

NORTH BALTIMORE AQUATIC CLUB
And
MONOCACY AQUATIC CLUB

THE NBAC / MAC 10 & UNDER PENTATHLON MEET
Hosted by NORTH BALTIMORE AQUATIC CLUB & THE MONOCACY AQUATIC CLUB
SEPTEMBER 24, 2017
@
WALKERSVILLE HIGH SCHOOL
81 FREDERICK STREET
WALKERSVILLE, MARYLAND 21793

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD17/18 – 004

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: TUESDAY SEPTEMBER 19, 2017 @ 6:00 PM

MEET DIRECTOR TOM HIMES thimes@nbac.net / coachtom@comcast.net	MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE TERRY KIRBY KARTER1993@MASN.COM	MEET MARSHALL JEB BEAVER / CHRIS KAPLAN
OFFICIALS CONTACT TERRY KIRBY KARTER1993@MASN.COM	ADMIN OFFICIAL SHAWN HURLEY

FACILITY

Walkersville High School is an indoor six lane, 25 yard pool. The minimum water depth , measured in accordance with Article 103.2.3 is 10’0” at the start end and 4’0” at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

There is ample spectator seating for spectators in the pool area. No spectators are allowed on the pool deck. Swimmers will be seated in the adjacent cafeteria area, will be seated and waked into the pool area fro each of their events.

MEET FORMAT

All Events are Timed Finals Events. Entry Times must be submitted in SCY.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswwim.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. Maryland LSC Entries received prior to the deadline receive priority over out of LSC entries received.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	8:00 AM	9:00 AM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday September 19, 2017	6:00 PM	ENTRY DEADLINE
Sunday September 24, 2017	8:15 AM	Officials Briefings
Sunday September 24, 2017	8:30 AM	Timer Briefing

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.

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 NBAC / MAC USA Swimming Inc. registered 10 & U swimmers. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at the meet. A swimmer's age on the first day of the meet will determine their age for the entire meet.

There are no qualifying time standards for this meet.

SWIMMERS WITH DISABILITIES

NBAC / MAC 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 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 with 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).

This is a Pentathlon Meet and swimmers should enter the following sets of events listed below. Times will be added up to come up with an aggregate time. Awards will be given based on the aggregate times.

Swimmers do not have to enter every event to be eligible for an award but will be assessed the following penalties for events not entered OR disqualified in the event:

25 yard event: 1:00.00 / 50 yard event: 2:00.00 / 100 Yard event: 4:00.00

TRACK 1: (8 , 7 , and 6 & Under Swimmers) –
25 FR, 25 BA, 25 BR, 25 FL, 100 IM

TRACK 2: (9, 10 Swimmers) –
50 FR, 50 BA, 50 BR, 50 FL, 100 IM

ALL entries must be in the hands of the Meet Entry Coordinator no later than Tuesday September 19, 2017 at 6:00 PM.

ENTRY LIMITATIONS

Swimmers may enter a maximum of 5 individual events and 1 relay event .

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 Tuesday September 19, 2017 @ 6:00 PM. No late entries will be accepted.

ENTRY FEES

NOT Applicable / Swimmer surcharge will be charged by each team to cover Meet expenses.

SEEDING

ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. No Time Entries will be accepted.

POSITIVE CHECK-IN

Not Applicable

SCRATCHES	The meet will be pre-seeded. There are no penalties for scatching.
SCORING	No team or individual scoring.
AWARDS	All swimmers participating in the meet will receive distinctive medals.
RESULTS	Results will be posted on the Maryland Swimming 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. NBAC / MAC welcomes and encourages anyone willing to volunteer to contact the Meet referee or Officials contact 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 at the date and time listed in the Deadline and Meeting Summary.
HOSPITALITY/ CONCESSIONS	There will be no concessions during the meet but PIZZA and drinks will be provided to all participating swimmers at the conclusion of the meet.
WARM-UP	<p>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. There is to be no diving or horseplay in this area and should be monitored by each teams coaching staff.</p> <p>Meet Management reserves the right to change warm-up times according to the number of entries.</p>

2017 NBAC / MAC 10 & U PENTATHLON DUAL MEET

ORDER OF EVENTS & QUALIFYING TIMES

SUNDAY SEPTEMBER 24, 2017

SESSION 1

Warm-up: 8:00 AM Meet Start: 9:00 AM

GIRLS	EVENT DESCRIPTION	BOYS
1	6 & U 25 FREE	2
3	7 YR OLD 25 FREE	4
5	8 YR OLD 25 FREE	6
7	10 & U 50 FREE	8
9	6 & U 25 FLY	10
11	7 YR OLD 25 FLY	12
13	8 YR OLD 25 FLY	14
15	10 & U 50 FLY	16
17	6 & U 25 BACK	18
19	7 YR OLD 25 BACK	20
21	8 YR OLD 25 BACK	22
23	10 & U 50 BACK	24
25	6 & U 25 BREAST	26
27	7 YR OLD 25 BREAST	28
29	8 YR OLD 25 BREAST	30
31	10 & U 50 BREAST	32
33	6 & U 100 IM	34
35	7 YR OLD 100 IM	36
37	8 YR OLD 100 IM	38
39	10 & U 100 IM	40
41	MIXED 7 & U 100 FR RELAY	x
42	MIXED 8 & U 100 FR RELAY	x
43	MIXED 10 & U 200 FR RELAY	x

ENTRY LIMIT: SWIMMERS MAY SWIM UP TO 5 EVENTS PLUS 1 RELAY

ENTRY DEADLINE: TUESDAY SEPTEMBER 19, 2017

2017 NBAC/MAC 10 & U PENTATHLON 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		N/A	
Individual Entries/Paper		N/A	
Relay Entries		N/A	
Relay Entries / Paper		N/A	
Swimmer Surcharge		N/A	
MD LSC Surcharge		N/A	
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. NBAC/MAC, Walkersville High School, 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