



CBAC Fall Warm-Up Meet
 Hosted by Chesapeake Bay Aquatic Club

October 14-16, 2016

Held at the Aquatics Center at the Michael P. O'Brien Athletics and Recreation Center
 St. Mary's College of Maryland
 18952 E. Fisher Rd
 St. Mary's City, MD 20686
 Phone: 240-895-4798

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
 Sanction #MD16-17/004

CERTIFIED MEET DIRECTOR Kim Beall and Casey Brandt (C)240-925-7742 (C) 917-684-0504 Meet.director@cbacswim.org caseyrbrandt@gmail.com	CERTIFIED MEET ENTRY COORDINATOR Kim Beall 20555 Brentridge Way Lexington Park, MD 20653 (H) 301-863-7606/ (C) 240-925-7742 Meet.entries@cbacswim.org
MEET REFEREE Adam Scott Head.Official@cbacswim.org	USA Registered MEET SAFETY DIRECTOR Casey Brandt (C) 917-684-0504 caseyrbrandt@gmail.com
OFFICIALS CONTACT Adam Scott Head.Official@cbacswim.org	ADMIN OFFICIAL Kim Beall and Joe Askins

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 25-yard long lanes established between the end of the pool and a movable bulkhead. The remainder of the pool will be set up in 25 yard lanes and will be available for continuous warm-up/warm-down during the meet. The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with touchpads.

The depth of the competition pool is 7 feet (2.1 meters) to 7 feet 6 inches (2.3 meters) from both ends **The competition course has not been certified in accordance with 104.2.2C(4).**

Notes:

1. Chairs are not permitted in the stands area.
2. **Parking is authorized in designated parking areas only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.**

MEET FORMAT

This is an "A" times and below qualifying times, timed finals, age group (9 and over), pre-seeded meet, unless otherwise indicated. "No time" (NT) entries and converted times are acceptable.

Events 1 & 2 require positive Check In no later than 4:30 PM. Swimmers in events 1-2 need to provide their own timer (1) and counter. Events 1-2 will be swum as consolidated events, alternating girl/boy.

Upon request by the Meet Director, technical planning may split or combine sessions in order to run a more effective meet. Order of events will not be changed.

If oversubscription occurs, entries may be limited to a maximum of three individual events per session or the 200 yards and greater events will be limited to the top 32 entries (starting with the longer events and working backwards), whichever is deemed by the Meet Director to be more effective.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Afternoon	4:15 PM	5:00 PM	9 & Over
2	Saturday Morning	7:30 AM	8:30 AM	9-10 & 11-12
3	Saturday Afternoon	12:45 PM	1:45 PM	13-14 & 15 & Over
4	Sunday Morning	7:30 AM	8:30 AM	9-10 & 11-12
5	Sunday Afternoon	12:45 PM	1:45 PM	13-14 & 15 & Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Saturday, September 30	6:00 PM	Entry deadline
Friday, October 14	4:30 PM	500 Free positive check-in
Friday, October 14	4:15 PM	Officials Briefing
Saturday, October 15	7:45 AM/1:00 PM	Officials Briefing
Sunday, October 16	7:45 AM/1:00 PM	Officials Briefing

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. Upon approval by the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm up areas.

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.

The MSI Scratch Rule is in effect for positive check-in events in this meet. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be disqualified from his/her next

individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.

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.

Deck changes are prohibited.

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. Entry times must be slower than the USA Swimming's 2013-2016 "AA" time standards. The "15 & Over" age group will use the 15-16 AA time standard.

SWIMMERS WITH DISABILITIES

Chesapeake Bay Aquatic Club 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 **Chesapeake Bay Aquatic Club's** ability to accommodate all requests.

ENTRIES

Entries submitted in Hy-tek format 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. **Chesapeake Bay Aquatic Club** 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 1 relay per session and a total of 9 individual events and 2 relays for the meet.

Deck-entries will be accepted on a first-come, first-served basis until forty-five minutes prior to the scheduled start time of each session. Deck entries will be seeded into available empty lanes until all lanes are filled. All deck-seed entry fees must be paid at the time of the deck-seed.

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. Maryland Swimming entries received prior to the entry deadline receive priority over out of LSC entries.

ENTRY FEES

Make checks payable to: **Chesapeake Bay Aquatic Club or CBAC**

LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.50 per event
Relays	\$15.00 per relay
Deck seed individual	\$8.00 per event
Deck seed relay	\$16.00 per relay

- 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
- CHECK-IN** A positive check-in, located at the computer table, will be required for the following events:
- 500 free
- 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 compete 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 the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be barred from his/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.
- SCORING** No team or individual scoring will be kept.
- AWARDS** Ribbons will be awarded to the top 8 finishers in each age group, 9-10, 11-12, and 13-14. No ribbons for Senior/Open events and relay events.
- RESULTS** **Results will be posted on Chesapeake Bay Aquatic Club's 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. Either Deck Pass or a membership card will be acceptable as proof of membership. 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. **Chesapeake Bay Aquatic Club** 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. Either Deck Pass or a membership card will be acceptable as proof of membership. 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**

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. During the competition, there will be lanes available for continuous warm-up/down. **There is to be no diving or horseplay in this area.**

DIRECTIONS

From the Washington Beltway, take Rt. 5 south to Waldorf. Turn left/south on Rt. 235 / Rt. 5 in Waldorf and stay straight on Rt. 235 to Lexington Park. **After reaching Lexington Park, you will pass the main gate at the Patuxent River Naval Air Station. Continue past Lexington Park for six (6) miles and make a right onto Mattapany Road. Go approximately 1.8 miles and turn right onto E. Fisher Rd. The Aquatics Center is the large brick building on the right.**

You may also take Rt. 4 south from the Washington Beltway to Solomon's Island. Cross the bridge and proceed to the intersection of Rt. 4 and Rt. 235. Make a left on Rt. 235 south to Lexington Park and follow the highlighted directions to the pool.

From Baltimore take Rt. 301 south to Rt. 4 in Upper Marlboro. Take Rt. 4 south to Solomon's Island and follow the highlighted directions above.

From Annapolis take Rt. 2/4 south to the intersection in Sunderland. Turn left/south to Solomon's Island and follow the highlighted directions to the pool.

View [mapquest map](#). View [campus map](#). (park in lot Z and follow College Dr to the Athletic Center (between building 28 and parking lot Y))

HOTELS

Hampton Inn

22211 Three Notch Rd
Lexington Park, MD
301-863-3200

[View Hotel Information](#)

(8.6 mi/15 min)

Fairfield Inn

22119 Three Notch Road
Lexington Park, MD
301-863-0203

[View Hotel Information](#)

(8.8 mi/15 min)

Comfort Inn & Suites

21885 Three Notch Rd.
Lexington Park, MD
301-863-1051

[View Hotel Information](#)

(9.3 mi/16 min)

Extended Stay America

46565 Expedition Dr
Lexington Park, MD
(240) 725-0100

[View Hotel Information](#)

(9.4 mi/17 min)

Town Place Suites

22520 Three Notch Rd
Lexington Park, MD
301-863-1111

[View Hotel Information](#)

(10.3 mi/18 min)

La Quinta Inn & Suites

22769 Three Notch Rd
California, MD
301-862 4100

[View Hotel Information](#)

(11.0 mi/18 min)

Super 8, California

22801 Three Notch Road
California, MD
301-862-9822

[View Hotel Information](#)

(11.1 mi/18 min)

Country Inn & Suites

44941 Worth Ln
California, MD
301-737-5227

[View Hotel Information](#)

(12.8 mi/21 min)

Executive Inn & Suites

41655 Park Avenue
Leonardtown, MD
301-475-3000

[View Hotel Information](#)

(16.4 mi/27 min)

Comfort Inn – Solomons

255 Lore Rd.
Solomons, MD
410-326-6303

[View Hotel Information](#)

(16.8 mi/27 min)

Holiday Inn – Solomons

155 Holiday Drive
Solomons, MD
410-326-6311

[View Hotel Information](#)

(17 mi/28 min)

Hilton Garden Inn – Solomons

13100 Dowell Rd.
Dowell, MD 20629
410-326-0303

[View Hotel Information](#)

(19.1 mi/35 min)

ORDER OF EVENTS & QUALIFYING TIMES

Session 1: Friday, October 14
Warm-up: 4:15 PM; Meet Start: 5:00 PM

#	Girls/Women Slower than	Event	Boys/Men Slower than	#
1	6:31.39	9-10 500 Free*	6:25.49	2
	5:52.59	11-12 500 Free*	5:47.49	
	5:38.29	13-14 500 Free*	5:19.99	
	5:29.69	15 & Over 500 Free*	5:07.79	
<p>*Events 1-2 require positive check-in no later than 4:30 PM. Swimmers in events 1-2 need to provide their own timer (1) and counter. Events 1-2 will be swum as consolidated events, alternating girl/boy. Awards will be presented by age group (9-10, 11-12, & 13-14)</p>				

Session 2: Saturday, October 15
Warm-up: 7:30 AM; Meet Start: 8:30 AM

#	Girls/Women Slower than	Event	Boys/Men Slower than	#
3	1:08.19	9-10 100 Free	1:07.19	4
5	1:00.49	11-12 100 Free	59.29	6
7	36.19	9-10 50 Back	35.99	8
9	31.89	11-12 50 Back	31.59	10
11	1:20.19	9-10 100 Fly	1:19.89	12
13	1:08.99	11-12 100 Fly	1:07.09	14
15	1:27.99	9-10 100 Breast	1:26.39	16
17	1:18.09	11-12 100 Breast	1:15.79	18
19	2:46.49	9-10 200 IM	2:46.19	20
21	2:29.89	11-12 200 IM	2:26.99	22
23		9-10 200 Medley Relay		24
25		11-12 200 Medley Relay		26

Session 3: Saturday, October 15
Warm-up: 12:45 PM; Meet Start: 1:45 PM

#	Girls/Women Slower than	Event	Boys/Men Slower than	#
27	58.69	13-14 100 Free	54.49	28
29	57.49	15 & Over 100 Free	51.99	30
31	2:18.29	13-14 200 Back	2:10.09	32
33	2:15.29	15 & Over 200 Back	2:04.49	34
35	1:03.89	13-14 100 Fly	59.29	36
37	1:02.59	15 & Over 100 Fly	56.49	38
39	1:13.49	13-14 100 Breast	1:07.89	40
41	1:12.49	15 & Over 100 Breast	1:05.09	42
43	5:02.69	13-14 400 IM	4:43.39	44
45	4:54.49	15 & Over 400 IM	4:32.19	46
47		13-14 200 Medley Relay		48
49		15 & Over Medley Relay		50

Session 4: Sunday, October 16
Warm-up: 7:30 AM; Meet Start: 8:30 AM

#	Girls/Women Slower than	Event	Boys/Men Slower than	#
51	2:29.09	9-10 200 Free	2:24.99	52
53	2:21.39	11-12 200 Free	2:09.19	54
55	1:17.89	9-10 100 Back	1:16.59	56
57	1:09.29	11-12 100 Back	1:07.49	58
59	34.79	9-10 50 Fly	34.39	60
61	30.59	11-12 50 Fly	30.19	62
63	40.09	9-10 50 Breast	39.99	64
65	35.89	11-12 50 Breast	35.19	66
67	1:17.69	9-10 100 IM	1:16.99	68
69	1:10.09	11-12 100 IM	1:08.09	70
71	30.59	9-10 50 Free	30.19	72
73	28.19	11-12 50 Free	27.19	74
75		9-10 200 Free Relay		76
77		11-12 200 Free Relay		78

Session 5: Sunday, October 16
Warm-up: 12:45 PM; Meet Start: 1:45 PM

#	Girls/Women Slower than	Event	Boys/Men Slower than	#
79	2:06.49	13-14 200 Free	1:58.69	80
81	2:03.89	15 & Over 200 Free	1:53.59	82
83	1:04.29	13-14 100 Back	1:00.39	84
85	1:02.69	15 & Over 100 Back	57.29	86
87	2:21.69	13-14 200 Fly	2:11.69	88
89	2:16.99	15 & Over 200 Fly	2:05.89	90
91	2:39.39	13-14 200 Breast	2:28.29	92
93	2:35.99	15 & Over 200 Breast	2:21.99	94
95	2:22.29	13-14 200 IM	2:12.99	96
97	2:18.69	15 & Over 200 IM	2:06.79	98
99	26.99	13-14 50 Free	24.89	100
101	26.59	15 & Over 50 Free	23.79	102
103		13-14 200 Free Relay		104
105		15 & Over 200 Free Relay		106

**CBAC Fall Warm-Up Meet
Summary of Fees/Release Form**

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

Chesapeake Bay Aquatic Club
ATTN: Kim Beall
20555 Brentridge Way
Lexington Park, MD 20653
Email to: meet.entries@cbacswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmers (LSC Surcharge)		\$2.00 per Swimmer	
Individual Entries		\$7.50 per event	
Relay Entries		\$15.00 per relay	
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