

EASTERNS 2024 TRIALS Q MEET
CLOSED INVITATIONAL
FEBRUARY 18,2024

MEET HOST	GERMANTOWN ACADEMY AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 24196 C1 <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	BRIAN MCMILLIN	E-MAIL: bjmcmillin@verizon.net	PHONE: 610-331-8648
LOCATION	Pool name FRANKLIN AND MARSHALL COLLEGE - KUNKEL AQUATIC CENTER Street address 929 HARRISBURG PIKE City, state and zip LANCASTER, PA 17604 Day of meet ONLY emergency phone 610-331-8648		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado Automatic timing system with a 16 line scoreboard and non-turbulent lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for 500 and spectator seating for 500. Parking 1000 Hospitality none Snack bar none		
WATER DEPTH	The depth of the water at the start end of the pool is 9 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	01/01/24		
ENTRY DEADLINE	02/05/24 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00	Relay Events: \$20.00	
ENTRY LIMITS	5 Individual Events per day (excluding relays).	Relays per day	MEET ENTRY LIMIT: 5
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 USA SWIMMING REGISTERED ATHLETES, WHO COMPETED IN EASTERNS 2024 USA swimming registered swimmers.		
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 per rule 207.11.7.B. NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with Hy-Tek 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 Friday 2/9/24 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	BRIAN MCMILLIN	PHONE #: 610-331-8648 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	BJMCMILLIN@VERIZON.NET		
MAIL CHECKS/ REPORTS	4368 MEADOWRIDGE LANE, COLLEGEVILLE, PA 19426		
CHECKS PAYABLE TO	GAAC		
OPERATIONAL RISK DIRECTOR	JEFF THOMPSON	E-MAIL: Jeff.Thompson@germantownacademy.org	PHONE: 812-208-8075
OFFICIALS CONTACT	TIFFANY EPOCA	E-MAIL: tiffanyepoca@gmail.com	PHONE: 717-580-1459

Session 1

SundayFebruary 18, 2024 Warm-up 8:00 AM, Start 9:00 AM

GIRLS	EVENT	BOYS
1	50 Butterfly	2
3	50 Backstroke	4
5	50 Breasstroke	6
7	50 Freestyle	8
9	200 Individual Medlwey	10
11	400 Freestyle	12
13	100 Butterfly	14
15	100 Backstroke	16
17	100 Breaststroke	18
19	100 Freestyle	20
21	400 Individual Medley	22
23	200 Butterfly	24
25	200 Backstroke	26
27	200 Breaststroke	28
29	200 Freestyle	30
31	1500 Freestyle	32

DECK ENTRIES	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" 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 \$20.00 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 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	This meet will be deck-seeded with the exception of the event(s) noted below. The 400 free, 1500 free, and 400 IM 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 2 heats per 400 event, 1 heat per 1500 free event. Teams will be notified if they have swimmers removed
AWARDS	There will be no awards
SCORING	The meet will not be scored
PROGRAMS AND ADMISSION	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 isFree. Children under admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	<p>This meet is held in Olympic Trial yearis to give atheletes an opportunity to make Trials and other LCM cuts while rested and shaved for Easterns.</p> <p>The session will be limited to 3 hours. Events will be combined and there will be limited rest between events. Please keep this in mind when entering multiple events.</p> <p>Time Trials: 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</p> <p>Distance Event Policies: The 400 free, 1500 free, and 400 IM 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 2 heats per 400 event, 1 heat per 1500 free event. Teams will be notified if they have swimmers removed</p> <p>All 400 free 1500 free swimmers are responsible for providing their own lap counters. All 1500 free swimmers must provide one backup timer</p> <p>Sesseion Length: The Meet Director reserves the right to combine events and limit entries, based on seed time, going</p>

	<p>fastest to slowest, in order to keep the session under 3 hours</p> <p>Meet Results: Will be posted to the Middle Atlantic website (www.maswim.org) and transmitted by email to any club that provides a valid email address. Meet results will not be mailed to the clubs</p> <p>Heat Sheets: In an effort to reduce paper consumption, heat sheets will not be provided to spectators. The heat sheet will be available on Meet Mobile free of charge</p>
--	---

SESSION	WARM-UP TIMES	MEET STARTS
1	8:00 AM - 8:45 AM	9:00 AM
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>	
MEDICAL SUPERVISION AVAILABLE	Two, First Aid Certified, Lifeguards on deck during all warm-up and competition sessions and an AED is located on the pool deck.	
ATHLETE PROTECTION (MAAPP)	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.	
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:	<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</p>	

	<p>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	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	<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	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.
DIRECTIONS	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
ACCOMMODATIONS	Please check the Easterns website for Hotels