



2016 FOX Summer Meet 1

Hosted by Fox Swim Club & Fox Swim Club II

June 4, 2016

Held at Frederick High School; 650 Carroll Parkway, Frederick, MD 21701

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD15-16/088

MEET DIRECTOR	MEET ENTRY COORDINATOR
Rob Fox 240-529-5774 rob@foxswimming.com	Rob Fox 448 W South Street Frederick, MD 21701 240-529-5774 rob@foxswimming.com
MEET REFEREE	MEET MARSHALL
Terry Kirby Karter1993@msn.com	Melanie Sasse 240-77-6861 Melanie.Sasse@montgomerycountymd.gov
OFFICIALS CONTACT	ADMIN OFFICIAL
Terry Kirby Karter1993@msn.com	Rob Fox / Carron Dunker

FACILITY

The Frederick High School swimming pool has six (6) lanes, 25 yards in length, with non-turbulent lane lines, semi-automated timing system (Dolphin Timing System), and a separate spectator seating area. The minimum water depth, measured in accordance with Article 103.2.3 is: 3'2" at the turn end to 12' at the start end. The competition course has not been certified in accordance with 104.2.2c(4). Parking is allowed in the main lot next to the swimming pool. Please do not park on the street in front of the building.

MEET FORMAT

This is a timed final event. There will be two sessions. The distance events will be held in session 2 and will take place after a 20 minute warm-up session immediately following Session 1.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30 AM	8:30 AM	All Ages
2	Saturday	10:40 AM	11:00 AM	OPEN

DEADLINE AND MEETING SUMMARY: (keep section in chronological order)

Day, Date	Time	For:
Thursday, 5/26/16	5:00 PM	Entry deadline
Saturday, 6/4/16	8:00 AM	Coaches/General Meeting
Saturday, 6/4/16	10:00 AM	Session 2 - positive check
Saturday, 6/4/16	7:45 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. Swimmers must remain on-deck or in assigned team areas. If Swimmers need to go into spectator areas they need to be dressed appropriately. Locker rooms are for changing only. Swimmers are not to remain or play in the changing or shower areas. Finally, swimmers are not allowed to have chairs on deck and must make sure that all doors are accessible.

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 and Maryland Swimming Rules, except where rules therein are optional and exceptions are stated. WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Use of stretch cords, paddles, fins, kick boards, etc are not permitted. Coaches and swimmers are asked to review MD Swimming Rules, Section 14.8.

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.

The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing would be in violation of the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

Only entered swimmers, officials working the meet, meet workers, and current USA swimming coach members are eligible to be outside of the spectator areas. Coaches will be required to display their credentials at all times while on deck. [MD Swimming Rules, Section 14.4]

Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Article 101.1. All swimmers and coaches are encouraged to

re-familiarize themselves with the starting signals [[USA Swimming, Article 101.1.2](#)] and False Start rules [[USA Swimming, Article 101.1.3](#)].

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. Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.

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

Fox Swim Club and Fox Swim Club II welcome 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 FSC's & FOX's ability to accommodate all requests.

ENTRIES

Swimmers will be limited to a maximum of five (5) event up to four (4) individual events and (2) relays. Entries may be limited in any 200m and longer events to 1 or 2 heats in order to conform to meet time limits or swimmers may be asked to reduce to three (3) individual events.

Entries should be submitted in Hy-tek format and 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. FSC's & FOX's 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. All relay only swimmers including alternates must be listed.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events plus 2 relays per day and a total of 5 events for Session 1. Swimmer may enter upto 2 events in Session 2 and will be charged a separate event fee.

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, but deck entries will be allowed for swimmers already entered into the meet where space will allow.

ENTRY FEES

Make checks payable to: Fox Swim Club; All fees are non-refundable	
Session Surcharge	\$12.00 per swimmer (Session 1 events included)
Individual Event	\$7.00 per event for swimmers participating in Session 2
Relays	There is no additional charge for relays

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

CHECK-IN A positive check-in, located at the administrative table, will be required for the following events in Session 2:

- OPEN 500 Free
- OPEN 1000 Free
- OPEN 1650 Free
- OPEN 400 IM

Check in for event will be as 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.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block. If following the MSI Scratch Rule: The MSI Scratch Rule is in effect for this meet.

SCORING/AWARDS No team or individual scoring will be kept. No awards will be given for this meet.

RESULTS **Results will be emailed to coaches and posted on 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. FSC & FOX welcome 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. Teams are expected to provide timers proportional to the number of swimmers entered in the session.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available for all volunteers/coaches/officials.

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.

ORDER OF EVENTS

Saturday, June 4, 2016

SESSION 1

Warm-up: 7:30 AM; Meet Start: 8:30 AM

Girls	Event	Boys
1	Open 400 Medley Relay	2
3	12 & Under Medley Relay	4
5	10 & Under 100 Medley Relay	6
7	8 & Over 200 Free	8
9	9 & Over 200 Breast	10
11	9 & Over 100 Breast	12
13	7 & Over 50 Breast	14
15	8 & Under 25 Breast	16
17	9 & Over 50 Free	18

19	8 & Under 25 Free	20
21	9 & Over 100 Fly	22
23	9 & Over 200 Fly	24
25	7 & Over 50 Fly	26
27	8 & Under 25 Fly	28
29	9 & Over 100 Back	30
31	7 & Over 50 Back	32
33	8 & Under 25 Back	34
35	9 & Over 200 Back	36
37	9 & Over 100 Free	38
39	8 & Under 50 Free	40
41	12 & Under 100 IM	42
43	8 & Over 200 IM	44
45	9 & Over 400 IM	46
47	10 & Under 100 Free Relay	48
49	Open 200 Free Relay	50

SESSION 2

Warm-up: 11:40 AM*; Meet Start: 12:00 PM

Girls	Event	Boys
51	Open 400 IM	52
53	Open 500 Free	54
55	Open 1000 Free	56
57	Open 1650 Free	58

PLEASE NOTE: THE MEET DIRECTOR RESERVES THE RIGHT TO MAKE CHANGES WHICH MAY AFFECT THE SAFETY AND/OR EFFICIENCY OF THIS MEET INCLUDING, BUT NOT LIMITED TO, MEET ENTRIES, SESSION START TIMES & SPECTATOR BEHAVIOR



FOX Summer Meet 1

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Fox Swim Club**):

Fox Swim Club

ATTN: Rob Fox

448 W South Street, Frederick, MD 21701

Email to: rob@foxswimming.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Number of Swimmers Entered in the Meet		\$12.00 per swimmer	
Individual Entries for Session 2		\$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 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