



CBAC Winter Wakeup Swim Meet
 Hosted by Chesapeake Bay Aquatic Club
 January 20-22, 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 #MD16-17/023

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Kim Beall and Casey Brandt (C) 240-925-7742 (C) (917) 684-0504 Meet.Director@cbacswim.org Caseyrbrandt@gmail.com	Kim Beall 20555 Brentridge Way Lexington Park, MD 20653 (H) 301-863-7606 or (C) 240-925-7742 Meet.Entries@cbacswim.org
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
Adam Scott Head.Official@cbacswim.org	Casey Brandt (917) 684-0504 Caseyrbrandt@gmail.com
OFFICIALS CONTACT	ADMIN OFFICIAL
Adam Scott Head.Official@cbacswim.org	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 a No Times Standards, Timed Finals Age Group, pre-seeded meet, unless otherwise indicated. "No time" (NT) entries and converted times are acceptable.

Events 3 & 4 (400IM) require a positive check in on Friday no later than 5:00 pm. Each swimmer must provide their own timer.
 Events 47 & 48 (500FR) require a positive check in on Saturday no later than 4:30 pm. Each swimmer must provide their own timer and counter.
 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.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Evening	4:30 PM	5:30 PM	9-12, and Open
2	Saturday Morning	6:30 AM	7:30 AM	9-10, 11-12
3	Saturday Afternoon	11:30 PM	12:30 PM	13-14, 15 & Older
4	Saturday Evening	4:30 PM	5:00 PM	Open
5	Sunday Morning	7:00 AM	8:00 AM	9-10, 11-12
6	Sunday Afternoon	12:00 PM	1:00 PM	13-14, 15 & Older

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, January 6	6:00 PM	Entry deadline
Friday, January 20 thru Sunday, January 22	45 minutes prior to the start of the session	Officials Briefing
Friday, January 22	5:00 PM	400 IM Positive Check in
Saturday, January 23	4:30 PM	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. 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. There are no time standards for this meet.

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 3 individual events per session and a total of 10 individual events 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.

Coaches: Deck-seeded athletes who have NOT BEEN ENTERED in another event PRIOR TO THE MEET must show proof of USS registration by presenting the swimmer's current USA Swimming registration card.

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: **Chesapeake Bay Aquatic Club** or **CBAC**

LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.50 per event
Deck Seed Individual	\$8.00 per event

- 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, at the computer table, will be required for the following events:
- 400 IM
 - 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 complete 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 disqualified 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 the 9-10, 11-12 and 13-14 age groups. No awards will be given for the 15 & Over age group.
- 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 (if available). **There is to be no diving or horseplay in this area.**

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 Evening, January 20, 2016

Warm-up: 4:30 PM, Meet Start: 5:30 PM

#	Girls/Women	Event	Boys/Men	#
1		9-12 200 IM*		2
3		OPEN 400 IM **		4

* Separate awards will be given by age group (9-10 and 11-12).

** 400 IM (Events 3 & 4):

- Positive check-in required on Friday, no later than 5:00 pm. Each swimmer in the 400 IM must provide their own timer (1). Separate awards will be given by age group/gender for swimmers 14 & Under.

Session 2: Saturday Morning, January 21, 2016

Warm-up: 6:30 AM, Meet Start: 7:30 AM

#	Girls/Women	Event	Boys/Men	#
5		11-12 200 Free		6
7		9-10 100 IM		8
9		11-12 100 IM		10
11		9-10 50 Free		12
13		11-12 50 Free		14
15		9-10 100 Back		16
17		11-12 100 Back		18
19		9-10 100 Fly		20
21		11-12 100 Fly		22
23		9-10 50 Breast		24
25		11-12 50 Breast		26

Session 3: Saturday Afternoon, January 21, 2016

Warm-up: 11:30 PM, Meet Start: 12:30 PM

#	Girls/Women	Event	Boys/Men	#
27		13-14 200 IM		28
29		15 & Over 200 IM		30
31		13-14 50 Free		32
33		15 & Over 50 Free		34
35		13-14 200 Back		36
37		15 & Over 200 Back		38
39		13-14 200 Fly		40
41		15 & Over 200 Fly		42
43		13-14 100 Breast		44
45		15 & Over 100 Breast		46

Session 4: Saturday Evening, January 21, 2016

Warm-up: 4:30 PM, Meet Start: 5:00 PM

#	Girls/Women	Event	Boys/Men	#
47		Open 500 Free*		48

* 500 Free (Events 47 & 48):

- Positive check-in required on Saturday, no later than 4:30 pm. Event 47 will start at approx. 5:00 pm, **and will be swum slowest to fastest, alternating girl/boy.**
- Each swimmer in the 500 FR must provide their own timer (1) and counter.
- Separate awards will be given by each age group/gender for swimmers 14 & Under.
- Continuous warm-up will be available on the non-competition side of the pool throughout session 3 and 4.

Session 5: Sunday Morning, January 22, 2016
Warm-up: 7:00 AM, Meet Start: 8:00 AM

Event #	Girls/Women	Event	Boys/Men	Event #
49		9-10 100 Free		50
51		11-12 100 Free		52
53		9-10 50 Back		54
55		11-12 50 Back		56
57		9-10 50 Fly		58
59		11-12 50 Fly		60
61		9-10 100 Breast		62
63		11-12 100 Breast		64
65		9-10 200 Free		66

Session 6: Sunday Afternoon, January 22, 2016
Warm-up: 12:00 PM, Meet Start: 1:00 PM

Event #	Girls/Women	Event	Boys/Men	Event #
67		13-14 100 Free		68
69		15 & Over 100 Free		70
71		13-14 100 Back		72
73		15 & Over 100 Back		74
75		13-14 100 Fly		76
77		15 & Over 100 Fly		78
79		13-14 200 Breast		80
81		15 & Over 200 Breast		82
83		13-14 200 Free		84
85		15 & Over 200 Free		86

**Chesapeake Bay Aquatic Club 2016 Winter Wake-Up Age Group 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	
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