



Dual Meet:

JCC Swimming vs Siegel JCC

Hosted by **JCC Swimming**

1/21/2018

Held at:

JCC of Greater Baltimore

3506 Gwynnbrook Ave.

Owings Mills, MD 21117

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

Approval # MD 17-18/AM006

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 Brendan McElroy 443-253-3625 coachmcelroy@gmail.com	MEET ENTRY COORDINATOR Bill Kirkner 3506 Gwynnbrook Ave. Owings Mills, MD 21117 410-559-3530 bkirkner@jcc.org
MEET REFEREE Joe Cucchiaro joecucchiaro@yahoo.com	USA REGISTERED OPERATIONAL RISK DIRECTOR Trevor Rill 410-559-3530 trill@jcc.org
OFFICIALS CONTACT Judy Egerton jegerton@jcc.org	ADMIN OFFICIAL Judy Egerton

FACILITY

The JCC of Greater Baltimore (3506 Gwynnbrook Ave., Owings Mills, MD 21117) is an indoor six-lane 25 yard pool with non-turbulent lane lines and starting blocks. The meet is run using the Colorado Dolphin Timing System. Pool Depth at the start in is 9 ft. and 3 ½ ft. at the turn end. There will be no warm-down pool available during the meet. **The competition course has not been certified in accordance with 104.2.2C (4).**

There may be construction on the corner of Gwynnbrook Ave. and Owings Mills Blvd. If this is the case, follow the detour signs marked JCC on Crondall Lane. Take Crondall Lane (there is a 7-11 at the corner of Crondall and Owings Mills Blvd.) to the stop sign at the end of the road, take a left onto Garrison Forest Road and Gwynnbrook Ave. will be on the left.

Swimmers will be seated in designated team area. **There are no chairs allowed on deck.**

Due to lack of space on the pool deck, we have reserved half of the Blue Gym as an area for swimmers and spectators to wait until it is their child/children’s turn to swim. Spectators are encouraged to watch their child/children swim from the spectator area off the side of the pool deck.

Athletes will be lined up in the gym and escorted on deck through the family changing room three heats before they swim.

MEET FORMAT

All events are Timed Finals Events.

We reserve the right to change the warm up and start times based on entries received.

The meet entry director reserves the right to limit entries received to ensure that sessions fall within the Maryland LSC Swimming Rules.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	12:00 PM	1:00 PM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Day, Date	Time	Entry deadline
Sunday, 1/21/18	12:30	Coaches/General Meeting
Sunday, 1/21/18	12:30	Timers Briefing
Sunday, 1/21/18	12:30	Official Briefings

SAFETY

The MDSI 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 must remain on-deck or in assigned team areas. If Swimmers need to go into spectator areas they need to have shoes, shorts and a shirt on. Locker rooms are for changing only. Swimmers are not to remain or play in the changing or shower areas. Athletes are strictly prohibited from entering the saunas in the men's and women's locker rooms. Any athlete caught in the sauna will be ejected from the meet.

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 or from the side of the pool. 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.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations. 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.

Only entered swimmers, officials working the meet, meet workers, and current USA swimming coach members are eligible to be outside of the spectator areas.

Overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.

ELIGIBILITY

Open to all JCC Swimming and Siegel JCC USA Swimming Inc. registered swimmers or are members of JCC Swimming or Siegel JCC programs under supervision of USA Swimming Inc. registered coaches. The swimmer's age as of Jan. 21, 2018 will apply for the entire meet. USA Swimming athlete-members must

be under the supervision of a USA Swimming member coach during warm-up, and competition.

**SWIMMERS
WITH
DISABILITIES**

JCC 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 JCC 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. 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 will be asked to withdraw from the competition and/or leave the venue as a safety precaution.

ENTRIES

All entries should be submitted via e-mail (Hy-Tek entry file) along with a file containing a Microsoft Word or PDF document of the entries (Please check the proof of times option).

**ENTRY
LIMITATIONS**

Swimmers may swim a maximum of 5 individual events or 4 individual events and a relay.

**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.

ENTRY FEES

Make checks payable to: JCC Swimming

LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$2.00 per event
Relays	\$5.00 per relay

SEEDING Swimmers will be seeded and swim from slowest to fastest.

CHECK-IN N/A

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

SCORING All scoring will be on a three (3) place basis.
Individual events: 5-3-1

AWARDS N/A

RESULTS Results will be posted on JCC Swimming's and MDSI'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. JCC 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. 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.

HOSPITALITY/ CONCESSIONS There will be no hospitality provided to coaches/officials at this meet. Food and drinks are available for purchase at Me Latte which is located on the JCC campus.

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. There is to be no diving or horseplay in this area. Upon approval by the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in non-competition warm up areas. There will be no warm-up/warm-down pool available during the meet.

Sunday, 1/21

Warm-up: 12:00; Meet Start: 1:00

Girls 8 & Under **100 IM**

Boys 8 & Under **100 IM**

Girls 9-10 **100 IM**

Boys 9-10 **100 IM**

Girls 11-12 **100 IM**

Boys 11-12 **100 IM**

Girls 13-14 **200 IM**

Boys 13-14 **200 IM**

Girls 15-18 **200 IM**

Boys 15-18 **200 IM**

Girls 8 & Under **25 Free**

Boys 8 & Under **25 Free**

Girls 9-10 **50 Free**

Boys 9-10 **50 Free**

Girls 11-12 **50 Free**

Boys 11-12 **50 Free**

Girls 13-14 **50 Free**

Boys 13-14 **50 Free**

Girls 15-18 **50 Free**

Boys 15-18 **50 Free**

Girls 8 & Under **25 Back**

Boys 8 & Under **25 Back**

Girls 9-10 **50 Back**

Boys 9-10 **50 Back**

Girls 11-12 **50 Back**

Boys 11-12 **50 Back**

Girls 13-14 **100 Back**

Boys 13-14 **100 Back**

Girls 15-18 **100 Back**

Boys 15-18 **100 Back**

Girls 8 & Under **50 Free**

Boys 8 & Under **50 Free**

Girls 9-10 **100 Free**

Boys 9-10 **100 Free**

Girls 11-12 **100 Free**

Boys 11-12 **100 Free**

Girls 13-14 **200 Free**

Boys 13-14 **200 Free**

Girls 15-18 **200 Free**

Boys 15-18 **200 Free**

Girls 8 & Under **25 Breast**

Boys 8 & Under **25 Breast**

Girls 9-10 **50 Breast**

Boys 9-10 **50 Breast**

Girls 11-12 **50 Breast**

Boys 11-12 **50 Breast**

Girls 13-14 **100 Breast**

Boys 13-14 **100 Breast**

Girls 15-18 **100 Breast**

Boys 15-18 **100 Breast**
Girls 8 & Under **25 Fly**
Boys 8 & Under **25 Fly**
Girls 9-10 **50 Fly**
Boys 9-10 **50 Fly**
Girls 11-12 **50 Fly**
Boys 11-12 **50 Fly**
Girls 13-14 **100 Fly**
Boys 13-14 **100 Fly**
Girls 15-18 **100 Fly**
Boys 15-18 **100 Fly**
Mixed 8 & Under **100 Free Relay**
Girls 9-10 **100 Free Relay**
Boys 9-10 **100 Free Relay**
Girls 11-12 **200 Free Relay**
Boys 11-12 **200 Free Relay**
Girls 13-14 **200 Free Relay**
Boys 13-14 **200 Free Relay**
Mixed 15-18 **200 Free Relay**

Meet Name

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to JCC Swimming

ATTN: Bill Kirkner
 3506 Gwynnbrook Avenue
 Owings Mills, MD 21117
 Email to: bkirkner@jcc.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$2.00 per event	
\$2 Surcharge per swimmer			
Relay Entries		\$5.00 per relay	
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. TEAM HOST, FACILITY, 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