

NORTH BALTIMORE AQUATIC CLUB

43rd ANNUAL CHRISTMAS INVITATIONAL MEET

Hosted by NORTH BALTIMORE AQUATIC CLUB

DECEMBER 8 – 11, 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 #MD16/17 – 073

ENTRY DEADLINE: WEDNESDAY NOVEMBER 23, 2016 @ 6:00 PM

ENTRY FEE DEADLINE: WEDNESDAY NOVEMBER 30, 2016 @ 6:00 PM

This Meet is a CLOSED INVITATIONAL . The follow teams have been invited to attend:

CARTER CENTER AQUATIC CLUB
CHESAPEAKE BAY AQUATIC CLUB
LANCASTER AQUATIC CLUB
LONG ISLAND AQUATIC CLUB
MONOCACY AQUATIC CLUB
NAVAL ACADEMY AQUATIC CLUB
NORTH BALTIMORE AQUATIC CLUB
PLYMOUTH WHITEMARSH AQUATIC CLUB
RETRIEVER AQUATIC CLUB

ROANOKE, VIRGINIA
ST. MARY'S, MARYLAND
LANCASTER, PENNSYLVANIA
LONG ISLAND, NEW YORK
FREDERICK, MARYLAND
ANNAPOLIS, MARYLAND
BALTIMORE, MARYLAND
LAFAYETTE HILL, PENNSYLVANIA
CATONSVILLE, MARYLAND

MEET DIRECTOR WILL RUFFIN william.b.ruffin@gmail.com	MEET ENTRY COORDINATOR TOM HIMES C/O MEADOWBROOK AQUATIC CENTER 5700 COTTONWORTH AVENUE BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE ZUZANA CHAMROVA zchamrova@hotmail.com	MEET MARSHALL ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT BETSY COE 01andercoe@gmail.com	ADMIN OFFICIAL LAUREN MCCOMAS / SHAWN HURLEY

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 lanes established between the end of the pool and a moveable 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. In addition there is an adjacent 7 lane 25 yard pool also available for continuous war-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

The Meet will be conducted as a Trials & Finals Meet for all age groups. The Open age group will have an A and B finals (Top 16 swimmers from prelims) for the prelim/final events. The 13-14 and 11-12 age groups will have an A and B finals (Top 16 swimmers from prelims) for the prelim/final events. The 10 & U age group will have an A final (Top 8 swimmers from prelims) The following events will be conducted as Timed Finals events with the fastest seeded heats (Open 2 heats in finals; All other age groups 1 heat in finals) swimming in the finals sessions: OPEN / 13 & 14 500 Free, 1000 Free, 400 IM and 11 & 12 200 Back, 200 Breast, 200 Fly. The 12 & U 500 Free and the 13 & O 1650 Free will be conducted as Timed Finals swimming in the Thursday evening session.

The 13 & 14 400 IM & 500 FR will be conducted as Timed Finals with the fastest seeded heat (8 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session swimming fastest remaining heat to slowest alternating 13-14 girls then 13-14 boys.

The OPEN 400 IM & 500 FR will be conducted as Timed Finals with the fastest seeded heat (16 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session swimming fastest remaining heat to slowest alternating open girls then open boys.

The 13 & O 1000 FR will be conducted as Timed Finals with the fastest seeded heat (8 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session and swum fastest to slowest alternating girls and boys. The 13 & 14 and OPEN swimmers will be broken out for the results but will swim together as one event.

The 13 & O 1650 FR will be conducted as Timed Finals with all heats swimming in the Thursday evening session. The event will be swum fastest to slowest alternating girls and boys. The 13 & 14 and OPEN swimmers will be broken out for the results but will swim together as one event.

The 11 & 12 500 FR will be conducted as Timed Finals with all heats swimming in the Thursday evening session. The event will be swum fastest to slowest alternating girls and boys. The 10 & U and the 11-12 will swimmers will be broken out for the results but will swim together as one event.

The 11 & 12 200 BA, 200 BR, 200 FL will be conducted as Timed Finals with the fastest seeded heat (8 swimmers) swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session.

All Relays (TOP 16 for Open / Top 8 for all other age groups) will swim in the evening Finals sessions. Relays are limited to the TOP 16 entered relays for the Open age group and the TOP 8 entered relays for all other age groups. There will be no relays swum in the prelims sessions.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net 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.

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	THURSDAY	4:00 PM	5:00 PM	ALL
2	FRIDAY	6:30 AM	8:00 AM	13 – 14, OPEN
3	FRIDAY	11:45 AM	12:45 PM	10 & U, 11 - 12
4	FRIDAY	4:30 PM	5:30 PM	ALL
5	SATURDAY	6:30 AM	8:00 AM	13 – 14, OPEN
6	SATURDAY	11:45 AM	12:45 PM	10 & U, 11 - 12
7	SATURDAY	4:30 PM	5:30 PM	ALL
8	SUNDAY	6:30 AM	8:00 AM	13 – 14, OPEN
9	SUNDAY	11:45 AM	12:45 AM	10 & U, 11 - 12
10	SUNDAY	4:30 PM	5:30 PM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday November 23, 2016	6:00 PM	ENTRY DEADLINE
Wednesday November 30, 2016	6:00 PM	ENTRY FEE DEADLINE
Thursday December 8, 2016	4:15 PM	Officials Briefings
FR, SA, SU Dec. 9 - 11, 2016	7:15 AM	Officials Briefings
Friday December 9, 2016	7:30 AM	Coaches Meeting / If Needed
FR, SA, SU Dec. 9 – 11, 2016	12:00 NOON	Officials Briefings
Friday December 9, 2016	12:15 PM	Coaches Meeting / If Needed

SAFETY

The 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. Upon approval, by the facility, swimmers are allowed to use only personnel kickboards, pull buoys and snorkels in the non-competition warm-up areas. No other equipment will be allowed.

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.

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.

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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

ELIGIBILITY

Open to ALL USA Swimming Inc. registered swimmers of the Invited Teams. 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.

13 & Older Swimmers: Should have at least four ('A') times to be entered.

12 & Under Swimmers: Should have at least two ('A') times to be entered.

**SWIMMERS WITH
DISABILITIES**

NBAC 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 NBAC'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).

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.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Wednesday November 23, 2016 at 6:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Wednesday November 30, 2016 at 6:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Wednesday November 30, 2016 at 6:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

ENTRY LIMITATIONS

Each Invited Team will be limited to the maximum number of swimmers specified by the entry director in an email inviting each team to attend. Each team will be strictly limited to that number. Overall the meet is limited to 500 swimmers in order to maintain a workable timeline.

Recommend limiting your swimmers by using the suggested minimum qualifying standards. 13 & Over swimmers: 4 – 'A' times / 12 & U swimmers: 2 – 'A' Times

13 & O swimmers are limited to 8 Individual Events and 2 relays, for the entire meet, not to exceed 3 individual events and 1 relay event per day.

12 & U swimmers are limited to 9 Individual Events and 2 relays, for the entire meet, not to exceed 3 individual events and 1 relay event per day.

Each Team is limited to two(2) Open age group relay teams per event and one (2) 13-14, 11-12, 10 & U relay team per event. The meet will be limited to the TOP 16 seeded relays in the Open relay events and the TOP 8 seeded relays in all other age groups. Each team will be guaranteed one relay per 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 following events will be limited unless time permits. If a swimmer is cut from one of these events no substitute event will be permitted.

THURSDAY DECEMBER 8, 2016:

11 & 12 500 FR: Limited to 32 swimmers in each event unless time permits.

13 & O 1650 FR: Limited to 32 swimmers in each event unless time permits.

FRIDAY DECEMBER 9, 2016:

11 & 12 200 BA: Limited to 24 swimmers in each event unless time permits.

13 & 14 400 IM: Limited to 32 swimmers in each event unless time permits.

Open 400 IM: Limited to 48 swimmers in each event unless time permits.

SATURDAY DECEMBER 10, 2016:

11 & 12 200 FL: Limited to 24 swimmers in each event unless time permits.

13 & 14 500 FR: Limited to 32 swimmers in each event unless time permits.

OPEN 500 FR: Limited to 48 swimmers in each event unless time permits.

SUNDAY DECEMBER 11, 2016:

11 & 12 200 BR: Limited to 24 swimmers in each event unless time permits.

13 & O 1000 FR: Limited to 24 swimmers in each event unless time permits.

ALL 13 & Over 200 events: Limited to 56 swimmers unless time permits.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

We reserve the right to change the warmup and start times.

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 Wednesday November 23, 2016 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Wednesday November 30, 2016 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Wednesday November 30, 2016 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

ENTRY FEES

Make checks payable to: NORTH BALTIMORE AQUATIC CLUB	
INDIVIDUAL ENTRY	\$7.50 PER INDIVIDUAL EVENT
RELAY ENTRIES	\$15.00 PER RELAY EVENT
SWIMMER SURCHARGE	\$10.00 PER SWIMMER
MARYLAND SWIMMING SURCHARGE	\$2.00 PER SWIMMER
PAPER INDIVIDUAL ENTRY	\$15.00 PER INDIVIDUAL EVENT
PAPER RELAY ENTRY	\$30.00 PER RELAY EVENT

Entry Fees should be sent to:

North Baltimore Aquatic Club
c/o Meadowbrook Aquatic Center
ATTN: Tom Himes
5700 Cottonworth Avenue
Baltimore, Maryland 21209

SEEDING ALL Entry times must be submitted in SCY. 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 events require positive check-in:

- 11-12 500 Free / Closes at 4:15 pm on Thursday
- 13 & O 1650 Free / Closes at 4:15 pm on Thursday
- 11-12 200 Back / Closes at 12:00 noon on Friday
- 13 & 14 and Open 400 IM / Closes at 7:45 am on Friday
- Relays for Friday Finals / Closes at 10:00 am and 2:00 pm on Friday
- 11-12 200 Fly / Closes at 12:00 noon on Saturday
- 13 & 14 & Open 500 FR / Closes at 7:45 am on Saturday
- Relays for Saturday Finals / Closes at 10:00 am and 2:00 pm on Sat.
- 11 – 12 200 Breast / Closes at 12:00 noon on Sunday
- 13 & O 1000 Free / Closes at 7:45 am on Sunday

Swimmers that 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

The Maryland Swimming (MSI) scratch rule, found at www.mdswim.org, will be enforced at the meet for all preliminary and finals events. Any swimmer failing to swim in a Final event will be barred from further competition. For Timed Final / Positive Check-in events a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event. 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

14 & Under swimmers will receive awards for 1st – 8th place in individual events. There will be no awards for OPEN/15-O swimmers. No relay awards will be given. Awards that are not picked up will not be mailed.

RESULTS

Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be posted on the NBAC and MSI's 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 display their registration cards at all times while on deck. 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

There will be a need for officials. NBAC 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. Officials shall prominently display their registration cards at all times while on deck. 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.

Officials wishing to volunteer should sign up using the following link:

<https://docs.google.com/spreadsheet/viewform?formkey=dE1EQTQyMTJJUHJLdXJabHI6Xy1QREE6MQ#gid=0>

TIMERS

Each Team will be assigned one lane to time in the competition pool. The team will be responsible for maintaining timers for that lane for the duration of the meet (ALL Prelim & Finals Sessions). Watches & clipboards will be provided. Swimmers in the 11-12 500 Free (Thursday), 13 & O 1650 Free (Thursday), and the 13 & O 1000 Free on Sunday Prelims will need to supply their own timers & counters.

**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. NBAC, 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.

2016 NBAC 43rd ANNUAL CHRISTMAS INVITATIONAL MEET

THURSDAY DECEMBER 8, 2016

ORDER OF EVENTS

THURSDAY DECEMBER 8, 2016

SESSION 1

Warm-up: 4:00 PM Meet Start: 5:00 PM

GIRLS	Event	BOYS
1	12 & U 500 FREESTYLE	2
3	13 & O 1650 FREESTYLE	4

NOTE: Positive check-in for the 11-12 500 free closes at 4:15 pm
Positive check-in for the 13 & O 1650 free closes at 4:15 pm

NOTE: EVENT 1 will be 10 & U G & 11-12 G 500 FR combined and seeded by entry time.
EVENT 2 will be 10 & U B & 11-12 B 500 FR combined and seeded by entry time.
EVENT 3 will be 13 & 14 G & 15 & O G 1650 FR combined and seeded by entry time.
EVENT 4 will be 13 & 14 B & 15 & O B 1650 FR combined and seeded by entry time.

NOTE: Swimmers must supply their own timers and counters for Events 1 – 4 (Thursday Evening).

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FRIDAY DECEMBER 119, 2016

ORDER OF EVENTS

FRIDAY DECEMBER 9, 2016

SESSION 2 – FRIDAY AM PRELIMS/TIMED FINALS

Warm-up: 6:30 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
7	13 - 14 100 BREASTSTROKE	8
9	OPEN 100 BREASTSTROKE	10
15	13 - 14 200 FREESTYLE	16
17	OPEN 200 FREESTYLE	18
23	13 - 14 100 BUTTERFLY	24
25	OPEN 100 BUTTERFLY	26
31	13 - 14 400 IM	32
33	OPEN 400 IM	34

NOTE: Positive check-in for the 13-14 & Open 400 IM closes at 7:45 am
Positive check in for the 13-14 & Open relays closes at 10:00 am

NOTE: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS 200 YDS OR LESS
OPEN 400 IM: TOP 16 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
13-14 400 IM: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION

FRIDAY DECEMBER 9, 2016

SESSION 3 – FRIDAY PM PRELIMS/TIMED FINALS

Warm-up: 11:45 AM Meet Start: 12:45 PM

GIRLS	Event	BOYS
5	11-12 200 BACKSTROKE	6
11	10 & U 50 BREASTSTROKE	12
13	11-12 50 BREASTSTROKE	14
19	10 & U 100 FREESTYLE	20
21	11-12 100 FREESTYLE	22
27	10 & U 50 BUTTERFLY	28
29	11 & 12 50 BUTTERFLY	30
35	10 & U 200 IM	36
37	11 & 12 200 IM	38

NOTE: Positive check-in for the 11-12 200 Back closes at 12:00 noon
Positive check in for the 11-12 & 10-U relays closes at 2:00 pm

NOTE: 11 – 12 200 BACK: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
11 – 12: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL OTHER EVENTS
10 & U: TOP 8 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

FRIDAY DECEMBER 9, 2016**SESSION 4 – FRIDAY FINALS****Warm-up: 4:30 PM****Meet Start: 5:30 PM**

GIRLS	Event	BOYS
5	11 - 12 200 BACKSTROKE	6
7	13 - 14 100 BREASTSTROKE	8
9	OPEN 100 BREASTSTROKE	10
11	10 & U 50 BREASTSTROKE	12
13	11 – 12 50 BREASTSTROKE	14
15	13 - 14 200 FREESTYLE	16
17	OPEN 200 FREESTYLE	18
19	10 & U 100 FREESTYLE	20
21	11 – 12 100 FREESTYLE	22
23	13 - 14 100 BUTTERFLY	24
25	OPEN 100 BUTTERFLY	26
27	10 & U 50 BUTTERFLY	28
29	11 – 12 50 BUTTERFLY	30
31	13 - 14 400 IM	32
33	OPEN 400 IM	34
35	10 & U 200 IM	36
37	11 – 12 200 IM	38
39	13 - 14 400 FREE RELAY	40
41	OPEN 400 FREE RELAY	42
43	10 & U 200 FREE RELAY	44
45	11 – 12 200 FREE RELAY	46

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SATURDAY DECEMBER 10, 2016

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SATURDAY DECEMBER 10, 2016

SESSION 5 – SATURDAY AM PRELIMS/TIMED FINALS

Warm-up: 6:30 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
49	13 - 14 200 IM	50
51	OPEN 200 IM	52
57	13 - 14 50 FREESTYLE	58
59	OPEN 50 FREESTYLE	60
65	13 - 14 200 BREASTSTROKE	66
67	OPEN 200 BREASTSTROKE	68
73	13 - 14 100 BACKSTROKE	74
75	OPEN 100 BACKSTROKE	76
81	13 - 14 500 FREESTYLE	82
83	OPEN 500 FREESTYLE	84

NOTE: Positive check-in for the 13-14 & Open 500 FR closes at 7:45 am

Positive check in for the 13-14 & Open relays closes at 10:00 am

NOTE: OPEN 500 FR: TOP 16 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION

13-14 500 FR: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION

TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS 200 YDS OR LESS

SATURDAY DECEMBER 10, 2016

SESSION 6 – SATURDAY PRELIMS/TIMED FINALS

Warm-up: 11:45 AM Meet Start: 12:45 AM

GIRLS	Event	BOYS
47	11 - 12 200 BUTTERFLY	48
53	10 & U 100 IM	54
55	11 - 12 100 IM	56
61	10 & U 50 FREESTYLE	62
63	11 - 12 50 FREESTYLE	64
69	10 & U 100 BREASTSTROKE	70
71	11 - 12 100 BREASTSTROKE	72
77	10 & U 100 BACKSTROKE	78
79	11 – 12 100 BACKSTROKE	80

NOTE: Positive check-in for the 11-12 200 FLY closes at 12:00 noon

Positive check in for the 11-12 & 10-U relays closes at 2:00 pm

NOTE: 11 – 12 200 FLY: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION

11 – 12: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL OTHER EVENTS

10 & U: TOP 8 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

SATURDAY DECEMBER 10, 2016**SESSION 7 – SATURDAY FINALS****Warm-up: 4:30 PM****Meet Start: 5:30 PM**

GIRLS	Event	BOYS
47	11-12 200 BUTTERFLY	48
49	13-14 200 IM	50
51	OPEN 200 IM	52
53	10 & U 100 IM	54
55	11-12 100 IM	56
57	13-14 50 FREESTYLE	58
59	OPEN 50 FREESTYLE	60
61	10 & U 50 FREESTYLE	62
63	11-12 50 FREESTYLE	64
65	13-14 200 BREASTSTROKE	66
67	OPEN 200 BREASTSTROKE	68
69	10 & U 100 BREASTSTROKE	70
71	11-12 100 BREASTSTROKE	72
73	13-14 100 BACKSTROKE	74
75	OPEN 100 BACKSTROKE	76
77	10 & U 100 BACKSTROKE	78
79	11-12 100 BACKSTROKE	80
81	13-14 500 FREESTYLE	82
83	OPEN 500 FREESTYLE	84
85	10 & U 200 MEDLEY RELAY	86
87	11-12 200 MEDLEY RELAY	88
89	13-14 400 MEDLEY RELAY	90
91	OPEN 400 MEDLEY RELAY	92

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SUNDAY DECEMBER 11, 2016

SESSION 8 – SUNDAY PRELIMS/TIMED FINALS

Warm-up: 6:30 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
101	13 - 14 200 BACKSTROKE	102
103	OPEN 200 BACKSTROKE	104
109	13-14 100 FREESTYLE	110
111	OPEN 100 FREESTYLE	112
117	13-14 200 FLY	118
119	OPEN 200 FLY	120
95	13 & O 1000 FREE	96

NOTE: Positive check-in for the 13 & O 1000 FR closes at 7:45 am

NOTE: EVENT 95 will be 13-14 G & 15-O G 1000 FR combined and seeded by entry time.
EVENT 96 will be 13-14 B & 15-O B 1000 FR combined and seeded by entry time.

NOTE: 13 & O 500 FR: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS 200 YDS OR LESS

SUNDAY DECEMBER 11, 2016

SESSION 9 – SUNDAY PRELIMS/TIMED FINALS

Warm-up: 11:45 AM Meet Start: 12:45 PM

GIRLS	Event	BOYS
93	11-12 200 BREASTSTROKE	94
97	10 & U 100 BUTTERFLY	98
99	11-12 100 BUTTERFLY	100
105	10 & U 50 BACKSTROKE	106
107	11-12 50 BACKSTROKE	108
113	10 & U 200 FREESTYLE	114
115	11-12 200 FREESTYLE	116

NOTE: Positive check-in for the 11-12 200 Breast closes at 12:00 noon

NOTE: 11 – 12 200 BR: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
11 – 12: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL OTHER EVENTS
10 & U: TOP 8 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

SUNDAY DECEMBER 11, 2016

SESSION 10 – SUNDAY FINALS

Warm-up: 4:30 PM

Meet Start: 5:30 PM

GIRLS	Event	BOYS
93	11-12 200 BREASTSTROKE	94
95	13 & O 1000 FREESTYLE	96
97	10 & U 100 BUTTERFLY	98
99	11-12 100 BUTTERFLY	100
101	13-14 200 BACKSTROKE	102
103	OPEN 200 BACKSTROKE	104
105	10 & U 50 BACKSTROKE	106
107	11-12 50 BACKSTROKE	108
109	13-14 100 FREESTYLE	110
111	OPEN 100 FREESTYLE	112
113	10 & U 200 FREESTYLE	114
115	11-12 200 FREESTYLE	116
117	13-14 200 BUTTERFLY	118
119	OPEN 200 BUTTERFLY	120

**2016 NBAC 43rd ANNUAL CHRISTMAS INVITATIONAL
ENTRY SUMMARY / RELEASE FORM**

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

NORTH BALTIMORE AQUATIC CLUB
C/O MEADOWBROOK AQUATIC CENTER

ATTN: Tom Himes

5700 Cottonworth Avenue

Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
INDIVIDUAL ENTRIES		\$7.50 PER EVENT	
RELAY ENTRIES		\$15.00 PER EVENT	
SWIMMER SURCHARGE		\$10.00 PER SWIMMER	
MD SWIMMING SURCHARGE		\$2.00 PER SWIMMER	
PAPER INDIVIDUAL ENTRIES		\$15.00 PER EVENT	
PAPER RELAY ENTRIES		\$30.00 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