

SWIM FEST
JUNE 21-23, 2024

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| MEET HOST | NITTANY LION AQUATIC CLUB | | |
| SANCTION | Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 24197 A <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 | TRACY BOONE | E-MAIL: mdnlac@gmail.com | PHONE: 814-977-5533 |
| LOCATION | Pool name MCCOY NATATORIUM (OUTDOOR POOL), PENN STATE UNIVERSITY Street address CORNER OF BIGLER & CURTAIN ROADS City, state and zip UNIVERSITY PARK, PA 16802 Day of meet ONLY emergency phone 814-977-5533 | | |
| FACILITY DESCRIPTION | This is an <input type="checkbox"/> indoor <input checked="" type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a 8 line scoreboard and 8 lane lines. The meet will be conducted in <input type="checkbox"/> SCY <input type="checkbox"/> SCM <input checked="" type="checkbox"/> LCM. Deck seating for _____ and spectator seating for 500. Parking EAST PARKING DECK (\$1 PER HOUR) Hospitality YES Snack bar NO | | |
| WATER DEPTH | The depth of the water at the start end of the pool is 12'6" feet and at the turn end is 4'6" feet. | | |
| EVENTS | This meet will be conducted in accordance with the attached schedule of events. | | |
| ENTRIES OPEN | MARCH 1, 2024 | | |
| ENTRY DEADLINE | JUNE 4, 2024 at 11:59 PM | | |
| ENTRY FEES | Individual Events: \$10.00 | | Relay Events: \$20.00 |
| ENTRY LIMITS | 4 Individual Events per day (excluding relays). | NA Relays per day | MEET ENTRY LIMIT: 12 Events for 13 & Over; 9 Events for 11-12 yr olds; 8 Events for 9-10 year olds |
| 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 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 _____ NT entries <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted. Entries must be submitted electronically in a format compatible with MM 7.0 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 June 11, 2024 Include Meet Entry Summary with payment. | | |
| MEET ENTRY CHAIR | TRACY BOONE | PHONE #: 814-977-5533 (no calls before 9:00 AM or after 9:00 PM) | |
| E-MAIL ENTRY FILES TO | MDNLAC@GMAIL.COM | | |
| MAIL CHECKS/ REPORTS | TRACY BOONE, 315 MEADOW FLOWER CIRCLE, BELLEFONTE, PA 16823 | | |
| CHECKS PAYABLE TO | NLAC | | |
| OPERATIONAL RISK DIRECTOR | CHRISTINE SCHWAB | E-MAIL: mdnlac@gmail.com | PHONE: 814-977-5533 |
| OFFICIALS CONTACT | ALLYSON HUGGINS | E-MAIL: LAHUGGINS@NETZERO.COM | PHONE: 814-441-9629 |

Session 1 & 2
FRIDAY AM - 13 & OVER + OPEN 1500 FREESTYLE

| GIRLS | EVENT | BOYS |
|-------|----------------------------------|------|
| 1 | 13-14 200 BACKSTROKE | 2 |
| 3 | 15 & OVER 200 BACKSTROKE | 4 |
| 5 | 13-14 100 FREESTYLE | 6 |
| 7 | 15 & OVER 100 FREESTYLE | 8 |
| 9 | 13-14 200 BREASTSTROKE | 10 |
| 11 | 15 & OVER 200 BREASTSTROKE | 12 |
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| | ***** SESSION 2 - DISTANCE ***** | |
| 13 | OPEN 1500 METER FREESTYLE | 14 |
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Session 3 & 4
SATURDAY AM -- 13 & OVER + OPEN 400 FREESTYLE

| GIRLS | EVENT | BOYS |
|-------|----------------------------------|------|
| 15 | 13-14 200 BUTTERFLY | 16 |
| 17 | 15 & OVER 200 BUTTERFLY | 18 |
| 19 | 13-14 100 BACKSTROKE | 20 |
| 21 | 15 & OVER 100 BACKSTROKE | 22 |
| 23 | 13-14 200 IM | 24 |
| 25 | 15 & OVER 200 IM | 26 |
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| | ***** SESSION 4 - DISTANCE ***** | |
| 27 | OPEN 400 METER FREESTYLE | 28 |
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Session 5
SATURDAY PM -- 9-12 YR OLD

| GIRLS | EVENT | BOYS |
|-------|------------------------|------|
| 29 | 9-10 50 BREASTSTROKE | 30 |
| 31 | 11-12 50 BREASTSTROKE | 32 |
| 33 | 9-10 100 BACKSTROKE | 34 |
| 35 | 11-12 100 BACKSTROKE | 36 |
| 37 | 9-10 100 BUTTERFLY | 38 |
| 39 | 11-12 100 BUTTERFLY | 40 |
| 41 | 11-12 200 BREASTSTROKE | 42 |
| 43 | 9-10 50 FREESTYLE | 44 |
| 45 | 11-12 50 FREESTYLE | 46 |
| 47 | 9-10 200 IM | 48 |
| 49 | 11-12 200 IM | 50 |
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Session 6 & 7
SUNDAY AM -- 13 & OVER + 400 IM

| GIRLS | EVENT | BOYS |
|-------|----------------------------------|------|
| 51 | 13-14 100 BUTTERFLY | 52 |
| 53 | 15 & OVER 100 BUTTERFLY | 54 |
| 55 | 13-14 50 FREESTYLE | 56 |
| 57 | 15 & OVER 50 FREESTYLE | 58 |
| 59 | 13-14 100 BREASTSTROKE | 60 |
| 61 | 15 & OVER 100 BREASTSTROKE | 62 |
| 63 | 13-14 200 FREESTYLE | 64 |
| 65 | 15 & OVER 200 FREESTYLE | 66 |
| | | |
| | ***** SESSION 7 - DISTANCE ***** | |
| 67 | OPEN 400 IM | 68 |

Session 8
SUNDAY PM - 9-12 YR OLD

| GIRLS | EVENT | BOYS |
|-------|------------------------|------|
| 69 | 11-12 200 BUTTERFLY | 70 |
| 71 | 9-10 50 BACKSTROKE | 72 |
| 73 | 11-12 50 BACKSTROKE | 74 |
| 75 | 9-10 100 BREASTSTROKE | 76 |
| 77 | 11-12 100 BREASTSTROKE | 78 |
| 79 | 9-10 200 FREESTYLE | 80 |
| 81 | 11-12 200 FREESTYLE | 82 |
| 83 | 9-10 50 BUTTERFLY | 84 |
| 85 | 11-12 50 BUTTERFLY | 86 |
| 87 | 11-12 200 BACKSTROKE | 88 |
| 89 | 9-10 100 FREESTYLE | 90 |
| 91 | 11-12 100 FREESTYLE | 92 |

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| 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 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. 1500 Meter Freestyle, 400 Meter Freestyle, and the 400 IM. Positive check-in is required for these events. We will swim these events fastest to slowest, alternating one heat of girls then one heat of boys. |
| AWARDS | None |
| SCORING | 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 |
| PROGRAMS AND ADMISSION | Programs/heat sheets will be sold by <input type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5. Children under 6 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost. |
| MISCELLANEOUS | Swimmers must provide their own timer and counter for the 1500 Meter Freestyle and their own timer for the 400 Meter Freestyle and 400 IM. Scratch sheets will be available at the beginning of each session. Please be sure to stop by the Admin Table and pick-up your scratch sheet and return them at least 30 minutes before the session starts so that the meet can be seeded and heat sheets can be printed. Unattached swimmers should stop by the Admin Table and check their name off their sheets and turn them in as well. Volunteers will be needed from all teams to help run the meet. There will be a Sign-Up Genius with positions needed to be filled. |

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| | Reminder that athletes are to use the restrooms located in the locker rooms. The outdoor restrooms are for spectators, volunteers, officials, and coaches only. |
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| SESSION | WARM-UP TIMES | MEET STARTS |
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| 1 & 2 (Fri., June 21) | Session 1: 8:00 AM Session 2: 1:00 PM - (Positive Check-in for this Session) | 9:00 AM 2:00 PM |
| 3, 4, & 5 (Sat., June 22) | Session 3: 6:30 AM Session 4: 12:15 PM (Positive Check-in for this Session) Session 5: 3:30 PM | 7:30 AM 12:45 PM 4:30 PM |
| 6, 7, & 8 (Sun., June 23) | Session 6: 6:30 AM Session 7: 12:15 PM (Positive Check-in for this Session) Session 8: 3:30 PM | 7:30 AM 12:45 PM 4:30 PM |
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| 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. 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</p> | |
| MEDICAL SUPERVISION AVAILABLE | Lifeguards, AED Device, Doctors (NLAC has several parents who are doctors, nurses, ER doctors, EMT's, and Pediatricians) | |
| 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 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. | |

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| 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 | US Route 322 to the Penn State Exit (Park Ave.). Turn onto Park Ave., follow to third light past stadium on Bigler Rd. Turn left onto Bigler Rd. Pool is past the first stop sign on the left. Parking is available in the East Parking Deck on Bigler Road, on the right prior to reaching the stop sign and pool. |
| ACCOMMODATIONS | Many options available. Google "State College hotels" for a listing of those available in the area. |