



**2024 Long Course
SENIOR CHAMPIONSHIPS
KEYSTONE AQUATIC CENTER
JULY 11-14, 2024**

Entry Deadline

June 25, 2024 AT 11:59 PM



2024 Long Course Senior Championships

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

MEET HOST	Keystone Aquatic Club
LOCATION	Keystone Aquatic Center, 103 Midway Drive Carlisle PA 17015
EVENT PERSONNEL	Referee: Eric Harnish email EHarnish1@comcast.net phone (717)-841-2032 Administrative Referee: Gwenn Lochstet email GLochstet@comcast.net phone (267) 872-1288 Meet Director: Tom Estep email tostep@gdcit.com phone (717) 372-1386 Meet Entry Chair: Tom Estep email tostep@gdcit.com phone (717) 372-1386 Operational Risk Director: Trish Estep email trishstep1977@gmail.com phone (717) 496-5747
SANCTION	This meet is held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 24206 SR and Time Trials MA 24207 TT 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.
ELIGIBILITY	These events are open to swimmers who are 2024 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.
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after December 31, 2022.
FORMAT	These championships will be conducted in LCM. The 800 and 1500 freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 24 swimmers from preliminaries advancing to finals. The order of the final events shall be "C" "B" and "A". At the Meet Referee's discretion, preliminary sessions may be conducted in flights or use fly-over starts. Information on flighting, if any, will be provided at the technical meeting. A Ready Room may be used to assemble and parade "A" finalists and the fastest seeded heats of 800 and 1500 freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the "Parade Time" for the event. All other heats will report directly to the starting blocks for their events.
SCHEDULE	Prelims: 9:00 a.m. Finals: 5:30 p.m. The venue will be available for warm-up starting at 7:30 a.m. – until one hour after the conclusion of the morning session and open for warm-up 1 hour prior to the Finals session on all competition days.

SEEDING	Events shall be seeded in order of LCM, SCM , SCY and then bonus entries in the same order.
TECHNICAL MEETING FOR COACHES	There will be a virtual (Zoom-based) technical meeting the Tuesday evening prior to Day 1 events at 7:30 pm 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	<p>This competition will follow the scoring rules as defined in section 102.24.3 of the USA Swimming Rules and Regulations. Individual and Team scores will be kept and awarded. Awards will be given to all place winners in the "A" final for individual events and top three place winners for the relay events. Team awards will be presented to the top three teams in Men's, Women's, and Combined categories. Individual High Point Awards will be given to the top three scoring female and male athletes.</p> <p>The Fran Crippen Award will be awarded to the top point scorer in each gender with the following formula: Each swimmer earns a total score through a compilation of the World Aquatics Power Points achieved from the following events: 400 IM, 400 Free, 800 Free, 1500 Free (all events must be completed in order to be eligible).</p>
SWIMS DATABASE	<p>Times from the following will be in SWIMS, the national times database.</p> <ul style="list-style-type: none"> • 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. <p>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.</p> <p>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.</p>
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 June 3, 2024

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 modify the meet format including events or heats in order to conform to MA/USA Swimming rules. If any such modifications cause a swimmer to be removed from an event, the swimmer 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 meter seed times. Times must be entered in the proper course in which achieved; converted times will not be accepted. 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.

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 three (3) individual events per day (including time trials), and a total of ten (10) events (not including relays or time trials) during the meet. Bonus events will be permitted for this meet according to the following:

- Any athlete who qualifies for one individual event will be permitted to enter and swim in up to three bonus events;
- Any athlete who qualifies for two individual events will be permitted to enter and swim two additional bonus events;
- Any athlete who qualifies for three individual events will be permitted to enter and swim one additional bonus event;
- Any athlete who qualifies in more than three individual events, will not be permitted to enter bonus events;
- The qualifying standards for bonus events shall be the Meet qualifying time plus .5 seconds per 50 of event;
- No bonus swims for events 400 and above.

ENTRY FEE

Individual Events:	\$15.00 per event
Relay Events:	\$25.00 per event
Time Trial Events:	\$20.00 per individual event; \$30.00 per relay event

CHECKS PAYABLE TO

KEYSTONE AQUATIC CLUB

MAIL CHECKS/ REPORTS

KEYSTONE AQUATIC CENTER, 103 MIDWAY DRIVE CARLISLE PA 17015

NEW QUALIFYING SWIMS

These entries may be entered June 26, 2024 through July 2, 2024 and must be achieved at a Middle Atlantic Swimming sanctioned meet. These entries cannot be used to improve the seed time of a prior entry.

All entries must be sent electronically to the Meet Director by 2 p.m. July 2, 2024 using the posted event file. This is to be a new file – not an update to previous file submitted.

The entries must be communicated with and accepted by the Meet Director. Without confirmation of the Meet Director's acceptance, the entry shall be assumed unaccepted.

RELAYS

This competition will follow the relay rules as defined in section 102.3 of the USA Swimming Rules and Regulations. All relays will be deck-seeded, timed final events. All but the fastest seeded heat of each relay event will be swum in the preliminary sessions. The fastest seeded heat will be swum at the day's finals session. Only one (1) relay-only swimmers will be allowed per relay. Each team can score a maximum of two relays in each event.

All relay cards must be submitted to the site's Administrative 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.

CHECK IN

All preliminary events will be deck-seeded. Scratches will be managed at the Admin Table and must be submitted prior to the Scratch Box deadline. Any scratches submitted after the deadline will be subject to the penalties listed below. Relay entry cards will be available at the Admin Table and must be returned prior to Scratch Box Deadline

The 800 and 1500 Freestyle are Positive Check-In events. Swimmers in these events must check-in or scratch at the Admin Table prior to deadlines. Swimmers entered in these events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. A swimmer or coach should clearly write "AM" next to the swimmer's name when they check-in if they desire to swim in the preliminary session.

Scratch sheets and Relay entry cards must be submitted to the site's Administrative Referee prior to the deadlines. Positive Check-In must be completed prior to deadlines.

SCRATCH PROCEDURES & PENALTIES

This competition will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

Preliminary Events: 207.11.6 C, 207.11.6 E 1 & 3

"In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events."

Finals Events: 207.11.6 D (1) & 207.11.6 E 1, 2 & 3

"Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete."

Fines: A \$50 fine will be imposed on any 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. This fine also applies to the top eight (8) swimmers in the 800 and 1500 Freestyle events listed on the pre-meet psych sheet that positively check-in for that event and then do not compete.

Scratches must be submitted to the site's Administrative Referee prior to the scratch deadlines.

TIME TRIALS

Time Trials may be conducted at the discretion of the Meet Referee. Each swimmer is limited to a maximum of two-time trials during the course of the Championships. Time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. Relay-only swimmers will be allowed to swim in time trials.

Time Trial entry procedures will be explained in the Technical Meeting. Time Trials, if conducted, will begin approximately 15 minutes after the conclusion of the preliminary session.

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	<p>A meeting for officials will be held prior to each session, either in-person or virtually.</p> <p>A sign-up for officials who wish to work at this meet is available at: https://www.signupgenius.com/go/409054DA9A923A5F49-49818558-2024</p> <p>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.</p>
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 STATEMENT	Any photographs, videos, or other audio and/or visual recordings of the event created by a spectator 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	<p>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.</p> <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> <p>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. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>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.</p> <p>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 July 11, 2024, 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 July 11, 2024, who competes in this USA</p>

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

Keystone Aquatic Club's facility is home to the 50-meter racing course used for the Championship meet. The 50-meter competition pool will be in a eight-lane format with a depth of eight feet at the sides and eight feet in the center. Competition lanes are a minimum of nine feet wide swum wall to wall. Equipment supporting the competition pool consists of non-turbulent Competitor lane markers, Spectrum Track Start Blocks and Backstroke wedges, CTS6 with automatic and semi-automatic timing. Other amenities include hospitality, a swim shop, and spectator seating for over five hundred with access to wireless internet. Limited lockers are available for day use only. No locks will be provided.

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 shall be always on duty during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the pool deck.

CONCESSIONS

Limited concessions will be available on site.

HOSPITALITY

A hospitality area for the coaches and officials will be located adjacent to the pool deck during meet.

PARKING

Free parking is around KA facility with nearby overflow lots within a three-minute walk to the facility.

HOTELS

Use the KA address, 103 Midway Drive Carlisle PA 17015, to locate hotels in the surrounding area.

ADMISSIONS

Event will be general admission and may be purchased on-site at the Keystone Aquatic Center.

Event Order

GIRLS	Thursday, July 11, 2024 EVENT	BOYS
1	200 Medley Relay	2
3	1500 Freestyle **	4
5	200 Free Relay	6
	Friday, July 12, 2024	
7	50 Freestyle	8
9	200 Backstroke	10
11	100 Breaststroke	12
13	400 Freestyle	14
15	400 Medley Relay	16
	Saturday, July 13, 2024	
17	100 Freestyle	18
19	200 Butterfly	20
21	100 Backstroke	22
23	400 IM	24
25	400 Free Relay	26
	Sunday, July 14, 2024	
27	100 Butterfly	28
29	200 IM	30
31	200 Freestyle	32
33	200 Breaststroke	34
35	800 Freestyle **	36

**** Swimmers for the 800 & 1500 Freestyle events must provide their own timer (except at Finals) and counter. All heats will be swum fast to slow, alternating Women/Men. See the Seeding Section for additional details.**

**2024
Long Course
Senior Championships
Qualifying Times**

GIRLS				BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	27.99	25.39	50 Free	22.69	25.09	26.29
1:01.69	59.69	54.89	100 Free	49.49	54.89	57.19
2:15.69	2:11.09	1:58.99	200 Free	1:47.99	1:59.89	2:01.46
4:42.99	4:37.39	5:16.99	400 Free	4:56.99	4:19.89	4:25.09
9:59.99	9:47.99	11:14.99	800 Free	10:25.99	9:07.29	9:18.29
19:23.19	19:06.99	18:59.99	1500 Free	17:39.99	17:46.49	18:01.59
1:11.59	1:07.59	1:01.09	100 Back	55.99	1:01.29	1:04.69
2:32.89	2:25.49	2:13.09	200 Back	2:03.09	2:16.19	2:23.09
1:20.29	1:16.59	1:09.99	100 Breast	1:04.09	1:10.59	1:15.69
2:52.09	2:46.39	2:33.69	200 Breast	2:21.09	2:35.79	2:46.99
1:08.79	1:06.09	1:00.09	100 Fly	54.69	1:00.69	1:02.29
2:41.79	2:36.69	2:19.99	200 Fly	2:07.09	2:21.59	2:28.49
2:34.79	2:27.39	2:13.99	200 IM	2:03.39	2:17.79	2:25.59
5:28.29	5:21.89	4:49.99	400 IM	4:26.99	4:56.39	5:02.79

