

**NORTH BALTIMORE AQUATIC CLUB / GREEN TERROR AQUATIC CLUB**

THE NBAC / GTAC DUAL MEET

Hosted by NORTH BALTIMORE AQUATIC CLUB & THE GREEN TERROR CLUB

FEBRUARY 12, 2017

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MCDANIEL COLLEGE

HARLOW POOL

2 COLLEGE HILL

WESTMINSTER, MARYLAND 21157

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.

Sanction #MD16/17 – 074

**ENTRY DEADLINE: WEDNESDAY FEBRUARY 8, 2017 @ 6:00 PM**

|  |   |
|--|---|
| <b>MEET DIRECTOR</b><br>TOM HIMES<br><a href="mailto:thimes@nbac.net">thimes@nbac.net</a> / <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a> | <b>MEET ENTRY COORDINATOR</b><br>TOM HIMES<br>C/O MEADOWBROOK AQUATIC CENTER<br>5700 COTTONWORTH AVENUE<br>BALTIMORE, MARYLAND 21209<br><a href="mailto:thimes@nbac.net">thimes@nbac.net</a> / <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a> |
| <b>MEET REFEREE</b><br>BRUCE EDWARDS   | <b>MEET MARSHALL</b><br>JEFF HIESTAND   |
| <b>OFFICIALS CONTACT</b><br>BETSY COE<br><a href="mailto:01andercoe@gmail.com">01andercoe@gmail.com</a>  | <b>ADMIN OFFICIAL</b><br>SHAWN HURLEY / LAUREN MCCOMAS  |

**FACILITY**

Harlow Pool is a five lane, twenty five yard pool with non-turbulent lane lines, Daktronics timing system, scoreboard and horn start. The depth of the pool at the starting end is 10 feet. The pool has not been certified by USA Swimming. The depth from start end wall out to 5 meters is 10 feet and from the turn end is 3.5 feet.

There is ample spectator seating for spectators in the pool area. No spectators are allowed on the pool deck. Swimmers will be seated on the pool deck.

**MEET FORMAT**

All Events are Timed Finals Events. Entry Times must be submitted in SCY.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on [www.mdswwim.org](http://www.mdswwim.org) and [www.nbac.net](http://www.nbac.net) for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. Maryland LSC Entries received prior to the deadline receive priority over out of LSC entries received.

| Session | Day    | Warm-up | Meet Start | Age Group |
|---------|--------|---------|------------|-----------|
| 1       | Sunday | 7:30 AM | 8:20 AM    | ALL       |

**DEADLINE AND MEETING SUMMARY:**

| Day, Date                         | Time           | For:                  |
|-----------------------------------|----------------|-----------------------|
| <b>Wednesday February 8, 2017</b> | <b>6:00 PM</b> | <b>ENTRY DEADLINE</b> |
| Sunday February 12, 2017          | 7:45 AM        | Officials Briefings   |
| Sunday February 12, 2017          | 8:00 AM        | Timer Briefing        |

**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.

**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. Maryland LSC Rules shall also apply.

No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing and administrative staff assisting with the conduct of the meet.

Swimmers entering the meet must be registered with MSI by the entry deadline date. Per MSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present. (USA Swimming Rule 103.13/M/Drones)

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.

Videotaping or picture taking, on deck by meet volunteers will not be permitted. Volunteers wishing to tape or photograph their swimmer shall do so from the spectator stands. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The Certified Meet Photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.

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

**ELIGIBILITY**

Open to all NBAC / GTAC USA Swimming Inc. registered swimmers. Swimmers must be registered prior to entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet.

**SWIMMERS WITH DISABILITIES**

NBAC / GTAC 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 NBAC / GTAC's ability to accommodate all requests.

**ENTRIES**

ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries .

ALL entries must be in the hands of the Meet Entry Coordinator no later than Wednesday February 8, 2017 at 6:00 PM.

**ENTRY LIMITATIONS**

Swimmers may enter a max. of 5 individual events.

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| <b>ENTRY VERIFICATION</b>               | An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.   |
| <b>ENTRY DEADLINES</b>                  | The Meet Entry Coordinator must receive entries by Wednesday February 8, 2017 @ 6:00 PM.   |
| <b>SEEDING</b>                          | ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. No Time Entries will be accepted.   |
| <b>SCORING</b>                          | No team or individual scoring.   |
| <b>AWARDS</b>                           | Fast times!  |
| <b>RESULTS</b>                          | NBAC / GTAC will be responsible for distributing results to their teams.   |
| <b>COACHES</b>                          | All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. The proof of certification can be a card or deck pass on your phone.   |
| <b>OFFICIALS/TIMERS/<br/>VOLUNTEERS</b> | <p>There will be a need for officials. NBAC / GTAC welcomes and encourages anyone willing to volunteer to be prepared at the meet to work. Please notify the Meet Referee upon arrival 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 at the date and time listed in the Deadline and Meeting Summary.</p> <p>WORKERS WILL BE SUPPLIED AS FOLLOWS:<br/> NBAC: 2 BACK-UP TIMERS, COMPUTER WORKER, DAKTRONICS OPERATOR, RUNNERS, OFFICIALS<br/> GTAC: 10 TIMERS</p> |
| <b>HOSPITALITY/<br/>CONCESSIONS</b>     | There will be no concessions during the meet but PIZZA and drinks will be provided to all participating swimmers at the conclusion of the meet.  |
| <b>WARM-UP</b>                          | 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. There is to be no diving or horseplay in this area and should be monitored by each teams coaching staff.   |

**WAIVER/RELEASE**

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. NBAC, GTAC, McDaniel College, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

**2017 NBAC / GTAC DUAL MEET**  
**ORDER OF EVENTS & QUALIFYING TIMES**  
**SUNDAY FEBRUARY 12, 2017**  
**SESSION 1**

**Warm-up: 7:30 AM      Meet Start: 8:20 AM**

| <b>MIXED</b> | <b>EVENT DESCRIPTION</b> |  |
|--------------|--------------------------|--|
| 1            | MIXED OPEN 200 FREE      |  |
| 2            | MIXED 11 - 12 100 FREE   |  |
| 3            | MIXED 10 & U 100 FREE    |  |
| 4            | MIXED 8 & U 50 FREE      |  |
| 5            | MIXED OPEN 100 BREAST    |  |
| 6            | MIXED 11 – 12 50 BREAST  |  |
| 7            | MIXED 10 & U 50 BREAST   |  |
| 8            | MIXED 8 & U 25 BREAST    |  |
| 9            | MIXED OPEN 200 IM        |  |
| 10           | MIXED 11 – 12 200 IM     |  |
| 11           | MIXED 10 & U 200 IM      |  |
| 12           | MIXED 8 & U 100 IM       |  |
| 13           | MIXED OPEN 100 BACK      |  |
| 14           | MIXED 11 – 12 50 BACK    |  |
| 15           | MIXED 10 & U 50 BACK     |  |
| 16           | MIXED 8 & U 25 BACK      |  |
| 17           | MIXED OPEN 200 FLY       |  |
| 18           | MIXED 11 – 12 100 FLY    |  |
| 19           | MIXED 10 & U 100 FLY     |  |
| 20           | MIXED 8 & U 50 FLY       |  |
| 21           | MIXED OPEN 100 FREE      |  |
| 22           | MIXED 11 – 12 50 FREE    |  |
| 23           | MIXED 10 & U 50 FREE     |  |
| 24           | MIXED 8 & U 25 FREE      |  |
| 25           | MIXED OPEN 200 BREAST    |  |
| 26           | MIXED 11 – 12 100 BREAST |  |
| 27           | MIXED 10 & U 100 BREAST  |  |
| 28           | MIXED 8 & U 50 BREAST    |  |
| 29           | MIXED OPEN 200 BACK      |  |
| 30           | MIXED 11 – 12 100 BACK   |  |
| 31           | MIXED 10 & U 100 BACK    |  |
| 32           | MIXED 8 & U 50 BACK      |  |
| 33           | MIXED OPEN 100 FLY       |  |
| 34           | MIXED 11 – 12 50 FLY     |  |
| 35           | MIXED 10 & U 50 FLY      |  |
| 36           | MIXED 8 & U 25 FLY       |  |
| 37           | MIXED OPEN 500 FREE      |  |
| 38           | MIXED 11 – 12 100 IM     |  |
| 39           | MIXED 10 & U 100 IM      |  |
| 40           | MIXED 8 & U 100 FREE     |  |

**ENTRY LIMIT: SWIMMERS MAY SWIM UP TO 5 EVENTS**  
**ENTRY DEADLINE: WEDNESDAY FEBRUARY 8, 2017**