

(UPDATED/CORRECTED 1/17/17)

NORTH BALTIMORE AQUATIC CLUB



2017 MARYLAND LSC JUNIOR CHAMPIONSHIP SWIM MEET – SITE 2

Hosted by NORTH BALTIMORE AQUATIC CLUB

MARCH 10 – 12, 2017

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THE UMBC AQUATIC COMPLEX

THE UNIVERSITY OF MARYLAND, BALTIMORE COUNTY (UMBC)

1000 HILLTOP CIRCLE

BALTIMORE, MARYLAND 21250

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

Sanction #MD16/17 – 031

ENTRY DEADLINE: FRIDAY FEBRUARY 24, 2017 @ 6:00 PM

ENTRY FEE DEADLINE: FRIDAY MARCH 3, 2017 @ 6:00 PM

MEET DIRECTOR WILL RUFFIN William.b.ruffin@gmail.com	MEET ENTRY COORDINATOR TOM HIMES C/O MEADOWBROOK AQUATIC CENTER 5700 COTTONWORTH AVENUE BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE BETSY COE 01andercoe@gmail.com	MEET MARSHALL ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT BETSY COE 01andercoe@gmail.com	ADMIN OFFICIAL SHAWN HURLEY / LAUREN MCCOMAS

ASSIGNED TEAMS

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

ACA BAAC BCSC CATY CGA CSAC FSC FAST FCY GBSA
GTAC HAGY HFY HSST JCC LBA MAS MSC NBAC RAC
YCM YRAC

THE MEET IS OPEN TO ONLY THOSE MARYLAND LSC TEAMS LISTED ABOVE.

FACILITY

UMBC is an indoor eight lane, 25 yard pool with separate warmup/down diving well approx. 15 yards wide, which will be open during the meet. The facility has an Daktronics timing system and scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth, measured in accordance with Article 103.2.3 is 4'0" to 4'2" at the start end and 4'8" to 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

ALL swimmers and spectators attending this meet are guests of the University of Maryland at Baltimore County and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

Chairs are not permitted in the stands.

Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

NO ONE is permitted on the basketball courts AT ANY TIME.

Use of the indoor track for seating, vendor sales and concessions is at the discretion of UMBC. Coaches will be notified of availability prior to the start of the meet.

MEET FORMAT

The meet is OPEN to assigned Maryland LSC Teams ONLY.

All Events are Timed Finals Events.

ALL entry times must be achieved and 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.mdswim.org and 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.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:30 PM	4:30 PM	ALL
2	Saturday	6:30 AM	8:00 AM	13-14, 15 & O
3	Saturday	12:30 PM	1:30 PM	9 - 12
4	Sunday	6:30 AM	8:00 AM	13-14, 15 & O
5	Sunday	12:30 PM	1:30 PM	9 - 12

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday February 24, 2017	6:00 PM	ENTRY DEADLINE
Friday March 3, 2017	6:00 PM	ENTRY FEE DEADLINE
Friday March 10, 2017	3:40 PM	400 IM / 500 FR POSITIVE CHECK-IN
Friday March 10, 2017	3:45T PM	Officials Briefings
Saturday March 11, 2017	7:15 AM / 12:45 PM	Officials Briefings
Saturday March 11, 2017	7:30 AM / 1:00 PM	Coaches Meeting / If Needed
Sunday March 12, 2017	7:15 AM / 12:45 PM	Officials Briefings

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. Swimmer 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 USA Swimming Inc. registered swimmers who meet the SCY qualifying standards from the following Maryland LSC Teams:

ACA BAAC BCSC CATY CGA CSAC FSC FAST FCY
GBSA GTAC HAGY HFY HSST JCC LBA MAS MSC
NBAC RAC YCM YRAC

THE MEET IS OPEN TO ONLY THOSE MARYLAND LSC TEAMS LISTED ABOVE.

ALL QUALIFYING TIMES MUST HAVE BEEN ACHIEVED IN SHORT COURSE YARDS (SCY).

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.

15 & OLDER Swimmers: Must have SCY qualifying times equal to or faster than the times listed in the schedule of events. In addition, swimmers must have times slower than the 2017 Maryland LSC Senior Championships Qualifying Times. 15 & older swimmers who have one Qualifying Time may swim *two additional Bonus events* as long as it does not exceed the meet entry limit. *Bonus events* must be a minimum of .5 seconds per 50 from times listed in the schedule of events. *Bonus events* can be any event 200 yards or less. The 400 IM, 500 Free are not eligible for bonus events.

14 & Under Swimmers: Must have qualifying times equal to or faster than the times listed in the schedule of events. In addition, swimmers must have times slower than the 2017 Maryland LSC 14 & U Championships Qualifying Times. 14 & under swimmers who have one Qualifying Time may swim *two additional Bonus events* as long as it does not exceed the meet entry limit. *Bonus events* must be a minimum of .5 seconds per 50 from times listed in the schedule of events. *Bonus events* can be any event 200 yards or less. The 400 IM, 500 Free are not eligible for bonus events.

Qualifying times must have been achieved Between March 11, 2016 and the qualifying deadline (February 24, 2017) of the meet.

Any swimmer who achieves a time faster than the SCY “slower than “ time at any point prior to the start of the meet, may not swim the event (even if previously entered). Lead off relay splits are also subject to the rule.

EXCEPTION: Swimmers with best times faster than the “slower than times” but have not achieved the time since March 11, 2016 may swim that event in this meet. In that case the swimmer shall have achieved the 2016 Maryland LSC Junior Championship Qualifying time in the Qualifying period (March 11, 2016 – February 24, 2017) and should be entered with that time.

SWIMMERS WITH DISABILITIES

NBAC / Maryland Swimming 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’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 (Please check the proof of times option).

Qualifying times must be achieved in SCY. Entries must be submitted in SCY. No converted times or NT entries will be accepted.

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Friday February 24, 2017 at 6:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Friday March 3, 2017 at 6:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Friday March 3, 2017 at 6:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

All Relay Only Swimmers should be listed in each teams entries. Swimmers not listed will not be permitted to compete in the meet.

BONUS EVENTS:

Bonus events will be offered in 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 event 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 are not eligible for bonus events.

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

The 400 IM and 500 Free are not eligible as bonus events.

ENTRY LIMITATIONS

Swimmers may enter a maximum of 9 Individual events and 2 relays for the meet.

Swimmers may enter a max. of 2 events in the Friday evening session.

13 & Older swimmers may enter a maximum of 4 events & 1 relay in the Saturday and Sunday AM session's .

12 & U swimmers may enter a maximum 4 events and 1 relay in the Saturday and Sunday PM sessions.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and 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. NO LATE ENTRIES WILL BE ACCEPTED.

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 Friday February 24, 2017 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Friday March 3, 2017 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Friday March 3, 2017 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

ENTRY FEES

Make checks payable to: NORTH BALTIMORE AQUATIC CLUB	
Individual Event	\$7.50 per individual event
Individual Event / Paper Entry	\$10.00 per individual event + \$5.00 per swimmer
Relays	\$15.00 per relay event
Relays / Paper Entry	\$20.00 per relay event
Maryland Surcharge	\$2.00 per swimmer

Entry Fees should be sent to:

North Baltimore Aquatic Club
c/o Meadowbrook Aquatic Center
ATTN: Tom Himes
5700 Cottonworth Avenue
Baltimore, Maryland 21209

SEEDING ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Converted times or no time entries will not be accepted.

CHECK IN The following events require positive check-in:

- ALL Friday Events / Positive Check-in by 4:00 PM on Friday

Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.

SCRATCH There will be no penalty for scratching pre-seeded events. For 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.

SCORING No team or individual scoring.

AWARDS 14 & Under swimmers will receive awards for 1st – 8th place in individual events. There will be no awards for 15 & O events. There will be no awards for relay events. Awards not picked up at the conclusion of the meet will not be mailed.

RESULTS Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be posted on the NBAC and MSI's website within 48 hours of the meet's conclusion. Results will also be sent out via email to all teams to the email address the entries were received from, within 24 hours.

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 and shall prominently display

their registration cards at all times while on deck. 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
Land
TIMERS**

There will be a need for officials. NBAC 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. 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.

NOTE: Officials wishing to sign up to officiate the meet should do so by going to the following link:

<https://docs.google.com/spreadsheet/viewform?formkey=dEJLMzQ5T1o2OC12d1gzVjBGWFR5RIE6MQ#gid=0>

NOTE: Swimmers must supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION.

**HOSP. /
CONC.**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand operated by UMBC.

**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 and should be monitored by each team's 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, UMBC, 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 MARYLAND LSC JUNIOR CHAMPIONSHIP SWIM MEET – SITE 2

ORDER OF EVENTS & QUALIFYING TIMES

(Qualifying Times Faster than or Equal to & Slower than)

Session 1: Friday March 10, 2017

Warm-up: 3:30 PM

Meet Starts: 4:30 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
3	5:47.69	4:59.49	13-14 400 IM	4:49.99	5:25.39	4
5	5:39.99	4:59.39	15 & O 400 IM	4:43.99	5:13.99	6
7	7:55.49	6:48.39	9 - 10 500 FREE	6:48.39	7:46.99	8
9	6:48.39	5:53.89	11-12 500 FREE	5:53.89	6:37.49	10
11	6:30.09	5:29.99	13-14 500 FREE	5:19.99	6:08.99	12
13	6:22.09	5:29.89	15 & O 500 FREE	5:14.39	5:55.99	14

NOTE: Heats from Events 1,3,5 and 2,4,6 will be combined, if possible, when there are 4 swimmers or less in a heat after the scratch positive check-in deadline. Heats from Events 7,9,11,13 and 8,10,12,14 will be combined, if possible, when there are 4 swimmers or less in a heat after the positive check-in deadline.

NOTE: Friday evening events will be swum slowest to fastest in event order.

NOTE: Swimmers must supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION.

Session 2: Saturday, March 11, 2017

Warm-up: 6:30 AM

Meet Starts: 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	#
15	2:43.89	2:41.89	2:22.39	13-14 200 FLY	2:17.99	2:30.99	2:32.99	16
17	2:40.89	2:38.89	2:22.29	15 & Over 200 FLY	2:11.39	2:24.59	2:26.59	18
19	1:14.69	1:13.69	1:05.29	13-14 100 BACK	1:02.39	1:08.89	1:09.89	20
21	1:13.09	1:12.09	1:05.19	15 & Over 100 BACK	59.79	1:05.49	1:06.49	22
23	3:04.29	3:02.49	2:40.99	13-14 200 BREAST	2:33.09	2:49.59	2:51.59	24
25	3:00.69	2:58.69	2:40.89	15 & Over 200 BREAST	2:28.09	2:40.59	2:42.59	26
27	1:08.79	1:07.79	57.79	13-14 100 FREE	53.99	1:02.89	1:03.89	28
29	1:07.59	1:06.59	56.79	15 & Over 100 FREE	51.59	1:00.39	1:01.39	30
31	2:45.19	2:43.19	2:21.69	13-14 200 IM	2:13.69	2:32.59	2:34.59	32
33	2:42.19	2:40.19	2:20.89	15 & Over 200 IM	2:09.29	2:25.79	2:27.79	34
				5 MINUTE BREAK				
35	N/A	N/A	N/A	13-14 400 FREE RELAY	N/A	N/A	N/A	36
37	N/A	N/A	N/A	15 & Over 400 FREE RELAY	N/A	N/A	N/A	38

Session 3: Saturday, March 11, 2017

Warm-up: 12:30 PM

Meet Starts: 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	#
39	2:53.89	2:51.89	2:38.29	11-12 200 FLY	2:38.29	2:47.99	2:49.99	40
41	49.99	49.49	42.49	9-10 50 BREAST	42.49	48.59	49.09	42
43	41.49	40.99	37.19	11-12 50 BREAST	37.19	40.59	41.09	44
45	1:35.69	1:34.69	1:20.59	9-10 100 BACK	1:21.59	1:33.69	1:34.69	46
47	1:21.49	1:20.49	1:09.89	11-12 100 BACK	1:10.89	1:17.79	1:18.79	48
49	1:24.99	1:23.99	1:10.89	9-10 100 FREE	1:11.99	1:22.79	1:23.79	50
51	1:11.29	1:10.29	1:01.19	11-12 100 FREE	1:02.29	1:07.89	1:08.89	52
53	3:25.59	3:23.59	2:55.99	9-10 200 IM	2:55.99	3:21.19	3:23.19	54
55	2:53.79	2:51.79	2:31.69	11-12 200 IM	2:32.69	2:48.19	2:50.19	56
57	44.29	43.79	36.09	9-10 50 FLY	37.29	42.49	42.99	58
59	35.59	35.09	31.39	11-12 50 FLY	31.29	35.19	35.69	60
				10 MINUTE BREAK				
61	2:49.99	2:47.99	2:31.69	11-12 200 BACK	2:35.09	2:44.29	2:46.29	62
				5 MINUTE BREAK				
63	N/A	N/A	N/A	9-10 200 FREE RELAY	N/A	N/A	N/A	64
65	N/A	N/A	N/A	11-12 200 FREE RELAY	N/A	N/A	N/A	66

Session 4: Sunday, March 12, 2017

Warm-up: 6:30 AM

Meet Starts: 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	#
67	1:14.39	1:13.39	1:04.99	13-14 100 FLY	1:02.09	1:08.39	1:09.39	68
69	1:12.99	1:11.99	1:04.89	15 & Over 100 FLY	57.99	1:05.39	1:06.39	70
71	2:41.39	2:39.39	2:19.69	13-14 200 BACK	2:14.69	2:29.89	2:31.89	72
73	2:38.39	2:36.39	2:19.59	15 & Over 200 BACK	2:09.89	2:23.19	2:25.19	74
75	1:25.39	1:24.39	1:14.79	13-14 100 BREAST	1:10.79	1:17.59	1:18.59	76
77	1:23.69	1:22.69	1:14.69	15 & Over 100 BREAST	1:07.89	1:14.09	1:15.09	78
79	31.79	31.29	26.69	13-14 50 FREE	24.99	28.89	29.39	80
81	31.29	30.79	26.39	15 & Over 50 FREE	23.79	27.79	28.29	82
83	2:28.19	2:26.19	2:03.99	13-14 200 FREE	1:58.09	2:16.79	2:18.79	84
85	2:25.19	2:23.19	2:03.89	15 & Over 200 FREE	1:54.79	2:11.49	2:13.49	86
				5 MINUTE BREAK				
87	N/A	N/A	N/A	13-14 400 MEDLEY RELAY	N/A	N/A	N/A	88
89	N/A	N/A	N/A	15 & Over 400 MEDLEY RELAY	N/A	N/A	N/A	90

Session 5: Sunday, March 12, 2017

Warm-up: 12:30 PM

Meet Starts: 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	#
91	3:14.59	3:12.59	2:56.29	11-12 200 BREAST	2:56.29	3:04.99	3:06.99	92
93	44.39	43.89	37.19	9-10 50 BACK	37.99	44.39	44.89	94
95	37.09	36.59	32.59	11-12 50 BACK	32.89	36.29	36.79	96
97	1:44.09	1:43.09	1:26.69	9-10 100 FLY	1:26.69	1:41.99	1:42.99	98
99	1:21.29	1:20.29	1:11.49	11-12 100 FLY	1:11.09	1:18.49	1:19.49	100
101	1:49.99	1:48.99	1:33.39	9-10 100 BREAST	1:33.39	1:45.89	1:46.89	102
103	1:30.39	1:29.39	1:20.59	11-12 100 BREAST	1:20.59	1:27.49	1:28.49	104
105	37.69	37.19	31.59	9-10 50 FREE	32.09	36.49	36.99	106
107	32.99	32.49	28.19	11-12 50 FREE	28.19	31.29	31.79	108
109	1:36.69	1:35.69	1:20.49	9-10 100 IM	1:21.49	1:33.39	1:34.39	110
111	1:21.39	1:20.39	1:10.39	11-12 100 IM	1:11.09	1:16.99	1:17.99	112
113	3:07.39	3:05.39	2:36.39	9-10 200 FREE	2:36.39	2:55.99	2:57.99	114
115	2:35.69	2:33.69	2:13.89	11-12 200 FREE	2:15.09	2:28.59	2:30.59	116
				5 MINUTE BREAK				
117	N/A	N/A	N/A	9-10 200 MEDLEY RELAY	N/A	N/A	N/A	118
119	N/A	N/A	N/A	11-12 200 MEDLEY RELAY	N/A	N/A	N/A	120

2017 MARYLAND LSC SWIMMING CHAMPIONSHIP SWIM MEET – SITE 2

ENTRY SUMMARY / RELEASE FORM

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

NORTH BALTIMORE AQUATIC CLUB
C/O MEADOWBROOK AQUATIC CENTER

ATTN: Tom Himes
5700 Cottonworth Avenue
Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
Individual Entries/Paper		\$10.00 per event + \$5.00 per swimmer	
Relay Entries		\$15.00 per relay	
Relay Entries / Paper		\$20.00 per relay	
Maryland Surcharge		\$2.00 per swimmer	
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