



PEAK ALL FREESTYLE MEET

Hosted by CENTRAL CHESAPEAKE SWIMMING (PEAK)

SUNDAY, OCTOBER 9, 2016

Held at PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX, 8001 SHERIFF ROAD, LANDOVER, MD, 20785

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc. through Potomac Valley Swimming, Sanction #MD-15/16-054

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
JOHN MASON 301-249-5073 jmason5073@verizon.net	JOHN MASON 301-249-5073 jmason5073@verizon.net
MEET REFEREE	USA Registered MEET MARSHALL
William Pritchard wfpecj@earthlink.net	JOHN MASON 301-249-5073 jmason5073@verizon.net
OFFICIALS CONTACT	ADMIN OFFICIAL
JOHN MASON 301-249-5073 jmason5073@verizon.net	Shana Carella s.carella@comcast.net

FACILITY

[Prince George's Sports and Learning Complex](#) hosts 50 meter x 25 yard indoor pools. Pool depth is 7 ft. to 15 ft. Eight (8) lanes will be used for competition. 8 ft. lane width. Kiefer Wave Eater racing lane lines. Colorado Timing System with touchpads. Warm up/down available during the meet. **The competition course has not been certified in accordance with 104.2.2C(4).**

MEET FORMAT

This meet is a timed final open to all swimmers registered with USA Swimming Inc. and pre-seeded (except for the 200 and 500 freestyle). **Events 23-26 will be swum fastest to slowest. Mixed gender by entry times. The 200 Freestyle requires a positive Check-In. Check-In times for events 17,18, 19, 20 will be 8:00 AM. The 500 Freestyle requires a positive Check-In. Check-In times for events 21,22,23,24 will be 10:00 AM. Swimmers for the 500 are responsible for their own timer and counter. If necessary, we will run two courses for the 500 only. Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).**

Session	Day	Warm-up	Meet Start	Event
1	Sunday	7:00 AM	8:00 AM	25-200 Free
2	Sunday	IMMEDIATELY FOLLOWING SESSION 1	15 MINUTES AFTER THE COMPLETION OF SESSION 1	500 Free

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, October 4		Entry deadline
Sunday, October 9	7:30 AM	Coaches/General Meeting
Sunday, October 9	7:45 AM	Official Briefings
Sunday, October 9	8:00 AM	200 Free positive check-in
Sunday, October 9	10:00 AM	500 Free positive check-in

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. Any swimmer/spectator who violates Sports Complex rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. The SportsPlex prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.

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 this meet. 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. Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and volunteer staff only will be permitted on the deck during warm-ups and competition. Spectators must remain in the balcony seating area or in the lobby.

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.

SWIMMERS WITH DISABILITIES

CENTRAL CHESAPEAKE SWIMMING (PEAK) welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets and are committed to the [Inclusion Policy as adopted by the BOD](#). 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 **PEAK's** ability to accommodate all requests.

ENTRIES

Deadline for receipt of entries is Tuesday, October 4, 2016. Entries must be submitted in short course yard times. Entries must be sent by email. Include a TM report by name and event. 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. **PEAK** 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.
Maryland LSC Team.

ENTRY LIMITATIONS

The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.

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 received.

ENTRY FEES

Make checks payable to: CCS	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$5.00 per event
Relays	\$10.00 per relay
Facility Surcharge	\$10.00 per swimmer

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 will be required for the following events:

- #17-22 200 free @ 8:00 AM
- #23-26 500 free @ 10:00 AM

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. If no penalty is stated, no penalty may be assessed.

SCRATCHES	There will be no penalty for scratching pre-seeded events at the block. The MSI Scratch Rule is in effect for this meet.
SCORING	There will be no scoring for this meet.
AWARDS	No awards will be given at meet.
RESULTS	Results will be posted on Central Chesapeake Swimming's (www.centralchesapeakeswimming.com) and MSI's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups 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. PEAK 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 will be held at the date and time listed in the Deadline and Meeting Summary. Participating clubs are required to provide timers in proportion to their entries. The Meet Director will notify the participating clubs of the number of timers they must provide for each session. Central Chesapeake Swimming will provide one timer per lane. Teams with swimmers in the 500 Freestyle will be responsible for providing two timers in their swimmer's lane.
HOSPITALITY/ CONCESSIONS	Refreshments are available at the SportsPlex cafe.
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.

ORDER OF EVENTS

SUNDAY, OCTOBER 9, 2016

Warm-up: 7:00-7:50 AM; Meet Start: 8:00 AM

#	Girls/Women	Event	Boys/Men	#
1		8 & Under 25 Freestyle		2
3		9-10 50 Freestyle		4
5		11-12 50 Freestyle		6
7		13 & Over 50 Freestyle		8
9		8 & Under 50 Freestyle		10
11		9-10 100 Freestyle		12
13		11-12 100 Freestyle		14
15		13 & Over 100 Freestyle		16
17*		9-10 200 Freestyle		18*
19*		11-12 200 Freestyle		20*
21*		13 & Over 200 Freestyle		22*

SUNDAY, OCTOBER 9, 2016

Warm-up: After completion of Session 1; Meet Start: 15 minutes later

#	Girls/Women	Event	Boys/Men	#
23**		13 & Over Freestyle		24**
25**		12 & Under 500 Freestyle		26**

*Positive Check-In time for Events 17-22 is 8:00 AM.

**Positive Check-In time for Events 23-26 is 10:00 AM.

Meet Programs: Meet programs will be available for purchase at the meet. Coaches and working officials will be provided with free programs.

PEAK ALL FREESTYLE MEET
Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **CCS**):
 Central Chesapeake Swimming (PEAK)
 ATTN: John Mason
 15904 Paisley Lane
 Bowie, MD 20716
 Email to: jmason5073@verizon.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
LSC surcharge		\$2.00 per swimmer	
Individual Entries		\$5.00 per event	
Relay Entries		\$10.00 per relay	
Facility Surcharge		\$10.00 per swimmer	
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