



2017 MARYLAND

Long Course Last Chance Meet



Hosted by Fox Swim Club & Fox Swim Club II

Sponsored by Speedo

July 21-23, 2017

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

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MD 16-17/050

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 50 Meter Pool. The meet will be Daktronic Inc. automated timing system with scoreboard and starting 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.

PLEASE NOTE – there will NOT be a clerk or course for this meet.

MEET FORMAT

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

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	5:00 PM	5:45 PM	11 & Older
2	Saturday	8:00 AM	9:00 AM	12 & Under
3	Saturday	12:15 PM	12:45 PM	All Ages
4	Saturday	2:15 PM	3:15 PM	13 & Older
5	Sunday	7:00 AM	8:00 AM	12 & Under
6	Sunday	12:15 PM	12:45 PM	All Ages
7	Sunday	2:15 PM	3:15 PM	13 & Older

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, 7/07/17	5:00 PM	Entry deadline
Friday, 7/21/17	4:30 PM	Official Briefings
Friday, 7/21/17	5:00 PM	800/1500 Check In
Saturday, 7/22/17	8:30 AM	Coaches/General Meeting
Saturday, 7/22/17	8:30 AM	Official Briefings
Saturday, 7/22/17	8:30 AM	200 Check In (if necessary for timeline)
Saturday, 7/22/17	12:15 PM	400 Check In
Saturday, 7/22/17	2:45 PM	Official Briefings
Saturday, 7/22/17	2:45 PM	200 Check In (if necessary for timeline)
Sunday, 7/23/17	8:30 AM	Coaches/General Meeting
Sunday, 7/23/17	8:30 AM	Official Briefings
Sunday, 7/23/17	8:30 AM	200 Check In (if necessary for timeline)
Sunday, 7/23/17	12:15 PM	400 Check In
Sunday, 7/23/17	2:45 PM	Official Briefings
Sunday, 7/23/17	2:45 PM	200 Check In (if necessary for timeline)

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]

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

All entries must be submitted with **Long Course Times** (converted times are acceptable) **AND MUST BE FASTER THAN A "B" TIME ACCORDING TO THE USA MOTIVATIONAL TIME STANDARD.** If a swimmer has achieved a B Time in SCY or SCM, they are allowed to swim and can use their converted time.

Swimmers will be limited to four (4) individual events and one (1) relay per day. All events 200 & above will be positive check-in and will be seeded prior to the session beginning. Should the meet become oversubscribed, teams may be asked to reduce their swimmer entries to three (3) individual events per session. If the meet is still oversubscribed, 200 events will be limited to three 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.

If a swimmer achieves a state cut after the meet entry deadline, the swimmer must scratch that event and a refund will be given for that event fee or they may elect to transfer that entry to another event.

In the event a swimmer has swum faster than the state time prior to April 1, 2016 but has not achieved that time since, the swimmer may swim using a LCM time that is slower than the state cut or use a converted time slower than the state cut.

In the event a swimmer's converted time is faster than the state cut but they have not swum faster than the cut in LCM, the coach may reduce the conversion to .01 slower than the maximum time allowed.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events plus 1 relay per day. All entries must be submitted with **Long Course Times** (converted times are acceptable) AND MUST BE FASTER THAN A "B" TIME ACCORDING TO THE USA MOTIVATIONAL TIME STANDARD. In the event that the timeline will allow, the host club reserves the right to eliminate the minimum time standard for swimmers already entered in the meet. If the timeline is still not reached the host club will open up to new swimmers. This decision will be made on July 8, 2016 and teams will be notified by email.

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
Facility Surcharge	\$5.00 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 and longer will be asked to check-in 30 minutes prior to the session beginning if the preliminary timeline is longer than 4 hours. If the host team believes the timeline to be reasonable there will be no check-in for 200's and only positive check-in for events 400 meters and greater. Coaches will be informed of this decision by email.
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block. If the 400 is positively checked in and the swimmer is a no-show, the swimmer will be removed from their next swimming event.
SCORING/AWARDS	Ribbons will be given to 12 & Under events places 1-8. There will be no awards for Open or 13-14 events.
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. If teams wish to have a copy of the results file, please provide a memory drive to the administrative table prior to the end of the final session.
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	<p>There will be a need for officials and it is hoped that teams will provide timers for session 2, 4, 5, & 7. Swimmers participating in Session 1, 3, & 5 will need to provide their own timers and counter.</p> <p>FSC & FOX welcome 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 can email Stan Lesniak at wdkrfr@comcast.net.</p>
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Refreshments and programs 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

Friday Evening Session

Slower Than	Girls	Event Name	Boys	Slower Than
NT	1	13-14 800 Relay	2	NT
NT	3	Open 800 Relay	4	NT
9:59.99	5	11 & Older 800 Free	6	9:27.29
19:36.29	7	11 & Older 1500 Free	8	18:19.89

Saturday Morning Session

Slower Than	Girls	Event Name	Boys	Slower Than
41.49	9	10 & Under 50 Fly	10	40.89
35.59	11	11 - 12 50 Fly	12	35.89
3:17.59	13	10 & Under 200 IM	14	3:16.89
2:51.79	15	11 - 12 200 IM	16	2:52.69
1:46.49	17	10 & Under 100 Breast	18	1:44.69
1:33.79	19	11 - 12 100 Breast	20	1:31.69
43.39	21	10 & Under 50 Back	22	43.29
37.89	23	11 - 12 50 Back	24	37.99
2:56.89	25	11 - 12 200 Back	26	2:53.79
1:21.19	27	10 & Under 100 Free	28	1:20.39
1:10.29	29	11 - 12 100 Free	30	1:10.49
2:59.29	31	11 - 12 200 Fly	32	2:53.59
NT	33	10 & Under 200 Med. Relay	34	NT
NT	35	11 - 12 200 Med. Relay	36	NT

Saturday Mid-Day Session

Slower Than	Girls	Event Name	Boys	Slower Than
5:23.29	37	12 & Under 400 Free	39	5:21.89
4:55.99	39	13 & Over 400 Free	40	4:31.39

Saturday Afternoon Session

Slower Than	Girls	Event Name	Boys	Slower Than
2:42.29	41	13 - 14 200 Fly	42	2:33.29
2:35.59	43	15 & Older 200 Fly	44	2:22.89
1:06.29	45	13 - 14 100 Free	46	1:02.29
1:04.09	47	15 & Older 100 Free	48	57.39
2:42.19	49	13 - 14 200 Back	50	2:33.59
2:35.49	51	15 & Older 200 Back	52	2:22.69
1:26.39	53	13 - 14 100 Breast	54	1:19.59
1:23.09	55	15 & Older 100 Breast	56	1:15.59
2:44.29	57	13 - 14 200 IM	58	2:35.39
2:39.49	59	15 & Older 200 IM	60	2:24.19
NT	61	13 - 14 400 Med. Relay	62	NT
NT	63	Open 400 Med. Relay	64	NT

Sunday Morning Session

Slower Than	Girls	Event Name	Boys	Slower Than
1:36.79	65	10 & Under 100 Fly	66	1:36.09
1:21.89	67	11 - 12 100 Fly	68	1:20.39
2:57.49	69	10 & Under 200 Free	70	2:51.89
2:33.09	71	11 - 12 200 Free	72	2:33.39
48.09	73	10 & Under 50 Breast	74	48.19
42.09	75	11 - 12 50 Breast	76	41.99
3:21.09	77	11 - 12 200 Breast	78	3:17.09
1:34.09	79	10 & Under 100 Back	80	1:31.69
1:22.29	81	11 - 12 100 Back	82	1:22.39
36.19	83	10 & Under 50 Free	84	35.69
32.09	85	11 - 12 50 Free	86	32.39
NT	87	10 & Under 200 Fr Relay	88	NT
NT	89	11 - 12 200 Fr Relay	90	NT

Sunday Mid-Day Session

Slower Than	Girls	Event Name	Boys	Slower Than
6:10.99	91	12 & Under 400 IM	92	6:11.49
5:35.09	93	13 & Over 400 IM	94	5:10.99

Sunday Afternoon Session

Slower Than	Girls	Event Name	Boys	Slower Than
1:13.99	95	13 - 14 100 Fly	96	1:08.99
1:10.79	97	15 & Older 100 Fly	98	1:04.09
2:24.69	99	13 - 14 200 Free	100	2:17.89
2:18.29	101	15 & Older 200 Free	102	2:06.29
1:15.59	103	13 - 14 100 Back	104	1:11.39
1:12.79	105	15 & Older 100 Back	106	1:06.79
3:06.89	107	13 - 14 200 Breast	108	2:55.79
2:57.99	109	15 & Older 200 Breast	110	2:42.89
30.49	111	13 - 14 50 Free	112	28.69
29.79	113	15 & Older 50 Free	114	26.69
NT	115	13 - 14 400 Free Relay	116	NT
NT	117	Open 400 Free Relay	118	NT

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



2017 Long Course Last Chance Meet

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		\$7.00 per swimmer (includes LSC fee)	
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