

NLAC SWIM FEST MEET
JUNE 19-21, 2026

MEET HOST	NITTANY LION AQUATIC CLUB		
SANCTION	Held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 26189 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	ELIZABETH EDMONDSON	E-MAIL: MDNLAC@GMAIL.COM	PHONE: 814-933-8148
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 814-933-8148		
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; \$2.00 first hour, \$1.00 each add'l 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 15, 2026		
ENTRY DEADLINE	MAY 30, 2026 at 11:59 PM		
ENTRY FEES	Individual Events: \$10.00	Relay Events: \$20.00	Pre-Paid Admission Fee \$10.00 per swimmer
ENTRY LIMITs	4 Individual Events per day (excluding relays).	1 Relays per day	MEET ENTRY LIMIT: 12 events for 13 & over; 9 events for 9-12 YR 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 2026 USA swimming registered swimmers.		
ON-SITE REGISTRATION	On-site registration (athletes only) <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be accepted at this meet.		
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 8.0 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 16, 2026 Include Meet Entry Summary with payment. 		
MEET ENTRY CHAIR	ELIZABETH EDMONDSON	PHONE #: 814-933-8148	
E-MAIL ENTRY FILES TO	MDNLAC@GMAIL.COM		
MAIL CHECKS/ REPORTS	ELIZABETH EDMONDSON; 319 E. LAMB ST., BELLEFONTE, PA 16823		
CHECKS PAYABLE TO	NLAC		
OPERATIONAL RISK DIRECTOR	KRISTINE SCHWAB	E-MAIL: KRISTINE.E.SCHWAB@GMAIL.COM	PHONE: 847-867-7095
OFFICIALS CONTACT	KATE WOODRUFF	E-MAIL: KATEMCWOODRUFF@GMAIL.COM	PHONE: 814-876-2701

Session 1
FRIDAY - AM - 13 & OVER

GIRLS	EVENT	BOYS
1	13-14 50 BACKSTROKE	2
3	15 & OVER 50 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
13	13-14 50 BUTTERFLY	14
15	15 & OVER 50 BUTTERFLY	16
17	13-14 200 BACKSTROKE	18
19	15 & OVER 200 BACKSTROKE	20

Session 2
FRIDAY - PM - OPEN DISTANCE

GIRLS	EVENT	BOYS
21	OPEN 1500 FREESTYLE	22

Session 3
SATURDAY - AM - 13 & OVER

GIRLS	EVENT	BOYS
23	13-14 400 FREE RELAY	24
25	15 & OVER 400 FREE RELAY	26
27	13-14 200 BUTTERFLY	28
29	15 & OVER 200 BUTTERFLY	30
31	13-14 50 BREASTSTROKE	32
33	15 & OVER 50 BREASTSTROKE	34
35	13-14 100 BACKSTROKE	36
37	15 & OVER 100 BACKSTROKE	38
39	13-14 200 IM	40
41	15 & OVER 200 IM	42

Session 4
SATURDAY - PM - OPEN DISTANCE

GIRLS	EVENT	BOYS
43	OPEN 400 FREESTYLE	44

Session 5
SATURDAY - PM - 9-12 YR OLD

GIRLS	EVENT	BOYS
45	9-10 400 FREE RELAY	46
47	11-12 400 FREE RELAY	48
49	9-10 50 BREASTSTROKE	50
51	11-12 50 BREASTSTROKE	52
53	9-10 100 BACKSTROKE	54
55	11-12 100 BACKSTROKE	56
57	9-10 100 BUTTERFLY	58
59	11-12 100 BUTTERFLY	60
61	9-10 50 FREESTYLE	62
63	11-12 50 FREESTYLE	64

65	9-10 200 IM	66
67	11-12 200 IM	68

Session 6
SUNDAY - AM - 13 & OVER

GIRLS	EVENT	BOYS
69	13-14 400 MEDLEY RELAY	70
71	15 & OVER 400 MEDLEY RELAY	72
73	13-14 100 BUTTERFLY	74
75	15 & OVER 100 BUTTERFLY	76
77	13-14 50 FREESTYLE	78
79	15 & OVER 50 FREESTYLE	80
81	13-14 100 BREASTSTROKE	82
83	15 & OVER 100 BREASTSTROKE	84
85	13-14 200 FREESTYLE	86
87	15 & OVER 200 FREESTYLE	88

Session 7
SUNDAY - PM - OPEN DISTANCE

GIRLS	EVENT	BOYS
89	OPEN 400 IM	90

Session 8
SUNDAY - PM - 9-12 YR OLD

GIRLS	EVENT	BOYS
91	9-10 400 MEDLEY RELAY	92
93	11-12 400 MEDLEY RELAY	94
95	9-10 50 BACKSTROKE	96
97	11-12 50 BACKSTROKE	98
99	9-10 100 BREASTSTROKE	100
101	11-12 100 BREASTSTROKE	102
103	9-10 200 FREESTYLE	104
105	11-12 200 FREESTYLE	106
107	9-10 50 BUTTERFLY	108
109	11-12 50 BUTTERFLY	110
111	9-10 100 FREESTYLE	112
113	11-12 100 FREESTYLE	114

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 \$15.00 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 pre-seeded with the exception of the event(s) noted below. 1500 M Freestyle, 400 M Freestyle, and 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	Ribbons provided for 1st through 8th places. No awards ceremony.
SCORING	Standard point system for places 1 through 16 for both individual and relays. IE: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 RE: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

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 NA. Children under _____ admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
MISCELLANEOUS	Volunteers will be needed from all teams to help run this meet. There will be a SignUp Genius posted prior to the meet. Reminder that athletes are to use the restrooms located in the locket rooms. The outdoor restrooms are for spectators, volunteers, officials, and coaches only. Swimmer's participating in distance events will need to provide their own timer and card counter.

SESSION	WARM-UP TIMES	MEET STARTS
1 & 2 (Fri., June 19)	Session 1: 8:00 A.M. Session 2: 1:00 P.M.	9:00 A.M. 2:00 P.M.
3, 4, & 5 (Sat, June 20)	Session 3: 6:30 A.M. Session 4: 12:15 P.M. Session 5: 3:30 P.M.	7:30 A.M. 12:45 P.M. 4:30 P.M.
6, 7, & 8 (Sun, June 21)	Session 6: 6:30 A.M. Session 7: 12:15 P.M. Session 8: 3:30 P.M.	7:30 A.M. 12:45 P.M. 4:30 P.M.

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
----------------------------	---

MEDICAL SUPERVISION AVAILABLE	Lifeguards and AED Devices.
--------------------------------------	-----------------------------

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.
-----------------------------------	--

SAFE SPORT MEET 360 REQUIREMENTS	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. The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. 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 www.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 www.usaswimming.org/report .
---	--

DECK PRIVILEGES	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
------------------------	--

	<p>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 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 without the use of the backstroke ledge. When unaccompanied by a member coach, 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.
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 the 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 Rd., on the right prior to reaching the stop sign and pool.

ACCOMMODATIONS

State College and the surrounding area have numerous lodging options.

Hotel blocks can be found with the following link:

<https://www.reservetravel.com/v6?currency=USD&type=geo&siteid=112643&longitude=-77.86178530000000&latitude=40.79849550000000&radius=100&checkin=6/18/2026&nights=3&properties=10824,14635,219260,1GroupSupplyOnly&map&locationlabel=The+Pennsylvania+State+University&cid=GROUP-EVENT-EMAIL&pageSize=10&useMiles>

This will produce three hotel blocks at the following hotels:

The Penn Stater Hotel and Conference Center (215 Innovation Boulevard State College, PA, 16803)

Holiday Inn Express State College at Williamsburg Square by IHG (1925 Waddle Rd State College, PA, 16803)

Comfort Suites State College near Penn State (132 Village Dr. State College, PA, 16803)