

**LAC ARENA HOLIDAY CUP  
DECEMBER 14<sup>TH</sup>-16<sup>TH</sup>, 2018**

MEET HOST	LANCASTER AQUATIC CLUB AND FRANKLIN & MARSHALL COLLEGE		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> <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	BEN DELIA	E-MAIL: <a href="mailto:bdelia@fandm.edu">bdelia@fandm.edu</a>	PHONE: 717-358-3897
LOCATION	Pool name KUNKEL AQUATIC CENTER Street address 929 HARRISBURG AVE. City, state and zip LANCASTER, PA 17603 Day of meet ONLY emergency phone 315-806-1235		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 22 lanes for competition, a Colorado timing system with a 16- line scoreboard and non-turbulent lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 500. Parking 1000 Hospitality will be available for coaches and officials. Snack bar will run throughout the meet.		
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 <b>9 feet and 6</b> feet and at the turn end is <b>9 feet and 6</b> feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	SEPTEMBER 15 <sup>TH</sup> , 2018		
ENTRY DEADLINE	THURSDAY, NOVEMBER 29 <sup>TH</sup> , 2018 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	
ENTRY LIMITs	3 Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 12
ELIGIBILITY	All entrants must be registered members of USA Swimming. Age <i>as of the first day of the meet</i> determines eligibility. This meet is open to <b>ALL CURRENT</b> 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"> <li>• 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.</li> <li>• Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded Y, L . NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted.</li> <li>• Entries must be submitted electronically in a format compatible with <b>Team Manager</b> meet management software.</li> <li>• 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</li> <li>• Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's <u>TM Lite</u> 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 <a href="#">here</a>.</li> <li>• <b>FINAL</b> entry payments and any necessary reports must be mailed or e-mailed to the entry chair by <b>Monday, December 3<sup>RD</sup>, 2018</b>. Include <u>Meet Entry Summary</u> with payment.</li> </ul>		
MEET ENTRY CHAIR	BEN DELIA	PHONE #: 717-358-3897 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	BDELIA@FANDM.EDU		
MAIL CHECKS/ REPORTS	BEN DELIA, 415 HARRISBURG AVE., LANCASTER, PA 17603		
CHECKS PAYABLE TO	FRANKLIN & MARSHALL COLLEGE		
SAFETY DIRECTOR	PAUL TAYLOR	E-MAIL: <a href="mailto:paul99dana@aol.com">paul99dana@aol.com</a>	PHONE: 717-742-7568
OFFICIALS CONTACT	DAN KLINE	E-MAIL: <a href="mailto:DanielKline@donegalgroup.com">DanielKline@donegalgroup.com</a>	PHONE: 717-358-4526

Session 1 -- Friday, December 14<sup>th</sup> Prelims

GIRLS	EVENT	BOYS
1	13-14 100 Butterfly	2
3	Senior 100 Butterfly	4
5	13-14 200 Freestyle	6
7	Senior 200 Freestyle	8
9	13-14 400 IM	10
11	Senior 400 IM	12
13	13-14 200 Freestyle Relay	14
15	Senior 200 Freestyle Relay	16
17	13 & Over 1000 Freestyle*	18

\*The 1000 freestyle is a combined age group event, swimming together but scored and awarded separately. Heats be swum fastest to slowest, with the fastest heat swimming with finals.

Session 2 -- Friday, December 14<sup>th</sup> 11-12 Prelims / 10&U Timed Finals

GIRLS	EVENT	BOYS
19	10&U 50 Butterfly	20
21	11-12 50 Butterfly	22
23	10&U 100 Freestyle	24
25	11-12 100 Freestyle	26
27	10&U 200 IM	28
29	11-12 200 IM	30
31	10&U 200 Freestyle Relay	32
33	11-12 200 Freestyle Relay	34

Session 3 -- Friday, December 14<sup>th</sup> Finals

GIRLS	EVENT	BOYS
17	13 & Over 1000 Freestyle (Top 8 seeds)	18
21	11-12 50 Butterfly	22
1	13-14 100 Butterfly	2
3	Senior 100 Butterfly	4
25	11-12 100 Freestyle	26
5	13-14 200 Freestyle	6
7	Senior 200 Freestyle	8
29	11-12 200 IM	30
9	13-14 400 IM	10
11	Senior 400 IM	12

Session 4 -- Saturday, December 15<sup>th</sup> Prelims

GIRLS	EVENT	BOYS
35	13-14 200 IM	36
37	Senior 200 IM	38
39	13-14 50 Freestyle	40
41	Senior 50 Freestyle	42
43	13-14 200 Breaststroke	44
45	Senior 200 Breaststroke	46
47	13-14 100 Backstroke	48
49	Senior 100 Backstroke	50
51	13-14 400 Medley Relay	52
53	Senior 400 Medley Relay	54
55	13-14 500 Freestyle	56
57	Senior 500 Freestyle	58

Session 5 -- Saturday, December 15<sup>th</sup> 11-12 Prelims / 10&U Timed Finals

GIRLS	EVENT	BOYS
59	10&U 100 IM	60
61	11-12 100 IM	62
63	10&U 50 Freestyle	64
65	11-12 50 Freestyle	66
67	10&U 100 Breaststroke	68
69	11-12 100 Breaststroke	70
71	10&U 50 Backstroke	72
73	11-12 50 Backstroke	74
75	10&U 200 Medley Relay	76
77	11-12 200 Medley Relay	78
79	9-10 500 Freestyle	80
81	11-12 500 Freestyle	82

Session 6 -- Saturday December 15<sup>th</sup> Finals

GIRLS	EVENT	BOYS
61	11-12 100 IM	62
35	13-14 200 IM	36
37	Senior 200 IM	38
65	11-12 50 Freestyle	66
39	13-14 50 Freestyle	40
41	Senior 50 Freestyle	42
69	11-12 100 Breaststroke	70
43	13-14 200 Breaststroke	44
45	Senior 200 Breaststroke	46
73	11-12 50 Backstroke	74
47	13-14 100 Backstroke	48
49	Senior 100 Backstroke	50
55	13-14 500 Freestyle	56
57	Senior 500 Freestyle	58

Session 7 -- Sunday, December 16<sup>th</sup> Prelims

GIRLS	EVENT	BOYS
83	13-14 200 Backstroke	84
85	Senior 200 Backstroke	86
87	13-14 100 Freestyle	88
89	Senior 100 Freestyle	90
91	13-14 100 Breaststroke	92
93	Senior 100 Breaststroke	94
95	13-14 200 Butterfly	96
97	Senior 200 Butterfly	98
99	13-14 400 Freestyle Relay	100
101	Senior 400 Freestyle Relay	102
103	13 & Over 1650 Freestyle*	104

\*The 1650 freestyle is a combined age group event, swimming together but scored and awarded separately. Heats be swum fastest to slowest, with the fastest heat swimming with finals.

Session 8 -- Sunday, December 16<sup>th</sup> 11-12 Prelims / 10&U Timed Finals

GIRLS	EVENT	BOYS
105	10&U 100 Backstroke	106
107	11-12 100 Backstroke	108
109	10&U 200 Freestyle	110
111	11-12 200 Freestyle	112
113	10&U 50 Breaststroke	114
115	11-12 50 Breaststroke	116
117	10&U 100 Butterfly	118
119	11-12 100 Butterfly	120
121	10&U 400 Freestyle Relay	122
123	11-12 400 Freestyle Relay	124

Session 9 -- Sunday, December 16<sup>th</sup> Finals

GIRLS	EVENT	BOYS
103	13 & Over 1650 Freestyle (Top 8 seeds)	104
107	11-12 100 Backstroke	108
83	13-14 200 Backstroke	84
85	Senior 200 Backstroke	86
111	11-12 200 Freestyle	112
87	13-14 100 Freestyle	88
89	Senior 100 Freestyle	90
115	11-12 50 Breaststroke	116
91	13-14 100 Breaststroke	92
93	Senior 100 Breaststroke	94
119	11-12 100 Butterfly	120
95	13-14 200 Butterfly	96
97	Senior 200 Butterfly	98

**LAC Arena Holiday Cup**  
**10&U, 11-12, 13-14 Qualifying Times**

GIRLS		10&U	BOYS	
SCY	LCM		SCY	LCM
32.09	36.39	50 Free	32.39	36.69
1:11.59	1:21.19	100 Free	1:11.79	1:21.39
2:37.09	2:58.39	200 Free	2:37.29	2:58.99
6:48.99	6:09.79	500 Free	6:41.79	6:03.99
38.09	43.89	50 Back	38.29	44.09
1:21.79	1:32.79	100 Back	1:21.59	1:32.99
42.29	48.09	50 Breast	42.59	48.39
1:32.39	1:45.79	100 Breast	1:32.59	1:45.99
36.69	41.09	50 Fly	36.89	41.29
1:25.29	1:36.29	100 Fly	1:25.79	1:36.49
1:21.39	NA	100 IM	1:21.99	NA
2:54.19	3:18.59	200 IM	2:55.19	3:19.39

GIRLS		11-12	BOYS	
SCY	LCM		SCY	LCM
29.09	33.19	50 Free	27.89	32.09
1:03.09	1:12.49	100 Free	1:00.89	1:09.89
2:18.19	2:37.29	200 Free	2:13.49	2:32.49
6:07.79	5:29.09	500 Free	5:57.69	5:21.89
32.89	37.99	50 Back	32.29	37.49
1:11.79	1:23.29	100 Back	1:09.29	1:21.49
36.89	41.99	50 Breast	36.19	41.59
1:20.39	1:33.39	100 Breast	1:18.39	1:30.39
31.49	35.39	50 Fly	31.19	35.29
1:11.49	1:20.79	100 Fly	1:09.59	1:18.59
1:11.09	NA	100 IM	1:09.09	NA
2:31.39	2:53.29	200 IM	2:30.89	2:53.89

GIRLS		13-14	BOYS	
SCY	LCM		SCY	LCM
26.29	29.69	50 Free	24.99	28.49
57.09	1:05.39	100 Free	54.29	1:01.89
2:04.09	2:21.49	200 Free	1:58.89	2:13.19
5:31.99	4:53.99	500 Free	5:20.99	4:38.49
11:05.59	9:54.09	1000 Free	10:17.19	9:12.09
18:41.39	19:02.19	1650 Free	17:44.29	18:13.89
1:04.29	1:15.39	100 Back	1:01.79	1:12.29
2:19.99	2:41.99	200 Back	2:14.69	2:36.59
1:14.69	1:26.49	100 Breast	1:09.79	1:21.29
2:42.19	3:07.39	200 Breast	2:32.89	2:56.79
1:04.69	1:13.49	100 Fly	1:01.29	1:09.69
2:25.79	2:45.69	200 Fly	2:15.69	2:36.19
2:20.19	2:41.89	200 IM	2:14.19	2:35.79
5:01.49	5:44.69	400 IM	4:48.99	5:32.59

## LAC Arena Holiday Cup Senior Qualifying Times

GIRLS		SENIOR	BOYS	
SCY	LCM		SCY	LCM
25.99	29.99	50 Free	23.49	26.99
56.19	1:04.99	100 Free	50.89	57.69
1:59.09	2:16.99	200 Free	1:49.19	2:03.59
5:21.39	4:46.09	500 Free	4:58.59	4:25.19
11:05.59	9:54.09	1000 Free	10:17.19	9:12.09
18:41.39	19:02.19	1650 Free	17:44.29	18:13.89
1:03.79	1:14.59	100 Back	56.79	1:07.69
2:16.69	2:38.79	200 Back	2:05.29	2:26.59
1:13.39	1:24.79	100 Breast	1:05.09	1:15.89
2:38.29	3:01.89	200 Breast	2:21.89	2:45.79
1:02.69	1:11.59	100 Fly	56.49	1:05.29
2:21.99	2:41.09	200 Fly	2:06.79	2:24.99
2:17.09	2:37.39	200 IM	2:05.29	2:25.79
4:52.79	5:33.99	400 IM	4:28.79	5:10.99

<b>DECK ENTRIES</b>	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, 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 <b>does not allow deck entries</b> before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	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
<b>SEEDING</b>	This meet will be <b>pre-seeded</b> with the exception of the event(s) noted below. All 10 & under events will be swum as timed finals events.  All 11-12, 13-14, and senior individual events are prelims/finals events, with exceptions being the 1000 and 1650 freestyle events. These distance events, plus all relays, will be timed finals.  The following events will require positive check-in and will be deck-seeded accordingly: - 500 free, 1000 free, 1650 free, and 400 IM. All non-conforming times will be seeded in accordance with USA Swimming rules in the order of Y, L.
<b>AWARDS</b>	Individual Events: Medals for places 1-8. Relay Events: Medals for places 1-3. Team Awards: Team awards will be given to the first place male, female, and combined teams.

	Individual High Point: Awarded to the first place boy and girl in each age group. Relay scoring does not count toward the individual high point standings.
<b>SCORING</b>	Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
<b>PROGRAMS AND ADMISSION</b>	Programs/heat sheets will be sold by <input type="checkbox"/> session <input checked="" type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$25.00 for an all-session pass (must retain wristband for re-entry), or \$5.00 per individual sessions. Preliminary heat sheets will be \$10.00 for all sessions, with free vouchers for finals sessions. Finals heat sheets without vouchers will be \$2.00 per session. Children under 12 will be admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>MISCELLANEOUS</b>	<p><b>SCRATCH POLICY:</b></p> <ul style="list-style-type: none"> <li>- Any swimmer who does not swim a pre-seeded preliminary or timed final event will not be penalized.</li> <li>- Any swimmer who positively checks in for a deck seeded event and does not swim that event will be barred from their next individual event, either on the same day or on the next day of the meet.</li> <li>- Any swimmer qualifying for an A, B, or C final in any prelims/finals event who wishes not to swim that event must scratch or declare their intention to do so within the 30-minute scratch window. Swimmers failing to scratch who do not show up to swim a finals event will be banned from all remaining events in the meet, including both individual and relay events. This penalty does not apply to swimmers who are initially announced as alternates.</li> </ul> <p><b>BONUS EVENTS:</b> Swimmers will be eligible to enter bonus events under the following conditions:</p> <ul style="list-style-type: none"> <li>- A swimmer qualifying for 1 individual event may enter to compete in up to 2 total bonus events, if the bonus time standards are met.</li> <li>- A swimmer qualifying for 2 or more individual events may enter to compete in up to 3 total bonus events, if the bonus time standards are met.</li> <li>- Swimmers must still stay within the event maximum of 3 individuals per day.</li> </ul> <p>Bonus event time standards are as follows:</p> <ul style="list-style-type: none"> <li>- For 50 and 100 distance events: The existing time standard plus 1 second.</li> <li>- For 200 distance events: The existing time standard plus 2 seconds.</li> <li>- For the 500 free and 400 IM: The existing time standard plus 5 seconds.</li> <li>- There will be no bonus entries for the 1000 free and 1650 free.</li> </ul> <p><b>DECK ENTRIES / TIME TRIALS:</b> Deck entries will not be accepted at this meet. Time trials will be held at the conclusion of each preliminary and timed final session, as time permits and at the discretion of the meet referee and meet director. Middle Atlantic time trial policies will be followed. Time trials will count toward the maximum allowable number of events per day. Time trial fees are \$10.00 per individual event, and \$20.00 per relay event. Time trial entries will close 45 minutes before the posted start time for each time trial session.</p> <p><b>POSITIVE CHECK-IN:</b> Positive check-in will be required for the 500 free, 1000 free, 1650 free, and 400 IM. Check-in will be held at the scratch table for all events, Check-in time will end 1-hour after the start of each applicable session.</p> <p><b>PRELIMINARIES:</b> The 13-14 and Senior preliminary sessions will be run from two pools.</p> <p>13-14 Boys and Senior Girls will be grouped together, swimming in the deep pool on Friday and Sunday mornings, and in the shallow pool on Saturday morning.</p> <p>The 13-14 Girls and Senior Boys will be grouped together, swimming in the shallow pool on Friday and Sunday mornings, and in the deep pool on Saturday morning.</p> <p><b>FINALS ORDER OF EVENTS:</b> All senior events of distances 200 and below will qualify the top-24 swimmers for finals and will be swum C-Final, then B-Final, then A-Final, in that order. Senior 500 free and 400 IM will qualify the top-16 swimmers and be swum B-Final, then A-Final, in that order.</p> <p>All 11-12 and 13-14 events of distances 200 and below will qualify the top 16 swimmers for finals and be swum B-Final, then A-Final, in that order.</p>

	<p>The 11-12 and 13-14 500 free and 400 IM will qualify the top-8 swimmers, and have an A-Final swimming with finals.</p> <p><b>DISTANCE EVENT POLICIES:</b>  The 1000 and 1650 free events will be conducted as timed final events. The fastest 8-swimmers will compete in the finals session, with each other heat swimming at the end of preliminaries, and being seeded fastest to slowest.  All 500 free, 1000 free, and 1650 free swimmers are responsible for providing their own lap counters.  All 500 free, 1000 free, 1650 free, and 400 IM swimmers competing at the end of preliminaries will also be responsible for providing one backup timer.  Those 500 free and 400 IM swimmers competing with the finals session will also need to provide their own backup timer. The 1000 and 1650 free swimmers competing with finals will not need to provide their own backup timer.</p> <p><b>EVENT LIMITS:</b>  Each team shall be limited to 2 entries per relay event.</p> <p>The 500 free, 1000 free, and 1650 free may be limited based on seed times, going from fastest to slowest. This will be determined by the meet director based on entry numbers. Each event will be limited to 6 heats per 500 free event, 4 heats per 1000 free event, and 3 heats per 1650 free event. Teams will be notified if they have swimmers removed from an event due to space and time restrictions.</p> <p><b>TIMING ASSIGNMENTS:</b>  Teams will be assigned several backup timer volunteer positions based on the number of participants competing in a given session. Anyone who volunteers to time will not be required to pay entry for the sessions in which they work. Teams will be informed of any timing assignments no later than Thursday, December 6th.</p>
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SESSION	WARM-UP TIMES	MEET STARTS
Morning Preliminaries	6:30 - 7:50 AM	8:00 AM
Afternoon Prelims / Timed Finals	12:30 - 1:20 PM	1:30 PM
Finals	4:30 - 5:20 PM	5:30 PM
<b>WARM-UP INFORMATION</b>	<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>	

<b>DECK PRIVILEGES</b>	<p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p>Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Coaches must present their current USA Swimming registration card and keep it visible on deck 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>
<b>RACING START CERTIFICATION</b>	<p>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. <b>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.</b></p>
<b>QUALIFYING TIMES</b>	<p>Qualifying Times (if applicable) are shown on the attached Meet Structure</p>

<b>MEET/DECK REFEREE</b>	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 <b>any</b> issues that arise that day during the course of the meet.
<b>MEET MARSHALS</b>	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.
<b>RULES:</b>	<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><b>No unauthorized personnel will be allowed on the pool deck.</b> 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>
<b>DISABLED SWIMMERS</b>	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.
<b>PROTESTS</b>	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
<b>PHOTOGRAPHY</b>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b></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>
<b>DRONES</b>	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.
<b>DECK CHANGING</b>	Deck changes are prohibited.
<b>DIRECTIONS</b>	GPS Address: 929 Harrisburg Ave., Lancaster, PA 17603. Swimmer drop-off and spectator entry will be in the parking lots to the west of the pool. The entrance to these lots is at the intersection of Harrisburg Ave. and Race Ave.
<b>ACCOMODATIONS</b>	<p>Fairfield Inn &amp; Suites by Marriott Lancaster 150 Granite Run Dr. Lancaster, PA 1601 Call (717) 581-1800</p> <p>Lancaster Budget Host Inn 2140 Lincoln Highway East Lanc. PA 17602 Call (717) 397-1900</p> <p>Fairfield Inn &amp; Suites – Lancaster East 2270 Lincoln Highway East, Lancaster, PA 17602 Phone: (717) 295-9100</p>

Double Tree Resort by Hilton Lancaster  
2400 Willow Street Pike  
Lancaster, PA 17602

Sleep Inn & Suites  
310 Primrose Lane  
Mountville, PA 17554  
Call (717) 285-0444

Lancaster Arts Hotel  
300 Harrisburg Ave  
Lancaster, PA 17603  
(717) 431-3058

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