

BST Barracudas

BST/ HoCo/OPST Dual Meet

Hosted by HOST TEAM

DATES: Dec 16 - 17, 2016

Competition Site address: Western Sussex Boys and Girls Club, 310 Virginia Ave., Seaford De 19973

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

MD16/17 AM 002 12/17/2016BST

MEET DIRECTOR Ellen Doxtater 410.603.3205 Coachellen1@hotmail.com	MEET ENTRY COORDINATOR Ellen Doxtater 27122 S. Tourmaline DR Hebron, MD, 21830 410.603.3205 Coachellen1@hotmail.com
MEET REFEREE Dale Doxtater 410.548.1557 Doxtater3@comcast.net	USA Registered MEET SAFETY DIRECTOR NAME Paul Dorey PHONE 302.628.3789 EMAIL: pdorey@bgclubs.org
OFFICIALS CONTACT Dale Doxtater Doxtater3@comcast.net	ADMIN OFFICIAL Robert Johnson

FACILITY

Western Sussex Boys & Girls Club (310 Virginia Ave., Seaford De 19973) is an indoor six-lane 25 yard pool with non-turbulent lane lines and starting blocks. The meet is run using the Colorado timing system, scoreboard, and electronic start. Pool Dept at the start in is 6 feet and at the turn in 4 feet.

The competition course has not been certified in accordance with the USA Swimming Rules and Regulations Article 104.2.2(C). The minimum water depth, measured in accordance with USA Swimming Rules and Regulations Article 103.2.3 is 13 feet at the start end of the pool and 5 feet at the turn end of the pool.

Spectator space is available at the turn end of the pool, and can be segregated from the pool deck. Swimmers will be seated in controlled team areas.

MEET FORMAT

This will be an approved meet, and include non US swimmers from team programs supervised by US Registered Coaches from teams involved.

All events are Timed Finals Events.

We reserve the right to change the warm up and start times based on entries received. Coordination will be made

The meet entry director reserves the right to limit entries received to ensure that sessions fall within the Maryland LSC Swimming Rules.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	5:30 PM	6:00 PM	All
2	Saturday	8:00 AM	9:00 AM	All
3	Saturday	5 Minutes After Session I	30 Minutes After Session I	All

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

Day, Date	Time	For:
Monday, Dec 5, 2016	6:00 PM	Entry deadline
Saturday, Dec 17, 2016	8:15 AM	Coaches/General Meeting
Saturday, Dec 17, 2016	8:15 AM	Official Briefings
Saturday, Dec 17, 2016	8:30 AM	Timer 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. 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.

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. WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Use of stretch cords, paddles, fins, kick boards, etc are not permitted. 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].

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

Open to all BST / HoCo / OPST USA Swimming Inc. registered swimmers, or members of BST /HoCo / OPST programs under supervision of USA Swimming Inc registered coaches.. The swimmer's age as of Dec 17, 2016 will apply for the entire meet.

USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

SWIMMERS WITH DISABILITIES

BST / HoCo / OPST 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 BST / Hoco /OPST / ability to accommodate all requests.

ENTRIES

All entries should be submitted via e-mail (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)

All entries must be in the hands of the Meet Entry Coordinator no later than Monday Dec 5, by 6:00 PM..

ENTRY LIMITATIONS

Swimmers may swim a maximum of 1 Event for sessions 1 and 3, and 5 events, of which no more than 3 may be individual events, for session 2 .

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 Monday Dec 5, 2016 @ 6:00 PM

ENTRY FEES

Make checks payable to: BST	
Facility Use Fee	\$5 per swimmer

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. No Time Entries will be accepted.
CHECK-IN	N/A
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block.
SCORING	No team or individual scoring will be kept
AWARDS	No ribbons
RESULTS	BST / HoCo / OPST will be responsible for distributing results to their teams..
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. Either Deck Pass or membership card will be acceptable a proof of membership
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. BST / HoCo / OPST 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. Each team will be responsible for 1 timer per lane as needed.
HOSPITALITY/ CONCESSIONS	Water will be available to coaches and volunteer timers 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. There is to be no diving or horseplay in this area.

Waiver/Release

As the 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. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers during the meet. BST, OPST, Western Sussex Boys and Girls Club, 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.

ORDER OF EVENTS

2015 BST / HoCo / OPST / SFY Tri Meet
Dec 16, 17, 2016

Session I

Warm UP: 5:30 PM Meet Start: 6:00 PM
Friday, Dec 16

	<u>Boys</u>	<u>Event</u>	Girls
<u>Event No.</u> <u>(Boys)</u>	1	Open 1650 Free	2

Session II

Warm UP: 8:00 AM Meet Start: 9:00 AM

	<u>Boys</u>	<u>Event</u>	Girls
<u>Event No.</u> <u>(Boys)</u>	3	13&Older 200 Medley Relay	4
	4	11-12 200 Medley Relay	6
	7	10 & Under 200 Medley Relay	8
	9	8&U 100 Medley Relay	10
	11	13&Older 200 Free	12
	13	11-12 200 Free	14
	15	13&Older 50 Free	16
	17	11-12 50 Free	18
	19	10 & Under 50 Free	20
	21	8&U 25 Free	22
	23	13&Older 200 IM	24
	25	11-12 200 IM	26
	27	10 & Under 100 IM	28
	29	13&Older 100 Fly	30
	31	11-12 50Fly	32
	33	10 & Under 50 Fly	34
	35	8&U 25Fly	36
	37	13&Older 100 Free	38
	39	11-12 100 Free	40
	41	10 & Under 100 Free	42
	43	8&U 50 Free	44
	45	13&Older 100 Back	46
	47	11-12 50 Back	48
	49	10 & Under 50 Back	50
	51	8&U 25 Back	52
	5	13&Older 100 Breast	52

	55	11-12 50 Breast	56
	57	10 & Under 50 Breast	58
	59	8&U 25 Breast	60
	61	13&Older 200 Free Relay	62
	63	11-12 200 Free Relay	64
	65	10 & Under 200 Free Relay	66
	67	8&U 100 Free Relay	68

Session III

Warm UP: 5 Minutes after Session I Meet Start: 30 Minutes after Session I

	<u>Boys</u>	<u>Event</u>	Girls
<u>Event No.</u> <u>(Boys)</u>	69	Open 400 IM	70
	71	Open 500 Free	72

Summary of Fees/Release Form

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

BST/ HoCo Dual Meet

Hosted by BST

DATES: Dec 17, 2016

Competition Site address: Western Sussex Boys and Girls Club, 310 Virginia Ave., Seaford De 19973

ATTN: Ellen Doxtater

C/O BST

27122 S Tourmaline Dr Hebron, Md 21830

Coachellen1@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Facility Use Fee	\$5 per swimmer	Facility Use Fee	\$5 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)

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