

Southern Maryland Summer Splash

Hosted by CBAC, ROCK, GMAC

June 25-26, 2016

Held at the Aquatics Center at the Michael P. O'Brien Athletics and Recreation Center

St. Mary's College of Maryland

18952 E. Fisher Rd

St. Mary's City, MD 20686

Phone: 240-895-4798

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.

Sanction # MD15-16/065

MEET DIRECTOR	MEET ENTRY COORDINATOR
Kim Beall and Casey Brandt (H) 301-863-7606 (C) (917) 684-0504 (C) 240-925-7742 Meet.Director@cbacswim.org caseyrbrandt@gmail.com	Kim Beall 20555 Brentridge Way Lexington Park, MD 20653 (H) 301-863-7606 or (C) 240-925-7742 Meet.Entries@cbacswim.org
MEET REFEREE	MEET MARSHALL
Adam Scott Head.Official@cbacswim.org	Casey Brandt (917) 684-0504 Caseyrbrandt@gmail.com
OFFICIALS CONTACT	ADMIN OFFICIAL
Adam Scott Head.Official@cbacswim.org	Kim Beall and Jessica Gatton

ASSIGNED TEAMS Open to all USA Swimming Inc. registered swimmers who meet the SCY qualifying standards AND are from the following Maryland LSC Teams:

CBAC, BAAC, BST, BVA, CAA, CAC, CATY, EST, GTAC, HFY, HFCY, HOCO, NAAC, NWSC, PEAK, RAID, SPRC, TAC, TCY, YCM

FACILITY St. Mary's College features an indoor eight-lane 50 meter pool, non-turbulent lane lines, and continuous flow through gutters. The competition course shall consist of eight 50 meter long lanes established between the end of the pool and a movable bulkhead. A separate six lane 25 yard pool will be available for continuous warm-up/warm-down during the meet. The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with touchpads.

The depth of the competition pool is 7 feet (2.1 meters) to 4 feet (1.2 meters) from both ends **The competition course has not been certified in accordance with 104.2.2C(4).**

Notes:

1. Chairs are not permitted in the stands area.
2. **Parking is authorized in designated parking areas only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.**

MEET FORMAT This is a "Slower than A times" Timed Finals Age Group, pre-seeded meet, unless otherwise indicated. "No time" (NT) entries are acceptable. Converted times are acceptable.

Session	Day	Warm-up*	Meet Start*	Age Group
1	Saturday Morning	6:20 AM	7:30 AM	8&U, 9-10, 11-12
2	Saturday Afternoon	11:50 PM	1:00 PM	13-14, 15 & Over
3	Sunday Morning	6:20 AM	7:30 AM	8&U, 9-10, 11-12
4	Sunday Afternoon	11:50 PM	1:00 PM	13-14, 15 & Over

*Times may be adjusted once all entries have been received.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, June 1	6:00 PM	Entry deadline
Saturday, June 25 thru Sunday, June 26	45 minutes prior to the start of the session	Officials Briefing

If a team is closed out of their assigned meet site prior to the entry deadline, the team entries must be forwarded to the other meet site by the entry director, and will be considered received by the other meet host at that time if space permits.

SAFETY

The MSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. **NO running or horseplay will be tolerated.** Swimmers must have shirt and shoes when leaving the swimming area.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet.

This timed finals meet is open to all MD LSC registered swim clubs.

- Entry times must be slower than the 2013-2016 long-course A times (refer to order of events). 'No time' entries will be accepted.
- The swimmer's age as of **June 25, 2016** will apply for the entire meet.
- Swimmers are limited to **a total of three (3) individual events**

on **SATURDAY and three (3) individual events on SUNDAY.**

- All entries should be submitted in long course meters. Converted times using standard conversion methods are acceptable.
- USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director will assist swimmers w/out their own coach in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [[USA Swimming, Article 202.3.2](#)]

SWIMMERS WITH DISABILITIES

Chesapeake Bay Aquatic Club welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Chesapeake Bay Aquatic Club's ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. **CBAC, ROCK, and GMAC** entries will be entered first and then accept teams/entries in the order received, until the four/five hour rule is reached. Entries received thereafter will be returned immediately.

DECK ENTRIES

Deck-entries will be accepted on a first-come, first-served basis until forty-five minutes prior to the scheduled start time of each session. Deck entries will be seeded into available empty lanes until all lanes are filled. All deck-seed entry fees must be paid at the time of the deck-seed.

Coaches: Deck-seeded athletes who have NOT BEEN ENTERED in another event PRIOR TO THE MEET must show proof of USS registration by presenting the swimmer's current USA Swimming registration card.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck registrations. Maryland LSC entries received prior to the entry deadline receive priority over out of LSC entries received.

ENTRY FEES

Make checks payable to: Chesapeake Bay Aquatic Club (CBAC)	
Individual Event	\$6.50 per event
Deck Seed Individual	\$8.00 per event

SEEDING

The conforming time standard for this meet is long course meter. Swimmers will be seeded and swim from slowest to fastest unless

otherwise indicated.

SCRATCHES

There will be no penalty for scratching pre-seeded events at the block. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be barred from his/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.

SCORING

No team or individual scoring will be kept.

AWARDS

Ribbons will be awarded to the top 8 finishers in the 8&U, 9-10, and 11-12 age groups. No awards will be given for the 13 & Over age groups.

RESULTS

Results will be posted on Chesapeake Bay Aquatic Club's and MSI's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

**OFFICIALS/TIMERS/
VOLUNTEERS**

There will be a need for officials. **Chesapeake Bay Aquatic Club** welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. **All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.** Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**

HOTELS

Hampton Inn

22211 Three Notch Rd
Lexington Park, MD
301-863-3200

[View Hotel Information](#)

(8.6 mi/15 min)

Fairfield Inn

22119 Three Notch Road
Lexington Park, MD
301-863-0203

[View Hotel Information](#)

(8.8 mi/15 min)

Comfort Inn & Suites

21885 Three Notch Rd.
Lexington Park, MD
301-863-1051

[View Hotel Information](#)

(9.3 mi/16 min)

Extended Stay America

46565 Expedition Dr
Lexington Park, MD
(240) 725-0100

[View Hotel Information](#)

(9.4 mi/17 min)

Town Place Suites

22520 Three Notch Rd
Lexington Park, MD
301-863-1111

[View Hotel Information](#)

(10.3 mi/18 min)

La Quinta Inn & Suites

22769 Three Notch Rd
California, MD
301-862 4100

[View Hotel Information](#)

(11.0 mi/18 min)

Super 8, California

22801 Three Notch Road
California, MD
301-862-9822

[View Hotel Information](#)

(11.1 mi/18 min)

Country Inn & Suites

44941 Worth Ln
California, MD
301-737-5227

[View Hotel Information](#)

(12.8 mi/21 min)

Executive Inn & Suites

41655 Park Avenue
Leonardtown, MD
301-475-3000

[View Hotel Information](#)

(16.4 mi/27 min)

Comfort Inn – Solomons

255 Lore Rd.
Solomons, MD
410-326-6303

[View Hotel Information](#)

(16.8 mi/27 min)

Holiday Inn – Solomons

155 Holiday Drive
Solomons, MD
410-326-6311

[View Hotel Information](#)

(17 mi/28 min)

Hilton Garden Inn – Solomons

13100 Dowell Rd.
Dowell, MD 20629
410-326-0303

[View Hotel Information](#)

(19.1 mi/35 min)

ORDER OF EVENTS & QUALIFYING TIMES

Session 1: Saturday morning June 25, 2016

Warm-up: 6:20 AM, Meet Start: 7:30 AM

#	Girls/Women Slower than or equal to	EVENT	Boys/Men Slower than or equal to	#
1	1:21.20	8 & Under 100 Free	1:20.40	2
3	1:21.20	9-10 100 Free	1:20.40	4
5	1:12.90	11-12 100 Free	1:10.50	6
7	1:34.90	8 & Under 100 Back	1:31.70	8
9	1:34.90	9-10 100 Back	1:31.70	10
11	1:23.30	11-12 100 Back	1:22.40	12
13	48.10	8 & Under 50 Breast	48.20	14
15	48.10	9-10 50 Breast	48.20	16
17	42.10	11-12 50 Breast	42.00	18
19	41.50	8 & Under 50 Butterfly	40.90	20
21	41.50	9-10 50 Butterfly	40.90	22
23	35.80	11-12 50 Butterfly	35.90	24
25	3:17.60	9-10 200 IM	3:16.90	26
27	2:58.60	11-12 200 IM	2:55.90	28

Session 2: Saturday Afternoon, June 25, 2016

Warm-up: 11:50 Noon, Meet Start: 1:00 PM

#	Girls/Women Slower than or equal to	EVENT	Boys/Men Slower than or equal to	#
29	32.20	13-14 50 Free	29.50	30
31	31.70	15&Over 50 Free	27.90	32
33	2:45.60	13-14 200 Back	2:36.80	34
35	2:42.30	15&Over 200 Back	2:28.90	36
37	1:28.20	13-14 100 Breast	1:21.30	38
39	1:26.70	15&Over 100 Breast	1:18.90	40
41	2:45.70	13-14 200 Butterfly	2:36.60	42
43	2:42.30	15&Over 200 Butterfly	2:29.10	44
45	2:30.20	13-14 200 Freestyle	2:22.00	46
47	2:27.20	15&Over 200 Freestyle	2:16.50	48

Session 4: Sunday Morning, June 26, 2016**Warm-up: 6:20 AM, Meet Start: 7:30 PM**

#	Girls/Women Slower than or equal to	EVENT	Boys/Men Slower than or equal to	#
49	36.30	8&Under 50 Free	35.70	50
51	36.30	9-10 50 Free	35.70	52
53	33.40	11-12 50 Free	32.50	54
55	43.50	8&Under 50 Back	43.30	56
57	43.50	9-10 50 Back	43.30	58
59	38.50	11-12 50 Back	38.00	60
61	1:46.50	8&Under 100 Breast	1:44.70	62
63	1:46.50	9-10 100 Breast	1:44.70	64
65	1:33.80	11-12 100 Breast	1:31.70	66
67	1:36.80	8&Under 100 Butterfly	1:36.10	68
69	1:36.80	9-10 100 Butterfly	1:36.10	70
71	1:21.90	11-12 100 Butterfly	1:20.40	72
73	2:58.40	10&Under 200 Free	2:51.90	74
75	2:37.60	11-12 200 Free	2:33.40	76

Session 5: Sunday Afternoon, June 26, 2016**Warm-up: 11:50 Noon, Meet Start: 1:00 PM**

#	Girls/Women Slower than or equal to	EVENT	Boys/Men Slower than or equal to	#
77	1:17.20	13-14 100 Back	1:12.90	78
79	1:16.00	15&Over 100 Back	1:09.70	80
81	3:10.80	13-14 200 Breast	2:59.50	82
83	3:05.70	15&Over 200 Breast	2:50.00	84
85	1:15.50	13-14 100 Butterfly	1:10.40	86
87	1:13.90	15&Over 100 Butterfly	1:07.10	88
89	1:09.70	13-14 100 Free	1:05.30	90
91	1:08.40	15&Over 100 Free	1:02.20	92
93	2:51.00	13-14 200 IM	2:40.40	94
95	2:46.40	15&Over 200 IM	2:32.80	96

**2015 Southern Maryland Summer Splash
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Chesapeake Bay Aquatic Club (CBAC)**):

Chesapeake Bay Aquatic Club
ATTN: Kim Beall
20555 Brentridge Way
Lexington Park, MD 20653
Email to: meet.entries@cbacswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
Individual Deck Entries		\$8.00 per event	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TEAM HOST, FACILITY, Maryland Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE