

NORTH BALTIMORE AQUATIC CLUB/RETRIEVER AQUATIC CLUB

4th ANNUAL NBAC/RAC HOLIDAY MEET

Hosted by THE NORTH BALTIMORE AQUATIC CLUB & THE RETRIEVER AQUATIC CLUB

DECEMBER 15 – 17, 2017

@

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 #MD17/18 – 030

In granting this Sanction it is understood and agreed that USA Swimming and MD Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C

ENTRY DEADLINE: MONDAY DECEMBER 4, 2017 @ 5:00 PM

ENTRY FEE DEADLINE: MONDAY DECEMBER 11, 2017 @ 5:00 PM

This Meet is a CLOSED INVITATIONAL . The follow teams have been invited to attend:

**MONOCACY AQUATIC CLUB
NAVAL ACADEMY AQUATIC CLUB
NORTH BALTIMORE AQUATIC CLUB
RETRIEVER AQUATIC CLUB
YORK YMCA AQUATIC CLUB**

**FREDERICK, MARYLAND
ANNAPOLIS, MARYLAND
BALTIMORE, MARYLAND
CATONSVILLE, MARYLAND
YORK, PENNSYLVANIA**

MEET DIRECTOR TOM HIMES thimes@nbac.net / coachtom@comcast.net TBD (RAC)	MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE TBD (RAC)	MEET MARSHALL ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com	ADMIN OFFICIAL SHAWN HURLEY

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. Weather permitting there will be an outdoor 50 meter by 25 yard outdoor pool also open for warmup/down 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

All events on Friday, Saturday & Sunday will be conducted as a Trials & Finals Meet for all age groups, with the following exceptions:

11 – 12 200 back, 200 breast, 200 fly will be conducted as Timed Finals with the fastest heat, after positive check –in swimming in the finals session.

11 – 12 500 freestyle will be conducted as a timed finals event with all heats being swum in the Sunday prelims session. The events will be swum fastest to slowest alternating girls and boys.

13 – 14 & Open 400 IM and 500 free will be conducted as timed finals events with the fastest heat, after positive check-in, being swum in the finals session. The remaining heats will be swum fastest to slowest alternating girls and boys. First the 13-14 events then the open events.

13 – O 1000 Free will be conducted as a timed finals event with all heats being swum in the prelims session. The events will be swum fastest to slowest alternating girls and boys.

All age groups will have an A final (Top 8 swimmers from prelims).

We anticipate that ALL age groups will have prelims conducted in the AM session with no afternoon session then all age groups would return for finals. We reserve the right to move the 12 & unders to an afternoon session based on entries received.

All Relays (TOP 16) will swim in the evening Finals sessions. Relays are limited to the TOP 16 entered relays. There will be no relays swum in the prelims sessions.

We reserve the right to change the warmup and start times based on entries received. In addition we reserve the right to expand the finals swims to include a B finals 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	8:00 AM	9:00 AM	ALL
2	FRIDAY	4:30 PM	5:30 PM	ALL
3	SATURDAY	8:00 AM	9:00 AM	ALL
4	SATURDAY	4:30 PM	5:30 PM	ALL
5	SUNDAY	7:00 AM	8:00 AM	ALL
6	SUNDAY	4:00 PM	5:00 PM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday December 4, 2017	6:00 PM	ENTRY DEADLINE
Monday December 11, 2017	6:00 PM	ENTRY FEE DEADLINE
Friday December 15, 2017	8:30 AM	Coaches Meeting / If Needed
Fri, Sat Dec. 15-16, 2017	8:15 AM	Officials Briefings
Fri, Sat Dec. 15-16, 2017	4:45 PM	Officials Briefings
Sun Dec. 17, 2017	7:15 AM	Officials Briefings
Sun Dec. 17, 2017	4:15 AM	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. Upon approval by the facility, swimmers are allowed to use personal kickboards, pull buoys and snorkels in non-competition warm-up areas. 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) any time athletes, coaches, officials and/or spectators are present.

RACING STARTS

Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by an USA Swimming member coach, 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.

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

Open to ALL USA Swimming Inc. registered swimmers of the Invited Teams. Swimmers must be registered prior to entry deadline. Per MSI rules any club that enters an unregistered athlete will be fined \$100.00 per athlete. There will be no on deck registration at this meet. A swimmer's age on the first day of the meet will determine their age for the entire meet.

There are no qualifying standards associated with this meet. It is generally expected that the team's swimmers with 4 – 'A' and better times not be entered but this is just a guide and not a requirement.

SWIMMERS WITH DISABILITIES

NBAC 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 and Meet Referee 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.

HEALTH GUIDELINES

All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Staff has the authority to inform and protect coaches and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event may be asked to withdraw from the competition and/or leave the venue as a safety precaution.

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).

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 Monday December 4, 2017 at 5:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Monday December 11, 2017 at 5:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Monday December 11, 2017 at 5:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

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

ENTRY LIMITATIONS

13 & Over swimmers are limited to 8 Individual Events, for the entire meet, not to exceed 3 events per day. Swimmers may enter one relay event per day.

12 & Under swimmers are limited to 9 Individual Events, for the entire meet, not to exceed 3 events per day. Swimmers may enter one relay event per day.

Each Team is limited to two (2) relay teams per event. The meet will be limited to the TOP 16 seeded relays in each event.

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.

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

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

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 Monday December 4, 2017 @ 5:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Monday December 11, 2017 @ 5:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Monday December 11, 2017 @ 5:00 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 Entries	\$7.50 per individual event
Relay Entries	\$15.00 per relay event
LSC / Swimmer Surcharge	\$15.00 per swimmer
Paper Individual Entries	\$15.00 per individual event
Paper Relay Entries	\$30.00 per relay event

Entry Fees should be sent to:

North Baltimore Aquatic Club
ATTN: Tom Himes
P.O. BOX 20801
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:

- 11-12 200 Backstroke / Closes at 8:15 am on Friday
- 13-14 & Open 400 IM / Closes at 8:30 am on Friday
- ALL Friday Relays / Closes at 10:00 am on Friday
- 11-12 200 Butterfly / Closes at 8:15 am on Saturday
- 13-14 & Open 500 Free / Closes at 8:30 on Saturday
- All Saturday Relays / Closes at 10:00 am on Saturday
- 11-12 200 Breaststroke / Closes at 7:15 on Sunday
- 13-O 1000 Free / Closes at 9:00 am on Sunday
- 12 & U 500 Free / Closes at 9:00 am on Sunday

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.

SCRATCHES

The Maryland Swimming (MSI) scratch rule, found at www.mdswim.org, will be enforced at the meet for all preliminary and finals events. Swimmers qualifying for finals thru the fourth alternate will be disqualified for the remainder of the meet should a swimmer not appear for the finals event. Additionally, swimmers who do not appear for finals event for Sunday will be subject to a \$50 fine per event, payable to Maryland Swimming. For Timed Final / 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. There will be no penalties for scratching a pre-seeded preliminary event.

SCORING

None

AWARDS

14 & Under swimmers will receive awards for 1st – 8th place in individual events. There will be no awards for OPEN/15-O swimmers. No relay awards will be given. Awards that are not picked up 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 24 hours of the meet's conclusion.

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 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

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. 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 wishing to volunteer should sign up using the following link:

<https://docs.google.com/forms/d/1eUy7kbc01EON-2Qpk84IRIJo9HOwojZwQr-LSIcHpEo/viewform>

**TIMERS/
WORKERS**

Each Invited Team will be assigned two lanes to time in the competition pool. The teams will be responsible for maintain timers for those lanes for the duration of the meet (ALL Prelim & Finals Sessions – Friday, Saturday & Sunday). Watches & clipboards will be provided.

**HOSPITALITY/
CONCESSIONS**

Hospitality: There will be a hospitality area open to all coaches and officials.
Concessions: TBD

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 in the diving well. There is to be no diving or horseplay in this area and should be monitored by each teams coaching staff.

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. No other equipment will be allowed.

2017 4TH ANNUAL NBAC / RAC HOLIDAY MEET

FRIDAY DECEMBER 15, 2017

ORDER OF EVENTS

FRIDAY DECEMBER 15, 2017

SESSION 1 – PRELIMS / TIMED FINALS

Warm-up: 8:00 AM

Meet Start: 9:00 AM

GIRLS	Event	BOYS
1	11 – 12 200 BACKSTROKE	2
3	13-14 100 BREASTSTROKE	4
5	OPEN 100 BREASTSTROKE	6
7	10 & U 50 BREASTSTROKE	8
9	11 – 12 50 BREASTSTROKE	10
11	13-14 200 FREESTYLE	12
13	OPEN 200 FREESTYLE	14
15	10 & U 100 FREESTYLE	16
17	11-12 100 FREESTYLE	18
19	13-14 100 BUTTERFLY	20
21	OPEN 100 BUTTERFLY	22
23	10 & U 50 BUTTERFLY	24
25	11 – 12 50 BUTTERFLY	26
27	13 – 14 400 IM	28
29	OPEN 400 IM	30
31	10 & U 200 IM	32
33	11 – 12 200 IM	34

NOTE: 11-12 200 BACKSTROKE, 13-14 400 IM AND OPEN 400 IM ARE TIMED FINAL EVENTS. THE TOP 8 SEEDED SWIMMERS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION.

**NOTE: POSITIVE CHECK IN FOR THE 11-12 200 BACKSTROKE CLOSSES AT 8:15 AM ON FRIDAY
POSITIVE CHECK-IN FOR THE 13-14 & OPEN 400 IM CLOSSES AT 8:30 AM ON FRIDAY
POSITIVE CHECK-IN FOR ALL RELAYS CLOSSES AT 10:00 AM ON FRIDAY**

2017 4TH ANNUAL NBAC / RAC HOLIDAY MEET

FRIDAY DECEMBER 15, 2017

SESSION 2 – FINALS / TIMED FINALS

Warm-up: 4:30 PM

Meet Start: 5:30 PM

GIRLS	Event	BOYS
1	11 – 12 200 BACKSTROKE	2
3	13-14 100 BREASTSTROKE	4
5	OPEN 100 BREASTSTROKE	6
7	10 & U 50 BREASTSTROKE	8
9	11 – 12 50 BREASTSTROKE	10
11	13-14 200 FREESTYLE	12
13	OPEN 200 FREESTYLE	14
15	10 & U 100 FREESTYLE	16
17	11-12 100 FREESTYLE	18
19	13-14 100 BUTTERFLY	20
21	OPEN 100 BUTTERFLY	22
23	10 & U 50 BUTTERFLY	24
25	11 – 12 50 BUTTERFLY	26
27	13 – 14 400 IM	28
29	OPEN 400 IM	30
31	10 & U 200 IM	32
33	11 – 12 200 IM	34
35	10 & U 200 FREE RELAY	36
37	11 & 12 200 FREE RELAY	38
39	13 – 14 400 FREE RELAY	40
41	OPEN 400 FREE RELAY	42

2017 4TH ANNUAL NBAC/RAC HOLIDAY MEET

SATURDAY DECEMBER 16, 2017

ORDER OF EVENTS

SATURDAY DECEMBER 16, 2017

SESSION 3 – PRELIMS / TIMED FINALS

Warm-up: 8:00 AM

Meet Start: 9:00 AM

GIRLS	Event	BOYS
43	11 – 12 200 BUTTERFLY	44
45	13 – 14 200 IM	46
47	OPEN 200 IM	48
49	10 & U 100 IM	50
51	11 – 12 100 IM	52
53	13 – 14 50 FREESTYLE	54
55	OPEN 50 FREESTYLE	56
57	10 & U 100 BREASTSTROKE	58
59	11 – 12 100 BREASTSTROKE	60
61	13 – 14 200 BREASTSTROKE	62
63	OPEN 200 BREASTSTROKE	64
65	10 & U 50 BACKSTROKE	66
67	11 – 12 50 BACKSTROKE	68
69	13 – 14 100 BACKSTROKE	70
71	OPEN 100 BACKSTROKE	72
73	10 & U 200 FREESTYLE	74
75	11 – 12 200 FREESTYLE	76
77	13 – 14 500 FREESTYLE	78
79	OPEN 500 FREESTYLE	80

NOTE: 11-12 200 BUTTERFLY, 13-14 500 FREE AND OPEN 400 FREE ARE TIMED FINAL EVENTS. THE TOP 8 SEEDED SWIMMERS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION.

**NOTE: POSITIVE CHECK IN FOR THE 11-12 200 BUTTERFLY CLOSSES AT 8:15 AM ON SATURDAY
POSITIVE CHECK-IN FOR THE 13-14 & OPEN 500 FREE CLOSSES AT 8:30 AM ON SATURDAY
POSITIVE CHECK-IN FOR ALL RELAYS CLOSSES AT 10:00 AM ON FRIDAY**

2017 4TH ANNUAL NBAC/RAC HOLIDAY MEET

SATURDAY DECEMBER 16, 2017

SESSION 4 – FINALS / TIMED FINALS

Warm-up: 4:30 PM

Meet Start: 5:30 PM

GIRLS	Event	BOYS
43	11 – 12 200 BUTTERFLY	44
45	13 – 14 200 IM	46
47	OPEN 200 IM	48
49	10 & U 100 IM	50
51	11 – 12 100 IM	52
53	13 – 14 50 FREESTYLE	54
55	OPEN 50 FREESTYLE	56
57	10 & U 100 BREASTSTROKE	58
59	11 – 12 200 BREASTSTROKE	60
61	13 – 14 200 BREASTSTROKE	62
63	OPEN 200 BREASTSTROKE	64
65	10 & U 50 BACKSTROKE	66
67	11 – 12 50 BACKSTROKE	68
69	13 – 14 100 BACKSTROKE	70
71	OPEN 100 BACKSTROKE	72
73	10 & U 200 FREESTYLE	74
75	11 – 12 200 FREESTYLE	76
77	13 – 14 500 FREESTYLE	78
79	OPEN 500 FREESTYLE	80
81	10 & U 200 MEDLEY RELAY	82
83	11 – 12 200 MEDLEY RELAY	84
85	13 – 14 400 MEDLEY RELAY	86
87	OPEN 400 MEDLEY RELAY	88

2017 4TH ANNUAL CHRISTMAS HOLIDAY MEET

SUNDAY DECEMBER 17, 2017

ORDER OF EVENTS

SUNDAY DECEMBER 17, 2017

SESSION 5 – PRELIMS / TIMED FINALS

Warm-up: 7:00 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
89	11 – 12 200 BREASTSTROKE	90
91	13 – 14 200 BACKSTROKE	92
93	OPEN 200 BACKSTROKE	94
95	10 & U 100 BACKSTROKE	96
97	11 – 12 100 BACKSTROKE	98
99	13 – 14 100 FREESTYLE	100
101	OPEN 100 FREESTYLE	102
103	10 & U 50 FREESTYLE	104
105	11 – 12 50 FREESTYLE	106
107	13 – 14 200 BUTTERFLY	108
109	OPEN 200 BUTTERFLY	110
111	10 & U 100 BUTTERFLY	112
113	11 – 12 100 BUTTERFLY	114
115	13 – O 1000 FREE	116
117	12 & U 500 FREE	118

NOTE: 11-12 200 BREASTSTROKE IS A TIMED FINAL EVENTS. THE TOP 8 SEEDED SWIMMERS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION.

NOTE: 13 & O 1000 FREE AND THE 12 & U 500 FREE ARE TIMED FINALS EVENTS WITH ALL HEATS SWIMMING IN THE PRELIMS SESSION.

**NOTE: POSITIVE CHECK IN FOR THE 11-12 200 BREASTSTROKE CLOSES AT 7:15 AM ON SATURDAY
POSITIVE CHECK-IN FOR THE 13 & O 1000 FREE CLOSES AT 9:00 AM ON SATURDAY
POSITIVE CHECK-IN FOR THE 12 & U 500 FREE CLOSES AT 9:00 AM ON FRIDAY**

2017 4TH ANNUAL CHRISTMAS HOLIDAY MEET

SUNDAY DECEMBER 17, 2017

SESSION 6 – FINALS / TIMED FINALS

Warm-up: 7:00 AM

Meet Start: 8:00 AM

GIRLS	Event	BOYS
89	11 – 12 200 BREASTSTROKE	90
91	13 – 14 200 BACKSTROKE	92
93	OPEN 200 BACKSTROKE	94
95	10 & U 100 BACKSTROKE	96
97	11 – 12 100 BACKSTROKE	98
99	13 – 14 100 FREESTYLE	100
101	OPEN 100 FREESTYLE	102
103	10 & U 50 FREESTYLE	104
105	11 – 12 50 FREESTYLE	106
107	13 – 14 200 BUTTERFLY	108
109	OPEN 200 BUTTERFLY	110
111	10 & U 100 BUTTERFLY	112
113	11 – 12 100 BUTTERFLY	114

**2017 4TH ANNUAL NBAC/RAC HOLIDAY MEET
ENTRY SUMMARY / RELEASE FORM**

Complete and email or mail this form along with entry fees to (checks payable to **NBAC**):
NORTH BALTIMORE AQUATIC CLUB
ATTN: Tom Himes
P.O. BOX 20801
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 swimmer	
RELAY ENTRIES		\$15.00 per event	
LSC/ SWIMMER SURCHARGE		\$15.00 per swimmer	
PAPER INDIVIDUAL ENTRY		\$15.00 per event	
PAPER RELAY ENTRY		\$30.00 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