

FRIENDS' CENTRAL AQUATICS DISTANCE CHALLENGE
JANUARY 7TH & 8TH 2017

MEET HOST	FRIENDS' CENTRAL AQUATICS		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 17105 L <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	MATTHEW KARLINER	E-MAIL: mkarliner@swimfca.org	PHONE: 610-908-2753
LOCATION	Pool name FRIENDS' CENTRAL SCHOOL - SHIMADA ATHLETIC CENTER Street address 1101 CITY AVE City, state and zip WYNNEWOOD, PA 19072 Day of meet ONLY emergency phone 610-908-2753		
FACILITY DESCRIPTION	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 6 lanes for competition, a Colorado timing system with a 6 line scoreboard and 6 lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for Coaches and Swimmers Only and spectator seating for 125. Parking Yes in Friends' Central School Lots Hospitality Yes Snack bar Yes		
POOL CERTIFICATION	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
WATER DEPTH	The depth of the water at the start end of the pool is 12 feet and at the turn end is 4 feet.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
ENTRIES OPEN	8/1/15		
ENTRY DEADLINE	12/26/15 at 11:59 PM		
ENTRY FEES	Individual Events: \$5.00	Relay Events: \$10.00	
ENTRY LIMITs	2 Individual Events per day (excluding relays).	0 Relays per day	MEET ENTRY LIMIT: 3
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 9 & OLDER USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet. Unregistered swimmers may register on deck at this meet by turning in the athlete registration form and payment to the Meet Director. The cost of registering on deck is double the normal fee. This applies to all swimmers attached to a club.		
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 after all other conformed times have been seeded. . 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 Manager 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 1/2/15 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	MATTHEW KARLINER	PHONE #: 610-908-2753 (no calls before 9:00 AM or after 9:00 PM)	
E-MAIL ENTRY FILES TO	MEETINFO@SWIMFCA.ORG		
MAIL CHECKS/ REPORTS	MATTHEW KARLINER/FRIENDS' CENTRAL AQUATICS C/O FRIENDS' CENTRAL SCHOOL 1101 CITY AVE WYNNEWOOD, PA 19072		
CHECKS PAYABLE TO	FRIENDS' CENTRAL SCHOOL		
SAFETY DIRECTOR	SEAN FORD	E-MAIL: sford@friendscentral.org	PHONE: 610-658-5605
OFFICIALS CONTACT	MATTHEW KARLINER	E-MAIL: mkarliner@swimfca.org	PHONE: 610-908-2753

Session 1

January 7, 2017

The 1650 will be limited to a total of 10 heats, entries will be accepted on a first come first serve basis, as noted in the entries section above. All 1650 heats will be run fastest to slowest with alternating heats of boys and girls. Swimmers need their own lap counters. Swimmers do not have to supply their own timer but are responsible for providing their own lap counter.

Check-In closes for Session 1 (1650) at 1:30 pm, Saturday January 11th.

GIRLS	EVENT	BOYS
1	1650 Free	2

Session 2

January 8, 2017

All Session 2 heats will be run fastest to slowest, alternating.

PLEASE NOTE: THERE WILL BE A FIFTEEN MINUTE WARM UP BETWEEN 11 & 12 AND
13 & OVER EVENTS ON SUNDAY.

Check-In closes for Session 2 (400/500) at 9:30 am on Sunday, January 12th

GIRLS	EVENT	BOYS
3	9 & Over 400 IM	4
5	9 & Over 500 Free	6

DECK ENTRIES	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 \$10 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 pre-seeded with the exception of the event(s) noted below.
AWARDS	Individual Events: 1st to 6th.
SCORING	
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 is \$2.00 per session. Children under 12 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	

SESSION	WARM-UP TIMES	MEET STARTS
1650	1pm	2pm
400 IM/500 Free	9am.	10am
WARM-UP INFORMATION	USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes. Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet. Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules	

DECK PRIVILEGES	Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck. 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.
RACING START CERTIFICATION	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.
QUALIFYING TIMES	Qualifying Times (if applicable) are shown on the attached Meet Structure
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee & Safety Director for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.

RULES:	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.
DECK CHANGING	Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.

<p>DIRECTIONS</p>	<p>From I-95: Take I-95 to I-76 West to Exit 339 (old 33) (City Line Avenue/Route 1). Go south on City Line Avenue (Rt 1) for appx. 2 miles. Cross over Lancaster Avenue (Route 30) 1/2 mile on your right is entrance to campus.</p> <p>From NJ Turnpike: NJ Turnpike to Exit 6. Pennsylvania Turnpike. Follow directions for PA Turnpike.</p> <p>From PA Turnpike: Get on PA Turnpike to Exit 326 (old 24) (Valley Forge) After toll proceed on I-76 East (approximately 8 miles) to Exit 339 (old 33) (City Line Avenue/Route 1). Go south on City Line Avenue (Rt 1) for appx. 2 miles. Cross over Lancaster Avenue (Route 30) 1/2 mile on your right is entrance to campus.</p>
<p>ACCOMODATIONS</p>	<p>Holiday Inn City Line 4100 Presidential Blvd., Philadelphia, Pennsylvania, USA, 19131 215-477-0200 Toll-free: 800-465-4329</p> <p>North American Motor Inn 4444 City Line Ave, Philadelphia, Pennsylvania, USA, 19131 215-878-3100</p> <p>Marriott Philadelphia West 111 Crawford Avenue, West Conshohocken, Pennsylvania, USA, 19428 (off of Rt.76) 610-941-5600 Toll-free: 800-237-3639</p> <p>Hotel Windsor 1700 Ben Franklin Pkwy, Philadelphia, Pennsylvania, USA, 19103 215-981-5678 http://www.windsorhotel.com</p>