



Senior Invitational Meet
Hosted by Eagle Swim Team

October 8-9, 2016

Held at McDonogh School – Rosenburg Aquatic Center, 8600 McDonogh Road, Owings Mills, MD, 21117

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MD 16-17/060

CERTIFIED MEET DIRECTOR Daniel Russell 443-544-7150 Daniel.russell0827@gmail.com	CERTIFIED MEET ENTRY COORDINATOR Clarke Nyman PO BOX 371 Reistertown, MD, 21136 315-382-2125 Coach.clarke.est@gmail.com
MEET REFEREE Steve Gorsuch 410-980-0787 steve@taylortechnologies.com	USA Registered MEET SAFETY DIRECTOR John Clark 443-544-7163 John.clark71@gmail.com
OFFICIALS CONTACT Steve Gorsuch steve@taylortechnologies.com	ADMIN OFFICIAL Marisa Gorsuch

FACILITY

McDonogh School has an indoor eight-lane, 25 yard competition pool. In addition, opposite the competition pool is a nine-lane, 20 yard warm-up/cool-down pool. The facility is equipped with a Daktronic Inc. automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area. "The minimum water depth, measured in accordance with article 103.2.3, is 8'0" at the start end and 6'0" at the turn end." **The competition course has not been certified in accordance with 104.2.2C (4).** There is ample parking in the McDonogh School's Eagle Lot. Please do not park or leave your car in the drop-off circle.

MEET FORMAT

This is a timed final meet. All athletes must check-in to participate in their events.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	12:00 PM	1:00 PM	13 & Older
2	Sunday	8:00 AM	9:00 AM	13 & Older

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Sept. 23, 2016	12:00PM	Entry deadline
Saturday, Oct. 8, 2016	1 hour before meet starts	Officials Meeting
Saturday, Oct. 8, 2016	20 min. after warm-ups start	Athlete Check-In deadline (Session 1)
Sunday, Oct. 9, 2016	20 min. after warm-ups start	Athlete Check-In deadline (Session 2)

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.
- 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.
- If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure the swimmers are familiar with and 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. All swimmers must be 13 years of age or older, and a swimmer's age on the first day of the meet will determine their age for the entire meet. There are no time standards.

SWIMMERS WITH DISABILITIES

EAGLE SWIM TEAM 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 **EAGLE SWIM TEAM's** ability to accommodate all requests.

ENTRIES

All entries must be submitted with Short Course Yard Times. Teams can use a “No Time” (NT), but estimated times are strongly encouraged. All entries must be submitted via email to Clarke Nyman – coach.clarke.est@gmail.com – with accompanying (1) Team Manager or Team Unify Electronic Files [.hy3, .cl2], and (2) a PDF Report of Entries by NAME.

Checks for Entry Fees should be made payable to Eagle Swim Team and mailed with disk (or Entry Forms) to :

Clarke Nyman, Entry Director
PO BOX 371
Reisterstown, MD, 21136

Please Note: Payment in full must be received before the entry deadline to the Meet Entry Coordinator in order to be accepted. **EAGLE SWIM TEAM** 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

Swimmers may swim a maximum of five (5) individual events plus 2 relays for the meet.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt, and acceptance/rejection of the entry file.

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: EAGLE SWIM TEAM	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$6.50 per event
Relays	\$8.00 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. The 400 IM and 1000 Free events will be Mixed Gender, and seeded fastest to slowest.

CHECK-IN	<p>Athlete check-in, located in the main lobby, will be required for all events.</p> <ul style="list-style-type: none"> • Deadline for Athlete Check-In will be 20 minutes after the start of each warm-up session. • Swimmers who fail to “check-in” will be scratched from the event and not seeded. • The 400 IM and 1000 Free will be mixed gender and swum fastest to slowest. • Any swimmer who “checks-in” for an event and fails to compete in said event shall be barred from competing in his/her next individual event by the Meet Referee.
SCRATCHES	There will be no penalty for scratching events before the Athlete Check-in deadline.
SCORING	No team or individual scoring will be kept.
AWARDS	No awards will be given.
RESULTS	Results will be posted on EAGLE SWIM TEAM’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. EAGLE SWIM TEAM 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. Sign up here: EST Senior Invite Officials Sign-Up . 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 (if available). There is to be no diving or horseplay in this area.

ORDER OF EVENTS & QUALIFYING TIMES

Saturday, October 8, 2016
Warm-up: 12:00 PM; Meet Start: 1:00 PM

Girls/Women	Event	Boys/Men
1	400 MEDLEY RELAY	2
5 MINUTE BREAK		
3	200 FREE	4
5	100 BACK	6
7	200 BREAST	8
9	200 FLY	10
10 MINUTE BREAK		
11	50 FREE	12
13	200 IM	14
15	100 FREE	16
17	200 BACK	18
10 MINUTE BREAK		
19	100 BREAST	20
21	500 FREE	22
23	100 FLY	24
5 MINUTE BREAK		
25	400 FREE RELAY	26

Sunday, October 9, 2016
Warm-up: 8:00 AM; Meet Start: 9:00 AM

Girls/Women	Event	Boys/Men
27	400 IM*	28
29	1000 FREE*	30

***THE 400 IM AND 1000 FREE EVENTS ARE MIXED GENDER AND SEEDING FASTEST TO SLOWEST.**

***ALL SWIMMERS IN THE 400 IM MUST PROVIDE THEIR OWN TIMER.**

***ALL SWIMMERS IN THE 1000 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER.**

EST SENIOR INVITATIONAL MEET

Summary of Fees/Release Form

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

EAGLE SWIM TEAM

ATTN: MEET ENTRY COORDINATOR

PO BOX 371

REISTERSTOWN, MD, 21136

Email to: COACH.CLARKE.EST@GMAIL.COM

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		\$6.50 per event	
Relay Entries		\$8.00 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. EAGLE SWIM TEAM, McDONOGH SCHOOL, 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