



**2018 NAAC Spring Long Course Meet
 Hosted by the Naval Academy Aquatic Club
 May 5-6, 2018**

United States Naval Academy, Lejeune Hall, Annapolis, MD 21401
Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
 Sanction # MD 17-18/062

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

This meet is held under the dictates of the MD Swimming Honor Code/Code of Conduct available at www.mdswim.org. All participants, coaches, officials, management and spectators will be held to the standards set within

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Caren Gallaudet 619-977-0108 cgallaudet@yahoo.com	Sandy Avery 748 Dividing Creek Rd Arnold, MD 21012 443-995-0372 entries@naaccoach.com
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
Carol Forsyth 410-703-9714 cdfpnp@comcast.net Meet Notice read & approved by Referee : approved	Bill Thomas / Meredith Pochet 410-271-9445 wbtperk@gmail.com
OFFICIALS CONTACT	ADMIN OFFICIAL
Jerilyn Deitch officials@naaccoach.com Officials Sign-Up	Jill Moton jimoton@gmail.com

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.
- 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	Saturday, May 5 th , 2018	7:00 AM	8:00 AM	9-12
2	Saturday, May 5 th , 2018	12:00 PM	1:00 PM	13 & Older
3	Sunday, May 6 th , 2018	7:00 AM	8:00 AM	9-12
4	Sunday, May 6 th , 2018	12:00 PM	1:00 PM	13 & Older

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, January 5 th , 2018	5:00 PM	Last day for coaches and officials to turn in background check forms for parking passes (see below)
Friday, April 20, 2018	5:00 PM	Entry Deadline
Each Day of Meet	45 minutes before start of session	Officials Briefing, Lejeune Classroom (hospitality room)
Each Day of Meet	30 minutes before start of session	Timers' Meeting in the hallway above the 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.

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 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.

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 must be 9 & older
- Times slower than 2016-2019 long course meter or short course yard "A" times. "No Times" are accepted.
- Open events use the 13-14 Time Standards
- Events 21, 22, 49 & 50 will be limited to between 6 & 8 heats based on timeline.

SWIMMERS WITH DISABILITIES

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.

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 require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the start of the meet. 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 4 individual events per session and a total of 8 individual events for the weekend. If the meet is oversubscribed, non-Maryland LSC teams will be dropped first, then, if necessary, Maryland LSC swimmers. Teams may be asked to reduce the number of events swimmers swim in to lower the timeline. The 400s & 200s may be capped to reduce the timeline. Coaches will be contacted before the meet if entries will be limited in certain events. Refunds for swimmers dropped from

events will be mailed to the appropriate team no longer than 48 hours following the conclusion of 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: The Naval Academy Aquatic Club		
	Swimmer Surcharge	\$10.00 per Swimmer (\$2 LSC + \$8.00 Facility)
	Individual Event	\$7.50 per event

SEEDING The conforming time standard for this meet is long 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 There is no positive check-in for any event at this meet.

SCRATCHES There will be no penalty for scratches at this meet.

SCORING Scoring will not be kept for 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 www.NAAC.ws 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. 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.

**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 space available in the diving well for warm-up/ cool 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

**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

SATURDAY, MAY 5TH, 2018 – SESSION 1

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

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
1	1:46.29	9-10 100 Breast	1:44.19	2
3	1:33.39	11-12 100 Breast	1:30.39	4
5	35.59	9-10 50 Free	35.49	6
7	33.19	11-12 50 Free	32.09	8
9	1:35.99	9-10 100 Fly	1:34.99	10
11	1:20.79	11-12 100 Fly	1:18.59	12
13	42.89	9-10 50 Back	42.99	14

15	37.99	11-12 50 Back	37.49	16
17	1:20.59	9-10 100 Free	1:19.89	18
19	1:12.49	11-12 100 Free	1:09.89	20

SATURDAY, MAY 5TH, 2018 DATE – SESSION 2

Warm-up: NOON; Meet Start: 1 PM

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
21	5:14.69	*Open 400 Free*	4:59.19	22
23	2:49.19	*Open 200 IM*	2:38.79	24
25	2:45.59	13-14 200 Back	2:36.59	26
27	2:42.09	15 & O 200 Back	2:28.89	28
29	1:09.59	13-14 100 Free	1:04.59	30
31	1:07.99	15 & O 100 Free	1:01.89	32
33	2:45.69	13-14 200 Fly	2:36.19	34
35	2:41.39	15 & O 200 Fly	2:27.99	36
37	1:27.69	13-14 100 Breast	1:21.29	38
39	1:25.39	15 & O 100 Breast	1:16.99	40

SUNDAY, MAY 6' 2018 – Session 3

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

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
41	2:56.29	9-10 200 Free	2:50.79	42
43	2:37.29	11-12 200 Free	2:32.49	44
45	40.99	9-10 50 Fly	40.19	46
47	35.39	11-12 50 Fly	35.29	48
49	1:32.69	9-10 100 Back	1:31.49	50
51	1:23.29	11-12 100 Back	1:21.49	52
53	47.49	9-10 50 Breast	46.99	54
55	41.99	11-12 50 Breast	41.59	56

SUNDAY, MAY 6' 2018 – Session 4

Warm-up: Noon; Meet Start: 1 PM

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
57	5:57.79	* Open 400 IM *	5:36.59	58
59	2:30.09	13-14 200 Free	2:20.59	60
61	2:26.49	15 & O 200 Free	2:14.89	62
63	1:14.79	13-14 100 Fly	1:09.69	64
65	1:13.39	15 & O 100 Fly	1:06.29	66
67	3:09.79	13-14 200 Breast	2:56.79	68
69	3:05.39	15 & O 200 Breast	2:48.39	70
71	1:17.09	13-14 100 Back	1:12.29	72
73	1:15.69	15 & O 100 Back	1:08.89	74
75	31.99	13-14 50 Free	29.49	76
77	31.19	15 & O 50 Free	27.89	78

**2018 NAAC Spring LC Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees
checks payable to **Naval Academy Aquatic Club:**

Naval Academy Aquatic Club
ATTN: Sandy Avery
748 Dividing Creek Rd
Arnold, MD 21012
Email to: 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 LSC Surcharge + \$8 facility charge per swimmer		\$10.00 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. 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

