



## MIDDLE ATLANTIC SWIMMING'S 10 & UNDER CHAMPIONSHIPS MARCH 11-12, 2023

Middle Atlantic Swimming and the Meet Management Team reserves the right to modify the meet format and/or entry of the meet.

<b>MEET HOST</b>	BLUE WAVE AQUATICS		
<b>SANCTION</b>	Held under the sanction of USA Swimming and Middle Atlantic Swimming. <b>Sanction #</b> MA 23163 AG <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>		
<b>MEET DIRECTOR</b>	MARY POLETO	<b>E-MAIL:</b> meet.entries.mp@gmail.com	<b>PHONE:</b> 703-398-9203
<b>LOCATION</b>	<b>Pool name</b> THE KROC CENTER <b>Street address</b> 1865 HARRISON AVENUE <b>City, state and zip</b> CAMDEN, NJ 08105 <b>Day of meet ONLY emergency phone</b> 856-229-0550		
<b>FACILITY DESCRIPTION</b>	This is an <input checked="" type="checkbox"/> indoor <input type="checkbox"/> outdoor pool with 8 lanes for competition, a Colorado timing system with a 8 line scoreboard and anti-wake lane lines. The meet will be conducted in <input checked="" type="checkbox"/> SCY <input type="checkbox"/> SCM <input type="checkbox"/> LCM. Deck seating for 300 and spectator seating for TBD. Parking Yes Hospitality Yes Snack bar Yes		
<b>POOL CERTIFICATION</b>	The competition course <input type="checkbox"/> has <input checked="" type="checkbox"/> has not been certified in accordance with 104.2.2C(4)		
<b>WATER DEPTH</b>	The depth of the water at the start end of the pool is 12 feet and at the turn end is 4 feet.		
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRIES OPEN</b>	02/01/23		
<b>ENTRY QUALIFYING PERIOD</b>	Times for entry into this meet must have been achieved on or after September 1 <sup>ST</sup> , 2021		
<b>ENTRY DEADLINE</b>	02/26/22 at 11:59 PM		
<b>ENTRY FEES</b>	Individual Events: <b>\$10.00</b>	Relay Events: <b>\$20.00</b>	
<b>ENTRY LIMITs</b>	4 Individual Events per day (excluding relays).	2 Relays per day	<b>MEET ENTRY LIMIT: 10</b>
<b>ELIGIBILITY</b>	All entrants must be registered members of USA Swimming. Age <b>as of the first day of the meet</b> determines eligibility. This meet is open to ALL 10 YR & UNDER MA REGISTERED SWIMMERS USA swimming registered swimmers. <b>Reminder Flex memberships are not valid for Championship Meets.</b>		
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded after SCY entries.</li> <li>NT entries <b>will not</b> be accepted.</li> <li>Entries must be submitted electronically in a format compatible with Hytek 7.0 meet management software.</li> <li>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</li> <li>Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's <a href="#">TM Lite</a> 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</li> </ul>		

	<p>found <a href="#">here</a>.</p> <ul style="list-style-type: none"> <li>• <b>FINAL</b> entry <b>payments</b> and any necessary reports must be mailed or e-mailed to the entry chair by Include <a href="#">Meet Entry Summary</a> with payment.</li> <li>• <b>Entries sent with 'No Time' will be rejected!</b></li> </ul>		
<b>RELAYS</b>	<p>Relays are Timed Finals and will be deck-seeded. All relays must positively check-in by the scratch deadline. Relay participants must be declared to the Admin Referee (on Relay cards) one hour before the relay swims, but may be changed up to the time of the swim. Relay-only swimmers should be submitted with the team entry, when possible. Additional relay swimmers will be accepted at the meet, submission of proof of 2022 registration. Mixed Relays must contain 2 male swimmers and 2 female swimmers, the 4 swimmers may swim in any order. Each team may enter a maximum of 4 relays in an event.</p>		
<b>MEET ENTRY CHAIR</b>	MARY POLETO	<b>PHONE #:</b> 703-398-9203 <i>(no calls before 9:00 AM or after 9:00 PM)</i>	
<b>E-MAIL ENTRY FILES TO</b>	MEET.ETNRIES.MP@GMAIL.COM		
<b>MAIL CHECKS/ REPORTS</b>	BLUE WAVE AQUATICS C/O MARY POLETO 16 BRANCH STREET, MEDFORD, NJ 08055		
<b>CHECKS PAYABLE TO</b>	BWA		
<b>OPERATIONAL RISK DIRECTOR</b>	JOHN CARROLL	<b>E-MAIL:</b> JOHNCARROLL806@GMAIL.COM	<b>PHONE:</b> 609-685-6309
<b>OFFICIALS CONTACT</b>	MARY POLETO	<b>E-MAIL:</b> MARY.POLETO@GMAIL.COM	<b>PHONE:</b> 703-398-9203

**Session 1 Saturday March 11, 2023**  
Warm-Up 7:30am Meet Start 8:30am

GIRLS	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

**Session 2 Saturday March 11, 2023**  
Warm-Up 1:30pm Meet Start 2:30pm

GIRLS	EVENT	BOYS
15	8 & Under 100 Medley Relay	16
17	8 Year Old 100 Backstroke	18
19	6-7-8-Year-Old 25 Backstroke (scored by single age)	20
21	8 & Under 50 Freestyle (scored by single age)	22
23	8 Year Old 100 Breaststroke	24
25	6-7-8-Year-Old 25 Breaststroke (scored by single age)	26
27	8 & Under 50 Butterfly (scored by single age)	28
29	8 & Under 100 IM (scored by single age)	30
31	8 & Under Mixed 200 Freestyle Relay	31

**Session 3 Sunday March 12, 2023**  
Warm-Up 7:30 am Meet Start 8:30 am

GIRLS	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

**Session 4** Sunday March 12, 2023  
Warm-Up 1:30 pm Meet Start 2:30pm

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
47	8 & Under 100 Freestyle Relay	48
49	8 Year Old 100 Butterfly	50
51	6-7-8-Year-Old 25 Butterfly (scored by single age)	52
53	8 & Under 50 Breaststroke (scored by single age)	54
55	6-7-8-Year-Old 25 Freestyle (scored by single age)	56
57	8 & Under 50 Backstroke (scored by single age)	58
59	8 & Under 100 Freestyle (scored by single age)	60
61	8 & Under Mixed 200 Medley Relay	61

<b>Middle Atlantic Swimming</b> 2023 SCY 10&U CHAMPS TIME STANDARDS						
<b>GIRLS - LCM</b>	<b>GIRLS - SCM</b>	<b>GIRLS - SCY</b>		<b>BOYS - SCY</b>	<b>BOYS - SCM</b>	<b>BOYS - LCM</b>
Equal To or Faster Than	Equal To or Faster Than	Equal To or Faster Than	<b>10&amp;U</b>	Equal To or Faster Than	Equal To or Faster Than	Equal To or Faster Than
47.79	46.19	41.59	<b>50 Free</b>	44.19	49.09	50.69
1:41.19	1:39.59	1:29.69	<b>100 Free</b>	1:32.09	1:42.19	1:43.79
3:26.69	3:25.09	3:04.79	<b>200 Free</b>	3:08.09	3:28.79	3:30.39
7:02.59	6:54.39	7:53.49	<b>500 Free</b>	7:51.09	6:52.19	7:00.49
54.89	53.29	47.99	<b>50 Back</b>	50.29	55.79	57.39
2:00.39	1:58.79	1:46.99	<b>100 Back</b>	1:46.99	1:58.79	2:00.39
1:03.59	1:01.99	55.79	<b>50 Breast</b>	57.59	1:03.99	1:05.59
2:18.79	2:17.19	2:03.59	<b>100 Breast</b>	2:03.59	2:17.19	2:18.79
1:02.59	1:00.99	54.89	<b>50 Fly</b>	54.89	1:00.99	1:02.59
2:02.29	2:00.69	1:48.69	<b>100 Fly</b>	1:48.69	2:00.69	2:02.29
NA	2:01.89	1:49.79	<b>100 IM</b>	1:51.89	2:04.19	NA
3:59.79	3:58.19	3:34.59	<b>200 IM</b>	3:34.59	3:58.19	3:59.79
<b>8&amp;U</b>						
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.						

<b>DECK ENTRIES</b>	Deck entries will not be accepted for this meet.
<b>PROOF OF TIMES</b>	Proof of time is required for this meet. All entries will be verified by Middle Atlantic Swimming utilizing the SWIMS database. All exceptions from the SWIMS recon will be contacted for proof of time by the Meet Director. Entry times must be from a USA Swimming sanctioned, approved or observed meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic.
<b>SEEDING</b>	This meet will be PRE-seeded. If necessary, the Meet Director, with approval of MA Director of Competition, may switch to a "Deck Seeded" format. IF switched, each entered Team will be notified via email address through which the entry file was sent.
<b>AWARDS</b>	INDIVIDUAL: 1 <sup>st</sup> through 12 <sup>th</sup> PLACE High Point Winners, Female & Male, ages 10, 9, 8, 7, 6 & under RELAYS: 1 <sup>st</sup> through 6 <sup>th</sup>
<b>SCORING</b>	INDIVIDUAL-20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 Used for Age Group High Point Awards Only
<b>PROGRAMS AND ADMISSION</b>	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 N/A. Children under N/A admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost.
<b>TEAM ASSIGNMENTS</b>	Middle Atlantic Clubs will be responsible for providing volunteer workers. Each Team contact will be notified of their teams assignments. This is necessary to have a smooth-running meet. Spectators will not be permitted in the pool area. Spectators will be able to watch the meet from the Town Hall area of the Kroc Center on a large screen. BWA welcomes meet volunteers from all participating teams. A sign-up will be provided to participating teams
<b>MISCELLANEOUS</b>	

<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
1 & 3	7:30 am	8:30 am
2 & 4	1:30 pm	2:30 pm
<b>WARM-UP INFORMATION</b>	<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.</p> <p>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.</p> <p>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.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules</p>	
<b>ATHLETE PROTECTION (MAAPP)</b>	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.	
<b>MEDICAL SUPERVISION AVAILABLE</b>	Lifeguards, AED on deck	
<b>DECK PRIVILEGES</b>	<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>	
<b>TECH SUIT POLICY</b>	USA Swimming rule: 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.	

<b>RACING START CERTIFICATION</b>	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.
<b>OFFICIALS</b>	All certified Officials are welcome and encouraged to work at the Meet. Officials may use the online sign-up at: <a href="#">TBA</a> Your help in making this Meet a success will be greatly appreciated.
<b>MEET/DECK REFEREE</b>	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 <b>any</b> issues that arise that day during the course of the meet.
<b>MEET MARSHALS</b>	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.
<b>RULES:</b>	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/  <b>No unauthorized personnel will be allowed on the pool deck.</b> 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
<b>DISABLED SWIMMERS</b>	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.
<b>PROTESTS</b>	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
<b>PHOTOGRAPHY</b>	<b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b> 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.
<b>DRONES</b>	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.
<b>DECK CHANGING</b>	Deck changes are prohibited.
<b>DIRECTIONS</b>	GPS: 1865 Harrison Avenue, Camden, NJ 08105. Parking is available in the lot on the south side of the building. Enter the Kroc Center through DOOR B only. (NOT DOOR A)
<b>ACCOMMODATIONS</b>	Hotels.com