

NORTH BALTIMORE AQUATIC CLUB / GREEN TERROR AQUATIC CLUB

THE NBAC / GTAC DUAL MEET

Hosted by NORTH BALTIMORE AQUATIC CLUB & THE GREEN TERROR CLUB

FEBRUARY 11, 2018

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MCDANIEL COLLEGE

HARLOW POOL

2 COLLEGE HILL

WESTMINSTER, MARYLAND 21157

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

Sanction #MD17/18 – 046

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: WEDNESDAY FEBRUARY 8, 2018 @ 6:00 PM

MEET DIRECTOR TOM HIMES thimes@nbac.net / coachtom@comcast.net	MEET ENTRY COORDINATOR TOM HIMES C/O MEADOWBROOK AQUATIC CENTER 5700 COTTONWORTH AVENUE BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE BRUCE EDWARDS	MEET MARSHALL JEFF HIESTAND
OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com	ADMIN OFFICIAL SHAWN HURLEY

FACILITY

Harlow Pool is a five lane, twenty five yard pool with non-turbulent lane lines, Daktronics timing system, scoreboard and horn start. The depth of the pool at the starting end is 10 feet. The pool has not been certified by USA Swimming. The depth from start end wall out to 5 meters is 10 feet and from the turn end is 3.5 feet.

There is ample spectator seating for spectators in the pool area. No spectators are allowed on the pool deck. Swimmers will be seated on the pool deck.

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	7:30 AM	8:20 AM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday February 7, 2018	5:00 PM	ENTRY DEADLINE
Sunday February 11, 2018	7:45 AM	Officials Briefings
Sunday February 11, 2018	8:00 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.

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. 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 / GTAC USA Swimming Inc. registered swimmers. Swimmers must be registered prior to entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet.

SWIMMERS WITH DISABILITIES

NBAC / GTAC 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 / GTAC'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 .

ALL ENTRY TIMES SHOULD BE IN SCY. NT ENTRIES WILL BE ACCEPTED.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Wednesday February 7, 2018 at 5:00 PM.

ENTRY LIMITATIONS	Swimmers may enter a max. of 5 individual events.
ENTRY VERIFICATION	An email will be sent to the person submitting the entry confirming receipt of the entry within 24 hours of receipt.
ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by Wednesday February 7, 2018 @ 5:00 PM.
ENTRY FEES:	\$7.50 PER INDIVIDUAL EVENT \$2.00 LSC Surcharge \$8.00 Swimmer Surcharge
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.
CHECK-IN:	Not Applicable
SCORING	No team or individual scoring.
AWARDS	Fast times!
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 sent to all participating teams within 24 hours of the conclusion of the meet. The results will also appear on the 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/TIMERS/
VOLUNTEERS**

There will be a need for officials. NBAC / GTAC welcomes and encourages anyone willing to volunteer to be prepared at the meet to work. Please notify the Meet Referee upon arrival at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. 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.

WORKERS WILL BE SUPPLIED AS FOLLOWS:

NBAC: 2 BACK-UP TIMERS, COMPUTER WORKER, DAKTRONICS OPERATOR,
RUNNERS, OFFICIALS

GTAC: 10 TIMERS

**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

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.

2018 NBAC / GTAC DUAL MEET
ORDER OF EVENTS & QUALIFYING TIMES

SUNDAY FEBRUARY 11, 2018

Warm-up: 7:30 AM Meet Start: 8:20 AM

MIXED	EVENT DESCRIPTION	
1	MIXED OPEN 400 IM	
2	MIXED OPEN 200 FREE	
3	MIXED 11 - 12 100 FREE	
4	MIXED 10 & U 100 FREE	
5	MIXED 8 & U 50 FREE	
6	MIXED OPEN 100 BREAST	
7	MIXED 11 – 12 50 BREAST	
8	MIXED 10 & U 50 BREAST	
9	MIXED 8 & U 25 BREAST	
10	MIXED OPEN 200 IM	
11	MIXED 11 – 12 200 IM	
12	MIXED 10 & U 200 IM	
13	MIXED 8 & U 100 IM	
14	MIXED OPEN 100 BACK	
15	MIXED 11 – 12 50 BACK	
16	MIXED 10 & U 50 BACK	
17	MIXED 8 & U 25 BACK	
18	MIXED OPEN 200 FLY	
19	MIXED 11 – 12 100 FLY	
20	MIXED 10 & U 100 FLY	
21	MIXED 8 & U 50 FLY	
22	MIXED OPEN 100 FREE	
23	MIXED 11 – 12 50 FREE	
24	MIXED 10 & U 50 FREE	
25	MIXED 8 & U 25 FREE	
26	MIXED OPEN 200 BREAST	
27	MIXED 11 – 12 100 BREAST	
28	MIXED 10 & U 100 BREAST	
29	MIXED 8 & U 50 BREAST	
30	MIXED OPEN 200 BACK	
31	MIXED 11 – 12 100 BACK	
32	MIXED 10 & U 100 BACK	
33	MIXED 8 & U 50 BACK	
34	MIXED OPEN 100 FLY	
35	MIXED 11 – 12 50 FLY	
36	MIXED 10 & U 50 FLY	
37	MIXED 8 & U 25 FLY	
38	MIXED OPEN 500 FREE	
39	MIXED 11 – 12 100 IM	
40	MIXED 10 & U 100 IM	
41	MIXED 8 & U 100 FREE	
42	MIXED OPEN 1650 FREE	

ENTRY LIMIT: SWIMMERS MAY SWIM UP TO 5 EVENTS

**2018 NBAC / GTAC DUAL 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	
Relay Entries		N/A	
LSC / Swimmer Surcharge		\$10.00	
Individual Entries / Paper		\$7.50	
Relay Entries / Paper		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, GTAC, MCDANIELO COLLEGE, 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