



Middle Atlantic Mid Winter Classic 2019

JANUARY 18-20, 2019



MEET HOST	WSY SWIMMING		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 1927 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	DEREK BOYCE	E-MAIL: mike@wsyswim.org	PHONE: 717-514-2287
LOCATION	Pool name CUM BERLAND VALLEY HIGH SCHOOL Street address 6746 CARLISLE PIKE City, state and zip MECHANICSBURG, PA 17050 Day of meet ONLY emergency phone 717-514-2287		
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 8 line scoreboard and Keiffer Wave Eater lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for up to 500 swimmers on deck and spectator balcony seating for up to 375. The balcony seating is LIMITED to 375 and this is a "controlled seating". By order of fire marshal and CV school district, we can NOT allow more than 375 spectators in the spectator gallery at any time. Free parking next to the building and spectator seating for 375. Parking free Hospitality available for coaches and officials. Snack bar Concessions 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 13 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	NOVEMBER 1, 2018		
ENTRY DEADLINE	December 27, 2018 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	
ENTRY LIMITS	11 and over swimmers are permitted to enter three (3) events per day and 10 and under aged swimmers may enter 5 per day Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 14
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 ATHLETES AGED 9-14 USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted at this meet.		
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 as conversions. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with MEET MANAGER 5.0 OR 6.0 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 JANUARY, 2, 2018 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	G. MICHAEL GOBRECHT	PHONE #: (717) 514-2287 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MIKE@WSYSWIM.ORG		
MAIL CHECKS/ REPORTS	WEST SHORE YMCA ATTENTION G. MICHAEL GOBRECHT - 410 FALLOWFIELD ROAD, CAMP HILL, PA 17011		
CHECKS PAYABLE TO	WEST SHORE YMCA		

OPERATIONAL RISK DIRECTOR	G. MICHAEL GOBRECHT	E-MAIL: mike@wsyswim.org	PHONE: (717) 514 2287
OFFICIALS CONTACT	TONI CHASE	E-MAIL: mike@wsyswim.org	PHONE: (717) 514 2287

Session 1: Friday Evening Timed Finals
4:30 Warm-up||5:30pm Start

GIRLS	EVENT	BOYS
1	11-12 400 IM	2
3	13-14 400 IM	4
5	10&U 500 FR	6
7	11-12 500 FR	8
9	13-14 500 FR	10
11	11-12 200 FL	12

Session 2: Saturday 11-14 Prelims
8 am Warm-Up|| 9am Start

GIRLS	EVENT	BOYS
13	11-12 100 FL	14
15	13-14 200 FL	16
17	11-12 200 FR	18
19	13-14 100 FR	20
21	11-12 100 BK	22
23	13-14 200 BR	24
25	11-12 200 BR	26
27	13-14 100 BK	28
29	11-12 100 IM	30
31	11-12 50 BR	32
33	13-14 50 FR	34
35	11-12 50 FR	36
37	13-14 400 M-R	38
39	11-12 200 M-R	40

Session 3 Saturday 10&U Timed Finals
12pm Warm-Up|| 1pm Start

GIRLS	EVENT	BOYS
41	10&U 200 FR	42
43	10&U 50 BK	44
45	10&U 100 FL	46
47	10&U 100 BR	48
49	10&U 100 IM	50
51	10&U 50 FR	52
53	10&U 200 M-R	54

4pm Warm-Up||5pm Start

GIRLS	EVENT	BOYS
13	11-12 100 FL	14
15	13-14 200 FL	16
17	11-12 200 FR	18
19	13-14 100 FR	20
21	11-12 100 BK	22
23	13-14 200 BR	24
25	11-12 200 BR	26
27	13-14 100 BK	28
29	11-12 100 IM	30
31	11-12 50 BR	32
33	13-14 50 FR	34
35	11-12 50 FR	36
37	13-14 400 M-R	38
39	11-12 M-R	40

Session 5 Sunday 11-14 Prelims
8 am Warm-Up|| 9am Start

GIRLS	EVENT	BOYS
55	11-12 200 IM	56
57	13-14 200 BK	58
59	11-12 50 FL	60
61	13-14 100 FL	62
63	11-12 200 BK	64
65	13-14 100 BR	66
67	11-12 100 BR	68
69	11-12 50 BK	70
71	13-14 200 IM	72
73	11-12 100 FR	74
75	13-14 200 FR	76
77	11-12 200 FR-R	78
79	13-14 400 FR-R	80

Session 6 Sunday 10&U Timed Finals
12pm Warm-Up|| 1pm Start

GIRLS	EVENT	BOYS
81	10&U 200 IM	82
83	10&U 100 BK	84
85	10&U 50 BR	86
87	10&U 100 FR	88
89	10&U 50 FL	90
91	10&U 200 FR-R	92

Session 7 Sunday Mile
3:30pm Warm-Up

GIRLS	EVENT	BOYS
93	11-12 1650 FR Will be swum together, but scores separate	94
93	13-14 1650 FR Will be swum together, but scores separate	94

Session 8 Sunday 11-14 Finals
4pm Warm-Up||5pm Start

GIRLS	EVENT	BOYS
55	11-12 200 IM	56
57	13-14 200 BK	58
59	11-12 50 FL	60
61	13-14 100 FL	62
63	11-12 200 BK	64
65	13-14 100 BR	66
67	11-12 100 BR	68
69	11-12 50 BK	70
71	13-14 200 IM	72
73	11-12 100 FR	74
75	13-14 200 FR	76
77	11-12 200 FR-R	78
79	13-14 400 FR-R	80

DECK ENTRIES	Deck Entries <input 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, prior to the start of each session, at the cost of \$10.00 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 no later than the first 30 minutes of warmup session. Swimmer must provide proof of entry time through the SWIMS database (via Deck Pass) 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	<p>This meet will be entirely Deck seeded. All teams and Unattached swimmers will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned in to the scratch table 45 minutes before the start of the session. The meet will then be seeded and heat sheets will be provided to each team.</p> <p>Each Team will receive a check-in sheet with all events listed for each session. All check-in sheets must be turned into the computer operator 45 minutes after the start of warm up. Swimmers that are being scratched should have a single line drawn through their name and events. Swimmers scratching a single event will have a line through the event name. Please use a simple line, not a scribble, so that the name can still be read. There is no penalty for swimmers that are not scratched and then do not swim their event.</p> <p>Friday evening events will be seeded Fast to Slow alternating women/men</p> <p>Prelim/Final events (11/12 and 13/14 events on Saturday and Sunday) – 16 swimmers will return to swim in the evenings finals</p> <p>Timed Final Events: All Relay Events, All 10 & Under events, and All Friday evening events</p> <p>The mile will be swim as 11/12 and 13-14 together, but scored separately. The fastest heat of the mile will be swum prior to the relays on Sunday finals</p>

AWARDS	Medals 1st through 8th place
SCORING	THIS MEET WILL NOT BE SCORED.
PROGRAMS AND ADMISSION	Programs/heat sheets will be sold by <input checked="" 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 8 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	Bulkhead Safety: 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. Only officials are allowed on the bulkhead during the meet.

SESSION	WARM-UP TIMES	MEET STARTS
Friday PM	4:30pm	5:30pm
Saturday Prelims	8am	9am
Saturday 10 & U	12pm	1pm
Saturday Finals	4pm	5pm
Sunday Prelims	8am	9am
Sunday 10 & U	12pm	1pm
Sunday Mile	3:30pm warm-up	4pm
Sunday Finals	4pm	5pm
WARM-UP INFORMATION	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. 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. 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. The referee may remove anyone from the warm-up for failure to comply with warm-up rules	

DECK PRIVILEGES	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. 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.
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. 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.
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 & Safety 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 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	<p>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</p>
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	<p>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.</p>
DECK CHANGING	<p>Deck changes are prohibited.</p>
DIRECTIONS	<p>FROM THE NORTH & EAST: Route 81 going south – proceed to the Mechanicsburg /route 114 exit(57) - turn left off ramp – continue to route 11 south Carlisle Pike) – turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p>FROM THE WEST & SOUTHWEST: Route 81 going north – proceed to the Mechanicsburg /route 114 exit(57) –turn R.H. at end of ramp– continue to route 11 south (Carlisle Pike) turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p>FROM THE WEST & SOUTHWEST: Route 81 going north – proceed to the Mechanicsburg /route 114 exit(57) –turn R.H. at end of ramp– continue to route 11 south (Carlisle Pike) turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park. The pool is located in front of the gym.</p> <p>FROM THE SOUTH & FROM THE PA TURNPIKE: Route 83 north to the Camp Hill exit – that puts you on route 581 west – continue on 581 until it joins with 81 south – proceed to the Mechanicsburg /route 114 exit(57). Turn left at the end of ramp onto route 114 –continue to route 11 south (Carlisle Pike) turn right & proceed approximately 2 miles to the Cumberland Valley Educational Park.</p>
ACCOMMODATIONS	<p>Microtel Inn & Suites by Wyndham Enola/Harrisburg - 4900 Woodland Drive, Enola, PA 17025 (717)-635-2523</p> <p>Hampton Inn by Hilton Carlisle 1164 Harrisburg Pike, Carlisle, Pennsylvania, 17013 (717)-240-0200</p> <p>La Quinta Inn & Suites 350 Bent Creek Blvd. Mechanicsburg, PA 17050</p>

(717)-790-1520

Hampton Inn by Hilton Harrisburg West
4950 Ritter Rd, Mechanicsburg, PA 17055
(717) 691-1300