Session 4</b> Sunday March 9, 2025 WarmUp- 1:30pm Session Start- 2:30pm <b>EVENT</b>	<b>BOYS</b>
47	8 & Under 100 Freestyle Relay	48
49	8 Year Old 100 Butterfly	50
51	8 & Under 25 Butterfly	52
53	8 & Under 50 Breaststroke	54
55	8 & Under 25 Freestyle	56
57	8 & Under 50 Backstroke	58
59	8 & Under 100 Freestyle	60
61	8 & Under Mixed 200 Medley Relay	61



2025 SHORT COURSE 10&U CHAMPIONSHIPS TIME STANDARDS						
GIRLS - LCM	GIRLS - SCM	GIRLS - SCY	EVENTS	BOYS - SCY	BOYS - SCM	BOYS - LCM
47.79	46.19	41.59	50 Free	44.19	49.09	50.69
1:41.19	1:39.59	1:29.69	100 Free	1:32.09	1:42.19	1:43.79
3:26.69	3:25.09	3:04.79	200 Free	3:08.09	3:28.79	3:30.39
7:02.59	6:54.39	7:53.49	500 Free	7:51.09	6:52.19	7:00.49
54.89	53.29	47.99	50 Back	50.29	55.79	57.39
2:00.39	1:58.79	1:46.99	100 Back	1:46.99	1:58.79	2:00.39
1:03.59	1:01.99	55.79	50 Breast	57.59	1:03.99	1:05.59
2:18.79	2:17.19	2:03.59	100 Breast	2:03.59	2:17.19	2:18.79
1:02.59	1:00.99	54.89	50 Fly	54.89	1:00.99	1:02.59
2:02.29	2:00.69	1:48.69	100 Fly	1:48.69	2:00.69	2:02.29
NA	2:01.89	1:49.79	100 IM	1:51.89	2:04.19	NA
3:59.79	3:58.19	3:34.59	200 IM	3:34.59	3:58.19	3:59.79

**8 & Under swimmers must have a time in SWIMS database for each event in which they enter.  
8 & Under swimmers cannot be entered with NT and must have a provable time in each event entered.**

