



MIDDLE  
ATLANTIC  
SWIMMING



# SENIOR LC CHAMPIONSHIPS

Wednesday, July 12 – Saturday, July 15, 2006

**BUCKNELL UNIVERSITY, LEWISBURG, PA**

Held under the Sanction of USA Swimming  
Sanctioned by Middle Atlantic Swimming, Inc.

Sanction # **MA 0691 S**

Time Trial Sanction # **MA 0691 TT**

<b>LOCATION</b>	<p><b>Arthur D. Kinney Natatorium</b>, Kenneth Langone Athletic Center, Moore Avenue, Bucknell University, Lewisburg, PA 17837 Days of Meet <b>ONLY</b>, <b>Emergency phone: (570) 577-3679</b></p>
<b>ENTRY DEADLINE</b>	<p><b>Entries will be processed though the USA Swimming website using OME (Online Meet Entry). Entry deadline is Friday, July 7<sup>th</sup> at 11:59pm (EST).</b> OME will open for entries into this meet on Thursday, June 1, 2006 at <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a> . Times may be updated (from meets occurring 7/8-9/06) through 9:00 pm on Monday, July 10, 2006.</p>
<b>MODIFIED SCRATCH PROCEDURE</b>	<p>This meet will be run under modified USA Swimming Championship Scratch rules and procedures (see section 207.7.9 of the USA Swimming Rulebook.) The meet will not be pre-seeded; a Scratch Box will be situated with the Admin Referee on deck for swimmers to scratch the following day's events. Swimmers that do not compete in a Preliminary Individual Event that they have not scratched will be barred from further Individual Events on that meet day and will have to positive check-in to swim on all succeeding days. A Declared False Start option will be available at the Prelims sessions.</p>
<b>FACILITY INFORMATION</b>	<p>The Arthur D. Kinney Natatorium is an 8-lane, 50-meter pool equipped with Competitor lane lines and Paragon starting blocks. Pool depth at the starting end is 14.5 feet. A Colorado timing system with an 8-lane scoreboard display will be used for this meet. There is a spectator area with seating for 600 persons; the deck holds 300 athletes and there is adequate parking. A snack bar will be available during the meet.</p> <p>Please visit the Bucknell University Web Site for Visitor Information: <a href="http://www.bucknell.edu/visitors/index.html">http://www.bucknell.edu/visitors/index.html</a></p> <p><b><u>Athlete Drop-Off area:</u></b> will be at the rear of the Sojka Pavilion near the loading dock. Vehicles will not be able to park in this area after dropping off athletes. <b><u>Team/Athlete/Officials Entrance:</u></b> will be at the rear of the Sojka Pavilion. <b><u>Spectator Entrance:</u></b> Front entrance of the Sojka Pavilion. <b>NO ATHLETES OR MEET PERSONNEL PLEASE.</b></p> <p><b><u>Parking:</u></b> Is available on campus in any legal parking spot. Illegally parked cars will be towed. There is a large parking lot located behind the football stadium.</p>

	<p><b>NO FOOD ON DECK:</b> The facility is adamant that no food or drink OF ANY KIND is allowed on the pool deck or in the locker rooms. Swimmers bringing food or drink on deck or into the locker rooms will be removed from the facility. Food can be eaten in the lobby or up in the concourse. Water will be made available to athletes on the pool deck.</p>
<p><b>MEET DIRECTOR</b></p>	<p>Michael Gobrecht (717) 514-2287</p> <p><a href="mailto:senior@maswim.org">senior@maswim.org</a></p>
<p><b>SAFETY DIRECTOR</b></p>	<p>Patric C. Mills 302/429-6288</p>
<p><b>MEET REFEREE / OFFICIALS</b></p>	<p>Fred Killian, <a href="mailto:officials@maswim.org">officials@maswim.org</a> 302/994-3389</p> <p>All certified Officials are welcome and encouraged to help at the Meet. Officials may volunteer at <a href="mailto:officials@maswim.org">officials@maswim.org</a> , or by contacting Fred Killian at (302) 994-3389. Your help in making this Meet a success will be greatly appreciated.</p>
<p><b>ELIGIBILITY / BONUS SWIMS</b></p>	<p>The meet is open to all swimmers registered with USA Swimming who meet the listed qualifying times for each event. Bonus events will be allowed in this meet; any swimmer having a qualifying time in at least one individual event may enter two additional bonus events of 200 meters or less. Swimmers must meet the standard to swim events 400 meters and longer. There are no bonus event time standards; however no swimmer will be permitted more than two (2) bonus events The Meet will be conducted according to current USA Swimming Rules.</p>
<p><b>ENTRY INSTRUCTIONS</b></p>	<p>Entries may be submitted online beginning June 1, 2006 (9:00 am EST) though the USA Swimming website using OME (Online Meet Entry) <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a>. Online entries will be accepted until Friday, July 7th (11:59 pm EST). Payment for OME is requested using Visa, MasterCard, American Express, or Discover; there is an option to pay by check directly to Middle Atlantic. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet in case of problems with entries. You can return to your entry to modify entry times should they improve during the entry period. You can also add events to your entry but you cannot delete events.</p> <p>Entry times will be taken from the SWIMS database. Custom times may be entered, however all times not from SWIMS are subject to 'proof' prior to the meet. Coaches will be notified of the need to prove times. Swimmers will not be permitted to swim with un-proven times. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than LC will be treated as 'non-conforming' and will be seeded according to USA Swimming procedures. Teams entering on paper (forms attached) must be accompanied by payment, including the \$5.00 per swimmer processing fee. Paper form entries should be to hundredths of a second, and should clearly indicate times achieved in yards (Y) or short-course meters (SCM). No Faxed entries will be accepted. Entry forms must provide all information requested in order to be considered official.</p> <p><b>Entries will not be considered accepted until entry fees are received.</b></p>

<p><b>ENTRY / EVENT LIMITATIONS</b></p>	<p>Each swimmer may swim three (3) individual events per day, not including relays. A swimmer may enter more than three individual events per day and use the scratch box to select which events to swim; if a swimmer does not scratch to reach the three-event limit, all events above the allowed limit will be scratched. A time trial or deck-entered event will be included in the three-event limit.</p> <p>The Meet Director reserves the right to make any changes that become necessary to ensure the meet complies with Middle Atlantic guidelines. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.</p>
<p><b>WARM-UP &amp; START TIMES</b></p>	<p><u>Wednesday</u> 4:30 pm warm-up / 6:00 pm start</p> <p><u>Thursday/Friday/Saturday</u> <b>PRELIMS</b> 7:30 am warm-up / 9:00 am start</p> <ul style="list-style-type: none"> <li>▪ <b>Saturday 1500 (except top 8) - the afternoon heats of the 1500 will be scheduled to end just prior to the 4:00 warm-up for Finals; warm-up will be one hour before the start of the slowest heat of the 1500.</b></li> </ul> <p><b>FINALS</b> 4:00 pm warm-up / 5:00 pm start</p>
<p><b>FINALS</b></p>	<p>The following events are Timed Finals: all Relays, 800 Free and 1500 Free. The fastest eight (8) swimmers in men's / women's 1500 Free will swim at Saturday Finals session. All other events are Prelims/Finals and will have a C-Final, a B-Final and an A-Final, swum in that order.</p>
<p><b>RELAYS</b></p>	<p>All relays are Timed Finals and will be deck-seeded. The fastest two (2) heats of each relay will swim at the evening Finals sessions. Check-in will be during the morning Prelims sessions. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet, upon payment of the meet surcharge and submission of proof of 2006 registration.</p>
<p><b>DECK-SEEDED MEET – SCRATCH BOX</b></p>	<p style="text-align: center;"><b>THIS MEET WILL BE ENTIRELY DECK-SEEDED.</b></p> <p>For all Prelims/Finals individual events, swimmers are expected to scratch events that they do not intend to swim on the next meet day. The scratch box will close at 5:30 pm each evening (6:30 pm on Wednesday). Swimmers that do not scratch and then do not compete are subject to the penalties and procedures described below under 'Scratch Rule'.</p> <p>Positive check-in will be required to be seeded into the 800-Free on Wednesday and 1500-Free on Saturday. The 800-Free will be swum fast-to-slow, alternating Women/Men. The fastest eight (8) swimmers in the 1500-Free will swim during the Finals session on Saturday; the other heats will swim in the afternoon, slow-to-fast, alternating Women/Men. The afternoon heats will be timed so that the last heat finishes just before the start of the Finals warm-up. Swimmers who have not checked-in may swim the event by reporting to the Meet Referee prior to the start of the event. (Note: swimmers not checked-in for the 1500 will be limited to open lanes in the slowest heat.)</p>

<p><b>400 IM/400 Free</b></p>	<p>At Prelims, the 400 IM and 400 Free will be swum in the following order - the four fastest Women's heats followed by the four fastest Men's heats, swum slowest to fastest (the fastest three will be circle seeded). The remaining preliminary heats will be swum fastest to slowest, alternating Women's and Men's heats.</p>
<p><b>DECK ENTRIES /TIME TRIALS</b></p>	<p>Subject to space availability, and at the discretion of the Meet Director and Meet Referee, 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 the swimmer will not advance to Finals and will not score in the meet for points or awards. A deck entry counts toward the maximum allowed three (3) individual events per day for each swimmer. To enter, please see the Meet Director before the end of the warm-up session.</p> <p>Swimmers interested in swimming a Time Trial should make that request to the Meet Director at any time during the meet. Time Trials will be scheduled at the discretion of the Meet Director and the Meet Referee. The entry fee for a Time Trial is \$10. A Time Trial counts toward the maximum allowed three (3) individual events per day for each swimmer. Entry fee for a relay Time Trial is \$15.</p>
<p><b>SWIMMERS WITHOUT A COACH</b></p>	<p>Swimmers unaccompanied by a credentialed coach should report to the Meet Director before the warm-up for each session for instructions.</p>
<p><b>SEEDING</b></p>	<p>This is primarily a Prelim/Finals meet. Non-conforming times will be accepted and will be seeded according to USA Swimming procedures 207.7.10B(1) and (2). All individual events, except the 800 and 1500 freestyle events, will have a C-, B- and A-Finals during the Finals session.</p>
<p><b>ENTRY FEES</b></p>	<p><b>\$5 surcharge for all swimmers in meet, including relay only swimmers,</b></p> <p>Individual Events - \$5.00/each event      Relays - \$10.00/each relay.  Time Trial Individual Events - \$10 each      Time Trial Relays - \$15 each  Deck entry Individual events - \$10 each      Deck entry Relays - \$20 each</p>
<p><b>RULES</b></p>	<p>This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming Rules and policies. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck.</p> <p><b>Any swimmer observed swimming under or through the Bulkhead by an Official or Safety 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.</b></p> <p>According to USA Swimming/MA rules, all entries must be made with the actual best times of the swimmers for their events. A penalty of \$50 per event will be assessed on any MA swimmer who fails to swim the qualifying time in an event unless proof-of-time can be provided.</p>

<p><b>SCRATCH RULE</b></p>	<p>The Meet will be swum using modified scratch rules to those described in Section 207.7.9 of the USA Swimming Rules &amp; Regulations.</p> <p>Any swimmer that has positively checked-in to a deck-seeded event and then does not swim that event will be barred from their next individual event in the meet.</p> <p>Any swimmer that does not compete in a Prelims event in which they are entered and have not scratched (via the Scratch box) will be barred from further individual events on that day and must positively check-in to be seeded into any individual event on succeeding days in order to swim those events; positive check-in must occur prior to the close of the scratch box on the previous evening. A Declared False Start may be taken in Prelims events.</p> <p>Any swimmer that qualifies for one of the Finals heats (A-, B- or C-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 (and confirmed their possible intention to scratch within thirty 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 non-compete at the Finals session will be treated as a failure to compete and will be penalized as such.</p> <p>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 in the event. This fine also applies to the top eight (8) swimmers in the 1500-Free listed on the pre-meet psych sheet who positively check-in for that event and then do not compete.</p>
<p><b>SCORING &amp; AWARDS</b></p>	<p>There are no awards for individual or relay events, and no Team awards. There will be High Point Awards for the top three (3) women and top three (3) men based on the point system below. There will be an IRONMAN award for the swimmer (male and female) with the highest HY-TEK point score in the <b>1500, 800, 400, and 400 IM.</b></p> <p>Scoring for Individual events will be (1<sup>st</sup> thru 16<sup>th</sup> place): 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1</p>
<p><b>PROGRAMS &amp; ADMISSION</b></p>	<p>Admission - \$5.00 per session, which includes heat sheet</p>
<p><b>RESULTS</b></p>	<p>The results will be posted on the Middle Atlantic website (<a href="http://www.maswim.org">www.maswim.org</a> ). Real-Times Results will also be available on the Middle Atlantic web site.</p>

## **DIRECTIONS**

Bucknell University is approximately six (6) miles south from I-80 on Rte 15 in Lewisburg, PA. The main entrance to the University is off Rte 15 approx. 1/3 of a mile south of the intersection of Rte 45 and Rte 15. Once you have entered the University, the football stadium will be on your right. Bear to the left of the chapel. A large Athletic Complex will be on your left. Kinney Natatorium is located towards the middle of this complex, next to the new pavilion.

Please visit the Bucknell website for more detailed directions:  
<http://www.bucknell.edu/visitors/index.html> .

## QUALIFYING TIMES – LC SENIOR CHAMPS 2006

Wednesday Evening, July 12, 2006

Warm-Up - 4:30 PM Meet Starts - 6:00 PM

### WOMEN

### MEN

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
1	11:46.15	10:17.88	10:30.49	800 M Freestyle*	9:35.49	9:16.50	10:35.92	2

Thursday, July 13, 2006

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
3	2:22.84	2:39.37	2:40.49	200 M Butterfly	2:30.49	2:27.78	2:12.43	4
5	59.39	1:06.28	1:07.49	100 M Freestyle	1:00.49	58.74	52.63	6
7	2:26.46	2:43.50	2:45.49	200 M Backstroke	2:30.49	2:40.69	2:23.98	8
9	5:41.03	4:58.40	5:04.49	400 M Freestyle	4:40.49	4:31.23	5:09.94	10
11				400 M Freestyle Relay				12

Friday, July 14, 2006

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
13	2:08.76	2:23.74	2:25.49	200 M Freestyle	2:12.49	2:09.44	1:55.93	14
15	2:41.47	3:00.19	3:03.49	200 M Breaststroke	2:50.49	2:44.52	2:27.47	16
17	27.45	30.63	31.19	50 M Freestyle	28.19	27.37	24.53	18
19	5:10.18	5:46.28	5:50.49	400 M Individual Medley	5:21.49	5:12.17	4:39.70	20
21				800 M Freestyle Relay				22

Saturday, July 15, 2006

Prelim Warm-Up - 7:30 AM Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

#	SCY	SCM	LCM	Event	LCM	SCM	SCY	#
23	1:07.19	1:14.96	1:15.49	100 M Butterfly	1:06.49	1:05.69	58.84	24
25	1:08.58	1:16.56	1:17.49	100 M Backstroke	1:10.49	1:08.45	1:01.33	26
27	1:15.25	1:23.98	1:26.49	100 M Breaststroke	1:19.49	1:16.71	1:08.76	28
29	2:26.51	2:43.49	2:46.49	200 M Individual Medley	2:33.49	2:28.12	2:12.77	30
31				400 M Medley Relay				32
33	19:10.02		19:33.49	1500 M Freestyle*	18:31.49		18:03.70	34

\*Swimmers for the 800 M and 1500 M Freestyle must provide their own timer and counter. **Fastest heat of men and women in the 1500 Free will swim as the first event at Saturday Finals. Remaining heats will swim on Saturday afternoon with warm-up one hour before the scheduled start. The fastest two heats of each relay will swim at Finals.**





MIDDLE ATLANTIC SWIMMING

MIDDLE ATLANTIC SENIOR CHAMPIONSHIP - SUMMARY

July 12-15, 2006

THIS FORM MUST ACCOMPANY THE OFFICIAL ENTRY BLANK. Use this form ONLY if you are entering this manually and NOT using the On-Line Meet Entry

Team Name \_\_\_\_\_ Club Code \_\_\_\_\_

Head Coach \_\_\_\_\_ Email: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone: Home ( ) \_\_\_\_\_ Office ( ) \_\_\_\_\_

ENTRY FEES

<u>Number of</u>		<u>Cost per</u>	<u>Total</u>
_____	Swimmer surcharge @	\$5.00 per swimmer	\$ _____
_____	Individual events @	\$5.00	\$ _____
_____	Relays@	\$10.00	\$ _____
_____	Manual entry processing fee	\$5.00 per swimmer	\$ _____
	<b>TOTAL</b>		<b>\$ _____</b>

WORKER CONTACT PERSON: This person will be responsible for obtaining the workers from your club for this meet. The Meet Director will contact this person after the entries are submitted. No entries will be accepted without this information.

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

FAX PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Did you?

- \_\_\_\_\_ confirm qualifying times
- \_\_\_\_\_ enclose completed summary
- \_\_\_\_\_ enclose check with this form so that you will receive credit for payment

ENTRY DEADLINE: Received by 4:00 PM, Friday, July 7, 2006. No entries will be accepted after that date. Please make checks payable to Middle Atlantic Swimming. One check per club, please. Mail entries to:

Michael Gobrecht.  
Attn: LC Senior Championship  
410 Fallowfield Road  
Camp Hill, PA 17011-4900

I certify that all swimmers from this Team entered in the LC Senior Champs are current members of USA Swimming and that all Coaches from this team who will attend the meet hold current coaching credentials.  
Head Coach \_\_\_\_\_



