



**MLAC Senior Champs, sponsored by
March 3rd-4th**

FACILITY LOCATION	Mt. Lebanon High School, 155 Cochran Road, Pittsburgh, PA 15228		
SANCTION # AM-030318-01	Held under the Sanction of USA Swimming and Allegheny Mountain Swimming, Inc. <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 the event.</i>		
MEET DIRECTOR	Michael Kristufek	724-859-5350	coachmikek@mlacswimming.com
ENTRY CHAIR	Michael Kristufek	724-859-5350	mlac-entries@amswim.org
SAFETY CHAIR	Michael Kristufek	724-859-5350	coachmikek@mlacswimming.com
OFFICIALS CONTACT	Michelle Filey	412-779-7368	michelle@mlacswimming.com
MEET REFEREE		phone	email
POOL CERTIFICATION	The competition course has not been certified in accordance with Article 104.2.2C (4).		
FACILITY DESCRIPTION	8 lane, 25 yard pool competition pool with Daktronics timing system		
WATER DEPTH	The minimum water depth for racing starts shall be measured in accordance with Article 103.2.3. The depth of the water at the start end of the pool is 13 feet and at the turn end of the pool is 4.5 feet.		
ENTRIES OPEN – MONDAY, February 5th at 10PM		ENTRIES CLOSE – MONDAY, February 12th at 10PM	
ENTRY FEES	Individual Events \$5.00 Relay Events \$8.00		Swimmer Surcharge: \$5.00
	Entry fee checks made payable to: MLAC	Mail entry fee checks and entry report to: MLAC, Mike Kristufek, 835 Irwin Drive, Pittsburgh, PA 15236	
CONFORMING TIMES	Entry times must be in SCY . Non-conforming times will be seeded last; entry times shall not be converted.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events.		
QUALIFYING TIMES	For Senior Champs swimmers must either be in High School or older or have 13-14 AAA USA Swimming National Motivational Time Standard or faster		
ENTRY LIMIT	3 individual events per day, excluding relays		
PROOF OF TIMES	This meet will not require Proof of Times.		
SESSION	WARM-UP TIMES		MEET STARTS
Saturday morning	8:00-9:00AM		9:05AM
Saturday night	5:00-6:00PM		6:05PM
Sunday afternoon	12:00pm-1:00PM		1:05PM
AWARDS	Individual Awards 1-8th ribbons Relay Awards 1-3 ribbons		
SCORING	This meet will not be scored.		
DIRECTIONS AND OTHER INFORMATION	There will be various vendors, BnR Pools and more.		

ENTRY PROCEDURES	<ul style="list-style-type: none"> • "No Time" or "NT" entries are not accepted in AMS swim meets. If a qualifying time does not exist, an entry time must still be used. If an event is submitted with NT as a seed time, it will be sent back and will not be entered into the meet unless if a valid seed time is provided. • Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail to the Meet Entry Chair during the entry period. No late entries will be accepted. • Please include the following information in the body of the e-mail: Team Name, Number of Individual Entries, Number of Relay Entries, Total Entries, and Team Entry Chair's Contact Information along with the Entry report by Swimmer's Name. A final entry report must be mailed or e-mailed to the entry chair five (5) days prior to the meet start. Payments shall be made for the entries to the host prior to the start of the meet. • No refunds will be given, except for mandatory scratch down of events.
MEET DURATION AND SCRATCH-DOWN OF ENTRIES	<p>In order to comply with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), swimmers may be required to scratch-down individual events per day at the direction of the Meet Director and/or Technical Planning Committee. If a scratch down is required, teams will need to submit a new file that includes the scratch down of the events.</p> <ul style="list-style-type: none"> • Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. • Events 400 yards/meters or longer may be limited to the fastest five (5) heats per event.
SEEDING/PRESEEDED	<p>Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. This meet will be PRESEEDED.</p> <p>The events that are 400 yards/meters or longer and all relays will be deck-seeded. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay unless if the Referee is notified of a Declared False Start prior to the start of the race. Check-in will close 30 minutes prior to the start of the session.</p> <p>Events 400 yards/meters or longer that are Timed Finals will be swum fastest to slowest, alternating girls/boys.</p>
DECK ENTRIES	<p>Deck entries are accepted on a standby basis only for any LSC meet. An athlete may be deck entered into an event provided that: they are a USA Swimming registered athlete, they or their club are already entered into the meet, they have not exceeded the maximum entry limit for the day/meet, their time for said event is within the qualifying times for the meet, and additional heats are not added.</p> <p>Deck entries cost \$10.00, plus any additional meet-specific surcharges, and close 30 minutes prior to the start of the session. At Positive Check-In meets, deck entries will be added as long as meet still meets the timeline and will be seeded when scratches are removed. Refer to AMS Operating Procedures for procedure.</p>
ELIGIBILITY	<p>All entrants must be registered members of USA Swimming as provided in Article 302. Age as of the first day of the meet shall determine the swimmer's age for the entire meet. On-deck registration is not permitted; all athletes must be registered prior to entering the meet.</p>
RULES	<p>This meet is governed by current USA Swimming Rules and current AMS Operating Procedures. Fly-over starts will be used.</p>
MEET/DECK REFEREE	<p>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.</p>
PROTESTS	<p>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/Deck Referee will act as a mediator. A Meet Jury shall be identified and posted at the beginning of each session of the meet.</p>
MEET MARSHALS	<p>Meet Marshals have full authority through the Meet/Deck Referee 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.</p>
WARM-UP INFORMATION	<p>Warm-up policies will be strictly enforced by USA Swimming Officials and Meet Marshals. These policies along with the lane assignments, if applicable, shall be posted on the wall at the start end of the pool.</p> <p>REQUIRED DURING WARM-UPS:</p> <ul style="list-style-type: none"> • There will be specifically designated lanes during all warm-up sessions for 10 & Under swimmers. • All warm-ups require a feet-first entry into the water at the start end of the pool. • Designated lanes will be open for starts and one way sprints during each warm-up session. • At any session with distance events (1000/800, 1650/1500) offered and at any championship formatted meet (prelims/finals), the outside lane or lanes shall be restricted to pace lanes only at the same time sprint lanes are opened. At any distance only meet or session (1000/800, 1650/1500), only one lane shall be opened for sprinting.

	<p>Specific warm-up times for each club, if applicable, and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than 5 days prior to the start of the meet. The Meet Director reserves the right to adjust warm-ups based on the number of entries (prior to the meet) or the referee (day of the meet). The Meet Entry Chair will email all attending clubs specific warm-up times and any changes to the warm-up schedule no later than 5 days prior to the start of the meet; this will also be posted on the AMS website.</p> <p>There shall be a 10 minute break before distance events in a standard meet (400IM/400/500FR) at end of session.</p>
DECK PRIVILEGES	<p>No unauthorized personnel will be allowed on the pool deck. All coaches, officials, and meet volunteers must wear a wristband to be on deck. Only those with wristbands, along with competing athletes, may be permitted on the deck at any time. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times.</p> <p>Coaches and Officials must present proof of USA Swimming membership at the sign-in table in order to receive their wristband. Proof of registration through the USA Swimming DeckPass app is acceptable.</p> <p>Prior to entering the deck, unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them during warm-up, warm-down, before, during, and after the meet; the swimmer must also notify the Referee of this coach prior to the start of the session. Additionally, these swimmers must register a contact person with the Meet Director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p>
RACING START CERTIFICATION	<p>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. 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. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</p>
SWIMMERS WITH DISABILITIES	<p>Swimmers with disabilities are welcome to attend this meet and should contact the Meet Director and/or Referee prior to the start of the meet regarding any accommodations.</p>
PHOTOGRAPHY	<p>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.</p> <p>Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, 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 AMS Board of Directors 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</p>
DECK CHANGING	<p>Per USA Swimming Rule 202.4.9(l), deck changes are prohibited.</p>
RESTRICTIONS	<p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. The sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</p> <p>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.</p> <ul style="list-style-type: none"> • No glass containers are allowed in the meet venue.
AMS SCRATCH RULE FOR PRELIMS/FINALS MEETS	<p>Any Swimmer or relay team failing to swim an event at a pre-seeded session of a prelims-finals meet shall not be penalized for failure to swim. Positive Check-in events (400 yards/meters or longer): Any swimmer who has checked in for an individual event that is seeded on the deck must swim in the event unless he notifies the Referee or designated meet official of his/her wish to scratch before the seeding for the event has begun. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay.</p> <p>Events seeded on the deck shall be closed for seeding no later than 30 minutes prior to the start of the event. Any swimmer qualifying for a C, B or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in</p>

“Exceptions for Failure to Compete.” A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

Any Swimmer who qualifies for a C, B or A Final and does not compete shall be subject to a monetary fine. If such failure to compete occurs on the swimmer’s last day of the meet, the swimmer shall be charged a penalty of \$25 by AMS. The \$25 penalty fee will be charged to the swimmer’s club or to the swimmer themselves in the event that they are unattached. This penalty fee should be paid to AMS (Allegheny Mountain Swimming) and mailed to the Permanent Office within 14 days of the conclusion of the meet. Failure to pay this fine prevents this swimmer/team from participating in a future meet. The Meet /Deck Referee shall notify the Permanent Office of any penalties due within 1 day of the conclusion of the meet.

Thirty (30) Minute Scratch Rule

A swimmer who qualified for a C, B or A Final (Bonus – C, Consolation – B, Championship – A) must notify the designated official of his/her intent to scratch within thirty (30) minutes after the announcement of the qualifiers. The swimmer shall further declare his/her final intention within thirty (30) minutes following his/her last individual preliminary event in the session. If the swimmer does not declare his/her intention at the end of the 30 minutes of his/her final individual event, the swimmer will be seeded into the final event. Any penalties for not swimming at finals will be upheld. Swimmers and/or coaches should re-check with the Scratch Table to see if their swimmer has been scratched into one of the finals heats. Swimmers not intending to return for finals, regardless of the seeded position should fill out the scratch form.

Exception for Failure to Scratch– No Penalty shall apply:

The Referee is notified of illness or injury and accepts the proof thereof.

A swimmer qualifying for a consolation final or final race following preliminaries is in compliance with the 30 minute scratch rule detailed above. It is determined by the Referee that failure to scratch was caused by circumstances beyond the control of the swimmer. A swimmer who was not one of the original qualifiers and who was scratched into the qualifiers list.

Senior Champs

Saturday Events

Girls	Session 1	Boys
1	200 Freestyle Relay **SWUM IN PRELIMS ONLY	2
3	200 Butterfly	4
5	100 Backstroke	6
	10 Minute break	
7	100 Breaststroke	8
9	50 Butterfly	10
	10 Minute break	
11	100 Freestyle	12
13	200 Individual Medley	14
	10 Minute break	
15	400 Medley Relay **SWUM IN PRELIMS ONLY	16
17	500 Freestyle **SWUM IN PRELIMS ONLY	18
19	1650 Freestyle **SWUM IN PRELIMS ONLY	20

Sunday Events

Girls	Session 3	Boys
21	200 Medley Relay **SWUM IN PRELIMS ONLY	22
23	200 Breaststroke	24
25	50 Backstroke	26
	10 minute break	
27	100 Butterfly	28
29	200 Freestyle	30
	10 minute break	
31	50 Breaststroke	32
33	200 Backstroke	34
	10 minute break	
35	400 Freestyle Relay **SWUM IN PRELIMS ONLY	36
37	400 Individual Medley **SWUM IN PRELIMS ONLY	38
39	1000 Freestyle **SWUM IN PRELIMS ONLY	40