

# The Naval Academy Aquatic Club

## Meet Notice



### 2017 NAAC June LC Meet June 3-4, 2017

United State Naval Academy, Lejeune Hall, Annapolis, MD 21401

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction #MD16/17-044

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
Christine Byrne <a href="mailto:byrnekc@gmail.com">byrnekc@gmail.com</a> 443.510.0867	Nicole Roberts 654 Quail Run Court Arnold, MD 21012 301.875.6911 <a href="mailto:nicolezroberts@gmail.com">nicolezroberts@gmail.com</a>
<b>MEET REFEREE</b>	<b>USA Registered MEET SAFETY DIRECTORY</b>
Carol Forsyth 410-703-9714 <a href="mailto:cdfpnp@comcast.net">cdfpnp@comcast.net</a>	John Murkey 410-980-9960 <a href="mailto:mwkmd2@gmail.com">mwkmd2@gmail.com</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Carol Forsyth 410-703-9714 <a href="#">Application to Officiate</a>	<b>Jason Wright</b>

#### FACILITY

Indoor, 10-lane, 50-meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system with button plungers and stop watches as back -ups. The pool depth throughout is 8'0". A 20-yard x 23-yard diving well will be available throughout the meet for warm-up and warm-down. **The competition course has not been certified in accordance with 104.2.2C (4).** Upon request of The United States Naval Academy, all swimmers are not to leave the pool deck without appropriate attire consisting of a shirt, pants and/or shorts, and shoes. All Teams are required to maintain a clean and safe team area throughout the meet.

#### MEET FORMAT

- This is a timed final Age Group, pre-seeded meet.
- Events will be swum slowest to fastest.
- Possible Event Entry Limitations.
- Upon request by the Meet Director, Technical Planning may split or combine sessions, or change the warm-up times in order to run a more effective meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, June 3, 2017	6:45 AM	7:45 AM	12 & U
2	Saturday, June 3, 2017	12:00 AM	1:00 PM	13 & Over
3	Sunday, June 4, 2017	7:00 AM	8:00 AM	12 & U
4	Sunday, June 4, 2017	12 Noon	1:00 PM	13 & Over

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Friday, April 28, 2017	5:00 PM	Last day for Coaches & Officials to turn in background check forms to Nicole Roberts for parking passes
Friday, May 19, 2017	5:00 PM	Entry Deadline
Each Day of Meet	45 minutes before start of each session	Official Briefings, Lejeune Classroom (Hospitality Room)
Each Day of Meet	30 minutes before start of each session	Timers' Meeting in the hallway above pool

**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. 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.

- Open to all USA registered swimmers (must be registered prior to entry deadline) with **times slower than 2017-2020 long course meter MINIMUM "A" times. No converted times accepted.**
- "No Times" are accepted.
- 15/16 standards will apply to the 15 & Over and Open events.

## **SWIMMERS WITH DISABILITIES**

**NAAC** 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 **NAAC'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. **NAAC** 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.

## **ENTRY LIMITATIONS**

Swimmers may swim a maximum of 3 individual events per session and a total of 6 individual events for the weekend. If the meet is oversubscribed, non-Maryland LSC teams will be dropped first, then, if necessary, Maryland LSC swimmers. Teams may be asked to reduce the number of events swimmers swim in to lower the timeline. The 400s & 200s may be capped to reduce the timeline. Coaches will be contacted before the meet if entries will be limited in certain events. Refunds for swimmers dropped from events will be mailed to the appropriate team no longer than 48 hours following the conclusion of the meet.

**ENTRY VERIFICATION** An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. If you do not hear from the Meet Entry Coordinator after submitting a file or updated file within 48 hours, it is your responsibility to follow up with her to see if the email was received.

**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**

<b>Make checks payable to: Naval Academy Aquatic Club</b>	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.50 per event

**SEEDING** The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest.

**CHECK-IN** There is no positive check-in for any event at this meet.

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

**SCORING** Scoring will not be kept at this meet.

**AWARDS** Ribbons will be awarded to the top 8 finishers in the following age groups: 10 & Under & 11-12. No ribbons will be given to 13-14 or Senior/Open Events.

**RESULTS** Results will be posted on NAAC'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. NAAC 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. Timers will be provided for all sessions & events.**

**HOSPITALITY/**

**CONCESSIONS/VENDOR**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. Metro Swim Shop will be on site.

**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 Marshal 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.**

**COACHES/OFFICIALS**

All Coaches & Officials who wish to obtain a temporary vehicle pass for meets hosted by NAAC for the remainder of the 2016-2017 must

**VEHICLE PASSES**

complete a background check form (This pass will also be good for the 2017-2018 season.) This must be completed & mailed to Nicole Roberts by April 28, 2017 to receive a pass for the June 3-4 meet. Please email her to have the form sent to you.  
[nicolezroberts@gmail.com](mailto:nicolezroberts@gmail.com)

**Athletes & Visitors****GATE ENTRY/PARKING**

The Naval Academy does not issue temporary vehicle passes to athletes & their families. Every civilian visitor 16 years and older entering the Academy should be prepared to show a photograph identification card & have his/her bags searched. Arrive EARLY and/or use Gate 3 which is a foot-traffic only gate located off the intersection off King George St & Maryland Ave.

You may drop off swimmers at the Gate 1 Visitor parking area (an adult must accompany them through the security check-point). The downtown garages are a short walk to Gates 1 & 3. Parking downtown on the street or in the lots are metered or by permit only, with enforcement beginning at 10:00 am by the City of Annapolis. More information on the City of Annapolis, including maps & shuttle schedules can be found here: <http://annapolisparking.com/parking-locations/garages-and-lots/>

**ORDER OF EVENTS & QUALIFYING TIMES**  
**Saturday, June 3, 2017- Session 1**

**Warm-up: 6:45 AM; Meet Start: 7:45 AM**

<b>Men's Event #</b>	<b>Slower Than "A" Minimum</b>	<b>Event</b>	<b>Slower Than "A" Minimum</b>	<b>Women's Event#</b>
1	2:52.19	12&U 200 Back	2:55.59	2
3	32.09	11/12 50 Free	33.19	4
5	35.49	10 & U 50 Free	35.59	6
7	1:18.59	11/12 100 Fly	1:20.79	8
9	1:34.99	10&U 100 Fly	1:35.99	10
11	41.59	11/12 50 Breast	41.99	12
13	46.99	10&U 50 Breast	47.49	14
15	1:21.49	11/12 100 Back	1:23.29	16
17	1:31.49	10&U 100 Back	1:32.69	18
19	5:21.89	12&U 400 Free	5:29.09	20
21	3:12.59	12&U 200 Breast	3:19.49	22

**Saturday, June 4, 2017- Session 2**

**Warm-up: 12 Noon; Meet Start: 1:00 PM**

<b>Men's Event #</b>	<b>Slower Than "A" Minimum</b>	<b>Event</b>	<b>Slower Than "A" Minimum</b>	<b>Women's Event#</b>
23	2:31.39	15&O 200IM	2:45.89	24
25	2:38.79	13/14 200IM	2:49.19	26
27	1:01.89	15&O 100 Free	1:07.99	28
29	1:04.59	13/14 100 Free	1:09.59	30
31	2:27.99	15&O 200 Fly	2:41.39	32
33	2:36.19	13/14 200 Fly	2:45.69	34
35	1:16.99	15&O 100 Breast	1:25.39	36
37	1:21.29	13/14 100 Breast	1:27.69	38
39	2:28.89	15&O 200 Back	2:42.09	40
41	2:36.59	13/14 200 Back	2:45.59	42
43	4:46.09	Open 400 Free	5:07.29	44

**Sunday, May 7, 2017- Session 3**

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

Men's Event #	Slower Than "A" Minimum	Event	Slower Than "A" Minimum	Women's Event#
45	2:53.89	11/12 200 IM	2:56.79	46
47	3:15.39	10&U 200 IM	3:17.09	48
49	1:09.89	11/12 100 Free	1:12.49	50
51	1:19.89	10&U 100 Free	1:20.59	52
53	35.29	11/12 50 Fly	35.39	54
55	40.19	10&U 50 Fly	40.99	56
57	1:30.39	11/12 100 Breast	1:33.39	58
59	1:44.19	10&U 100 Breast	1:46.29	60
61	37.49	11/12 50 Back	37.99	62
63	42.99	10&U 50 Back	42.89	64
65	2:32.49	11/12 200 Free	2:37.29	66
67	2:50.79	10&U 200 Free	2:56.29	68
69	2:53.19	12 &U 200 Fly	2:55.59	70

**Sunday, May 7, 2017- Session 4**  
**Warm-up: 12 Noon; Meet Start: 1:00 PM**

Men's Event #	Slower Than "A" Minimum	Event	Slower Than "A" Minimum	Women's Event#
71	5:20.59	Open 400 IM	5:49.69	72
73	27.89	15 &O 50 Free	31.19	74
75	29.49	13/14 50 Free	31.99	76
77	1:06.29	15&O 100 Fly	1:13.39	78
79	1:09.69	13/14 100 Fly	1:14.79	80
81	2:48.39	15&O 200 Breast	3:05.39	82
83	2:56.79	13/14 200 Breast	3:09.79	84
85	2:28.89	15&O 100 Back	1:15.69	86
87	1:12.29	13/14 100 Back	1:17.09	88
89	2:14.89	15&O 200 Free	2:26.49	90
91	2:20.59	13/14 200 Free	2:30.09	92

**2017 NAAC JUNE LC MEET**



**Summary of Fees/Release Form**

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

NAAC

ATTN: Nicole Roberts

654 Quail Run Court

Arnold, MD 21012

Email to: nicolezroberts@gmail.com

Team Name			
Club Code			
Coach			
Coach Phone			
Coach Email			
Team Address			
Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
LSC Swimmer Charge		\$2.00 per swimmer	
<b>Total Fees Due</b>			

**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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE