



MARYLAND LSC 2017 JUNIOR CHAMPIONSHIP SWIM MEET - SITE 1

Hosted by Chesapeake Bay Aquatic Club

March 10-12, 2017

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 #MD16-17/030

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

ASSIGNED TEAMS Open to all USA Swimming Inc. registered swimmers who meet the SCY qualifying standards AND are from the following Maryland LSC Teams:

ACSS, ASC, BST, BVA, CCY, PEAK, CBAC, CAA, CAC, CAST, CMY, EST, GMAC, HOCO, MAC, NAAC, NWSC, OPST, ROCK, SPRC, SPY, TCY, UN

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 final Age Group, faster than or equal to “modified B” short course yard time standards but slower than MD Short Course Championships time standards, pre-seeded meet unless otherwise indicated and closed to assigned teams.

Events 1 through 4 require positive check in no later than Friday at 4:15 pm and must provide their own timer and counter (for 500 FR).

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	4:00 PM	5:00 PM	9 & Older
2	Saturday	7:00 AM	8:00 AM	9-10, 11-12
3	Saturday	12:30 PM	1:30 PM	13-14, 15 & Over
4	Sunday	7:00 AM	8:00 AM	9-10, 11-12
5	Sunday	12:30 PM	1:30 PM	13-14, 15 & Over

DEADLINE AND MEETING SUMMARY: (keep section in chronological order)

Day, Date	Time	For:
Friday, February 24	6:00 PM	Entry deadline
Friday, March 3	6:00 PM	Entry fee deadline
Friday, March 10	4:15 PM	400 IM / 500 Free Positive Check in
Friday, March 10 thru Sunday, March 12	45 minutes prior to the start of the session	Official Briefing
Saturday, March 12	7:30 AM/ 1:00 PM	Coaches meeting, if needed

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. Swimmers must have shirt and shoes when leaving the swimming area.

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. This meet is only open to the following assigned clubs: ACSS, ASC, BST, BVA, CCY, PEAK, CBAC, CAA, CAC, CAST, CMY, EST, GMAC, HOCO, MAC, NAAC, NWSC, OPST, RAID, ROCK, SPRC, SPY, TCY, UN

14 & U Slower than 14 & U MD LSC Champs Qual Times. 15 & O Slower than Sr. Champs Qualifying Times. Faster than 1 second per 50 under the "BB" Time Standard for 11 & Over Swimmers. Faster than 2 seconds per 50 under the "BB" Time Standard for 10 & U swimmers. Any swimmer who achieves a time that is faster than the SCY "slower than" times may not swim that event at the meet. Qualifying Times must have been achieved in short course yards and between February 25, 2016 and the qualifying deadline, February 24, 2017. Converted times will **NOT** be accepted.

Swimmers who achieve a Maryland Championship Qualification Standard while swimming a BONUS EVENT at the Maryland Swimming Championship Meet must be scratched by their coach from that event in this meet (the entry fee for that event shall be refunded). Coaches must notify the Meet Entry Director no later than Monday March 6, 2017.

Time Standard Exception: Swimmers with best times faster than the 2017 Maryland LSC Swimming Championships time standards but have not achieved that time during the past year (since February 24, 2016) may swim that event in this meet. In this case the swimmers entry time shall be the fastest time achieved since February 24, 2016 (must fall w/in qualifying time limits).

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 (Hy-Tek entry file) however; disks are also acceptable, along with a Microsoft Word or PDF file of the entries. 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 fee deadline or risk being removed from the meet

or subject to a \$100.00 late fee. **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 in team entries. Swimmers not listed will not be permitted to compete in the meet.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 2 individual events in the Friday evening session and 4 individual events per session for Saturday and Sunday, with a not to exceed a total of 9 individual events and 2 relay events for the meet. In the event that the meet is over-subscribed, the meet director reserves the right to limit entries to stay within the applicable session time constraints.

Bonus events will be offered for ALL age groups. The following guidelines will be used for the bonus events:

- Swimmers who meet the entry time standards in at least one event may enter two (2) bonus events.
- The bonus events may be swum on either Saturday or Sunday.
- Total number of events entered must not exceed the 4 event per day limit.
- The 400 IM and 500 Freestyle may not be used as a bonus event.

Bonus Event Time Standard: Entry times for Bonus Events must be within .5 seconds per 50 of the qualifying time for the event. 50 yard events – within .5 seconds, 100 yard events – within 1 second, 200 yard events – within 2 seconds.

Note: If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet. The 200 YD bonus events will be eliminated first with the 100 YD and 50 YD bonus events next if necessary.

Warmup and start times may be adjusted, based on entries received. Please check for any changes to warmup and start times on www.mdswim.org and www.cbacswim.org.

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. If entry fees are not received by Friday March 3, 2017 entries may be removed from the meet or you may be assessed a \$100.00 late fee.

ENTRY FEES

Make checks payable to: Chesapeake Bay Aquatic Club or CBAC	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.50 per event
Individual Event/ Paper Entry	\$7.50 per event + \$5.00 per swimmer
Relays	\$15.00 per relay
Relays/Paper Entry	\$19.00 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.
CHECK-IN	<p>A positive check-in, at the computer table, will be required for the following events:</p> <ul style="list-style-type: none"> • 400 IM • 500 Free <p>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.</p>
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 individual events or any relay events.
RESULTS	Results will be posted on Chesapeake Bay Aquatic Club's and MSI's website within 24 hours of the meet's conclusion. RealTime results, via CBAC's website (cbacswim.org) and meet mobile will be available during the meet. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment. Results will be emailed to all teams to the email address the entries were received from.
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.

Note: Swimmers must provide their own timers and counters for all events in the Friday evening session.

**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

Session 1: Friday, March 11, 2016

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

#	Girls	Girls	Event	Boys	Boys	#
	Faster than or Equal to: SCY	Slower than: SCY		Slower than: SCY	Faster than or Equal to: SCY	
1	6:04.79	5:28.09	11-12 400 IM	5:28.09	5:54.39	2
	5:47.69	4:59.49	13-14 400 IM	4:49.99	5:25.39	
	5:39.99	4:59.39	15 & O 400 IM	4:43.99	5:13.59	
3	7:55.49	6:48.39	9 - 10 500 FREE	6:48.39	7:46.99	4
	6:48.39	5:53.89	11-12 500 FREE	5:53.89	6:37.49	
	6:30.09	5:29.99	13-14 500 FREE	5:19.99	6:08.99	
	6:22.09	5:29.89	15 & O 500 FREE	5:14.39	5:55.99	

- Notes:
- (1) Competitors in the 400 IM and 500 Free must provide their own timer.
 - (2) Competitors in the 500 Free must provide their own counter.
 - (3) Session 1 events will be swum as consolidated events (multi-age groups/seeded slowest to fastest). Separate awards will be given for each age group/gender 14 & Under.
 - (4) Events 1/2 and 3/4 will be swum alternating boys and girls heats.

Session 2: Saturday, March 12, 2016
Warm-up: 7:00 AM; Meet Start: 8:00 AM

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or equal to)	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
5	2:53.89	2:51.89	2:38.29	11-12 200 FLY	2:38.29	2:47.99	2:49.99	6
7	49.99	49.49	42.49	9-10 50 BREAST	42.49	48.59	49.09	8
9	41.49	40.99	37.19	11-12 50 BREAST	37.19	40.59	41.09	10
11	1:35.69	1:34.69	1:20.59	9-10 100 BACK	1:21.59	1:33.69	1:34.69	12
13	1:21.49	1:20.49	1:09.89	11-12 100 BACK	1:10.89	1:17.79	1:18.79	14
15	1:24.99	1:23.99	1:10.89	9-10 100 FREE	1:11.99	1:22.79	1:23.79	16
17	1:11.29	1:10.29	1:01.19	11-12 100 FREE	1:02.29	1:07.89	1:08.89	18
19	3:25.59	3:23.59	2:55.99	9-10 200 IM	2:55.99	3:21.19	3:23.19	20
21	2:53.79	2:51.79	2:31.69	11-12 200 IM	2:32.69	2:48.19	2:50.19	22
23	44.29	43.79	36.09	9-10 50 FLY	37.29	42.49	42.99	24
25	35.59	35.09	31.39	11-12 50 FLY	31.29	35.19	35.69	26
				10 MINUTE BREAK				
27	2:49.99	2:47.99	2:31.69	11-12 200 BACK	2:35.09	2:44.29	2:46.29	28
				5 MINUTE BREAK				
29	N/A	N/A	N/A	9-10 200 FREE RELAY	N/A	N/A	N/A	30
31	N/A	N/A	N/A	11-12 200 FREE RELAY	N/A	N/A	N/A	32

Session 3: Saturday, March 12, 2016
Warm-up: 12:30 PM; Meet Start: 1:30 PM

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or Slower Than	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
33	2:43.89	2:41.89	2:22.39	13-14 200 FLY	2:17.99	2:30.99	2:32.99	34
35	2:40.89	2:38.89	2:22.29	15 & Over 200 FLY	2:11.39	2:24.59	2:26.59	36
37	1:14.69	1:13.69	1:05.29	13-14 100 BACK	1:02.39	1:08.89	1:09.89	38
39	1:13.09	1:12.09	1:05.19	15 & Over 100 BACK	59.79	1:05.49	1:06.49	40
41	3:04.29	3:02.49	2:40.99	13-14 200 BREAST	2:33.09	2:49.59	2:51.59	42
43	3:00.69	2:58.69	2:40.89	15 & Over 200 BREAST	2:28.09	2:40.59	2:42.59	44
45	1:08.79	1:07.79	57.39	13-14 100 FREE	53.99	1:02.89	1:03.89	46
47	1:07.59	1:06.59	56.79	15 & Over 100 FREE	51.59	1:00.39	1:01.39	48
49	2:45.19	2:43.19	2:21.69	13-14 200 IM	2:13.69	2:32.59	2:34.59	50
51	2:42.19	2:40.19	2:20.89	15 & Over 200 IM	2:09.29	2:25.79	2:27.79	52
				5 MINUTE BREAK				
53	N/A	N/A	N/A	13-14 400 FREE RELAY	N/A	N/A	N/A	54
55	N/A	N/A	N/A	15 & Over 400 FREE RELAY	N/A	N/A	N/A	56

Session 4: Sunday, March 13, 2016

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

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or equal to)	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
57	3:14.59	3:12.59	2:56.29	11-12 200 BREAST	2:56.29	3:04.99	3:06.99	58
59	44.39	43.89	37.19	9-10 50 BACK	37.99	44.39	44.89	60
61	37.09	36.59	32.59	11-12 50 BACK	32.89	36.29	36.79	62
63	1:44.09	1:43.09	1:26.69	9-10 100 FLY	1:26.69	1:41.99	1:42.99	64
65	1:21.29	1:20.29	1:11.49	11-12 100 FLY	1:11.19	1:18.49	1:19.49	66
67	1:49.99	1:48.99	1:33.39	9-10 100 BREAST	1:33.39	1:45.89	1:46.89	68
69	1:30.39	1:29.39	1:20.59	11-12 100 BREAST	1:20.59	1:27.49	1:28.49	70
71	37.69	37.19	31.59	9-10 50 FREE	32.09	36.49	36.99	72
73	32.99	32.49	28.19	11-12 50 FREE	28.19	31.29	31.79	74
75	1:36.69	1:35.69	1:20.49	9-10 100 IM	1:21.49	1:33.39	1:34.39	76
77	1:21.39	1:20.39	1:10.39	11-12 100 IM	1:11.09	1:16.99	1:17.99	78
79	3:07.39	3:05.39	2:36.39	9-10 200 FREE	2:36.39	2:55.99	2:57.99	80
81	2:35.69	2:33.69	2:13.89	11-12 200 FREE	2:15.09	2:28.59	2:30.59	82
				5 MINUTE BREAK				
83	N/A	N/A	N/A	9-10 200 MEDLEY RELAY	N/A	N/A	N/A	84
85	N/A	N/A	N/A	11-12 200 MEDLEY RELAY	N/A	N/A	N/A	86

Session 5: Sunday, March 13, 2016

Warm-up: 12:30 PM; Meet Start: 1:30 PM

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or equal to)	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
87	1:14.39	1:13.39	1:04.99	13-14 100 FLY	1:02.09	1:08.39	1:09.39	88
89	1:12.99	1:11.99	1:04.89	15 & Over 100 FLY	57.99	1:05.39	1:06.39	90
91	2:41.39	2:39.39	2:19.69	13-14 200 BACK	2:14.69	2:29.89	2:31.89	92
93	2:38.39	2:36.39	2:19.59	15 & Over 200 BACK	2:09.89	2:23.19	2:25.19	94
95	1:25.39	1:24.39	1:14.79	13-14 100 BREAST	1:10.79	1:17.59	1:18.59	96
97	1:23.69	1:22.69	1:14.69	15 & Over 100 BREAST	1:07.89	1:14.09	1:15.09	98
99	31.79	31.29	26.49	13-14 50 FREE	24.99	28.89	29.39	100
101	31.29	30.79	26.39	15 & Over 50 FREE	23.79	27.79	28.29	102
103	2:28.19	2:26.19	2:03.99	13-14 200 FREE	1:58.09	2:16.79	2:18.79	104
105	2:25.19	2:23.19	2:03.89	15 & Over 200 FREE	1:54.79	2:11.49	2:13.49	106
				5 MINUTE BREAK				
107	N/A	N/A	N/A	13-14 400 MEDLEY RELAY	N/A	N/A	N/A	108
109	N/A	N/A	N/A	15 & Over 400 MEDLEY RELAY	N/A	N/A	N/A	110

MARYLAND LSC 2017 JUNIOR CHAMPIONSHIP SWIM MEET - SITE 1

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	
Hy-Tek Individual Entries		\$7.50 per event	
Paper Individual Entries		\$7.50 per event + \$5.00 per swimmer	
Hy-Tek Relay Entries		\$15.00 per relay	
Paper Relay Entries		\$19.00 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