

**Carol Chidester Memorial Meet**  
**Naval Academy Aquatic Club**  
**April 22-April 24, 2016**  
United State Naval Academy, Lejeune Hall, Annapolis, MD 21401

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction #MD15/16 - 038

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Nicole Roberts 301-875-6911 <a href="mailto:nicolezroberts@gmail.com">nicolezroberts@gmail.com</a>	Nicole Roberts 654 Quail Run Court Arnold, MD 21012 301.875.6911 <a href="mailto:nicolezroberts@gmail.com">nicolezroberts@gmail.com</a>
<b>MEET REFEREE</b>	<b>MEET MARSHALL</b>
<b>Bill Dougherty</b> <b>443-908-0092</b> <a href="mailto:wdougherty63@gmail.com">wdougherty63@gmail.com</a>	John Murkey 410-980-9960 <a href="mailto:mwkmd2@gmail.com">mwkmd2@gmail.com</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Parking Passes: Nicole Roberts (see above) All other info: Bill Dougherty  <a href="https://docs.google.com/forms/d/1ff3x8Vrk1F7oS3xmGRxIpT3mhLI5sPP3EKRmjZXkZdY/view-form?c=0&amp;w=1">https://docs.google.com/forms/d/1ff3x8Vrk1F7oS3xmGRxIpT3mhLI5sPP3EKRmjZXkZdY/view-form?c=0&amp;w=1</a>	Dave Rouse 410-200-3929 <a href="mailto:rousejr@aol.com">rousejr@aol.com</a>
<b>FACILITY</b>	Indoor, 10-lane, 50-meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system. The pool depth throughout is 8'0". A 20-yard x 23-yard diving well will be available throughout the meet for warm-up and warm-down. <b>The competition course has not been certified in accordance with 104.2.2C(4).</b>

<b>MEET FORMAT</b>	This is a final Age Group/Senior, pre-seeded meet.				
Session	Day	Warm-up	Meet Start	Age Group	
1	Friday, April 22	4:00 PM	5:00 PM	10 & Over	
2	Saturday, April 23	7:00 AM	8:00 AM	11-12, 13-14	
3	Saturday, April 23	Noon	1:00pm	10 & U, 15 & O	
4	Saturday, April 23	5:00PM	5:30PM	Open	

5	Sunday, April 24	7:00 AM	8:00 AM	11-12, 13-14	
6	Sunday, April 24	Noon	1:00pm	10 & U, 15 & O	
7	Sunday, April 24	5:00PM	5:30PM	Open	

**DEADLINE AND MEETING SUMMARY:**

<b>Day, Date</b>	<b>Time</b>	<b>For:</b>
April 6, 2016	5:00 PM	Entries Deadline
April 6, 2016	5:00PM	Parking Pass info from Coaches/Officials due to Meet Director
April 13, 2016	TBD	Parking Passes Mailed to Coaches/Officials
April 20, 2016	5:00PM	Psych Sheet/Timeline/warm-up schedule published
April 20, 2016	12 NOON	Scratches For Session 1 due by Email to nicolezroberts@gmail.com
April 21, 2016	5:30PM	Heat Sheets & Timeline for Session 1 emailed to Coaches
April 22, 2016	4:45PM	Coaches Meeting/Officials Meeting/Timers Meeting
April 23, 2016	8:00AM - 2:00PM	Positive Check-in for 800
April 24, 2016	8:00AM - 2:00PM	Positive Check-in for 1500

<b>SAFETY</b>	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.
<b>RACING STARTS</b>	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.

<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>• At the request of the United States Naval Academy, swimmers are not to leave the pool deck without appropriate attire consisting of shirt, short and shoes. All Teams are required to maintain a clean and safe team area throughout the meet.</li> <li>• All Participants are to observe the <a href="#">USA Swimming Code of Conduct</a>.</li> </ul>
<p><b>ELIGIBILITY</b></p>	<ul style="list-style-type: none"> <li>• Open to all USA registered swimmers (must be registered prior to entry deadline) with 2013-16 long-course meter or short-course yard “A” times or better for 13-and-older swimmers, and BB times or better for 12- and-under swimmers (except 10 &amp; U 200 Free and 11-12 400 free; ‘A’ time required).</li> <li>• No converted times will be allowed.</li> <li>• NT entries will not be accepted.</li> <li>• There will be no on deck registration available at this meet. A swimmer’s age on the first day of the meet will determine their age for the entire meet. Per Maryland Swimming rules, a club will be fined \$100, per un-registered swimmer.</li> <li>• Heats will be seeded with long-course meter times first and then short-course yard times.</li> <li>• 15&amp;Over will use 15/16 long-course meter and short-course yard A times.</li> <li>• Swimmers 12 &amp; Under who qualify for 2 events are eligible to swim additional events up to the meet entry limit with the exception of the 1500, 800 and 400 freestyle events and the 400 IM’s.</li> <li>• Swimmers in the 400 free and 400 IM must have ‘A’ times for that age group.</li> <li>• Swimmers in the Open 1500 and 800 free must have 15-16 ‘A’ times.</li> </ul>

<p><b>SWIMMERS WITH DISABILITIES</b></p>	<p><b>NAAC</b> 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 <b>NAAC's</b> ability to accommodate all requests.</p>
<p><b>ENTRIES</b></p>	<p>A swimmer may enter no more than 9 events. Entries must be e-mailed to the Entry Director. The email must include: a Hy-Tek entry file, a Word file of the entries listed by swimmers' names, the amount owed to cover entry fees, and the name, e-mail address, and phone number of a team representative in case of questions regarding the entries.</p> <p>The Entry Director will promptly acknowledge receipt via e-mail. If you don't hear from her in a day or so, please resend your entries. A check made out to NAAC to cover the entry fees must then be mailed to the Entry Director and postmarked within 48 hours of the entry deadline. Entries are not considered complete until the Entry Director receives the check. No deck entries will be accepted.</p> <p>Fees: \$7.00 per individual event. Make checks payable to NAAC and mail to the Entry Director, Nicole Roberts, 654 Quail Run Court, Arnold, MD 21012. Do not send cash.</p> <p><b>NAAC</b> 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.</p>

<b>ENTRY LIMITATIONS</b>	Swimmers may swim a maximum of 9 events (1 Friday, 4 Saturday, 4 Sunday). If, after all of the entries are compiled, it appears that one or more sessions will run over the prescribed time limits, swimmers without “A” times (BB times in the case of 12&U swimmers) will be dropped from specific events, starting with the longest events in the session and moving, if necessary, to the shorter events. Swimmers from outside the Maryland LSC will be dropped first, then, if necessary, Maryland LSC swimmers. If that doesn’t save enough time, the slowest remaining swimmers in the longest men’s and women’s events in the session will be dropped until the length of the session is shortened to the prescribed time. Coaches will be contacted before the meet if entries will be limited in certain events. Refunds for swimmers dropped from events will be mailed to the appropriate team no longer than 48 hours following the conclusion of the meet.
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
<b>ENTRY DEADLINES</b>	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**

	<b>Make checks payable to: Naval Academy Aquatic Club (NAAC)</b>		
	<b>Individual Event</b>	<b>\$7.00 per event</b>	

<b>SEEDING</b>	<p>Heats will be seeded with long-course meter times first and then short-course yard times. 15&amp;Over will use 15/16 long-course meter and short-course yard A times. Swimmers who qualify for 2 events are eligible to swim additional events up to the meet entry limit with the exception of the 1500, 800 and 400 freestyle events and the 400 IM's. Swimmers in the 400 free and 400 IM must have 'A' times for that age group. Swimmers in the Open 1500 and 800 free must have 15-16 'A' times.</p> <p>All events on Friday, April 22 Session 1 will be swum Fastest to Slowest and in event order.</p> <p>The 1500 &amp; 800 will be swum fastest to slowest, girls, then boys.</p>
<b>CHECK-IN</b>	<p>A positive check-in, located at Officials Desk, will be required for the following events:</p> <ul style="list-style-type: none"> <li>• All of Session 1 on Friday, April 22 (due by email, Wednesday, April 20 @ 12 noon)</li> <li>• Open 800 free</li> <li>• Open 1500 free</li> </ul> <p>Check in for event is stated in the Deadline and Meeting Summary. Swimmers that fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.</p>
<b>SCRATCHES</b>	<p>There will no penalty for scratching pre-seeded events at the block.</p>
<b>SCORING</b>	<p>No team or individual scoring will be kept.</p>
<b>AWARDS</b>	<p>10&amp;U and 11/12 age group events will receive custom ribbons for 1st through 8th place.</p>
<b>RESULTS</b>	<p>Results will be posted on <b>NAAC</b> 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.</p>

<b>COACHES</b>	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.
<b>OFFICIALS/ TIMERS/ VOLUNTEERS</b>	There will be a need for officials. <b>NAAC</b> 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.
<b>HOSPITALITY/ CONCESIONS/ APPAREL/ MEET PROGRAMS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. A complete line of swimming apparel including swimsuits, goggles, & caps will be offered by Metro Swim Shop. Meet Mobile will be available, as well as meet programs for sale for a nominal fee.
<b>WARM-UP</b>	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal 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.

<b>WAIVER/ RELEASE</b>	<p>As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet.</p> <p><b>NAAC, US NAVAL ACADEMY</b>, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.</p>
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**PARKING:**

Vehicles without Department of Defense identification stickers or authorized temporary passes are not allowed to drive onto the Academy's grounds. You may drop off swimmers at the Gate 1 visitor parking area. The swimmers can walk through the Gate 1 entrance. You will need to proceed to public parking. The Downtown Garage is a short walk to Gate 1. Parking downtown on the street is either metered or permit only, with enforcement beginning at 10:00 am by the City. More information on the City of Annapolis, including maps and shuttle schedules, can be found on the following link: <http://www.ci.annapolis.md.us/info.asp?page=7615>

**GATE ENTRY:**

Every civilian visitor, 16 or older, entering the Academy should be prepared to show a photograph identification card and have his/her bags searched. Arrive EARLY and/or use Gate 3 which is a foot-traffic only gate, located off the intersection of King George Street & Maryland Ave.

**VEHICLE PASSES:**

The Naval Academy does not issue temporary vehicle passes to athlete families. NAAC will obtain temporary vehicle passes for coaches and officials. Officials may obtain a pass via the google docs link for this specific meet on the MD Swim website or on the front of this meet notice. Coaches: To obtain passes, each head coach must e-mail the meet director no later than April 6, 2016, the full name of each coach/official (as it appears on their license), a cell phone number (for each coach). The coach should include his home address. The passes will be mailed to the appropriate head coach by April 13, 2016. If the passes are not completed by the office in time to mail, we will hand them out at the Gate 1 temporary parking lot, prior to warm-ups for coaches/officials to receive. At that point, they will be able to drive onto the yard. Coaches and officials are requested to park in the East parking lot adjacent to Lejeune Hall. To get this parking lot, drive through Gate 1, proceed pass Lejeune Hall to the traffic circle. Take 3rd street off the circle. The parking lot is approximately one block on your left.



## ORDER OF EVENTS & QUALIFYING TIMES

### SESSION 1

Friday, April 22, 2016

Warm-up: 4:00 pm Session starts: 5:00 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
6:00.39	5:15.89	1	13/14 400 IM	2	4:55.69	5:40.39
5:49.69	5:07.29	3	15&O 400 IM	4	4:43.99	5:24.49
2:58.39	2:36.39	5	10&U 200 Free	6	2:31.29	2:51.89
5:29.09	6:07.99	7	11/12 400 free	8	6:02.59	5:21.89
5:14.89	5:52.99	9	13/14 400 free	10	5:33.89	5:02.69
5:08.89	5:42.99	11	15&O 400 free	12	5:21.19	4:48.69

**\*Coaches to submit scratches for Session 1 by Wednesday, April 20 @ 12 noon.  
Events swum fastest to slowest in Event Order.**

### SESSION 2

Saturday, April 23, 2016

Warm-up: 7:00 am Session Starts: 8:00 am

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
41.69	36.09	13	11/12 50 back	14	36.09	41.49
1:17.19	1:07.09	15	13/14 100 back	16	1:03.09	1:12.89
1:29.69	1:19.39	17	11/12 100 fly	18	1:17.59	1:28.29
2:45.69	2:27.79	19	13/14 200 fly	20	2:17.49	2:36.59
45.59	40.59	21	11/12 50 breast	22	40.29	45.99
1:28.19	1:16.59	23	13/14 100 breast	24	1:10.79	1:21.29
3:13.49	2:49.49	25	11/12 200 IM	26	2:47.39	3:11.39
2:50.99	2:28.49	27	13/14 200 IM	28	2:18.79	2:40.39
1:18.99	1:08.29	29	11/12 100 free	30	1:06.99	1:16.29
1:09.69	1:01.19	31	13/14 100 free	32	56.89	1:05.29

### SESSION 3

Saturday, April 23, 2016

Warm-up: 12 noon Session starts: 1:00 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
49.59	43.29	33	10&U 50 back	34	43.19	49.49
1:15.99	1:05.39	35	15&O 100 back	36	59.79	1:09.69
1:53.99	1:40.39	37	10&U 100 fly	38	1:39.39	1:52.79
2:42.29	2:22.99	39	15&O 200 fly	40	2:11.39	2:29.09
54.69	47.79	41	10&U 50 breast	42	47.49	54.69
1:25.29	1:15.69	43	15&O 100 breast	44	1:07.89	1:18.89
3:43.89	3:17.29	45	10&U 200 IM	46	3:16.29	3:42.49
2:46.39	2:24.79	47	15&O 200 IM	48	2:12.29	2:32.79
1:32.19	1:21.09	49	10&U 100 free	50	1:19.39	1:30.89
1:08.39	59.99	51	15&O 100 free	52	54.19	1:02.19

### SESSION 4

Saturday, April 23, 2016

Warm-up: 5:00 pm Session Starts: 5:30 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
10:37.09	11:52.39	53	Open 800 free	54	11:05.99	10:00.69

\* Swimmers must provide their own counters & timers for the 800 free. This event will be swum fastest to slowest, alternating boys & girls.

**SESSION 5**

Sunday, April 24, 2016

Warm-up: 7:00 am Session Starts: 8:00 am

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:50.69	2:29.69	55	11/12 200 free	56	2:25.99	2:46.19
2:30.19	2:11.99	57	13/14 200 free	58	2:03.89	2:21.99
38.79	34.59	59	11/12 50 fly	60	34.69	39.29
1:15.49	1:06.59	61	13/14 100 fly	62	1:01.89	1:10.39
1:31.09	1:19.49	63	11/12 100 back	64	1:17.49	1:30.09
2:45.59	2:24.29	65	13/14 200 back	66	2:15.79	2:36.79
35.99	31.69	67	11/12 50 free	68	30.69	35.09
32.19	28.19	69	13/14 50 free	70	25.99	29.49
1:41.89	1:28.69	71	11/12 100 breast	72	1:26.49	1:39.99
3:10.79	2:46.29	73	13/14 200 breast	74	2:34.69	2:59.49

**SESSION 6**

Sunday, April 24, 2016

Warm-up: 12 noon Session starts: 1:00 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
2:27.19	2:09.29	75	15&O 200 free	76	1:58.59	2:16.49
47.89	42.39	77	10&U 50 fly	78	41.39	46.79
1:13.89	1:05.29	79	15&O 100 fly	80	58.99	1:07.09
1:48.39	1:33.49	81	10&U 100 back	82	1:30.79	1:43.89
2:42.29	2:21.19	83	15&O 200 back	84	2:09.89	2:28.89
40.69	35.69	85	10&U 50 free	86	34.99	39.69
31.69	27.69	87	15&O 50 free	88	24.79	27.89
2:01.69	1:45.59	89	10&U 100 breast	90	1:41.99	1:58.39

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
3:05.69	1:15.69	91	15&O 200 breast	92	1:07.89	2:49.99

### SESSION 7

Sunday, April 24, 2016

Warm-up: 5:00 pm Session Starts: 5:30 pm

LCM	SCY	GIRLS	EVENT	BOYS	SCY	LCM
20:27.39	19:48.19	93	Open 1500 free	94	18:39.99	19:07.79

\* Swimmers must provide their own counters & timers for the 1500 free.  
This event will be swum fastest to slowest, alternating boys & girls.

## 2016 Carol Chidester Memorial Meet

### Summary of Fees/Release Form

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

Naval Academy Aquatic Club

ATTN: Nicole Roberts

654 Quail Run Court

Arnold, MD 21012

301.875.6911

[nicolezroberts@gmail.com](mailto:nicolezroberts@gmail.com)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
<b>Total Fees Due</b>			

#### **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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE