

**ASC**

ALL FREESYLE MEET

Hosted by **ASC TEAM**

10/06/17

The Arundel Olympic Swim Center  
2690 Riva Road Annapolis MD 21401

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

Sanction # MD 17-18/08

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

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
Ken DeGruchy 7611 Gunmill Lane Glen Burnie MD, 21060 ascmeetentries@gmail.com	Ken DeGruchy 7611 Gunmill Lane Glen Burnie MD, 21060 ascmeetentries@gmail.com
<b>MEET REFEREE</b>	<b>USA Registered MEET SAFETY DIRECTOR</b>
Doug Karr <a href="mailto:DKarr29@gmail.com">DKarr29@gmail.com</a> (410)353-5948 Meet Notice read & approved by Referee : YES	Mark Mangold
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Doug Karr <a href="mailto:DKarr29@gmail.com">DKarr29@gmail.com</a> (410)353-5948	Tim Merton John Murphy

**FACILITY**                      **The competition course has not been certified in accordance with 104.2.2C (4).**

**MEET FORMAT**                This is timed final event

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	13 & Older
2	Saturday	7:00 AM	8:00 AM	10 and under, 11-12, 13-14, 15-18

3	Saturday	12:00 pm	12:30 pm	12 & under, 13-14, 15-18
4	Sunday	7:00 am	8:00	10 & under, 11-12, 13-14, 15-18
5	Sunday	12:00 pm	12:30 pm	12 & under, 13-14, 15-18

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Friday 9/29/17	5:00 pm	Entry deadline
Saturday/ Sunday October 7/8, 2017	7:00 am	Coaches and official's briefings
Friday October 6, 2017	4:30 pm	Free positive check ins 1000 free
Saturday October 7, 2017	10:00 am	500 Free positive check in
Sunday October 8, 2017	10:00 am	500 Free positive check in

**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. 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 un-accompanied by a 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.

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 WITH DISABILITIES**

**Annapolis Swim 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 **ASC'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**

Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. ASC 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.

Maryland LSC Team

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 4 individual events.

**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: <b>ASC</b>	
<b>LSC Surcharge</b>	<b>\$2.00 per Swimmer</b>
<b>Individual Event</b>	<b>\$7.50 per event</b>

**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

**CHECK-IN**

A positive check-in, located deck side, will be required for the following events:

- 1000 free.
- 500 Free

In the 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 and a \$100 fine will be assessed.

**SCRATCHES**

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

**RESULTS**

**Results will be posted on 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 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. ASC 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 snackroom 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. 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.**

## ORDER OF EVENTS & QUALIFYING TIMES

**Friday October 6, 2017**

**Warm-up: 4:00 pm; Meet Start: 5:00 pm**

#	Girls/Women	Event	Boys/Men	#
1		1000 Free		2

**Swimmers must provide their own timer and counter, events are swum slowest to fastest.**

**Saturday October 7, 2017**

**Warm-up: 7:00 am; Meet Start: 8:00 am**

#	Girls/Women	Event	Boys/Men	#
3	Girls	15-18 200 Free		
4	Boys	15-18 200 free		
5	Boys	13-14 200 free		
6	Boys	11-12 200 free		
7	Boys	10 and under 200 free		
8	Girls	15-18 100 Free		
9	Boys	15-18 100 Free		
10	Boys	13-14 100 Free		
11	Boys	11-12 100 Free		
12	Boys	10 & under 100 Free		
13	Girls	15-18 50 Free		
14	Boys	15-18 50 Free		
15	Boys	13-14 50 Free		
16	Boys	11-12 50 Free		
17	Boys	10 & under 50 Free		

**Saturday October 7, 2017**

**Warm-up: 12:00; Meet Start: 12:30**

#	Girls/Women	Event	Boys/Men	#
18	Girls	15-18 500 Free		
19	Boys	15-18 500 Free		
20	Boys	13-14 500 Free		
21	Boys	12 and under 500 Free		

**Swimmers are required to provide their own timer and counter. Events are swum slowest to fastest.**

**Sunday October 8, 2017**  
**Warm-up: 7:00 am; Meet Start: 8:00 am**

#		Event		
22	Girls	13-14 200 Free		
23	Girls	11-12 200 Free		
24	Girls	10 & under 200 Free		
25	Girls	13-14 100 Free		
26	Girls	11-12 100 Free		
27	Girls	10 & under 100 Free		
28	Girls	13-14 50 Free		
29	Girls	11-12 50 Free		
30	Girls	10 and under 50 free		

**Sunday October 8, 2017**  
**Warm-up: 12:00; Meet Start: 12:30 am**

#		Event		
31	Girls	500 Free		
32	Girls	500 Free		
		Swimmers must provide their own timers and counter. All events are swum slowest to fastest		

**Annapolis Swim Club all freestyle meet  
Summary of Fees/Release Form**

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

Annapolis Swim Club  
ATTN: Ken DeGruchy  
7611 Gunmill Lane  
Glen Burnie,MD 21060

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
\$2 Surcharge per swimmer			
Relay Entries		\$ 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