



ROCK-N-Roll 2016 Swim Meet

Hosted by Rockfish Swimming

November 6, 2016

Held at McDonough School, Rosenberg Aquatic Center, 8600 McDonough Road, Owings Mills, MD, 21117

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

Sanction # [MD16-17/078](#)

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
Heather MacQuilliam 240-298-4616 <a href="mailto:rockfishswimming@gmail.com">rockfishswimming@gmail.com</a>	Heather MacQuilliam 44786 Three Coves Rd Hollywood, MD 20636 240-298-4616 <a href="mailto:rockfishswimming@gmail.com">rockfishswimming@gmail.com</a>
<b>MEET REFEREE</b>	<b>USA Registered MEET SAFETY DIRECTOR</b>
Thomas Truitt 757-395-0567 <a href="mailto:dismountcav@aol.com">dismountcav@aol.com</a>	Greg Simcic <a href="mailto:jewelu@gmail.com">jewelu@gmail.com</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Jennifer Claus <a href="mailto:jlclaus@md.metrocast.net">jlclaus@md.metrocast.net</a> <a href="http://goo.gl/forms/G8aeTzEBB6WtcK123">http://goo.gl/forms/G8aeTzEBB6WtcK123</a>	Mike Rock 301-481-1633 <a href="mailto:mrock@md.metrocast.net">mrock@md.metrocast.net</a>

**FACILITY**

McDonough School has an indoor eight-lane, 25 yard competition pool. In addition, opposite the competition pool is a nine-lane, 20 yard warm-up/cool-down pool. The facility is equipped with a Daktronic Inc. automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area. The minimum water depth, measured in accordance with USA Swimming Article 103.2.3 is 8'0" at the start end and 6'0" at the turn end." The competition course has not been certified in accordance with USA Swimming Article 104.2.2C (4). There is ample parking in the McDonough School's Eagle Lot. Please do not park or leave your car in the drop-off circle.

**MEET FORMAT**

This is a timed final, pre-seeded meet. Events will be swum slowest to fastest. Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. The morning sessions will be girls only and the afternoon sessions will be boys only. Order of events may not be changed. Open to all USA Swimming registered 11& over swimmers with "B" times and slower.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	7:00 am	8:00 am	Girls 11-18
2	Sunday	12:00 pm	1:00 pm	Boys 11-18

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

Day, Date	Time	For:
Tuesday, November 1	5:00pm	Entry Scratches deadline
Wednesday, Nov 2	5:00 pm	Entry Changes/Additions Deadline
Sunday, Nov 6	7:15 am & 12:15 pm	Official Briefings
Sunday, Nov 6	7:50 am	Coaches Meeting

**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**

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.

**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 may only enter events in which they have "B" times or slower.

**SWIMMERS WITH DISABILITIES**

Rockfish 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 Rockfish Swimming's ability to accommodate all requests.

**ENTRIES** Entries must be submitted in Hy-tek format. Email is preferred for electronic entries however, disks are also acceptable. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator within 48 hours of the entry deadline. **Rockfish** Swimming 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** A swimmer may enter four (5) individual events per day, and (1) relay per day, and a total of 5 individual events and 1 relays for the entire meet. Swimmers entered in relays must be eligible to swim in 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 LSC entries received prior to the entry deadline receive priority over out of LSC entries received.

**ENTRY FEES**

<b>Make checks payable to: Rockfish Swimming, Inc.</b>	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$6.50 per event
Relays	\$12.00 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

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

**AWARDS** Ribbons will be awarded to the top 6 finishers in each event.

**SCORING** No team or individual scoring will be kept.

**RESULTS** **Results will be posted on MSI's website 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. 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. Rockfish Swimming 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.

Officials please use the following link to sign up to officiate: <http://goo.gl/forms/G8aeTzEBB6WtcK123>

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. There will be limited concessions.

**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.**

**Session 1: Girls****Sunday, November 6****Warm-ups 7:00 am Meet Start 8:00 am**

#	Girls Slower Than	Event
<b>1</b>	1:19.49	<b>11-12 100 Backstroke</b>
<b>2</b>	2:36.29	<b>13-14 200 Backstroke</b>
<b>3</b>	2:32.99	<b>15-18 200 Backstroke</b>
<b>4</b>	40.59	<b>11-12 50 Breaststroke</b>
<b>5</b>	1:22.99	<b>13-14 100 Breaststroke</b>
<b>6</b>	1:21.99	<b>15-18 100 Breaststroke</b>
<b>7</b>	31.69	<b>11-12 50 Free</b>
<b>8</b>	30.49	<b>13-14 50 Free</b>
<b>9</b>	29.99	<b>15-18 50 Free</b>
<b>10</b>	1:19.39	<b>11-12 100 Butterfly</b>
<b>11</b>	2:40.09	<b>13-14 200 Butterfly</b>
<b>12</b>	2:34.89	<b>15-18 200 Butterfly</b>
<b>13</b>	36.09	<b>11-12 50 Backstroke</b>
<b>14</b>	1:12.69	<b>13-14 100 Backstroke</b>
<b>15</b>	1:10.79	<b>15-18 100 Backstroke</b>
<b>16</b>	1:28.69	<b>11-12 100 Breaststroke</b>
<b>17</b>	3:00.19	<b>13-14 200 Breaststroke</b>
<b>18</b>	2:56.39	<b>15-18 200 Breaststroke</b>
<b>19</b>	1:08.29	<b>11-12 100 Freestyle</b>
<b>20</b>	1:06.29	<b>13-14 100 Freestyle</b>
<b>21</b>	1:04.99	<b>15-18 100 Freestyle</b>
<b>22</b>	NT	<b>11-12 200 Freestyle Relay</b>
<b>23</b>	NT	<b>13-14 400 Freestyle Relay</b>
<b>24</b>	NT	<b>15-18 400 Freestyle Relay</b>

**Session 2: Boys****Sunday, November 6****Warm-ups 12:00 pm Meet Start 1:00 pm**

#	Boys Slower Than	Event
25	1:17.49	11-12 100 Backstroke
26	2:27.09	13-14 200 Backstroke
27	2:20.69	15-18 200 Backstroke
28	40.29	11-12 50 Breaststroke
29	1:16.69	13-14 100 Breaststroke
30	1:13.59	15-18 100 Breaststroke
31	30.69	11-12 50 Free
32	28.19	13-14 50 Free
33	26.89	15-18 50 Free
34	1:17.59	11-12 100 Butterfly
35	2:28.89	13-14 200 Butterfly
36	2:22.29	15-18 200 Butterfly
37	36.09	11-12 50 Backstroke
38	1:08.29	13-14 100 Backstroke
39	1:04.69	15-18 100 Backstroke
40	1:26.49	11-12 100 Breaststroke
41	2:47.59	13-14 200 Breaststroke
42	2:40.49	15-18 200 Breaststroke
43	1:06.99	11-12 100 Freestyle
44	1:01.59	13-14 100 Freestyle
45	58.69	15-18 100 Freestyle
46	NT	11-12 200 Freestyle Relay
47	NT	13-14 400 Freestyle Relay
48	NT	15-18 400 Freestyle Relay

**ROCK-N-ROLL 2016**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Rockfish Swimming, Inc.**)  
 Rockfish Swimming  
 ATTN: Heather MacQuilliam  
 44786 Three Coves Rd, Hollywood, MD 20636  
 Email to: rockfishswimming@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
\$2 Surcharge per swimmer			
Relay Entries		\$12.00 per relay	
<b>Total Fees Due</b>			

**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