



Senior Distance Challenge
 Hosted by SPRC
 December 3, 2016

Held at Severna Park Community Center, 623 Baltimore Annapolis Blvd., Severna Park, Maryland, 21146

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
 Sanction # MD 16-17/063

| | |
|--|--|
| CERTIFIED MEET DIRECTOR | CERTIFIED MEET ENTRY COORDINATOR |
| Jim Hutcheson 443-310-9480 jimhutch13@gmail.com | Maureen Kogut 8011 Solley Road Glen Burnie, MD, 21060 410-404-8193 reenko6@hotmail.com |
| MEET REFEREE | USA Registered MEET SAFETY DIRECTOR |
| Dale Doxtater doxtater3@comcast.net | Ken Burton kkjt62798@gmail.com |
| OFFICIALS CONTACT | ADMIN OFFICIAL |
| Dale Doxtater http://goo.gl/forms/SSp71If2XeYEFskG2 | Rob Fox 240-529-5774 |

FACILITY

The SPCC swimming pool has six (6) lanes, 25 yards in length, with non-turbulent lane lines. The minimum water depth, measured in accordance with **USA Swimming Article 103.2.3** is: 3'6" at the turn end to 9' at the start end. Spectator seating is available on the pool deck. **Per USA Swimming Article 202.6.6D(2)**, the competition course has not been certified in accordance with 104.2.2C (4). Parking is allowed in the upper lot adjacent to the Woods Memorial Presbyterian Church. There is no parking allowed in the small parking lot in front of the community center.

MEET FORMAT

This is a timed final event for 12 and over swimmers. There will be one session. A **Team Scratch List** will be required for all events. Invited teams are FSC, FOX, SPRC, and BST.

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|--------|---------|------------|------------|
| 1 | Friday | 4:00 PM | 5:00 PM | 12 & Older |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|-------------------|---------|------------------------------|
| Tuesday, 11/22/16 | 8:00 PM | Entry deadline |
| Saturday, 12/3/16 | 4:15 PM | Coaches/General Meeting |
| Saturday, 12/3/16 | 4:15 PM | Official Briefings |
| Saturday, 12/3/16 | 4:15 PM | Team Scratch List due |

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

Per USA Swimming Rules Article 202.4.9 (D), 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.** USA Swimming Rules Article 202.4.9(H,I,J) USA Swimming, Article 205 and 305.3.

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. Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.

SWIMMERS WITH DISABILITIES

SPRC 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 SPRC's ability to accommodate all requests.**

ENTRIES Swimmers will be limited to a maximum of three (3) individual events and two (2) relays. 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 and payment in full must be received by the Meet Entry Coordinator by the entry deadline. SPRC 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. All relay only swimmers including alternates must be listed.

ENTRY LIMITATIONS Swimmers may swim a maximum of 3 individual events plus 2 relays per day and a total of 3 individual events and 2 relays for 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.

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

| Make checks payable to: SPRC Stingrays | |
|---|--------------------|
| LSC Surcharge | \$2.00 per Swimmer |
| Individual Event | \$6.00per event |
| Relays | \$20.00 per relay |

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. Conversions are accepted.

CHECK-IN A Team Scratch List will be given to each team at the administrative table at the beginning of warm-up. All Team Scratch Lists are due within the first fifteen minutes of warm-up for that session. The session will be seeded during warm-up. Swimmers who have scratched from the event will not be seeded in event. Teams will still be responsible for all entries regardless of scratches.

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

SCORING/AWARDS No team or individual scoring will be kept. No awards will be given for this

meet.

RESULTS

Results will be posted on SPRC's and MSI's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hytek 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. SPRC 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.

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. **There is to be no diving or horseplay in this during warm-up.**

ORDER OF EVENTS& QUALIFYING TIMES

**Saturday, December 3, 2016
Warm-up: 4:00; Meet Start: 5:00**

| # | Girls/Women | Event | Boys/Men | # |
|----------|--------------------|------------------|-----------------|----------|
| 1 | NT | 500 Free | NT | 2 |
| 3 | NT | 200 Free | NT | 4 |
| 5 | NT | 200 Breast | NT | 6 |
| 7 | NT | 200 Back | NT | 8 |
| 9 | NT | 200 IM | NT | 10 |
| 11 | NT | 400 IM | NT | 12 |
| 13 | NT | 200 Fly | NT | 14 |
| 15 | NT | 400 Free Relay | NT | 16 |
| 17 | NT | 400 Medley Relay | NT | 18 |
| 19 | NT | 800 Free Relay | NT | 21 |

SPRC Senior Distance Challenge

Summary of Fees/Release Form

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

SPRC

ATTN: Maureen Kogut

8011 Solley Road
 Glen Burnie, MD, 21060
 Email to: reenko6@hotmail.com

| | |
|--------------|--|
| Team Name | |
| Club Code | |
| Coach | |
| Coach Phone | |
| Coach Email | |
| Team Address | |

| Item | Total Number | Cost per | Total |
|-----------------------|--------------|-------------------|-------|
| Individual Entries | | \$6.00 per event | |
| Relay Entries | | \$20.00 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