

The Naval Academy Aquatic Club

Meet Notice



2016 Naval Academy Open Water Fall Splash September 10, 2016

Bay Ridge Community Beach, 2 Herndon Ave., Annapolis, MD
Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD16/17-OW0001

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Chris Swensen 1811 Harewood Lane Crofton, MD 21114 410-693-2500 Cswensen11@gmail.com	Nicole Roberts 654 Quail Run Court Arnold, MD 21012 301-875-6911 nicolezroberts@gmail.com
MEET REFEREE	USA Registered MEET SAFETY DIRECTORY
Bill Dougherty wdougherty63@gmail.com	Pam Benitez jamelapean@aol.com
OFFICIALS CONTACT	
Bill Dougherty	

MEET FORMAT

- This is a timed final Age Group & Open, pre-seeded meet.

Session	Day	Check-in begins	Meet Start	Age Group
1	Saturday, Sept. 10, 2016	8:00 AM	9:00 AM	Begins with 10 & Under

***All swimmers must check in at least 30 minutes before the start of their race.**

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Sunday, Aug. 28, 2016	5:00 PM	Entry Deadline
Saturday, Sept. 10, 2016	7:45 AM	Officials meeting (on beach)

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Saturday, Sept. 10, 2016	8:00 AM	Kayakers arrive and set-up
Saturday, Sept. 10, 2016	8:20 AM	Kayakers Pre-Race Meeting
Saturday, Sept. 10, 2016	8:45 AM	Briefing for 10 & U ½ mile Race
Saturday, Sept. 10, 2016	9:00 AM	Start of 10 & U ½ mile Race
Saturday, Sept. 10, 2016	9:30 AM	Briefing for 11/12 and 13/14 one mile Race
Saturday, Sept. 10, 2016	9:30 AM	Set up of 1 mile Course
Saturday, Sept. 10, 2016	9:45 AM	Start of 11/12 1 mile Race
Saturday, Sept. 10, 2016	10:30 AM	Start of 13/14 1 mile Race (may combine with 11/12)
Saturday, Sept. 10, 2016	11:00 AM	Briefing for 15/18 & Open swimmers
Saturday, Sept. 10, 2016	11:15 AM	Start for 15/18 2 mile Race
Saturday, Sept. 10, 2016	TBD	Start of Open 2 mile Race

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. Adequate safety guidelines will be strictly adhered to. Kayakers will be spotting throughout the course and safety craft will be on site and prepared to administer aid should the need arise. The **Anne Arundel County Fire Department Search & Rescue will be the safety authority on the water/Independent Safety Monitor**, and the U.S. Coast Guard will monitor the surrounding area in order to keep boat traffic off the course. Meet swim caps will be provided and must be worn by all competitors.

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. Deck changes are prohibited.

- **There will be a mandatory suit, fingernail, and toe nail check. Swimmers will need to check in with a photo ID or bring a parent/guardian with a photo ID.**

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- **Swimmers will need a Contact Phone number for the Day of the Event.**
- **All Waivers (found at end of this meet notice) must be completed, signed & returned either with payment or on the day of registration.**

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers, with the exception of open 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.

- A coach must certify on the release form that the swimmer has the ability to complete the race.
- **The Open category** will be limited to 70 swimmers. Open swimmers that are not USA Swimmers will have to purchase a one day membership on the day of the event. The cost for a one day membership is \$25 cash.
- NTs will be accepted.

SWIMMERS WITH DISABILITIES

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.

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. **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.

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ENTRY LIMITATIONS Swimmers may swim a maximum of 1 event for the day. A coach must certify on the release form that the swimmer has the ability to complete the race.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. If you do not hear from the Meet Entry Coordinator after submitting a file or updated file within 48 hours, it is your responsibility to follow up wither to see if the email was received.

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 received.**

ENTRY FEES

Make checks payable to: Naval Academy Aquatic Club	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$36.00 per event

SEEDING Men and women in each age group will compete on the same course at the same time. If there are a high number of entries in a particular event, the race will be run in heats. If the number of entries for a particular event is large enough to cause it to run more than the time allotted above, the meet director will limit the entries for that event. Swimmers from within the Maryland LSC will have priority based on the date and time their entries are received by the Entries Director. The 15-18 and Open categories will have start times that immediately follow each other.

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CHECK-IN

Check-in begins at 7:00 AM. All swimmers must check in at least 30 minutes before their race starts.

SCRATCHES

There will be no penalty for scratching pre-seeded events. There will be no refunds for no-shows.

SCORING

Scoring will not be kept at this meet.

AWARDS

Ribbons will be awarded to the top 8 finishers in the following age groups with the exception of the Open category.

RESULTS

Results will be posted on NAAC'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. 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. 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

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will be held on the beach area at the date and time listed in the Deadline and Meeting Summary.

**HOSPITALITY/
CONCESSIONS/VENDOR**

A small assortment of refreshments will be available for sale at the concessions stand. There will not be a hospitality site.

WARM-UP

In accordance with USA Swimming guidelines, there will be warm-up/warm-down opportunities. An area in the Bay will be available for continuous warm-up and warm-down under the supervision of a coach.

TIMING

Timing will be run by 2L Race Services using the cutting edge Jaguar RFID timing system. Each swimmer will be provided with a timing chip. In order to program the chips for the swim, all swimmers must meet the entry deadline.

Note: All timing equipment belongs to 2L Race Services. **Please do not touch any of the timing equipment.**

WEATHER DELAY

If inclement weather causes a delay, a notice will be posted on the Naval Academy Aquatic Club's website (www.naac.ws) along with the adjusted start times for each race. If there appears there will be no break in the weather, the meet will be canceled entirely. In the event of cancellation due to weather, there will be no refunds. Also, water quality after any weather event must be taken into consideration.

RELEASE FORM

Coaches are encouraged to include a completed release form (copy follows) for each swimmer when mailing the entry fee check. The Meet Director must have a completed release form for each swimmer no later than 8:00 am the day of the meet.

RACE PLAN

The Naval Academy Aquatic Club (NAAC) Open Water Fall Splash is an open water swim meet for 10 & U, 11-12, 13-14, and 15-18 year olds being swam in the Chesapeake Bay off the beach in front of the

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Bay Ridge Community Swim Club in Bay Ridge, Annapolis, MD. The races will consist of a half mile course for 10 & U, a one mile course for 11-12 and 13-14 yr. olds, and a 2 mile course for 15-18 yr. olds and Open Swimmers. The races will start and finish on the Bay Ridge beach and will be marked by the use of 4 large turn marks and several small buoys to assist swimmers in staying on their proper course. Each turn mark will have a judges' boat on the outside of the course, and there will be an additional boat which will take the Meet Referee around the outside of the course to view the swimmers during the race. Additionally, there will be kayakers positioned throughout the inside of the course in order to spot swimmers as they round the course and ensure they are safe at all times. The kayakers can assist any swimmer needing assistance until they are picked up by the Anne Arundel Fire Department's Search & Rescue Team, which will also be present on the course in a safety support capacity. Finally, while the mark boats & referee boat will be transporting race officials, their primary purpose will always be to ensure that the swimmers are safe.

Due to the short distances for each race, there will not be feeding stations in the water for swimmers.

There is an Anne Arundel County Event Ambulance available on the beach should any medical assistance be necessary. The Event Ambulance is also in constant contact with the Search & Rescue team on the water.

SEA LIFE

Open Water Swims are subject to the presence of sea life. In the area of the NAAC Open Water Fall Splash there may be sea nettles and other sea life. At the time of the year the swim is run, sea nettles are not usually a problem. There may be some on the course, but they are well past their peak population. Swimmers, however, are encouraged to use Sea Safe Sun Screen, which contains a sea nettle repellent. If any swimmer decides not to swim because of the presence of sea life at the time of the event, there will be no refund of entry fees.

SEA CONDITIONS

The area of the Bay the races are being swam in is typically calm with offshore winds. The area is open to East or Southeast winds, which, depending on strength, may cause a build up of waves. If the weather conditions necessitate, the Meet Director, Independent Safety Monitor, or Meet Referee may cancel one or more of the races. Alternatively, they may also postpone the races until weather conditions subside. In the case of a postponement, they may meet and post a time that races may be cancelled if there is no sign of weather conditions improving.

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KAYAKERS & OTHER

Kayakers will be positioned throughout the race course and will be responsible for watching the swimmers in their section. If they see a swimmer in distress, they can approach them immediately to render assistance or allow them to hold on to the end of the kayak until they can be picked up by the Search & Rescue boat, which can be signaled by a “needs assistance” flag (orange X with white background). If necessary, the Search & Rescue team can provide first aid as they bring the swimmer to shore.

**SAFETY SUPPORT
BOATS**

**SIGNALS ON THE
COURSE**

Each mark boat and the Referee boat shall fly a blue flag to signal that they are on station.

Each kayak shall carry a “needs assistance” flag (orange X with white background) on board so they can hold it up to signal that they need assistance from the Search & Rescue safety boat. The Referee boat will also carry their own set of flags for officiating the race – a yellow flag for warnings, and a red flag for disqualifications.

EVENT AMBULANCE

The local Anne Arundel Fire Department will supply an event ambulance during the races. The ambulance and paramedics will be at the site as long as their staff is not called to an actual emergency. While the event ambulance is on site, they will render any necessary first aid, resuscitation, or other emergency care. In the event of an emergency, the safety coordinator will still need to call 911 to report the incident and let them know the paramedics are responding. Transportation to a medical facility, if necessary, can be arranged by the paramedics.

SAFETY BRIEFING

Prior to each race, the Meet Referee or Starter will brief the swimmers as to how the course is marked, which way to swim around the course, how to signal for assistance, how to hold on to a kayak if necessary, and which motor boats will pick them up. The area of the course, although it may be over the swimmers' head, is not too deep, so they will be told how to bounce up and down if necessary. Finally, they will be told that if the Search & Rescue boat tells them they have to abandon the race, they must listen and get in the boat.

TIME LINE

A time line is attached and will be posted and emailed to all volunteers. Along with giving the times for each race, it will give times for technical meetings to be held with kayakers, officials, and swimmers. It will also post times for volunteers to arrive so that the course may be set up and the meet will run in a timely fashion.

**WATER QUALITY
CERTIFICATION**

The Anne Arundel County Health Department measures the water quality bi-weekly to determine if the water is safe for swimming. The results are posted on the following website:

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<http://www.aahealth.org/programs/env-hlth/rec-water/reports>

This website will be monitored to determine if the Bay Ridge area is safe for the swim.

Emergency Plan

How to Respond to a Swimmer in Distress

Swimmers will be briefed prior to the start on how to alert a kayaker that they need assistance. They will also be instructed on how to bounce up and down off the bottom, or float. When a swimmer swallows water, or is stung by a sea nettle, however, panic may set in, so all kayakers will be instructed to remain alert and move to assist as soon as there is a sign of trouble. It is better for the swimmer to turn down assistance and say they are alright, then to move in too late. If a swimmer decides to hold onto a kayaker and withdraw from the race, the kayaker will hold up a “needs assistance” flag (orange X with white background) so the Search & Rescue boat knows to pick up the swimmer once all other swimmers are out of the way. If a swimmer appears to be in distress, and refuses assistance, the kayaker may hold up the “needs assistance” flag to have the Search & Rescue boat determine if the swimmer should be pulled out of the swim.

Swimmer Evacuation for Medical Assistance

Fortunately, NAAC has partnered with the Anne Arundel Fire Department and have a Search and Rescue team on the water and paramedics with an event ambulance on shore. In the event that a swimmer needs medical attention on the water, there are professionally trained paramedics on the course that can start treatment as they transport the swimmer to land and transfer them to the ambulance. This allows an immediate response time to any incidences. The paramedics can then determine the best method of transporting the individual to a medical center.

Missing Athlete Procedure

- A. All swimmers will be issued a “Race Ticket” with their competitor number during the registration process. This “Ticket” will be collected as the swimmers line up for the start.
- B. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
- C. All swimmers will be videotaped during the final inspection/accounting prior to the start and as they cross the finish line.
- D. If a swimmer is reported missing and last seen in the water: Search & Rescue will activate their underwater search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race videotape to confirm the swimmer actually started the race. All swimmers and coaches/handlers are reminded before the race start that they must report to the nearest race official if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

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Accounting for Swimmers

Swimmers will be assigned numbers and “race tickets” when registering. The numbers will be marked on their caps and arms. Prior to each start, the amount of swimmers starting will be counted and their “race tickets” collected. If the numbers of swimmers starting is different from those registered, a roll call will be made to determine the missing swimmer, or in the event of an extra swimmer, the swimmer who did not hand in their “race ticket.”

Once the swimmers start, they will be counted around each mark. The mark boats will also attempt to check off the number of the swimmer as he/she rounds the mark. Each mark boat will radio in to the meet director or meet referee when all swimmers have rounded their mark. If any swimmers are picked up during the swim, their number will be called into land and the other mark boats.

The swimmers numbers will be recorded at the finish as the swimmers come out of the water and each swimmer will be video recorded as they cross the finish line. The total number of swimmers will also be counted at the finish.

In addition, the races will be electronically timed. All racers will be given a timing chip, which will be programmed for their name, race number, and race. The company running the races will also record the finishers as they complete the race, so there will be a visual record of swimmers coming out of the water.

Race Abandonment Procedure/Signals

If weather conditions during a race are such that the Meet Director, Meet Referee, and/or Independent Safety Monitor determine the event should be cancelled, an air horn can be used to signal cancellation and each safety boat radioed the decision to cancel. Kayakers and motorboats will then round up the swimmers and head them into shore or pick them up and bring them into shore. No marks or buoys will be picked up until all swimmers have safely reached shore.

If the meet director and the referee feel that race should be postponed for more than two hours after the start time due to weather or any other unsafe condition, the remaining races will be canceled.

Parameters for Abandoning the Race:

1. Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
 - a. Meet Referee – Bill Dougherty
 - b. Independent Safety Monitor – Anne Arundel County Search & Rescue Team Leader
 - c. Meet Director – Chris Swensen
2. If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Search & Rescue will signal abandonment.
 - a. The abandonment signals will be:
 - i. From Officials Boats – 5 short blasts followed by one long blast.
 - ii. From the Lifeguards/Kayakers – 5 short blasts of the whistle followed by one long blast.
 - b. Swimmer actions are to:
 - i. Discontinue swimming
 - ii. Look for directions from the Officials or water safety personnel
 - iii. Once safe on the beach, proceed to the start/fish area and check-in.

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Contingency Plan:

1. Course changes to a triangular course are possible but unlikely since it would not serve any benefit. If the course needs to be shortened for any reason, the two rounding marks at the north end of the course can be moved south.
2. If weather conditions require, the directions of swim, the length of the swim, and the location of the start/finish structure may be changed.
3. If the race is abandoned, it will be postponed until later the same day. If the postponement is longer than 2 hours, the race may be abandoned for the entire day, and may be held the following day, September 11, 2016.
4. If a start has more than 120 swimmers, the race shall be split into heats.
5. If weather conditions are such that 120 swimmers is too large an amount to safely track, race management may reduce the number of starters in each heat.
6. If a mark boat fails to show, or breaks down, the course can be changed to a triangular course.
7. If less than 6 kayaks show up, the maximum number of swimmers per heat will be decreased by at least 20 per missing kayak.
8. If a turning mark breaks loose, a kayaker can retrieve the mark while swimmers round the judges mark boat. The kayaker can then re-secure the mark if possible.

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NAVAL ACADEMY AQUATIC CLUB OPEN WATER FALL SPLASH

September 10, 2016

Name: _____ **Sex:** M F **Age:** _____

USA Swimming ID: _____

Team: _____

Address: _____

City: _____ **STATE:** _____

Phone: _____

Contact Phone Number for Day of Event: _____

RELEASE BY PARTICIPANT FROM LIABILITY: I hereby release USA Swimming, the Naval Academy Aquatic Club (NAAC), Bay Ridge Civic Association, Bay Ridge Pool Association, and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. I further attest and verify that I am aware of the risks involved with an open water swim, am physically fit to compete, and have trained for the completion of the race.

Athlete Signature: _____

Date: _____

Parent's Signature: _____

Date: _____ (If under eighteen years of age.)

I certify that the swimmer has the ability to complete the race he (or she) has entered. **Coach's Signature:**

In signing this form the swimmer, certifying coach and parent (if applicable) affirms that the provided safety guidelines for the event have been thoroughly read and understood and that these guidelines will be followed without exception during the event. **Initials** _____

[Type here]

2016 NAAC OPEN WATER FALL SPLASH

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

NAAC, ATTN: Nicole Roberts

654 Quail Run Court

Arnold, MD 21012

Email to: nicolezroberts@gmail.com

Team Name			
Club Code			
Coach			
Coach Phone			
Coach Email			
Team Address			
Item	Total Number	Cost per	Total
Individual Entries		\$36.00 per event	
MD LSC CHARGE		\$2.00 per athlete	
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

[Type here]

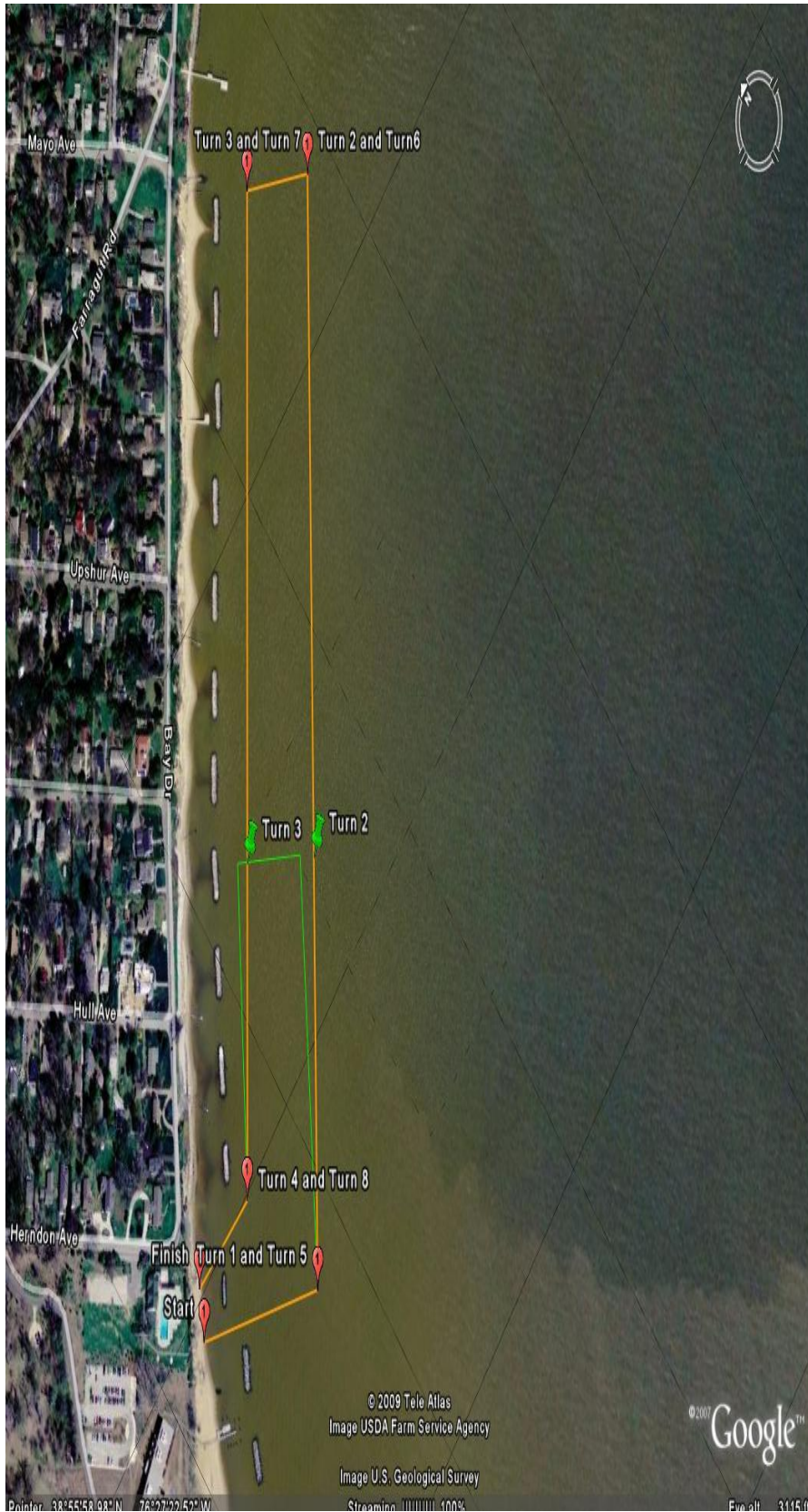
½ mile Course Coordinates

Start	38°55'57.39"N	76°27'41.12"W
Turn 1	38°55'54.56"N	76°27'35.83"W
Turn 2	38°56'0.67"N	76°27'27.99"W
Turn 3	38°56'2.70"N	76°27'30.72"W
Turn 4	38°55'57.99"N	76°27'36.91"W
End	38°55'58.26"N	76°27'40.34"W

1 & 2 mile Course Coordinates

Start	38°55'57.39"N	76°27'41.12"W
Turn 1 and Turn 5	38°55'54.56"N	76°27'35.83"W
Turn 2 and Turn 6	38°56'10.76"N	76°27'15.20"W
Turn 3 and Turn 7	38°56'12.47"N	76°27'17.94"W
Turn 4 and Turn 8	38°55'57.99"N	76°27'36.91"W
Finish	38°55'58.26"N	76°27'40.34"W

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