

**MARYLAND SWIMMING LSC, INC.**

2016 MARYLAND LSC LONG COURSE CHAMPIONSHIPS

Hosted by MARYLAND SWIMMING, INC. AND ALL PARTICIPATING CLUBS

AUGUST 4-7, 2016

@

ST. MARY'S COLLEGE OF MARYLAND

AQUATIC CENTER AT THE MICHAEL P. O'BRIEN ATHLETICS AND RECREATION CENTER

18952 E. FISHER ROAD

ST. MARY'S CITY, MARYLAND 20686

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

Sanction # MD15-16/052

**ENTRY DEADLINE: MONDAY JULY 26, 2016 @ 8:00 PM**

**ENTRY FEE DEADLINE: SATURDAY JULY 29, 2016 @ 5:00 PM**

**The 2015 Maryland LSC Long Course Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Will Ruffin <a href="mailto:william.b.ruffin@gmail.com">william.b.ruffin@gmail.com</a>	TOM HIMES MEADOWBROOK AQUATIC CENTER ATTN: TOM HIMES 5700 COTTONWORTH AVENUE BALTIMORE, MARYLAND 21209 <a href="mailto:thimes@nbac.net">thimes@nbac.net</a> / <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a>
<b>MEET REFEREES</b>	<b>MEET MARSHALL</b>
GREER VERHEYEN <a href="mailto:Greer.Verheyen@constellation.com">Greer.Verheyen@constellation.com</a>	Trevor Rill <a href="mailto:trill@jcc.org">trill@jcc.org</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN REFEREE</b>
GREER VERHEYEN <a href="mailto:Greer.Verheyen@constellation.com">Greer.Verheyen@constellation.com</a>	Zuzana Chamrova <a href="mailto:zchamrova@hotmail.com">zchamrova@hotmail.com</a>

**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 lanes There is an adjacent 7 lane 25 yard pool available for continuous warm-up / warm-down.

The competition course has not been certified in accordance with 104.2.2c(4). The

minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". The facility has fully automatic timing (Daktronics Omni Sport 2000), touchpads, scoreboard and horn start.

All swimmers and spectators attending this meet are guests of the St. Mary's College of Maryland and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

Chairs are not permitted in the stands.

Swimmers leaving the pool area are required to wear shirts, shorts or pants and shoes at all times.

## **MEET FORMAT**

Events will be conducted in the 10 & U, 11-12, 13-14 & Open age groups.

All events will be conducted as a Trials & Finals Format except for the following events which will be conducted as Timed Finals events.

10&U: Events 87 & 88 400 Freestyle

11-12: Events 31 & 32 400 IM, Events 89 & 90 400 Freestyle,

13-14: Events 29 & 30 800 Freestyle, Events 123 & 124 1500 Freestyle

OPEN: Events 27 & 28 800 Freestyle, Events 121 & 122 1500 Freestyle

NOTE: If required due to timeline issues the 13-14 & Open 400 FREE & 400 IM could be switched to timed finals events in order to decrease the timeline. That decision will be finalized by the Meet Referee and Administrative Referee.

The 13-14 and OPEN age groups will have a consolation heat and a finals heat in the finals session. The 10 & U and the 11 – 12 age groups will have a finals heat in the finals session.

No swimmers over the age of 18 are allowed to compete in the B finals, unless there are not enough swimmers to fill the B final heat. The top 8 swimmers in the OPEN age group prelims will be seeded in the A Final regardless of age. After the scratch deadline, the next 8 fastest 18 and younger swimmers will be seeded in the B Final.

All prelim/final events will be circle seeded.

Events 27 & 28 (OPEN 800 Freestyle) and Events 29 & 30 (13-14 800 Freestyle) will be swum as timed final events fastest to slowest alternating Men & Women as well as age groups. The fastest heats of Men & Women will be swum during Session 2 (finals) after the positive check-in closes and scratches are completed. The During Session 1 (Prelims), the next 4 heats of 800 Freestyle (the remaining heats of fastest to slowest alternating Men and Women as well as age groups) will be completed followed by Events 31 & 32 (11-12 400 IM).

Events 31 & 32 (11-12 400 IM) will be swum as timed final events. The fastest heats of Men & Women will be determined after the positive check-in closes and scratches are completed. The fastest heats will be swum during Session 2 (Finals). The remaining fastest to slowest heats of Events 31 & 32 (11 & 12 400 IM) will be contested during Session 1 (Prelims) and after the 4 heats of the 800 Free are completed as described above. Events 31 & 32 (11 & 12 400 IM) will be swum fastest to slowest with alternating

heats of Men & Women. The remaining next fastest heats of Events 27 & 28 (OPEN 800 Freestyle) and Events 29 & 30 (13-14 800 Freestyle) will then follow. These heats will be swum fastest to slowest alternating Men & Women as well as age groups.

Events 87 & 88 (10 & U 400 Freestyle) and Events 89 & 90 (11-12 400 Freestyle) during Session 5 (Prelims) will be swum as timed final events, after the positive check-in closes and scratches are completed. The fastest heats of Events 87 & 88 (10 & U 400 Freestyle) and 89 & 90 (11-12 400 Freestyle) will be swum during Session 6 (Finals). The remaining heats of these 4 events will be swum during Session 5 slowest to fastest in event order.

Events 121 & 122 (OPEN 1500 Freestyle) and Events 123 & 124 (13-14 1500 Freestyle) will be swum as timed final events. The fastest heats of Events 121 & 122 (Open 1500 Freestyle) and Events 123 & 124 (13-14 1500 Freestyle) will be swum during Session 8 (finals) after the positive check-in closes and scratches are completed. The remaining heats of these events will swim at the end of the Session 7, fastest to slowest alternating Men & Women as well as events.

Relays on Saturday & Sunday will be swum as follows: The top 8 seeded relays after positive check-in will swim in the in each day's finals session. The remaining relays will swim in the prelim sessions. There will be no option to swim AM/PM relays. If you are seeded, after positive check-in, to swim in the finals session you must swim in that session.

Meet Management reserves the right to change the warmup and start times based on entries received. Please check for any changes on [www.mdswim.org](http://www.mdswim.org) for any changes to warmup and start times. The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

BREAKS: After entries are received, breaks between events may be applied to ensure swimmers receive a minimum of 20 minutes between events. These breaks will be applied at the discretion of the meet referee.

#### **SCHEDULE:**

Session	Day	Warm-up	Meet Start	Age Group
1	THURSDAY	6:30 AM	8:00 AM	ALL
2	THURSDAY	4:30 PM	5:30 PM	ALL
3	FRIDAY	6:30 AM	8:00 AM	ALL
4	FRIDAY	4:30 PM	5:30 PM	ALL
5	SATURDAY	6:30 AM	8:00 AM	ALL
6	SATURDAY	4:30 PM	5:30 PM	ALL
7	SUNDAY	6:30 AM	8:00 AM	ALL
8	SUNDAY	3:30 PM	4:15 PM	FINAL HEATS 1500 FREE
9	SUNDAY	4:30 PM	5:30 PM	ALL

#### **DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
<b>Tuesday July 26, 2016</b>	<b>8:00 PM</b>	<b>ENTRY DEADLINE</b>
<b>Friday July 29, 2016</b>	<b>5:00 PM</b>	<b>ENTRY FEE DEADLINE</b>
TH, FR, SA, SU Aug. 4 – 7	7:00 AM	Officials Briefing
TH, FR, SA, SU Aug. 4 – 7	4:45 PM	Officials Briefing
Thursday Aug. 4	7:30 AM	Coaches Meeting / If Needed

**SAFETY**

The 2016 USA Swimming & MSI warm-up and safety guidelines shall be in effect for the meet. Those guidelines may be accessed through the MSI website (mdswim.org). 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. Maryland LSC Rules shall also apply.

USA Swimming / MD Safety Guidelines and warm-up procedures will be in effect for the entire meet.

Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.

No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing and administrative staff assisting with the conduct of the meet.

Swimmers entering the meet must be registered with MSI by the entry deadline date. Per MSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from in the water. When a swimmer is unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

No Deck Registrations will be permitted.

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.

Videotaping or picture taking, on deck by meet volunteers will not be permitted. Volunteers wishing to tape or photograph their swimmer shall do so from the spectator stands. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.

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

All participants are required to observe the USA Swimming Code of Conduct.

## **HEALTH GUIDELINES**

All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Staff has the authority to inform and protect coaches and swimmers from a potential outbreak of illness. Any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event are encouraged to withdraw from the competition and/or leave the venue as a safety precaution.

## **ELIGIBILITY**

Open to ALL 2016 USA Swimming Inc. / Maryland Swimming Inc. registered swimmers of the Maryland Swimming LSC Teams and unattached Maryland LSC registered swimmers ONLY who meet the qualifying time standards. The meet is closed to ALL outside the LSC teams and swimmers.

Swimmers entering the meet must be registered with MSI and USA Swimming by the meet entry deadline. Per Maryland Swimming rules, any club that enters an unregistered athlete will be fined \$100.00 per infringement. 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.

Swimmers' Age as of August 4, 2016 shall apply for the entire meet.

Swimmers must be equal to or faster than the Qualifying Times for the meet. The qualifying times must have been achieved, in a long course meter pool, between April 1st, 2015 and the entry deadline for this meet (July 26, 2016). No times achieved outside of this time period may be used to qualify for this meet. The qualifying times must have been achieved in a long course meter pool. Converted times will not be accepted. Qualifying times must have been achieved in a USA Swimming sanctioned/approved/observed meet.

**Relay Eligibility:** There are no qualifying times for relay entries. Each team is allowed to enter one relay per relay event.

**Qualifying times exception:** If a swimmer qualifies for either the 800 Free or the 1500 Free they may enter the other (800 Free or 1500 Free) event if they have not achieved the qualifying time for the event within the qualifying period. The time entered for that event should be at the qualifying time if never swum or a verifiable time outside of the qualifying period if swum before.

## **SWIMMERS WITH DISABILITIES**

Maryland Swimming Inc. 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 Maryland Swimming's ability to accommodate all requests.

## **ENTRIES**

ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries (Please check the proof of times option).

No Time entries are not acceptable for Individual Event entries but is acceptable for Relay entries.

**PROOF OF TIMES:** Times will be proven through the SWIMS database. Coaches should be prepared to submit proof of times (in addition to the proof of times – entry report required with entries) upon request by the Meet director or referee for those times rejected by the SWIMS database. Failure to prove a time will result in the swimmer being scratched from that event. Any swimmer entered with a falsified or non-provable time will be subject to a \$100.00 fine per occurrence.

Relays should be entered with actual times from a LC meet, aggregate LC times or entered with a NT if neither of the previous times are available. Relay times and aggregate times must be proven. If a relay does not have a provable time it must be entered with a no time. NT entries will be accepted for relay events ONLY.

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

## **ENTRY LIMITATIONS**

All 12 & Under Swimmers are limited to 9 Individual Events and 2 Relays for the meet not to exceed 3 Individual and 1 Relay Event on any day.

All 13 & older swimmers are limited to 8 Individual Events and 2 Relays for the meet not to exceed 3 Individual and 1 Relay Event on any day.

Each Team is limited to 1 Relay Entry per Relay Event.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. If the meet becomes oversubscribed, the meet will be reduced in the following manner:

1. 200 , 100, 50 mtr Bonus events will be eliminated
2. Any heats not full (8 swimmers) will be eliminated
3. 12 & U Events will be limited to 8 per swimmer
4. Events will be limited to 6 heats
5. Any heats not full (8 swimmers) will be eliminated
6. Entry times furthest away from AAA times will be cut

Entries who meet the qualifying times will not be eliminated but the format of the meet may be altered to have slower heats (Events with 5 or more heats) swim in a session at the conclusion of the scheduled session .

**NO LATE ENTRIES WILL BE ACCEPTED.**

**NO DECK ENTRIES WILL BE ACCEPTED (INDIVIDUAL OR RELAY)**

Meet Management reserves the right to change the warmup and start times based on entries received.

## **BONUS EVENTS**

Bonus events will be offered to ALL age groups using the following guidelines:

- Qualify for 1 or more events, you get 2 bonus events
- The bonus events may be used on any day of the meet
- Events 400 yards or longer are not eligible as bonus events. (400 IM, 500 FREE, 1000 FREE, 1650 FREE)
- The bonus events must meet the following time standards:  
50 YD bonus events must be within .50 seconds of the qualifying time for the meet.  
100 YD bonus events must be within 1 second of the qualifying time for the meet.  
200 YD bonus events must be within 2 seconds of the qualifying time for the meet.
- If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet.

**ENTRY PROCEDURE** ALL ENTRIES SHOULD BE EMAILED OR MAILED TO THE MEET ENTRY CHAIRMAN TO THE EMAIL ADDRESS OR MAILING ADDRESS ON PAGE 1.

The email / mailing should include the following:

- Entry file compatible with HY-TEK meet manager.
- Team entries in a word/PDF document with the proof of times option included. This should include Individual and Relay Entries. Proof of times for both Individual and relay events (actual or aggregate) must be included.
- Entry Fee report in a word/PDF document
- Entry Summary / Release form contained in the last page of this notice.
- Relay only swimmers must be included on your roster. This can be done by adding names to your relay entries (including alternates). As always, those names can be changed up until the time of the event. No swimmers can be added to your roster after the deadline of the meet.
- Bonus events should be marked with a \* .

For entries to be officially accepted, the following must be received by the Meet Entry Director:

- Entry File / Paper Entries and all information included above by JULY 26, 2016 @ 8:00 PM.
- Check for all entry fees by SATURDAY JULY 29, 2016 @ 5:00 PM.
- Completed Entry Summary / Release Form / Team Communication Form contained as the last page of the meet notice.
- ALL should be emailed to [thimes@nbac.net](mailto:thimes@nbac.net) or [coachtom@comcast.net](mailto:coachtom@comcast.net)
- OR mailed to:  
Meadowbrook Aquatic Center  
ATTN: Tom Himes  
5700 Cottonworth Avenue  
Baltimore, Maryland 21209

**ENTRY DEADLINES** The Meet Entry Coordinator must receive ENTRIES by TUESDAY JULY 26, 2016 @ 8:00 PM. No late entries will be accepted.

ENTRY FEES must be in the hands of the Meet Entry Director no later than FRIDAY JULY 29, 2016 @ 5:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by FRIDAY JULY 29, 2016 @ 5:00 PM your entries may be removed from the meet or subject to a \$100.00 late 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 FEES**

Make checks payable to: MARYLAND SWIMMING, INC.	
Individual Event	\$7.00 per individual event
Ind. Event / Paper Entry	\$10.00 per individual event
Relays	\$14.00 per relay event
Relays / Paper Entry	\$20.00 per relay event

Entry Fees should be sent to:

Meadowbrook Aquatic Center  
ATTN: Tom Himes  
5700 Cottonworth Avenue  
Baltimore, Maryland 21209

**SEEDING** ALL Entry times must be submitted in LCM. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Converted times or no time entries will not be accepted.

**CHECK-IN** The following Timed Final Events require positive check-in:

- Events 27 through 30 (800 Free) & Events 31 & 32 (11-12 400 IM): Due at 8:00 AM Thursday, July 30, 2015
- Events 55 through 58 (400 IM): Due at 8:00 am on Friday
- Free Relay Events 59 through 66: Due at 9:00 AM on Friday
- Events 87 through 94 (400 Free): Due at 8:00 AM on Saturday
- Medley Relay Events 95 through 102: Closes at 9:00 AM on Saturday
- Events 121 through 124 (1500 Free): Closes at 8:00 am on Sunday

Swimmers who **fail to check in** will be **scratched** from the event and not seeded. 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**

Finals scratch procedure: USA Swimming Rules 207.12.6(D) will be followed. A Swimmer who declares his/her intention to scratch but fails to return to the scratch table within 30 minutes after their last event to declare scratch or swim, will be seeded into the event. Although listed alternates, after the 30 minutes scratch time (and those finishing below the first two alternates) will not be penalized, it is strongly encouraged that all swimmers placing within the top 30 scratch if they do not intend on returning to finals. The relevant Maryland Swimming Penalty of \$50.00 shall be applied to any swimmer failing to show for finals on the final day of the meet. Exceptions for failure to compete: USA Swimming Rules 207.11.6C will be in effect. There will be no penalties for scratching a pre-seeded preliminary event.

**SCORING**

Team Scoring is as follows:

Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

**AWARDS**

For 10 & U, 11-12, 13-14 Individual Events and Relay Events:

1<sup>st</sup>-3<sup>rd</sup> Distinctive Awards

4<sup>th</sup>-8<sup>th</sup> Medals

There will be no awards for OPEN events.

Team Awards:

1<sup>st</sup> – 8<sup>th</sup>

**RESULTS**

Live Results will be available via the Maryland Swimming website (mdswim.org). The meet will also be available via meet mobile. Final Results will be posted on the MSI website within 48 hours of the meet's conclusion.

**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**

There will be a need for officials. Maryland Swimming welcomes and encourages anyone willing to volunteer to complete an application to officiate via the link below. 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.

Please indicate your availability as an official by filling out the Application to Officiate using the following link:

[Application to Officiate 2016 Long Course Meet](#)

**WORKERS**

This meet is hosted by ALL TEAMS of the Maryland Swimming LSC. Any Team with swimmers entered in the meet will be required to provide workers.

Each Team needs to provide the name, phone number and email address of a Team Manager. In addition the name, phone number and email address of a coach. This info is to be submitted via the form at the end of the meet notice.

The Team Manager should be available during all sessions of the meet.

Each Team will be sent their worker assignments once entries have been received. Worker assignments will also be posted on the Maryland Swimming website ([www.mdswim.org](http://www.mdswim.org)).

Each Club/Swimmer is responsible for supplying your own timers and counters for the following events:

- 11-12 400 IM
- ALL 800 Free's
- ALL 1500 Free's
- ALL Prelim Session Relays

Reminder: The team communication worksheet must be sent with your entries for your entries to be considered complete.

**HOSPITALITY/  
CONCESSIONS**

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

**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 and should be monitored by each teams coaching staff.

**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. CBAC, ST. Mary's College, 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.

**Thursday, August 4, 2016****Session 1: Prelim/Timed Final Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 6:30 a.m. Prelims: 8:00 a.m.*****Positive Check in for 800 Free and 11-12 400 IM by 9:00 AM***

<b>Girls</b>	<b>QT</b>	<b>Event</b>	<b>QT</b>	<b>Boys</b>
1	2:56.89	11-12 200 Back	2:53.79	2
3	1:04.09	OPEN 100 Free	57.39	4
5	1:06.29	13-14 100 Free	1:02.29	6
7	1:10.29	11-12 100 Free	1:10.49	8
9	1:21.19	10 & U 100 Free	1:20.39	10
11	1:23.09	OPEN 100 Breast	1:15.59	12
13	1:26.39	13-14 100 Breast	1:19.59	14
15	42.09	11-12 50 Breast	41.99	16
17	48.09	10 & U 50 Breast	48.19	18
19	2:35.59	OPEN 200 Fly	2:22.89	20
21	2:42.29	13-14 200 Fly	2:33.29	22
23	1:21.89	11-12 100 Fly	1:20.39	24
25	1:36.79	10 & U 100 Fly	1:36.09	26
27	9:59.99	OPEN 800 Free	9:27.29	28
29	10:20.99	13-14 800 Free	10:05.99	30
31*	6:10.99	11-12 400 IM	6:11.49	32*

**\*NOTE: EVENT 31 & 32 WILL SWIM AFTER 4 HEATS OF THE 800 FREE IN THE PRELIMINARY SESSION.****Session 2: Finals Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 4:00 p.m. Finals: 5:30 p.m.****Friday, August 5, 2016****Session 3: Prelim Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 6:30 a.m. Prelims: 8:00 a.m.*****Positive Check in for 400 IM by 9:00 AM / Relays by 10:00 AM***

<b>Girls</b>	<b>QT</b>	<b>Event</b>	<b>QT</b>	<b>Boys</b>
33*	3:21.09	11-12 200 Breast	3:17.09	34*
35	5:50.09	13 & 14 400 IM	5:33.29	36
37	2:35.49	OPEN 200 Back	2:22.69	38
39	1:34.09	10 & U 100 Back	1:31.69	40
41	1:22.29	11-12 100 Back	1:22.39	42
43	2:42.19	13-14 200 Back	2:33.59	44
45	2:18.29	OPEN 200 Free	2:06.29	46
47	2:57.49	10 & U 200 Free	2:51.89	48
49	2:33.09	11-12 200 Free	2:33.39	50
51	2:24.69	13-14 200 Free	2:17.89	52
53*	5:35.09	OPEN 400 IM	5:10.99	54*
55*	41.49	10 & U 50 Fly	40.89	56*
57*	35.59	11 & 12 50 Fly	35.89	58*
59*	<i>Top 8</i>	13 – 14 400 Free Relay	<i>Top 8</i>	60*
61*	<i>After Scratches</i>	OPEN 400 Free Relay	<i>After Scratches</i>	62*
63*	<i>Swim in</i>	10 & U 200Free Relay	<i>Swim in</i>	64*
65*	<i>Finals Session</i>	11- 12 400 Free Relay	<i>Finals Session</i>	66*

**Session 4: Finals Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 4:00 p.m. Finals: 5:30 p.m.**

**Saturday, August 7, 2016****Session 5: Prelim Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 6:30 a.m. Prelims: 8:00 a.m.****Positive Check in for 400 Free by 9:00 AM / Relays by 10:00 AM**

<b>Girls</b>	<b>QT</b>	<b>Event</b>	<b>QT</b>	<b>Boys</b>
67	1:13.99	13-14 100 Fly	1:08.99	68
69	1:10.79	OPEN 100 Fly	1:04.09	70
71	1:46.49	10& U 100 Breast	1:44.69	72
73	1:33.79	11-12 100 Breast	1:31.69	74
75	3:06.89	13-14 200 Breast	2:55.79	76
77	2:57.99	OPEN 200 Breast	2:42.89	78
79	43.39	10 & U 50 Back	43.29	80
81	37.89	11-12 50 Back	37.99	82
83	1:15.59	13-14 100 Back	1:11.39	84
85	1:12.79	OPEN 100 Back	1:06.79	86
87	6:05.89	10 & U 400 Free	5:59.59	88
89	5:23.29	11-12 400 Free	5:21.89	90
91	5:04.59	13-14 400 Free	4:54.19	92
93	4:55.99	OPEN 400 Free	4:31.39	94
95	<i>Top 8</i>	10 & U 200 Medley Relay	<i>Top 8</i>	96
97	<i>After Scratches</i>	11-12 400 Medley Relay	<i>After Scratches</i>	98
99	<i>Swim in</i>	13-14 400 Medley Relay	<i>Swim in</i>	100
101	<i>Finals Session</i>	OPEN 400 Medley Relay	<i>Finals Session</i>	102

**Session 6: Finals Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 4:00 p.m. Finals: 5:30 p.m.****Sunday, August 8, 2016****Session 7: Prelim Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 6:30 a.m. Prelims: 8:00 a.m.****Positive Check in for 1500 Free by 9:00 AM**

<b>Girls</b>	<b>QT</b>	<b>Event</b>	<b>QT</b>	<b>Boys</b>
103	2:59.29	11-12 200 Fly	2:53.59	104
105	29.79	OPEN 50 Free	26.69	106
107	30.49	13-14 50 Free	28.69	108
109	32.09	11-12 50 Free	32.39	110
111	36.19	10 & U 50 Free	35.69	112
113	2:39.49	OPEN 200 IM	2:24.19	114
115	2:44.29	13-14 200 IM	2:35.39	116
117	2:51.79	11-12 200 IM	2:52.69	118
119	3:17.59	10 & U 200 IM	3:16.89	120
121	19:36.29	OPEN 1500 Free	18:19.89	122
123	19:48.09	13-14 1500 Free	19:15.89	124

**Session 8: Timed Finals Session: Fastest Seeded Heats Open & 13-14 1500 Free****Warm-up: 3:30 p.m. Finals: 4:15 p.m.**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
121	OPEN 1500 Free	122
123	13-14 1500 Free	124

**Session 9: Finals Session: 10 & Under, 11-12, 13-14 & OPEN****Warm-up: 5:30 p.m. Finals: 6:15 p.m.**

**2016 MARYLAND LSC LONG COURSE CHAMPIONSHIPS  
ENTRY SUMMARY / RELEASE FORM / TEAM COMMUNICATION FORM**

Complete mail this form along with entry fees to (checks payable to **MARYLAND SWIMMING, INC.**):

Tom Himes

C/O MEADOWBROOK AQUATIC CENTER

5700 Cottonworth Avenue

Baltimore, Maryland 21209

Email to: [thimes@nbac.net](mailto:thimes@nbac.net) / [coachtom@comcast.net](mailto:coachtom@comcast.net)

TEAM NAME	
TEAM CODE	
COACH	
COACH PHONE	
COACH EMAIL	
MANAGER	
MGR PHONE	
MGR EMAIL	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Individual Entries/Paper		\$10.00 per event	
Relay Entries		\$14.00 per relay	
Relay Entries / Paper		\$20.00 per relay	
<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 \_\_\_\_\_