



**2018 Cabin Fever
Coppin Aquatics
February 3-4, 2018**

Held at Coppin State University
2523 Gwynn Falls PKWY, Baltimore MD 21216

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MD17-18/049

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

CERTIFIED MEET DIRECTOR Rahim Booth 410-951-3383 rbooth@coppin.edu	CERTIFIED MEET ENTRY COORDINATOR Rahim Booth 2523 Gwynn Falls PKWY Baltimore MD 21216 410-951-3383 rbooth@coppin.edu
MEET REFEREE Tom DeBoissiere deboissiere@verizon.net	USA Registered MEET SAFETY DIRECTOR Shelly Bush
OFFICIALS CONTACT Tom DeBoissiere deboissiere@verizon.net	ADMIN OFFICIAL Eva Booth

FACILITY

The competition pool is an 8-lane, 25 yard course nine-foot wide lanes separated by non-turbulent lane lines with Paragon starting blocks. The minimum water depth, measured in accordance with **USA Swimming Article 103.2.3** is 9'0" at the start end and 4'0" at the turn end. The meet will be conducted using Daktronics Omni Sport 200 electronic timing system with touchpads. A clerk of course will be set-up for all sessions. **The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.** Parking is authorized in designated areas only (\$6.00). Vehicles parked in unauthorized spaces are subject to citation and towing.).

MEET FORMAT

This is a timed final Age Group pre-seeded meet unless otherwise indicated. Swimmers may be entered **without having achieved a time** in any event. Planned breaks will be presented at the meet's initial coaches' meeting, and each break will be limited to 10 minutes.

Events will be seeded in the following age groupings: 10 & U; 11-12, OPEN and 8 & U. Meet management reserves the right to combine heats. The OPEN 400 IM, 500 & 1000 Free will be a positive check-in, deck seeded event,

Slowest to fastest, with all girls' heats going first, followed by boy's heats. Swimmer competing in the OPEN 400 IM, 500 & 1000 Free must provide their own counters. **The Meet Director reserves the right to adjust the start times and the number of sessions based on the number of entries received. Coaches will be notified of any change(s) to starting times**

Session	Day	Warm-up	Meet	Age Group
1	Saturday	7:30 AM	8:30 AM	10 & U; 11-12; OPEN
2	Saturday	12:30 PM	1:30	8 & U / OPEN
3	Sunday	7:30 AM	8:30 AM	10 & U; 11-12; OPEN
4	Sunday	12:30 PM	1:30	OPEN

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

Day, Date	Time	For:
Thursday, January 11, 2018	6:00PM	Entry deadline
Saturday, February 3, 2018	7:30AM & 12:30PM	Officials Meeting
Saturday, February 3, 2018	8:20PM	Coaches/General Meeting
Saturday, February 3, 2018	1:30PM	Positive Check-in for 400IM & 500FREE
Sunday, February 4, 2018	7:30 AM & 12:30 PM	Officials Meeting
Sunday, February 4, 2018	1:30PM	Positive Check-in for 1000 Free

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. Swimmers and Meet Spectator are restricted from using the Arena, fitness Center, gym or any classrooms.**

RACING STARTS

Per USA Swimming Rules Article 202.4.9 (D): 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 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.** USA Swimming Rules Article 202.4.9(H,I,J) 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.

SWIMMERS WITH DISABILITIES

Coppin Aquatics 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 Coppin Aquatics 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

Entries submitted in Hy-tek format is required. Email to Coach Booth at rbooth@coppin.edu 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. **Make checks payable to Coppin State University - Aquatics and mail to the Entry Director, Rahim Booth 2523 Gwynns Falls Pkwy, Baltimore, MD 21216. Do not send cash.** Coppin Aquatics 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

All Swimmers may enter a maximum of 3 events per day, with a maximum of 6 events 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: COPPIN AQUATICS		
LSC Surcharge	\$2.00 per Swimmer	
Individual Event	\$7.00 per event	
Facility Surcharge	\$5.00 per Swimmer	

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

The OPEN 400 IM, 500 & 1000 Free are positive check-in events. Check-in deadlines for the OPEN 400 IM, 500 & 1000 Free is 30 min prior to race. Swimmers that fail to check in will be scratched from the event.

SCRATCHES	There will be no penalty for scratching pre-seeded events at the block. The MSI Scratch Rule is in effect for this meet. The MSI Scratch Rule is included in the Meet Announcement on the last page
SCORING	No team or individual scoring will be kept
AWARDS	Ribbons 1 st – 8 th place
RESULTS	Results will be posted on Coppin Aquatics and 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. Coppin Aquatics 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. 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**Saturday, February 17, 2018 Warm-up:****7:30 AM; Meet Start: 8:30AM**

Girls/Women	Event	Boys/Men
1	10 & Under 200 FREE	2
3	11 – 12 200 FREE	4
5	OPEN 200 FREE	6
7	10 & Under 50 fly	8
9	11-12 50 Fly	10
11	OPEN 100 Fly	12
13	10 & Under 100 Back	14
15	11-12 100 Back	16
17	OPEN 200 Back	18
19	10 & Under 50 Free	20
21	11-12 50 Free	22
23	OPEN 50 Free	24
25	10 & Under 100 Breast	26
27	11-12 100 Breast	28
29	OPEN 200 Breast	30

Saturday, February 17, 2018
Warm-up: 12:30PM; Meet Start: 1:30

Girls/Women	Event	Boys/Men
31	OPEN 400 IM	32
33	OPEN 500 Free	34
35	8 & Under 50 Free	36
37	8 & Under 25 Fly	38
39	8 & Under 25 Back	40
41	8 & Under Breast	42
43	8 & Under Free	44
45	8 & Under 100 IM	46

Sunday, February 18, 2018
Warm-up: 7:30AM; Meet Start: 8:30AM

Girls/Wome	Event	Boys/M
47	10 & Under 200 IM	48
49	11-12 200 IM	50
51	OPEN 200 IM	52
53	10 & Under 50 Back	54
55	11-12 50 Back	56
57	OPEN 100 Back	58
59	10 & Under 100 Free	60
61	11-12 100 Free	62
63	OPEN 100 Free	64
65	10 & Under 100 Fly	66
67	11-12 100 Fly	68
69	OPEN 200 Fly	70

Sunday, February 18, 2018
Warm-up: 12:30PM; Meet Start: 1:30PM

Girls/Women	Event	Boys/Men
71	OPEN 1000 Free	72

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Coppin Aquatics
February 3-4, 2017**

Summary of Fees/Release Form

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

Coppin Aquatics
ATTN: Rahim Booth
2523 GWYNNNS FALLS PKWY
Baltimore, MD 21216
Email to: rbooth@coppin.edu

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$16.00 per relay	
\$2 Surcharge per swimmer			
Facility Surcharge per swimmer		\$5.00 per swimmer	
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. COPPIN AQUATICS, Coppin State University, 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

Applicable MSI Scratch Rule

Positive Check-in Events (applies to both timed final and prelims/finals events).

In meets with positive check-in events, swimmers have to check-in with a meet official prior to swimming their events. Refer to the information package or meet notice for check-in requirements. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be disqualified from his/her next individual event unless the swimmer declares a false start per **USA Swimming Rules and Regulations Article 101.1.3E** prior to the start of his/her heat. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.