



**2024 Short Course
10 & UNDER CHAMPIONSHIPS**
Hosted by North Penn Aquatic Club
MARCH 9 & 10, 2024

ENTRY DEADLINE

FEBRUARY 23, 2024 AT 11:59 PM



2024 Short Course 10 & Under 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	North Penn Aquatic club
LOCATION	North Penn High School- 1340 Valley forge Rd, lansdale PA 19446
SANCTION	This meet is held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 24193 AG 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 September 1, 2022.
FORMAT	These championships will be conducted in SCY. All individual and relays will be timed final events.
SCHEDULE	session 1: warmup 7:30am start 8:30am session 2: warmup 1:30pm start 2:30pm session 3: warmup 7:30am start 8:30am session 4: warmup 1:30pm start 2:30pm
SEEDING	Events shall be seeded in order of SCY, LCM, SCM and then bonus entries in the same order.
TECHNICAL MEETING FOR COACHES	There will be a virtual (Zoom-based) technical meeting the evening prior to Day 1 events at 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

This competition will follow the scoring rules as defined in section 102.24.3 of the USA Swimming Rules and Regulations. Individual scores will be kept and awarded. Awards will be given to all place winners 1st through 16th place for individual events as well as top 6 place winners for the relay events. In Sessions 1 & 3, all events are awarded by the combined age group 9 & 10. Sessions 2 & 4, all events are awarded as single age groups 6 & under, 7, and 8. Individual High Point Awards will be given to the top scoring female and male athletes for 6&under, 7, 8, 9, 10-year-olds.

SWIMS DATABASE

Times from the following will be in SWIMS, the national times database.

- 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.

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.

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.

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 January 29, 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 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 of the yards seed times 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. Times must be entered in the proper course in which achieved; converted times will not be accepted.

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 four (4) individual events per day, and a total of eight (8) events (not including relays) during the meet.

ENTRY FEE

Individual Events: \$10.00 per event
Relay Events: \$20.00 per event

RELAYS

All relays will be deck-seeded, timed final events. Relay-only swimmers will be allowed on relays. Mixed Relays must contain 2 male and 2 female swimmers, the 4 swimmers may swim in any order. Each team may enter a maximum of 4 relays in an 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.

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

A meeting for officials may be held prior to each session, either in-person or virtually.

A sign-up for officials who wish to work at this meet is available at MASwimOfficials.org.

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.

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

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.

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.

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.

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.

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 March 27, 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 March 27, 2024, who competes in this USA 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.

**EVENT
PERSONNEL**

Referee: email phone
Administrative Referee: email phone
Meet Director: Christina Potts email pottsswimfam5@gmail.com phone 267-218-1192
Meet Entry Chair: Christina Potts email pottsswimfam5@gmail.com phone 267-218-1192
Operational Risk Director: Jason Potts email jrpotts@comcast.net phone 267-772-1230

**ABOUT THE
FACILITY**

The Rick Carroll natatorium — housed within the North Penn High School includes a 8-lane (12' depth at the start end and 5.5' depth at the turn end). 25-yard indoor swimming Daktronics timing system pool, along with separate lanes for warm-up/warm-down. Large deck area for swimmers, coaches, and officials. Daktronics timing system with scoreboard. Hy-Tek Meet Manager 8.0 software. There will be a concession area at this meet. Pool Certification – The competition course has not been certified in accordance with 104.2.2C (4) of the USA Swimming Rules & Regulation, Section 202.3.5 A or B (page 57 in the 2011 Rules and Regs.)

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**

Certified Lifeguards and AED available

CONCESSIONS

full snack bar available all sessions

HOSPITALITY

there will be hospitality set up in a classroom for all sessions for coaches and officials

PARKING

plenty of free parking

HOTELS

Marriott Courtyard Philadelphia Lansdale 1737 Sumneytown Pike Lansdale, PA 19446 Comfort Inn Montgomeryville, 678 Bethlehem Pike, 1 877-477-5817
Marriott Courtyard Montgomeryville, 544 Dekalb Pike, 1 215-699-7247
Residence Inn Montgomeryville, 1110 Bethlehem Pike, 1 267-468-0111

ADMISSIONS

\$5 per session 8 and under admitted free

EVENT ORDER

GIRLS	Session 1 Saturday March 9, 2024 warm-up 7:30 start 8:30 EVENT	BOYS
1	9 & 10 200 Medley Relay	2
3	9 & 10 100 Freestyle	4
5	9 & 10 50 Fly	6
7	9 & 10 100 Backstroke	8
9	9 & 10 50 Breaststroke	10
11	9 & 10 200 IM	12
13	9 & 10 500 Freestyle begins 15 minutes after the conclusion of event #12	14
GIRLS	Session 2 Saturday March 9, 2024 warm-up 1:30pm start 2:30pm EVENT	BOYS
15	8 & Under 100 Medley Relay	16
17	8 Year Old 100 Backstroke	18
19	8 & Under 25 Backstroke	20
21	8 & Under 50 Freestyle	22
23	8 Year Old 100 Breaststroke	24
25	8 & Under 25 Breaststroke	26
27	8 & Under 50 Butterfly	28
29	8 & Under 100 IM	30
31	8 & Under Mixed 200 Freestyle Relay	31
GIRLS	Session 3 Sunday March 10, 2024 Warm-up 7:30 start 8:30 EVENT	BOYS
33	9 & 10 200 Freestyle Relay	34
35	9 & 10 100 IM	36
37	9 & 10 100 Butterfly	38
39	9 & 10 50 Backstroke	40
41	9 & 10 200 Freestyle	42
43	9 & 10 100 Breaststroke	44
45	9 & 10 50 Freestyle	46
GIRLS	Session 4 Sunday March 10, 2024 Warm-up 1:30 Start 2:30 EVENT	BOYS
47	8 & Under 100 Freestyle Relay	48
49	8 Year Old 100 Butterfly	50
51	8 & Under 25 Butterfly	52
53	8 & Under 50 Breaststroke	54
55	8 & Under 25 Freestyle	56
57	8 & Under 50 Backstroke	58
59	8 & Under 100 Freestyle	60
61	8 & Under Mixed 200 Medley Relay	61

Middle Atlantic Swimming

2024 SCY 10&U CHAMPS TIME STANDARDS

GIRLS - LCM	GIRLS - SCM	GIRLS - SCY		BOYS - SCY	BOYS - SCM	BOYS - LCM
Equal To or Faster Than	Equal To or Faster Than	Equal To or Faster Than	10&U	Equal To or Faster Than	Equal To or Faster Than	Equal To or Faster Than
47.79	46.19	41.59	50 Free	44.19	49.09	50.69
1:41.19	1:39.59	1:29.69	100 Free	1:32.09	1:42.19	1:43.79
3:26.69	3:25.09	3:04.79	200 Free	3:08.09	3:28.79	3:30.39
7:02.59	6:54.39	7:53.49	500 Free	7:51.09	6:52.19	7:00.49
54.89	53.29	47.99	50 Back	50.29	55.79	57.39
2:00.39	1:58.79	1:46.99	100 Back	1:46.99	1:58.79	2:00.39
1:03.59	1:01.99	55.79	50 Breast	57.59	1:03.99	1:05.59
2:18.79	2:17.19	2:03.59	100 Breast	2:03.59	2:17.19	2:18.79
1:02.59	1:00.99	54.89	50 Fly	54.89	1:00.99	1:02.59
2:02.29	2:00.69	1:48.69	100 Fly	1:48.69	2:00.69	2:02.29
NA	2:01.89	1:49.79	100 IM	1:51.89	2:04.19	NA
3:59.79	3:58.19	3:34.59	200 IM	3:34.59	3:58.19	3:59.79

8&U

8&U swimmers must have a time in SWIMS database for each event in which they enter.
8&U swimmers cannot be entered with NT and must have a provable time in each event entered.

