



ROCK-N-Roll 2016 Swim Meet  
 Hosted by Rockfish Swimming  
 November 5, 2017

Held at McDonough School, Rosenberg Aquatic Center, 8600 McDonough Road, Owings Mills, MD, 21117  
 Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.

Sanction # [MD17-18/016](#)

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>
Heather MacQuilliam 240-298-4616 <a href="mailto:coachheather@rockfishswimming.com">coachheather@rockfishswimming.com</a>	Heather MacQuilliam 44786 Three Coves Rd Hollywood, MD 20636 240-298-4616 <a href="mailto:coachheather@rockfishswimming.com">coachheather@rockfishswimming.com</a>
<b>MEET REFEREE</b>	<b>USA Registered MEET SAFETY DIRECTOR</b>
Thomas Truitt 757-395-0567 <a href="mailto:dismountcav@aol.com">dismountcav@aol.com</a>	Greg Simcic <a href="mailto:jewelu@gmail.com">jewelu@gmail.com</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Jennifer Claus <a href="mailto:jlclaus@md.metrocast.net">jlclaus@md.metrocast.net</a>	Mike Rock 301-481-1633 <a href="mailto:mrock@md.metrocast.net">mrock@md.metrocast.net</a>

**FACILITY** McDonough School has an indoor eight-lane, 25 yard competition pool. In addition, opposite the competition pool is a nine-lane, 20 yard warm-up/cool-down pool. The facility is equipped with a Daktronic Inc. automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area. The minimum water depth, measured in accordance with USA Swimming Article 103.2.3 is 8'0" at the start end and 6'0" at the turn end." The competition course has not been certified in accordance with USA Swimming Article 104.2.2C (4). There is ample parking in the McDonough School's Eagle Lot. Please do not park or leave your car in the drop-off circle.

**MEET FORMAT** This is a timed final, pre-seeded meet. Events will be swum slowest to fastest. Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events may not be changed. Open to all USA Swimming registered 11& over swimmers with "B" times and slower.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	7:00 am	8:00 am	Sprint Events 11-18
2	Sunday	12:00 pm	1:00 pm	Mid-Distance Events 11-18

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

Day, Date	Time	For:
Friday, Oct. 20	5:00pm	Entry deadline
Sunday, Nov 5	7:15 am & 12:15 pm	Official Briefings
Sunday, Nov 5	7:50 am	Coaches Meeting

**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, 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.

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 may only enter events in which they have "B" times or slower.

**SWIMMERS WITH DISABILITIES**

Rockfish Swimming 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 Rockfish Swimming'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**

Entries must be submitted in Hy-tek format. Entries must be emailed to the Meet Entry Director. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator within 48 hours of the entry deadline. **Rockfish** Swimming 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.

**ENTRY LIMITATIONS**

A swimmer may enter four (4) individual events per session, and one (1) relays per session, with a total of no more than 5 individual events and 2 relays for the entire meet. Swimmers entered in relays must be eligible to swim in the meet. A swimmers' maximum entries may be broken up into 2 or 3 in the morning session and 2 or 3 in the afternoon session, or they may all be swum in the same session.

**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 LSC entries received prior to the entry deadline receive priority over out of LSC entries received.

**ENTRY FEES**

<b>Make checks payable to: Rockfish Swimming, Inc.</b>	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$6.50 per event
Relays	\$12.00 per relay

**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

**SCRATCHES**

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

<b>AWARDS</b>	Ribbons will be awarded to the top 6 finishers in each event.
<b>SCORING</b>	No team or individual scoring will be kept.
<b>RESULTS</b>	<b>Results will be posted on MSI's website within 24 hours of the meet's conclusion.</b> At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.
<b>COACHES</b>	<b>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.</b>
<b>OFFICIALS/TIMERS/ VOLUNTEERS</b>	There will be a need for officials. Rockfish Swimming 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. <b>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.</b> Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary. A link will be provided for officials to sign up to officiate.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. There will be refreshments at the concession area.
<b>WARM-UP</b>	<b>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.</b> During the competition, there will be lanes available for continuous warm-up/down (if available). <b>There is to be no diving or horseplay in this area.</b>

**Order of Events**  
**Session 1: Sunday Morning**  
**Warm-ups 7:00 am**  
**Meet Start 8:00 am**

Event	Description
1	Mixed 11&Over 200 Medley Relay
2	Girls 11&Over 50 Freestyle
3	Boys 11&Over 50 Freestyle
4	Girls 11-12 50 Backstroke
5	Boys 11-12 50 Backstroke
6	Girls 11&Over 100 Backstroke
7	Boys 11&Over 100 Backstroke
8	Girls 11-12 50 Breaststroke
9	Boys 11-12 50 Breaststroke
10	Girls 11&Over 100 Breaststroke
11	Boys 11&Over 100 Breaststroke
12	Girls 11-12 50 Butterfly
13	Boys 11-12 50 Butterfly
14	Girls 11&Over 100 Butterfly
15	Boys 11&Over 100 Butterfly
16	Girls 11-12 100 IM
17	Boys 11-12 100 IM
18	Girls 11&Over 100 Freestyle
19	Boys 11&Over 100 Freestyle
20	Mixed 11&Over 400 Freestyle Relay

**Session 2: Sunday Afternoon**  
**Warmups 12:00 pm**  
**Meet Start 1:00 pm**

Event	Description
21	Mixed 11&Over 200 Freestyle Relay
22	Girls 11&Over 200 IM
23	Boys 11&Over 200 IM
24	Girls 13&Over 200 Butterfly
25	Boys 13&Over 200 Butterfly
26	Girls 11&Over 200 Backstroke
27	Boys 11&Over 200 Backstroke
28	Girls 13&Over 200 Breaststroke
29	Boys 13&Over 200 Breaststroke
30	Girls 11&Over 200 Freestyle
31	Boys 11&Over 200 Freestyle
32	Mixed 11&Over 400 Medley Relay

**ROCK-N-ROLL 2017**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Rockfish Swimming, Inc.**)  
 Rockfish Swimming  
 ATTN: Heather MacQuilliam  
 44786 Three Coves Rd, Hollywood, MD 20636  
 Email to: coachheather@rockfishswimming.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
\$2 Surcharge per swimmer			
Relay Entries		\$12.00 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. Rockfish Swimming, McDonogh 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