

The Retriever Aquatic Club present
2017 Sandbox Invitational

July 6 - 9, 2017
 UMBC Aquatic Complex
 The University of Maryland - Baltimore County
 1000 Hilltop Circle
 Baltimore, MD 21250

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc. Sanction
 #MD16/17-048

MEET DIRECTOR	MEET ENTRY COORDINATOR
Kim Daugherty E-mail: daughertykimberlie@gmail.com	Chris Gibeau E-mail: chrisg@umbc.edu 410-455-2679 Coaches Only UMBC Swimming and Diving Retriever Activities Center 1000 Hilltop Circle, Baltimore MD, 21250
MEET REFEREE	MEET MARSHALL
Chris Waters E-mail: Chris@mmsolutionsinc.com 410-562-6037 Officials Only	Chad Cradock E-mail: ccradock@umbc.edu
OFFICIALS CONTACT	ADMIN OFFICIAL
Chris Waters E-mail: Chris@mmsolutionsinc.com 410-562-6037 Officials Only	Kelli Booth Email: kelli.booth@gmail.com

FACILITY

- UMBC has an eight-lane 50-meter outdoor pool and non-turbulent lane lines. The eight-lane 25-yard indoor pool will be available for continuous warm up and warm down, during the meet, after regular warm up periods are over. The diving well is NOT to be used.
- The competition course has not been certified in accordance with [USA Swimming Article 104.2.2C\(4\)](#). The minimum water depth, measured in accordance with [USA Swimming Article 103.2.3](#), is 6'0" and 6'1" at the start end and the turn end of the pool.
- The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with touchpads.

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

MEET FORMAT
MARYLAND
TEAMS
ASSIGNED

This is a prelim/final meet. Here is a list of the **assigned MARYLAND TEAMS**
 ASC, ACSS, BAAC, BCSC, BST, BVA, CATY, CAC, PEAK, YCM, CBAC, CAA, EST, FSC, FAST, FCY, GMAC, HFY, HOCO, NWSC, OPST, RAID, RAC, ROCK, SPRC, SPY, TCY, TAC

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	3:30 PM	4:30 PM	All Ages
2, 5, 8	Fri/Sat/Sun	6:30 AM	8:00 AM	13 and Over
3, 6, 9	Fri/Sat/Sun	11:30 AM	12:30 PM	12 and Under
4, 7, 10	Fri/Sat/Sun	4:45 PM	5:30 PM	Finals

DEADLINE AND MEETING SUMMARY: (keep section in chronological order)

Day, Date	Time	For:
MD Teams 6/16	6PM on 6/16	MD Teams Entry Deadline
Out of LSC Teams 6/17	9AM 6/17 till meet is full	Out of LSC Teams Entry submission date
Thurs July 6, 2016	4:00 PM	Pos Check in for 800 and 400free events
Friday July 7, 2016	8:00 AM	Pos Check in for 400IM
Saturday July 8, 2016	8:00 AM	Pos Check in for 400free
Sunday July 9, 2016	8:00 AM	Pos Check in for 1500free
Sunday July 9, 2016	1:00 PM	Pos Check in for 12 & Under 400IM

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.

- 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:
 - 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.

In case of inclement weather, call 410-455-2670 for status of meet. Coaches will be notified of any changes to starting times (unless due to weather or emergency).

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. The MSI Scratch Rule is in effect for this meet.

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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

- Swimmers in the 13-14 and Open age groups must have Long Course 2017-2020 USA Swimming Motivational time standards of "A" and faster to be eligible to compete in the events in that age group. Open events use 15 – 16 'A' time standards.
- Swimmers in the 11-12 and 10 & Under age groups must have Long Course 2017-2020 USA Swimming Motivational time standards of "BB" and faster to be eligible to compete in the events in that age group.
- **BONUS EVENTS FOR MD LSC TEAMS ONLY.** If a swimmer qualifies

for 1-3 individual events, they may add up to 3 bonus events. These events are limited to 200 meters or less events and must be marked bonus events in Team Manager. If we are oversubscribed, bonus events will be removed first.

SWIMMERS WITH DISABILITIES

The Retriever Aquatic Club 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 the Retriever Aquatic Clubs ability to accommodate all requests.

ENTRY LIMITATIONS

- Swimmers will be limited to nine (9) events total for the entire meet plus relays
- Swimmers are limited to a maximum of three (3) individual events, plus one relay, per day, except the Thursday distance session, which has a one (1) event maximum.
- All entries must be submitted with Long Course Times.
- **NO CONVERTED TIMES ALLOWED!**
- All individual and relay entries must be submitted via email to chrisg@umbc.edu A meet entry list with **PROOF OF TIMES OPTION** must be sent with entry file.

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. No late entries will be accepted. There will be no on deck registrations.

ENTRY FEES

Make checks payable to: Retriever Aquatic Club - All fees are non-refundable	
Individual Event	\$7.00 per event
Relays	\$28.00 per relay

SEEDING

Events will be conducted in the 10&U, 11-12, 13-14 & Open Age Groups.

All Events will be conducted as at Trials & Finals format with the exceptions noted below. The Open age group will have a consolation heat and a finals heat in the finals session. The 13-14, 11-12, and the 10 & U groups will have a finals heat in the finals session. Events will be swum slowest to fastest with the top 3 heats circle seeded.

The following Events will be conducted as Timed Finals events.

12 & U Events

- 5 & 6 400 Freestyle will be swum in event order
- 7 & 8 200 Backstroke will be swum in event order
- 45 & 46 200 Breaststroke will be in event order
- 87 & 88 200 Butterfly will be swum in event order
- 91 & 92 400 IM will be swum in event order with top 8 at Finals

13-14 Events

1 & 2 800 Freestyle swum fastest to slowest alternating Men & Women
39 & 40 400IM will be swum in event order with top 8 at Finals
81 & 82 400 Freestyle will be swum in event order with top 8 at Finals

Open Events

3 & 4 800 Freestyle swum fastest to slowest alternating Men & Women
37 & 38 400 IM will be swum in event order with top 16 at Finals
79 & 80 400 Freestyle will be swum in event order with top 16 at Finals
89 & 90 1500 Freestyle will be swum in event order alternating Men & Women with top 8 at Final

CHECK-IN

- **Positive Check-In Procedures for Distance Events (400 Free, 400 IM, 800 Free, 1500 Free)** Swimmers must check-in and initial the appropriate check-in sheet by the deadlines specified below. The check-in table will be located next to the scoring tent. Any swimmer not checked in by the deadline will be scratched from the event. A swimmer's intention to scratch from the event by crossing through their name on the check-in sheet is greatly appreciated. Once checked in, the swimmer must compete. Failure to compete in a positive check-in event will result in the swimmer not being allowed to compete in his/her next scheduled event.
- The following seeding rules will be used to seed the applicable events **IF NEEDED** to limit session length:
 - The 12 & U 400 IM will be limited to the fastest 4 women's and fastest 4 men's heats (32 swimmers in each event).
 - The 800 free events will be limited to the fastest 3 heats (24 swimmers in each event).
 - The Open 400 meter events will be limited to the fastest 6 heats (48 swimmers in each event). The 13-14 400 meter events will be limited to the fastest 6 heats (48 swimmers in each event). The 12&U 400 meter events will be limited to the fastest 6 heats (48 swimmers in each event).
 - All events 200 meters or less will be limited to the fastest 8 heats (64 swimmers in each event) for the 13 & over events and the fastest 6 heats (48 swimmers in each event) for the 12 & under events.
 - The 1500 free events will be limited to the fastest 3 heats (24 swimmers in each event).

SCRATCHES

- Any swimmer failing to scratch for any **timed final** event and subsequently does not show for the event will be barred from their next event.
- **Finals Scratch Procedures:** USA Swimming Rules **207.11.6(D)** will be followed. A swimmer who declares his/her intention to scratch but fails to return to the scratch table 30 minutes after their last event **WILL BE SEEDED** into the event.

Although alternates (and those finishing below alternates) will not be penalized, it is **STRONGLY ENCOURAGED** that all swimmers finishing below the top sixteen (16) finishers for the Open events and top eight (8) finishers for the 13-14 and 12 & Under events **SCRATCH**. The relevant **Maryland Swimming penalty (\$50.00)** shall be applied to any swimmer registered with Maryland Swimming on the last day of the meet. Other competitors in individual events are encouraged to scratch if they do not intend to return for the final session.

Exceptions for Failure to compete: USA Swimming Rules **207.11.6(E)** will be in effect.

RESULTS

Results will be posted on MSI's website and emailed to person submitting entries 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 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/TIMERS/
VOLUNTEERS**

There will be a need for officials. The Retriever Aquatic Club 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.

**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, the indoor pool available for continuous warm-up/down. **There is to be no diving or horseplay in this area.**

DIRECTIONS	<ul style="list-style-type: none"> • From North: Take the Baltimore Beltway (I-695 Outer Loop) to Exit 12-C, Wilkens Avenue. <ul style="list-style-type: none"> • At the traffic light, turn Left onto Wilkens Avenue. • Turn Left again at the first traffic light onto Walker Avenue (~1 Mile). • Turn Right at the Stop Sign onto Hilltop Circle. • The UMBC pool is ~ ½ mile around the circle. • Turn Left onto Administration Drive. • The UMBC pool is on the right behind the UMBC Fieldhouse. • Parking Lot 10 is in front of the Retriever Athletic Center. To reach parking garage, continue past Administration Drive, and turn left onto Library Drive. • From South: Take I-95 north to 195/166. <ul style="list-style-type: none"> • Once on exit ramp, veer left towards Catonsville/UMBC. • From 166/195, entrance to campus is clearly marked on the right. Proceed onto Hilltop Circle. From Hilltop Circle, take a left on Administration Drive to park in lot 10, or park on Hilltop Circle.
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HOTELS	<p>Airport area hotels are about a ten-minute drive to the UMBC campus. Other hotels are about a 15-minute drive. Few hotels are located in areas where walking to restaurants or shopping is convenient. Ask for UMBC rate before making your reservation.</p> <ul style="list-style-type: none"> • Hampton Inn Arundel Mills – 12 minute freeway drive from campus. Free continental breakfast. 410-540-9225 • Holiday Inn BWI Airport Conference Center - 410-859-8400 - www.hi-bwi.com UMBC rates available • BWI Airport Marriott Hotel – 410-859-8300 • Fairfield Inn BWI by Marriott – 410-859-2333 • Four Points by Sheraton BWI Airport – 410-859-3300 • Hampton Inn @ BWI – 410-850-0600 • Marriott Baltimore Waterfront - 410-385-3000 • Baltimore Marriott Inner Harbor – 410-962-0202 • Hilton Garden Inn – Columbia – 410-750-3700
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SESSION 1 (Timed Finals)—Thursday				
Warm-Ups: 4:00pm Meet Starts: 5:00pm				
Men	Qualifying Time	Event	Qualifying Time	Women
1	10:22.19	13-14 800 Free	10:47.99	2
3	10:00.39	Open 800 Free	10:35.39	4
5	5:48.69	12 & Under 400 Free	5:46.49	6

SESSION 2 (Prelims)—FRIDAY MORNING				
Warm-Ups: 6:30am Meet Starts: 8:00am				
Men	Qualifying Time	Event	Qualifying Time	Women
13	1:16.99	Open 100 Breaststroke	1:25.39	14
15	1:21.29	13-14 100 Breaststroke	1:27.69	16
21	2:14.89	Open 200 Freestyle	2:26.49	22
23	2:20.59	13-14 200 Freestyle	2:30.09	24

29	1:06.29	Open 100 Butterfly	1:13.39	30
31	1:09.69	13-14 100 Butterfly	1:14.79	32
37	5:20.49	Open 400 IM	5:49.69	38
39	5:36.59	13-14 400 IM	5:57.79	40

SESSION 3 (Prelims) – FRIDAY AFTERNOON				
Warm-Ups: 11:30pm Meet Starts: 12:30pm				
Men	Qualifying Time	Event	Qualifying Time	Women
7	3:06.49	12 & Under 200 Backstroke (timed final event)	3:10.19	8
Break				
17	45.39	11-12 50 Breaststroke	45.49	18
19	53.29	10 & Under 50 Breaststroke	53.99	20
25	2:45.19	11-12 200 Freestyle	2:50.39	26
27	3:12.09	10 & Under 200 Freestyle	3:20.99	28
33	1:26.29	11-12 100 Butterfly	1:28.49	34
35	1:51.39	10 & Under 100 Butterfly	1:52.99	36

SESSION 4 (Finals) – FRIDAY EVENING

Warm-Ups: 4:45 pm

Meet Starts: 5:30 pm

Men	Event	Women
9	Open 200 Freestyle Relay	10
11	12 & Under 200 Freestyle Relay	12
13	Open 100 Breaststroke	14
15	13-14 100 Breaststroke	16
17	11-12 50 Breaststroke	18
19	10 & Under 50 Breaststroke	20
21	Open 200 Freestyle	22
23	13-14 200 Freestyle	24
25	11-12 200 Freestyle	26
27	10 & Under 200 Freestyle	28
29	Open 100 Butterfly	30
31	13-14 100 Butterfly	32
33	11-12 100 Butterfly	34
35	10 & Under 100 Butterfly	36
37	Open 400 IM	38
39	13-14 400 IM	40
41	12 & Under 200 Medley Relay	42
43	Open 200 Medley Relay	44

SESSION 5 (Prelims) – SATURDAY MORNING

Warm-Ups: 6:30am Meet Starts: 8:00am

Men	Qualifying Time	Event	Qualifying Time	Women
47	2:31.39	Open 200 IM	2:45.89	48
49	2:38.79	13-14 200 IM	2:49.19	50
55	27.89	Open 50 Freestyle	31.19	56
57	29.49	13-14 50 Freestyle	31.99	58
63	2:27.99	Open 200 Butterfly	2:41.39	64
65	2:36.19	13-14 200 Butterfly	2:45.69	66
71	1:08.89	Open 100 Backstroke	1:15.69	72
73	1:12.29	13-14 100 Backstroke	1:17.09	74
79	4:46.09	Open 400 Freestyle	5:07.29	80
81	4:59.19	13-14 400 Freestyle	5:14.69	82

SESSION 6 (Prelims) – SATURDAY AFTERNOON				
Warm-Ups: 11:30pm Meet Starts: 12:30pm				
Men	Qualifying Time	Event	Qualifying Time	Women
45	3:28.69	12 & Under 200 Breaststroke (timed final event)	3:36.09	46
Break				
51	3:09.29	11-12 200 IM	3:11.49	52
53	3:40.79	10 & Under 200 IM	3:43.19	54
59	34.69	11-12 50 Freestyle	35.79	60
61	39.49	10 & Under 50 Freestyle	39.89	62
67	38.69	11-12 50 Butterfly	38.29	68
69	45.99	10 & Under 50 Butterfly	47.29	70
75	1:29.09	11-12 100 Backstroke	1:31.09	76
77	1:43.59	10 & Under 100 Backstroke	1:45.99	78

SESSION 7 (Finals) – SATURDAY EVENING		
Warm-Ups: 4:45 pm Meet Starts: 5:30 pm		
Men	Event	Women
47	Open 200 IM	48
49	13-14 200 IM	50
51	11-12 200 IM	52
53	10 & Under 200 IM	54
55	Open 50 Freestyle	56
57	13-14 50 Freestyle	58
59	11-12 50 Freestyle	60
61	10 & Under 50 Freestyle	62
63	Open 200 Butterfly	64
65	13-14 200 Butterfly	66
67	11-12 50 Butterfly	68
69	10 & Under 50 Butterfly	70
71	Open 100 Backstroke	72
73	13-14 100 Backstroke	74
75	11-12 100 Backstroke	76
77	10 & Under 100 Backstroke	78
79	Open 400 Freestyle	80
81	13-14 400 Freestyle	82
83	12 & Under 400 Medley Relay	84
85	Open 400 Medley Relay	86

SESSION 8 (Prelims) – SUNDAY MORNING

Warm-Ups: 6:30am Meet Starts: 8:00am

Men	Qualifying Time	Event	Qualifying Time	Women
93	2:48.39	Open 200 Breaststroke	3:05.39	94
95	2:56.79	13-14 200 Breaststroke	3:09.79	96
101	1:01.89	Open 100 Freestyle	1:07.99	102
103	1:04.59	13-14 100 Freestyle	1:09.59	104
109	2:28.89	Open 200 Backstroke	2:42.09	110
111	2:36.59	13-14 200 Backstroke	2:45.59	112
89	18:59.09	Open 1500 Freestyle	20:20.49	90

SESSION 9 (Prelims) – SUNDAY AFTERNOON

Warm-Ups: 11:30pm Meet Starts: 12:30pm

Men	Qualifying Time	Event	Qualifying Time	Women
87	3:07.69	12 & Under 200 Butterfly (timed final event)	3:10.19	88
Break				
97	1:38.49	11-12 100 Breaststroke	1:41.39	98
99	1:57.69	10 & Under 100 Breaststroke	2:01.49	100
105	1:15.69	11-12 100 Freestyle	1:18.49	106
107	1:30.29	10 & Under 100 Freestyle	1:31.49	108
113	40.89	11-12 50 Backstroke	41.19	114
115	49.19	10 & Under 50 Backstroke	48.89	116
91	6:39.39	12 & Under 400 IM	6:48.29	92

SESSION 10 (Finals) – SUNDAY EVENING**Warm-Ups: 4:45 pm****Meet Starts: 5:30 pm**

Men	Event	Women
89	Open 1500 Freestyle	90
91	12 & Under 400 IM	92
93	Open 200 Breaststroke	94
95	13-14 200 Breaststroke	96
97	11-12 100 Breaststroke	98
99	10 & Under 100 Breaststroke	100
101	Open 100 Freestyle	102
103	13-14 100 Freestyle	104
105	11-12 100 Freestyle	106
107	10 & Under 100 Freestyle	108
109	Open 200 Backstroke	110
111	13-14 200 Backstroke	112
113	11-12 50 Backstroke	114
115	10 & Under 50 Backstroke	116
117	Open 400 Freestyle Relay	118
119	12 & Under 400 Freestyle Relay	120

**2016 Sandbox Invitational
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Retriever Aquatic Club):

Chris Gibeau
UMBC Swimming/Retriever Activities Center
1000 Hilltop Circle
Baltimore MD 21250
Email to: chrsg@umbc.edu

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$x.xx per event	
Relay Entries		\$x.xx 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