

2016 NAAC Spring LC Meet
Hosted by: Naval Academy Aquatic Club
May 6-7, 2016

United State Naval Academy, Lejeune Hall, Annapolis, MD 21401

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD15/16-082

MEET DIRECTOR		MEET ENTRY COORDINATOR			
Nicole Roberts 301-875-6911 nicolezroberts@gmail.com		Nicole Roberts 654 Quail Run Court Arnold, MD 21012 301.875.6911 nicolezroberts@gmail.com			
MEET REFEREE		MEET MARSHAL			
Carol Forsyth 410-703-9714 cdfpnp@comcast.net		John Murkey 410-980-9960 mwkmd2@gmail.com			
OFFICIALS CONTACT		ADMIN OFFICIAL			
For Parking Passes: Nicole Roberts (see above) All other info: Carol Forsyth https://docs.google.com/forms/d/1DMCP1gIPTLRTPWjx89qTxgxxJX1ycAC_7DIIHmLVUUs/edit#		Dave Rouse 410.200.392 rousejr@aol.com			
FACILITY		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. The competition course has not been certified in accordance with 104.2.2C(4).			
MEET FORMAT		This is a final Age Group/Senior, pre-seeded meet.			
Session	Day	Warm-up	Meet Start	Age Group	
1	Saturday, May 7	7:00 AM	8:00 AM	9-12	
2	Saturday, May 7	12:15 PM	1:15 PM	13 & Older	
3	Sunday, May 8	7:00 AM	8:00 AM	9-12	
4	Sunday, May 8	12:15 PM	1:15 PM	13 & Older	

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
April 13, 2016	5:00PM	Entries Deadline & Last day to submit updated Times for Meet
April 13, 2016	5:00 PM	Parking Pass info from Coaches/Officials due to Meet Entry Director
April 20, 2016		Parking Passes Mailed to Coaches/Officials
May 4, 2016	5:00PM	Psych Sheet/Timeline/warm-up schedule published
May 7, 2016		Coaches Meeting/Officials Meeting/Timers Meeting

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.
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	<ul style="list-style-type: none"> • 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. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • 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. • All Participants are to observe the USA Swimming Code of Conduct.

ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA registered swimmers 9 & older (must be registered prior to entry deadline) with times slower than 2013-2016 long course meter or short course yard “A” times. • No converted times will be allowed. • NT entries will be accepted. • 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 \$100.00 per unregistered swimmer.
SWIMMERS WITH DISABILITIES	<p>NAAC 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 NAAC's ability to accommodate all requests.</p>
ENTRIES	<p>A swimmer may enter no more than 3 events per day. 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>NAAC 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>

ENTRY LIMITATIONS	Swimmers may swim a maximum of 3 individual events per day. If the meet is oversubscribed, non-Maryland LSC teams will be dropped first, then, if necessary, Maryland LSC swimmers. If that doesn't save enough time, limits will be placed on the 200 yard events to 3 heats of the fastest 30 swimmers. 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. Assigned MD LSC teams: ACSS, ACA, BST, BVA, PEAK, CBAC, CAST, GBSA, MAC, MAS, NAAC, NWSC, OPST, RAID, RAC, ROCK, SPRC, SPY, TCY
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.

ENTRY FEES

	Make checks payable to: Naval Academy Aquatic Club; All fees are non-refundable		
	Individual Event	\$7.00 per event	
SEEDING	Heats will be seeded slowest to fastest, long course meters, short course yards, then NT.		
CHECK-IN	There is no positive check-in for any event.		
SCRATCHES	There will no penalty for scratching pre-seeded events at the block.		
SCORING	No team or individual scoring will be kept.		
AWARDS	10&U & 11/12 age group events will receive custom ribbons for 1st through 8th place.		

RESULTS	Results will be posted on NAAC 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. NAAC 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/ APPAREL/ MEET PROGRAMS	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.
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 in the dive well. There is to be no diving or horseplay in this area.

WAIVER/RELEASE	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. NAAC, US NAVAL ACADEMY , 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.
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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 13, 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 20, 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 past 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

Saturday, May 7, 2016

Warm-up: 7:00AM Session starts: 8:00 AM

Girls	Event	Boys/Men
1	9-10 100 Breast	2
3	11-12 100 Breast	4
5	9-10 50 Free	6
7	11-12 50 Free	8
9	9-10 100 Fly	10
11	11-12 100 Fly	12
13	9-10 50 Back	14
15	11-12 50 Back	16
17	9-10 100 Free	18
19	11-12 100 Free	20

SESSION 2

Saturday, May 7, 2016

Warm-up: 12:15 PM Session Starts: 1:15 PM

Girls	Event	Boys/Men
21	*Open 400 Free*	22
23	*Open 200 IM*	24
25	13-14 200 Back	26
27	15 & Over 200 Back	28
29	13-14 100 Free	30
31	15 & Over 100 Free	32
33	13-14 200 Fly	34
35	15 & Over 200 Fly	36
37	13-14 100 Breast	38
39	15 & Over 100 Breast	40

- Events 21 & 22 will be limited to between 6 & 8 heats based on timeline.
- Open events use the 13-14 Time Standards
- The SCY qualification time for the 400 Free uses the 500 Free SCY Time Standards

SESSION 3

Sunday, May 8, 2016

Warm-up: 7:00AM Session starts: 8:00AM

Girls	Event	Boys/Men
41	9-10 200 Free	42
43	11-12 200 Free	44
45	9-10 50 Fly	46
47	11-12 50 Fly	48
49	9-10 100 Back	50
51	11-12 100 Back	52
53	9-10 50 Breast	54
55	11-12 50 Breast	56

SESSION 4

Sunday, May 8, 2016

Warm-up: 12:15 PM Session Starts: 1:15 PM

Girls	Event	Boys/Men
57	*Open 400 IM*	58
59	13-14 200 Free	60
61	15 & Over 200 Free	62
63	13-14 100 Fly	64
65	15 & Over 100 Fly	66
67	13-14 200 Breast	68
69	15 & Over 200 Breast	70
71	13-14 100 Back	72
73	15 & Over 100 Back	74
75	13-14 50 Free	76
77	15 & Over 50 Free	78

- Events 49 & 50 will be limited to between 6 & 8 heats based on timeline.
- Open events use the 13-14 Time Standards

**2016 NAAC Spring LC 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

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 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 pub-

lished 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