

# The Eagle Swim Team

## Speedo Sizzler Invitational

### June 3rd – June 5th, 2016

Held at *McDonogh School – Rosenberg Aquatic Center 8600 McDonogh Rd Owings Mills, MD 21117*

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction #MD15-16/062

MEET DIRECTOR	MEET ENTRY COORDINATOR
Clarke Nyman 315-382-2125 coach.clarke.est@gmail.com	Clarke Nyman 5413 Weywood Drive Reisterstown, Maryland 21136 315-382-2125 coach.clarke.est@gmail.com
MEET REFEREE	MEET MARSHALL
Holly Chabbott 410-493-9845 hollychabbott@gmail.com	Elizabeth MacMullen 443-544-7161 bethsnowmac@gmail.com
OFFICIALS CONTACT	ADMIN OFFICIAL
Brian Kim thjb4574@gmail.com	Marisa Gorsuch

#### FACILITY

McDonogh has an indoor eight lane, 50-meter pool. The facility is equipped with a Daktronic Inc. automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area. "The minimum water depth, measured in accordance with article 103.2.3, is 8'0" at the start end and 3'6" at the turn end." The competition course has not been certified in accordance with 104.2.2C(4)

#### MEET FORMAT

This is a timed final and pre-seeded meet unless otherwise indicated.

Friday, June 3 <sup>rd</sup>	800 Free Mixed Gender	Warm-ups: 4:00-4:50 p.m. Session Starts: 5:00 p.m.
Saturday, June 4 <sup>th</sup>	12 & Under	Warm-ups: 7:30 – 8:20 a.m. Session Starts: 8:30 a.m.
Saturday, June 4 <sup>th</sup>	400 IM Mixed Gender	Warm-ups: 12:30-1:20p.m. Session Starts: 1:30 p.m.
Saturday, June 4 <sup>th</sup>	13-14 & Open	Warm-ups: 4:00-4:50 p.m. Session Starts: 5:00 p.m.
Sunday, June 5 <sup>th</sup>	12 & Under	Warm-ups: 7:30 – 8:20 a.m. Session Starts: 8:30 a.m.
Sunday, June 5 <sup>th</sup>	400 Free Mixed Gender	Warm-ups: 12:30-1:20p.m. Session Starts: 1:30 p.m.
Sunday, June 5 <sup>th</sup>	13-14 & Open	Warm-ups: 4:00-4:50 p.m. Session Starts: 5:00 p.m.

## DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, May 20 <sup>th</sup>	Time: 5:00 PM	Entry deadline
Saturday, June 4 <sup>th</sup>	Time: 6:40 AM	Coaches/General Meeting
Saturday, June 4 <sup>th</sup>	Time: 7:00 AM	Official Briefings

### 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

- 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.
- If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.

### 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. A swimmer's age on the first day of the meet will determine their age for the entire meet. All entries must be submitted with Long Course Times you can use "No Time" (NT) but estimated times are strongly encouraged.

### SWIMMERS WITH DISABILITIES

**Eagle Swim Team** 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 **Eagle Swim Team's** ability to accommodate all requests.

### ENTRIES

All entries must be submitted with Long Course Times. Teams can use "No Time" (NT) but estimated times are strongly encouraged. All entries must be submitted via e-mail to with accompanying **(1)** Team Manager or Team Unify Electronic Files[.hy3,.cl2], **(2)** a PDF Report of Entries by NAME. Checks for Entry Fees should be made payable to Eagle Swim Team and mailed with disk (or Entry Forms) to:

Clarke Nyman, Entry Director  
5413 Weywood Drive  
Reisterstown, MD 21136  
coach.clarke.est@gmail.com

Please note: Payment in full must be received before the entry deadline to the Meet Entry Coordinator in order to be considered accepted. **Eagle Swim Team** 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.

**ENTRY LIMITATIONS** 13 & Over swimmers are limited to a maximum of three (3) individual events per session. 12 & Under swimmers are limited to a maximum of four (4) individual events per session. All swimmers are limited to a total of ten (10) individual events for the meet.

**ENTRY VERIFICATION** An email will be sent to the person submitting the entry confirming receipt and acceptance /rejection of the entry file.

**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.

- CHECK-IN**
- The 800 Free, 400 Free and 400 IM are positive check-in timed final events and will be swum Fast to Slow.
  - Failure to Check-In- Any swimmer who fails to “check-in” for the positive check in events before the deadline will NOT be seeded into the event and therefore be scratched from the event.
  - Deadline for Positive Check-In- 20 minutes after the start of each warm-up session.
  - Any swimmer who “checks-in” for a positive check-in event and fails to compete in said event shall be barred from competing in his/her next individual event by the Meet Referee.

**ENTRY FEES**

Make checks payable to: <b>Eagle Swim Team</b> ; All fees are non-refundable	
Individual Event	\$6.50 per event

**SEEDING** The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order

**AWARDS** **1-3 Medals, 4th - 12th** Place Custom Ribbons for 10 & Under, 11-12 & 13-14 Age Groups. 1-3 Medals Only for Open Age Groupers

**RESULTS** Results will be posted on [Eagle Swim Team Website](#) and MSI’s website within 24 hours of the meet’s conclusion. At the conclusion of the meet,

teams may obtain Hy-tek backups on a memory stick or 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. Eagle Swim Team 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.

#### **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.

#### **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. **Eagle Swim Team Inc, McDonogh School, 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.

# ORDER OF EVENTS

<u>Session</u>	<u>Day</u>	<u>Events</u>	<u>Warm-Ups</u>	<u>Start</u>
1	Fri	Open Mixed Gender/Ages	4:00pm-4:50pm	5:00pm
<b>All swimmers need to provide their own timers and counters.</b>				
<u>Girls</u>		<u>Events</u>		<u>Boys</u>
1		Open Mixed Gender 800 Freestyle	Timed Finals	1

<u>Session</u>	<u>Day</u>	<u>Events</u>	<u>Warm-Ups</u>	<u>Start</u>
2	Sat	11-12, 10 & Under	7:30am-8:20am	8:30am
<u>Girls</u>		<u>Events</u>		<u>Boys</u>
3		11-12 100 Freestyle	Timed Finals	4
5		10 & Under 100 Freestyle	Timed Finals	6
7		12 & Under 200 Butterfly	Timed Finals	8
9		11-12 50 Breaststroke	Timed Finals	10
11		10 & Under 50 Breaststroke	Timed Finals	12
13		12 & Under 200 Freestyle	Timed Finals	14
15		11-12 100 Backstroke	Timed Finals	16
17		10 & Under 100 Backstroke	Timed Finals	18
19		11-12 50 Butterfly	Timed Finals	20
21		10 & Under 50 Butterfly	Timed Finals	22

<u>Session</u>	<u>Day</u>	<u>Events</u>	<u>Warm-Ups</u>	<u>Start</u>
3	Sat	Open Mixed Gender/Ages	12:30pm-1:20pm	1:30pm
<b>All swimmers need to provide their own timers.</b>				
<u>Girls</u>		<u>Events</u>		<u>Boys</u>
23		Open Mixed Gender 400 IM	Timed Finals	23



<u>Session</u>	<u>Day</u>	<u>Events</u>	<u>Warm-Ups</u>	<u>Start</u>
6	Sun	Open Mixed Gender/Ages	12:30pm-1:20pm	1:30pm
<b>All swimmers need to provide their own timers.</b>				
<u>Girls</u>		<u>Events</u>		<u>Boys</u>
67		Open Mixed Gender 400 Freestyle	Timed Finals	67

<u>Session</u>	<u>Day</u>	<u>Events</u>	<u>Warm-Ups</u>	<u>Start</u>
7	Sun	13 & Over, Open	4:00pm-4:50pm	5:00pm
<u>Girls</u>		<u>Events</u>		<u>Boys</u>
69		13-14 100 Breaststroke	Timed Finals	70
71		Open 100 Breaststroke	Timed Finals	72
73		13-14 50 Freestyle	Timed Finals	74
75		Open 50 Freestyle	Timed Finals	76
77		13-14 200 Backstroke	Timed Finals	78
79		Open 200 Backstroke	Timed Finals	80
81		13-14 100 Butterfly	Timed Finals	82
83		Open 100 Butterfly	Timed Finals	84
85		13-14 200 Freestyle	Timed Finals	86
87		Open 200 Freestyle	Timed Finals	88