



**2023 MA LCM SILVER CHAMPS
HOSTED BY BLUE WAVE AQUATICS & EMMAUS AQUATIC CLUB
JULY 14-16, 2023**

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

MEET HOST	BLUE WAVE AQUATICS & EMMAUS AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 23196 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	JOHN FLETCHER	E-MAIL: BWA.MEETDIRECTOR@GMAIL.COM	PHONE: 609-617-1789
LOCATION	Pool name GLOUCESTER INSTITUTE OF TECHNOLOGY (GCIT) Street address 1360 TANYARD ROAD City, state and zip SEWELL, NJ 08080 Day of meet ONLY emergency phone 609-617-1789		
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 8-line scoreboard and Competitor lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 400 and spectator seating for 400. Parking is free and available at the school. Hospitality will be available for coaches and officials. Snack bar will not be available		
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 12 feet and at the turn end is 5 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	JUNE 14, 2023		
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after December 31, 2021		
ENTRY DEADLINE	06/28/23 at 11:59 PM Entries will be accepted for swimmers qualifying in an event after the entry deadline. Entries must be achieved by Monday, July 10, 2023 and must be submitted no later than 12:00 PM/noon on Monday, July 10, 2023. Updates to a previously qualified event will NOT be accepted. Email all updates to Entry Chair: BWA.MEETDIRECTOR@GMAIL.COM The <u>athlete's full registered name, date of birth, team, USA Registration ID (with a screen shot of their member ID), with event #s and times.</u> John will manually update the file so any late qualifier will have the opportunity to swim at Junior Champs (as long as the required info is submitted).		
ENTRY FEES	Individual Events: \$15.00		Per swimmer spectator fee \$10.00
ENTRY LIMITs	3 Individual Events per day (excluding relays).	0 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	JOHN FLETCHER	PHONE #: 609-617-1789 (no calls before 9:00 AM or after 9:00 PM)	
MAIL CHECKS/ REPORTS	BLUE WAVE AQUATICS, C/O JOHN FLETCHER, 262 WARREN DRIVE, WRIGHTSTOWN, NJ 08562		
CHECKS PAYABLE TO	BLUE WAVE AQUATICS		
OPERATIONAL RISK DIRECTOR	JOHN KLINE	E-MAIL: meetdirector@emacswim.org	PHONE: 610-780-7587

OFFICIALS CONTACT	JOHN FLETCHER	E-MAIL: bwa.meetdirector@gmail.com	PHONE: 609-617-1789
MEET REFEREE	TBA		
Official's Sign-up	TBA		
Coaches Meeting	There will be a coaches' meeting via Zoom on Wednesday July 12th 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	<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 LCM entries. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. • Entries must be submitted electronically in a format compatible with Hytek 7.0 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. <p>FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by July 14, 2023. Include Meet Entry Summary with payment.</p> <p>Entries sent with 'No Time' will be rejected!</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, and 200 Fly 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 • These two age groups will swim combined for prelims but separated for scoring and for finals 		

Middle Atlantic Swimming
2023 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
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
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
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
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
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
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

Session 1
Friday: 13-14, 15-18 Prelims

GIRLS	EVENT	BOYS
1	13-14 200 Breaststroke	2
3	15-18 200 Breaststroke	4
5	13-14 100 Butterfly	6
7	15-18 100 Butterfly	8
9	13-14 100 Backstroke	10
11	15-18 100 Backstroke	12
13	13-14 50 Freestyle	14
15	15-18 50 Freestyle	16

Session 2
Friday: 11-12 Prelims and 10 & Under Timed Finals

GIRLS	EVENT	BOYS
17	11-12 200 Breaststroke	18
19	10 & Under 200 IM	20
21	11-12 100 Butterfly	22
23	10 & Under 100 Breaststroke	24
25	11-12 50 Backstroke	26
27	10 & Under 100 Backstroke	28
29	11-12 50 Freestyle	30

Session 3
Friday: 11 & Over Finals

GIRLS	EVENT	BOYS
1	13-14 200 Breaststroke	2
3	15-18 200 Breaststroke	4
21	11-12 100 Butterfly	22
5	13-14 100 Butterfly	6
7	15-18 100 Butterfly	8
29	11-12 50 Backstroke	30
9	13-14 100 Backstroke	10
11	15-18 100 Backstroke	12
25	11-12 50 Freestyle	26
13	13-14 50 Freestyle	14
15	15-18 50 Freestyle	16

Session 4
Saturday 13-14, 15-18 Prelims

GIRLS	EVENT	BOYS
31	13-14 200 IM	32
33	15-18 200 IM	34
35	13-14 100 Freestyle	36
37	15-18 100 Freestyle	38
39	13-14 200 Butterfly	40
41	15-18 200 Butterfly	42

Session 5

Saturday: 11-12 Prelims and 10 & Under Timed Finals

GIRLS	EVENT	BOYS
43	11-12 200 IM	44
45	10 & Under 100 Freestyle	46
47	11-12 100 Freestyle	48
49	10 & Under 50 Backstroke	50
51	11-12 100 Backstroke	52
53	10 & Under 50 Butterfly	54
55	11-12 50 Breaststroke	56
57	11-12 200 Butterfly	58

Session 6

Saturday: 11 & Over Finals

GIRLS	EVENT	BOYS
43	11-12 200 IM	44
31	13-14 200 IM	32
33	15-18 200 IM	34
47	11-12 100 Freestyle	48
35	13-14 100 Freestyle	36
37	15-18 100 Freestyle	38
51	11-12 100 Backstroke	52
39	13-14 200 Butterfly	40
41	15-18 200 Butterfly	42
55	11-12 50 Breaststroke	56

Session 7

Sunday: 13-14, 15-18 Prelims

GIRLS	EVENT	BOYS
59	13-14 200 Backstroke	60
61	15-18 200 Backstroke	62
63	13-14 100 Breaststroke	64
65	15-18 100 Breaststroke	66
67	13-14 200 Freestyle	68
69	15-18 200 Freestyle	70

Session 8

Sunday: 11-12 Prelims and 10 & Under Timed Finals

GIRLS	EVENT	BOYS
71	11-12 100 Breaststroke	72
73	10 & Under 50 Breaststroke	74
75	11-12 200 Freestyle	76
77	10 & Under 200 Freestyle	78
79	11-12 50 Butterfly	80
81	10 & Under 100 Butterfly	82
83	11-12 200 Backstroke	84
85	10 & Under 50 Freestyle	86

Session 9
Sunday 11 & Over Finals

GIRLS	EVENT	BOYS
59	13-14 200 Backstroke	60
61	15-18 200 Backstroke	62
71	11-12 100 Breaststroke	72
63	13-14 100 Breaststroke	64
65	15-18 100 Breaststroke	66
75	11-12 200 Freestyle	76
67	13-14 200 Freestyle	68
69	15-18 200 Freestyle	70
79	11-12 50 Butterfly	80

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 deck-seeded.</p> <p>All prelim and timed final events for this meet will be deck seeded. Scratch sheets will be provided to each attending team at the admin table at the start of each warm-up session. Every team must return a scratch sheet. Scratch 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 circle his/her name, and write "SCR" next to the swimmer's name. A swimmer scratching a single event should circle the scratched event number and write "SCR" next to the circled event. There is no penalty for swimmers that are not scratched and then do not swim their event for prelim and timed final events.</p> <p>The 13-14 & 15-18 age-groups will swim combined (13-18) in prelims sessions but will swim and be scored separately in finals.</p>
SCRATCH RULES	<p>The Meet will be swum using modified scratch rules similar to those described in Section 207.11.6 of the USA Swimming Rules & Regulations. The meet will be entirely Deck Seeded; swimmers that do not intend to swim an event are urged to scratch from that event using the Scratch box as described under SEEDING.</p> <p>A. <u>Preliminary Heats</u>: Any swimmer that does not compete in a Prelims Individual event for which they have not scratched will be barred from further Individual events on that meet day, and will be required to positively check-in with the Admin Referee in order to swim an Individual event on a subsequent meet day. A Declared False Start (DFS) option is available at the Prelims sessions by declaring such with the Admin or Deck Referee at the designated time and manner.</p> <p>B. <u>Positive Check-in events</u>: Any swimmer that has positively checked-in to a deck-seeded (distance) event and then does not swim that event will be barred from their next Individual event in the meet. A DFS can be taken in these events after the positive check-in event has been seeded – except for the fastest heat of the event when scheduled to swim at Finals. Any Relay may take a DFS if the relay is unable to compete.</p> <p>C. <u>Finals events</u>: Any swimmer that qualifies for one of the Finals heats (B-, or A-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. Swimmers initially declaring their possible intention to scratch must confirm such intention within thirty (30) 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</p>

	<p>non-competes at the Finals session will be treated as a failure to compete and will be penalized as such.</p> <p>D. Final day-of-meet Finals no-show rule: Furthermore, 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 (or lower) in the event.</p>	
AWARDS	<p>Individual events: Medals for 1st-8th place finishers.</p> <p>Relays Events: Medals for 1st-3rd place finishers.</p> <p>High Point Awards: Top girl and boy (highest individual point total) in each age group.</p>	
SCORING	No team scoring at this meet	
STARTING PROCEDURES	<p>This meet will be conducted using the 'No Recall' false start rule and will use whistle command starting procedure.</p> <p>Fly-over starts will be used at Prelims and all timed final events.</p>	
PROGRAMS AND ADMISSION	<p>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.</p> <p>Admission is no charge, per swimmer spectator fee covers admissions.. Children under 10 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.</p>	
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 participating teams via e-mail at the conclusion of the meet.</p>	
SESSION	WARM-UP TIMES	MEET STARTS
1	6:30 am	8:00 am
2	12:15 pm	1:30 pm
3	4:30 pm	5:30 pm
4	6:30 am	8:00 am
5	12:15 pm	1:30 pm
6	4:30 pm	5:30 pm
7	6:30 am	8:00 am
8	12:15 pm	1:30 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)	<p>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.</p>	
MEDICAL SUPERVISION AVAILABLE	GCIT Lifeguards on site	
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:	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. 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. Smoking and the use of tobacco products are prohibited as is sale and use of alcoholic beverages/ 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
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	Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT 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. 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.
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	The Gloucester Institute of Technology (GCIT) is located at 1360 Tanyard Road in Sewell, NJ. 08080. Directions are also available on the MA website: www.maswim.org From the South (Delaware Memorial Bridge or Commodore Barry Bridge): Take I-295 North to Exit 21 onto Delaware Street and continue through Woodbury. Turn right at traffic light onto Evergreen Avenue. Turn left at next traffic light onto Egg Harbor Road (this road is actually labeled "E. Barber" Rd). Continue approx. 3 miles to the next traffic light. GCIT is on the left at the bottom of the hill beyond the traffic light.

	<p>From the North (I-295): Take I-295 South to Route 42 South and remain in right lane. Take Route 55 South to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the first traffic light. Turn left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.</p> <p>From the West (PA Turnpike): Take PA Turnpike east into NJ. Take NJ Turnpike South (towards Delaware) to Exit 4. Take Rt 73 North to I-295 South. Take I-295 South to Route 42 South and remain in right lane. Take Route 55 South to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the first traffic light. Turn left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.</p> <p>From the West (Philadelphia and the Walt Whitman Bridge): Take I-76 East to Route 42 South and remain in right lane. Take Route 55 South to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the first traffic light. Turn left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.</p> <p>From the South (Jersey Shore): Take Route 55 North to Exit 56B (Route 47 North/Woodbury). Turn left onto Bankbridge Road at the first traffic light. Turn left again at the next traffic light onto Tanyard Road. The entrance to GCIT is on the left side of the road at the bottom of the hill.</p>
ACCOMMODATIONS	<p>There is a large number of hotels within easy driving distance of GCIT. If you required need help with finding local hotels, please contact the meet director.</p>