



2017 MARYLAND

8 & Under Championship Meet



Hosted by Fox Swim Club & Fox Swim Club II

Sponsored by Speedo

March 25-26, 2017

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

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MD 16-17/032

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Rob Fox 240-529-5774 rob@foxswimming.com	Rob Fox 448 W South Street Frederick, MD 21701 240-529-5774 rob@foxswimming.com
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
Stan Lesniak 717-387-1057 wdkrftr@comcast.net	Melanie Sasse 240-77-6861 Melanie.Sasse@montgomerycountymd.gov
OFFICIALS CONTACT	ADMIN OFFICIAL
Stan Lesniak wdkrftr@comcast.net	Rob Fox / Carron Dunker

FACILITY

McDonogh has an indoor eight lane, 25 yard competition pool. In addition, opposite the competition area is a nine lane, 20 yard warm-up pool. The meet will be using a semi-automated timing system (Dolphin Timing System). There is a separate spectator seating area. The minimum water depth, measured in accordance with Article 103.2.3 is: 6' at the turn end to 8' at the start end. The competition course has not been certified in accordance with 104.2.2c(4). Parking is allowed in the main lot. There is no parking allowed in the circle in front of the pool building or in non-designated spaces.

MEET FORMAT

This is a timed final event. There will be four sessions.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30 AM	8:30 AM	8 & Under Female
2	Saturday	12:30 PM	1:30 PM	8 & Under Male
3	Sunday	7:30 AM	8:30 AM	8 & Under Female
4	Sunday	12:30 PM	1:30 PM	8 & Under Male

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday, 3/06/17	5:00 PM	Entry deadline
Saturday, 3/25/17	8:00 AM	Coaches/General Meeting
Saturday, 3/25/17	8:00 AM	Official Briefings
Saturday, 3/25/17	8:00 AM	200 Check In
Saturday, 3/25/17	1:00 PM	Official Briefings
Saturday, 3/25/17	1:00 PM	200 Check In
Sunday, 3/26/17	8:00 AM	Coaches/General Meeting
Sunday, 3/26/17	8:00 AM	Official Briefings
Sunday, 3/26/17	8:00 AM	200 Check In
Sunday, 3/26/17	1:00 PM	Official Briefings
Sunday, 3/26/17	1:00 PM	200 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. Swimmers must remain on-deck or in assigned team areas. If Swimmers need to go into spectator areas, they need to be dressed appropriately. Locker rooms are for changing only. Swimmers are not to remain or play in the changing or shower areas. Finally, swimmers are not allowed to have chairs on deck and must make sure that all doors are accessible. There is to be no ball playing or running in the facility.

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 and Maryland Swimming Rules, except where rules therein are optional and exceptions are stated.

Coaches and swimmers are asked to review [MD Swimming Rules, Section 14.8.](#)

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.

The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing would be in violation of the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

Only entered swimmers, officials working the meet, meet workers, and current USA swimming coach members are eligible to be outside of the

spectator areas. Coaches will be required to display their credentials at all times while on deck. [MD Swimming Rules, Section 14.4]

Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Article 101.1. All swimmers and coaches are encouraged to re-familiarize themselves with the starting signals [USA Swimming, Article 101.1.2] and False Start rules [USA Swimming, Article 101.1.3].

If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers 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. A swimmer's age on the first day of the meet will determine their age for the entire meet. Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.

USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director will assist swimmers w/out their own coach in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [USA Swimming, Article 202.3.2]

This meet is open to only Maryland LSC swimmers.

SWIMMERS WITH DISABILITIES

Fox Swim Club and Fox Swim Club II 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 FSC and FOX's ability to accommodate all requests.

ENTRIES

Swimmers will be limited to a maximum of five (5) events up to four (4) individual events and one (1) relay per day. If a swimmer elects to swim 4 individual events on the same day, one of those events must be a 25. Should the meet become oversubscribed, teams may be asked to reduce their swimmer entries to three (3) individual events (one of them being a 25 event) per session. If the meet is still oversubscribed, 200 events will be limited to two heats and relays may be cut.

Entries should be submitted in Hy-tek format and 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. FSC's & FOX's 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.

SPECIAL ENTRY NOTE: IN ORDER FOR AN 8 & UNDER SWIMMER TO ENTER THE 200 FREE OR 200 IM THEY MUST HAVE A PROVABLE TIME IN THE USA SWIMMING DATABASE (NT'S WILL NOT BE ACCEPTED FOR THESE EVENTS). IN ORDER FOR THEM TO ENTER 100 FREE, 100 BACK, 100 BREAST, OR 100 FLY, THEY MUST HAVE SUCCESSFULLY COMPLETED A 50 OF THE STROKE DURING THE SEASON (NT'S WILL BE ACCEPTED IN THESE EVENTS).

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events plus 1 relays per day. If a swimmer elects to swim 4 individual events on the same day one of those events must be a 25.

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. There will be no on deck registrations, but deck entries will be allowed for swimmers already entered into the meet where space will allow.

ENTRY FEES

Make checks payable to: Fox Swim Club	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$6.50 per event
Relay Event	\$13.00 per relay
Deck Entries	\$10.00 per event (provided there is space in the meet)

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. Conversions are accepted.

CHECK-IN All swimmers participating in 200 events will be asked to check-in. Swimmers failing to check-in for the 200 events will be scratched from the meet. There will be a clerk of course and heats will be escorted to the blocks.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING/AWARDS Individual Events for 1st – 12th place. Medals for 1st-3rd and Ribbons for 4th-12th. Relay Events for 1st - 3rd place. Speedo will be providing special awards. Information will be emailed to coaches prior to the meet. Special awards will be given to the highest scoring 6&U, 7 & 8 year old for both boys and girls

RESULTS Results will be posted on Fox Swim Club's and MSI's website within 24 hours of the meet's conclusion. Within 24 hours of the conclusion of the meet, teams will be given results 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. Fox Swim Club and Fox Swim Club II 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 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. There is to be no diving or horseplay in this area.

ORDER OF EVENTS

Saturday Morning - 8 & Under Girls

WARM-UPS: 7:30 AM

MEET STARTS: 8:30 AM

1	Girls	8 & Under 200 IM	9	Girls	7 & Under 50 Butterfly
2	Girls	8 Year Olds 25 Freestyle	10	Girls	8 Year Olds 25 Breaststroke
3	Girls	7 Year Olds 25 Freestyle	11	Girls	7 Year Olds 25 Breaststroke
4	Girls	6 & Under 25 Freestyle	12	Girls	6 & Under 25 Breaststroke
5	Girls	8 & Under 100 Breaststroke	13	Girls	8 Year Olds 100 Freestyle
6	Girls	8 Year Olds 50 Backstroke	14	Girls	7 & Under 100 Freestyle
7	Girls	7 & Under 50 Backstroke	15	Girls	8 & Under 200 Medley Relay
8	Girls	8 Year Olds 50 Butterfly			

Saturday Afternoon - 8 & Under Boys

WARM-UPS: 12:30 PM

MEET STARTS: 1:30 PM

16	Boys	8 & Under 200 IM	24	Boys	7 & Under 50 Butterfly
17	Boys	8 Year Olds 25 Freestyle	25	Boys	8 Year Olds 25 Breaststroke
18	Boys	7 Year Olds 25 Freestyle	26	Boys	7 Year Olds 25 Breaststroke
19	Boys	6 & Under 25 Freestyle	27	Boys	6 & Under 25 Breaststroke
20	Boys	8 & Under 100 Breaststroke	28	Boys	8 Year Olds 100 Freestyle
21	Boys	8 Year Olds 50 Backstroke	29	Boys	7 & Under 100 Freestyle
22	Boys	7 & Under 50 Backstroke	30	Boys	8 & Under 200 Medley Relay
23	Boys	8 Year Olds 50 Butterfly			

Sunday Morning - 8 & Under Girls

WARM-UPS: 7:30 AM

MEET STARTS: 8:30 AM

31	Girls	8 Year Olds 100 IM	39	Girls	8 Year Olds 50 Breaststroke
32	Girls	7 & Under 100 IM	40	Girls	7 & Under 50 Breaststroke
33	Girls	8 Year Olds 50 Freestyle	41	Girls	8 Year Olds 25 Butterfly
34	Girls	7 & Under 50 Freestyle	42	Girls	7 Year Olds 25 Butterfly
35	Girls	8 & Under 100 Butterfly	43	Girls	6 & Under 25 Butterfly
36	Girls	8 Year Olds 25 Backstroke	44	Girls	8 & Under 100 Back
37	Girls	7 Year Olds 25 Backstroke	45	Girls	8 & Under 200 Free
38	Girls	6 & Under 25 Backstroke	46	Girls	8 & Under 200 Free Relay

Sunday Afternoon - 8 & Under Boys

WARM-UPS: 12:30 PM

MEET STARTS: 1:30 PM

47	Boys	8 Year Olds 100 IM	55	Boys	8 Year Olds 50 Breaststroke
48	Boys	7 & Under 100 IM	56	Boys	7 & Under 50 Breaststroke
49	Boys	8 Year Olds 50 Freestyle	57	Boys	8 Year Olds 25 Butterfly
50	Boys	7 & Under 50 Freestyle	58	Boys	7 Year Olds 25 Butterfly
51	Boys	8 & Under 100 Butterfly	59	Boys	6 & Under 25 Butterfly
52	Boys	8 Year Olds 25 Backstroke	60	Boys	8 & Under 100 Back
53	Boys	7 Year Olds 25 Backstroke	61	Boys	8 & Under 200 Free
54	Boys	6 & Under 25 Backstroke	62	Boys	8 & Under 200 Free Relay

PLEASE NOTE: THE MEET DIRECTOR RESERVES THE RIGHT TO MAKE CHANGES WHICH MAY AFFECT THE SAFETY AND/OR EFFICIENCY OF THIS MEET INCLUDING, BUT NOT LIMITED TO, MEET ENTRIES, SESSION START TIMES & SPECTATOR BEHAVIOR.



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Summary of Fees/Release Form

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

Fox Swim Club

ATTN: Rob Fox

448 W South Street, Frederick, MD 21701

Email to: rob@foxswimming.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Number of Athlete Participating in the Meet		\$2.00 per swimmer	
Number of Individual Entries in the Meet		\$6.50 per event	
Relay Entries for Team		\$13.00 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