



2018 Carol Chidester Memorial LC Meet  
Hosted by the **Naval Academy Aquatic Club**  
April 20 -22, 2018  
Held at Lejeune Hall, USNA, Annapolis, MD 21403

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction # MD 17-18/059

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	CERTIFIED MEET ENTRY COORDINATOR
Nicole Roberts 301-875-6911 nicolezroberts@gmail.com	Sandy Avery 748 Dividing Creek Arnold, MD 21012 443-995-0372 <a href="mailto:entries@naaccoach.com">entries@naaccoach.com</a>
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
Dipper Wettstein (443) 745-4406 <a href="mailto:caaofficials@clippersswim.org">caaofficials@clippersswim.org</a> Meet Notice read & approved by Referee : YES	Bill Thomas / Meredith Pochet 410-271-9445 wbtperk@gmail.com
OFFICIALS CONTACT	ADMIN OFFICIAL
Jerilyn Deitch <a href="mailto:officials@naaccoach.com">officials@naaccoach.com</a> <a href="#">Officials Sign-Up</a>	Duke McClure <a href="mailto:dukemclure@gmail.com">dukemclure@gmail.com</a>

**FACILITY**

Indoor, 10-lane, 50-meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system with button plungers and stop watches as back -ups. The pool depth throughout is 8'0". A 20-yard x 23-yard diving well will be available throughout the meet for warm-up and warm-down. **The competition course has not been certified in accordance with 104.2.2C (4).** Upon request of The United States Naval Academy, all swimmers are not to leave the pool deck without appropriate attire consisting of a shirt, pants and/or shorts, and shoes. All Teams are required to maintain a clean and safe team area throughout the meet.

## MEET FORMAT

- This is a timed final Age Group, pre-seeded meet.
- Friday night events will be swum fastest to slowest, as well as the 1500s & 800s. All other events will be swum slowest to fastest.
- Possible Event Entry Limitations.
- Upon request by the Meet Director, Technical Planning may split or combine sessions, or change the warm-up times in order to run a more effective meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday 4/20/18	4:00 PM	5:00 PM	10 & Over
2	Saturday 4/21/18	7:00 AM	8:00 AM	11-12 & 13-14
3	Saturday 4/21/18	12:00 PM	1:00 PM	9-10 & 15-18
4	Saturday 4/21/18	Continuous during Session 3	10 Minutes After End of Session 3	OPEN
5	Sunday 4/22/18	7:00 AM	8:00 AM	11-12 & 13-14
6	Sunday 4/22/18	12:00 PM	1:00 PM	9-10 & 15-18
7	Sunday 4/22/18	Continuous during Session 6	10 Minutes After End of Session 6	Open

## DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Friday, January 5, 2018	5:00 PM	Last day for Coaches & Officials to turn in background check forms for parking passes (see below)
Monday, April 9, 2018	5:00 PM	Entry Deadline
Saturday, April 21 2018	3:30 PM	Positive Check-In Deadline for 800s
Sunday, April 22 2018	3:30 PM	Positive Check-In Deadline for 1500s
Each Day of Meet	45 minutes before start of each session	Officials Briefing, Lejeune Classroom (Hospitality)
Each Day of Meet	30 minutes before start of each session	Timers' Meeting in hallway above pool

## 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.**

<b>RACING STARTS</b>	<b>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.</b>
<b>RULES</b>	<b>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.</b>
<b>ELIGIBILITY</b>	<p><b>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.</b> A swimmer's age on the first day of the meet will determine their age for the entire meet. 13 &amp; above must have Long Course Meter (LCM) "A" Times or better. 2 or more "A" Times and swimmer can swim up to the maximum events.</p> <ul style="list-style-type: none"> <li>• 15- Open use 15-16 "A" times.</li> <li>• 9/10 &amp; 11/12 swimmers must have Long Course Meter (LCM) "BB" Times or better. 2 or more "BB" Times and swimmer can swim up to the maximum events, with the exception of the 1500, 800 and 400 freestyle events and the 400 IM's.</li> <li>• 10 &amp; U 200 Free and 11-12 400 free; "A" times required.</li> <li>• Swimmers in the 400 free and 400 IM must have 'A' times for that age group.</li> <li>• Swimmers in the Open 1500 and 800 free must have 15-16 'A' times.</li> <li>• No Times are not accepted.</li> </ul>
<b>SWIMMERS WITH DISABILITIES</b>	<b>NAAC 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 NAAC's ability to accommodate all requests.</b>
<b>HEALTH GUIDELINES</b>	<b>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.</b>
<b>ENTRIES</b>	<b>Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. A</b>

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. **NAAC** 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.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of 9 events (1 Friday, 3 Saturday AM/PM, 1 Saturday Distance, 3 Sunday AM/PM, 1 Sunday Distance).

**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**

<b>Make checks payable to: Naval Academy Aquatic Club</b>	
<b>Swimmer Surcharge</b>	<b>\$15.00 per Swimmer (\$2 LSC + \$13 Facility)</b>
Individual Event	\$7.50 per event

**SEEDING** The conforming time standard for this meet is Long Course Meters (LCM) Converted times are acceptable. "No time" (NT) entries are not acceptable.

**CHECK-IN** There is a positive check-in for the 800s & 1500s at the scorer's table. Check in for event is stated in the Deadline and Meeting Summary. Swimmers that fail to check in will be scratched from the event and not seeded.

**SCRATCHES** There will be no penalty for scratching pre-seeded events at the block. In the positive check-in events (800s & 1500s), a swimmer who has checked in, been seeded, and fails to complete in said event, he/she shall be barred from his/her next individual event.

**SCORING** Scoring will not be kept at this meet

**AWARDS** Ribbons will be awarded to the top 8 finishers in the following age groups: 9-10 & 11-12. No ribbons will be given to 13-14 or Senior/Open Events.

**RESULTS** **Results will be posted on NAAC's and MSI's website within 24 hours of the meet's conclusion.** At the conclusion of the meet, teams may obtain Hytek 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. NAAC 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. Timers will be provided for all pre-seeded sessions. Swimmers participating in the 800s & 1500s need to provide their own timers and lap counters.**

**HOSPITALITY/  
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. Metro Swim Shop will be on site.

**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. There is to be no diving or horseplay in this area.**

**COACHES/OFFICIALS  
VEHICLE PASSES**

All Coaches & Officials who wish to obtain a temporary vehicle pass for meets hosted by NAAC for the 2017-2018 season must complete a background check form. **There are only 2 collection periods this season - October 27, 2017, and January 5, 2018.** Everyone must reapply for a pass and email Nicole Roberts for the instruction sheet and form. The pass will grant you access to the Academy for all NAAC hosted meets, including the Senior Champs meet in February. [nicolezroberts@gmail.com](mailto:nicolezroberts@gmail.com)

**ATHLETES/VISITORS  
GATE ENTRY /  
PARKING**

The Naval Academy does not issue temporary vehicle passes to athletes & their families. Every civilian visitor 16 years and older entering the Academy must show a photograph identification card & have his/her bags searched. Arrive EARLY and/or use Gate 3 which is a foot-traffic only gate located off the intersection off King George St & Maryland Ave. You may drop off swimmers at the Gate 1 Visitor parking area (an adult must accompany them through the security check-point). The downtown garages are a short walk to Gates 1 & 3. Parking downtown on the street or in the lots are metered or by permit only, with enforcement beginning at 10:00 am by the City of Annapolis. More information on the City of Annapolis, including maps & shuttle schedules can be found here:  
<http://annapolisparking.com/parkinglocations/garages-and-lots/>

## ORDER OF EVENTS & QUALIFYING TIMES

**Friday, April 20, 2018 Session 1**

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

**Events in this session are swum Fastest to Slowest**

#	Girls/Women	Event	Boys/Men	#
1	5:57.79	13/14 400 IM	5:36.59	2
3	5:49.69	15&O 400 IM	5:20.59	4
5	2:56.29	10 & U 200 Free	2:50.79	6
7	5:29.09	11/12 400 Free	5:21.89	8
9	5:14.69	13/14 400 Free	4:59.19	10
11	5:07.29	15 & O 400 Free	4:46.09	12

**Saturday, April 21, 2018- Session 2**

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

#	Girls/Women	Event	Boys/Men	#
13	41.19	11/12 50 back	40.89	14
15	1:17.09	13/14 100 back	1:12.29	16
17	1:28.49	11/12 100 fly	1:26.29	18
19	2:45.69	13/14 200 fly	2:36.19	20
21	45.49	11/12 50 breast	45.39	22
23	1:27.69	13/14 100 breast	1:21.29	24
25	3:11.49	11/12 200 IM	3:09.29	26
27	2:49.19	13/14 200 IM	2:38.79	28
29	1:18.49	11/12 100 free	1:15.69	30
31	1:09.59	13/14 100 free	1:04.59	32

**Saturday, April 21, 2018- Session 3**

**Warm-up: 12 Noon; Meet Start: 1:00 PM**

#	Girls/Women	Event	Boys/Men	#
33	48.89	10&U 50 back	49.19	34
35	1:15.69	15&O 100 back	1:08.89	36
37	1:52.99	10&U 100 fly	1:51.39	38
39	2:41.39	15&O 200 fly	2:27.49	40
41	53.99	10&U 50 breast	53.29	42
43	1:25.39	15&O 100 breast	1:16.99	44
45	3:43.19	10&U 200 IM	3:40.79	46
47	2:45.89	15&O 200 IM	2:31.39	48
49	1:31.49	10&U 100 free	1:30.29	50
51	1:07.99	15&O 100 free	1:01.89	52

**Saturday, April 21, 2018 Session 4**

**Warm-up: 5 PM; Meet Start: 5:30 PM**

**Heats will be swum fastest to slowest, girls then boys.**

#	Girls/Women	Event	Boys/Men	#
53	10:35.39	Open 800 free	10:00.39	54

**All swimmers must provide their own timers & counters.**

**Sunday, April 22, 2018- Session 5**  
**Warm-up: 7:00 AM; Meet Start: 8:00 AM**

#	Girls/Women	Event	Boys/Men	#
55	2:50.39	11/12 200 free	2:45.19	56
57	2:30.09	13/14 200 free	2:20.59	58
59	38.29	11/12 50 fly	38.69	60
61	1:14.79	13/14 100 fly	1:09.69	62
63	1:31.09	11/12 100 back	1:29.09	64
65	2:45.59	13/14 200 back	2:36.59	66
67	35.79	11/12 50 free	34.69	68
69	31.99	13/14 50 free	29.49	70
71	1:41.39	11/12 100 breast	1:38.49	72
73	3:36.09	13/14 200 breast	3:28.69	74

**Sunday, April 22, 2018- Session 6**  
**Warm-up: 12 Noon; Meet Start: 1:00 PM**

#	Girls/Women	Event	Boys/Men	#
75	2:26.49	15&O 200 free	2:14.89	76
77	47.29	10&U 50 fly	45.99	78
79	1:13.39	15&O 100 fly	1:06.29	80
81	1:45.99	10&U 100 back	1:43.59	82
83	2:42.09	15&O 200 back	2:28.89	84
85	39.89	10&U 50 free	39.49	86
87	31.19	15&O 50 free	27.89	88
89	2:01.49	10&U 100 breast	20:20.49	90
91	3:05.39	15&O 200 breast	2:48.39	92

**Sunday, April 22, 2018 Session 7**  
**Warm-up: 5 PM; Meet Start: 5:30 PM**  
**Heats will be swum fastest to slowest, girls then boys.**

#	Girls/Women	Event	Boys/Men	#
93	20:20.49	Open 1500 free	18:59.08	94

**All swimmers must provide their own timers & counters.**

**2018 Carol Chidester Memorial LC Elite Meet**

**Summary of Fees/Release Form**

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

Naval Academy Aquatic Club

ATTN: Sandy Avery

748 Dividing Creek Rd

Arnold, MD 21012

Email to: [entries@naaccoach.com](mailto:entries@naaccoach.com)

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		\$15.00 per swimmer	
<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. NAAC, USNA, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE