

2018
MARYLAND LSC LONG COURSE CHAMPIONSHIPS
AUGUST 2 – 5, 2018
@ ST. MARY'S COLLEGE
PRE-MEET INFORMATION

Here we go.....Please read this document in its entirety. There is some very important information contained in this document. Please make sure that you get the information out to your swimmers.

Meet Contacts:

Meet Director:

Cathy VanNetta (vannettac@gmail.com)
Susan McDonald (susan.mcdonald@columbiaassociation.org)

Referee:

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Administrative Referee:

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In addition please review the meet notice for additional important information & procedures. Any information in areas addressed in this document, supersedes information contained in the meet notice. Areas not addressed by this document, refer to the meet notice.

This years' meet is almost identical to the numbers we had the last couple of years.
We have 33 Teams represented, 600 swimmers (plus an additional 56 Relay Only)
in 3300 Individual events and 135 relays.

The time lines are a little long but with an efficiently run meet we should improve on each of the published finish times. We have made a couple of adjustments to enable swimmers to be done a little earlier. Most notable is we have changed, per the meet notice, the 13-14 and Open 400 IM's to timed finals on Friday and the 13-14 and Open 400 Free's to timed finals. The TOP 16 Seeded swimmers after positive check-in will swim in the Finals session. All other heats will swim in the Prelims session.

WORKER ASSIGNMENTS

Most clubs have been assigned jobs to assist in the running of the meet. Those teams that have not been assigned (Generally clubs with 5 or less participants) should be prepared to supply a backup timer if necessary. In addition the following events will require swimmers/clubs to supply their own timers.

Thursday Prelims Session

Open 800 Free
13-14 800 Free
11-12 400 IM

Sunday Prelims Session

Open 1500 Free
13-14 1500 Free

Sunday 1500 Free Finals Session

Open 1500 Free
13-14 1500 Free

Please make sure all your workers are where they are supposed to be at the times they are supposed to be there. Also remember, each team is also responsible for providing relief timers for any of your timers working.

WARMUPS

The pool is available for warm-ups on Wednesday evening from 5:00 pm – 7:00 pm. **NO SWIMMERS ARE ALLOWED IN THE POOL AREA PRIOR TO 4:30 pm.** Please do not have swimmers arrive before that time. Keep in mind that if the lanes are too crowded you may be asked to wait. In the past this has not been a problem but just want to make you aware that you could be asked to delay the start of your warm-ups if the lanes become overcrowded. Also, there must be a coach present for swimmers to warmup.

25 yard pool: 5:00 pm – 7:00 pm
50 meter pool: 5:00 pm – 7:00 pm

Warm-up Lane assignments for Thursday – Sunday are on a separate document. They have been sent to all coaches as well as on The Maryland Swimming Website.

NOTE: Please have all relay only people and swimmers not swimming an individual event on a that day, warmup after the sessions have started. This applies for Preliminary session as well as Finals sessions. Please work together with teams assigned to the same lanes. In a number of cases there are LC and SC lanes assigned. Please review the warmup sheet for both pools.

MEET SCHEDULE

SESSION 1: THURSDAY PRELIMS / TIMED FINALS:

(EVENTS 1 – 32)

Warmups: 6:30 am – 7:50 am Meet Starts: 8:00 am

Positive Check-in for the Open & 13-14 800 Free & 11-12 400 IM is due by 7:30 am

Est. Completion through the 10 & under 100 FLY: 11:09 am

Est. Completion through the 11-12 400 IM (After 4 heats of the 800 Free): 12:23 pm

Est. Completion of Session: 12:45 pm (before positive check-in for the 800 Free)

The fastest 8 swimmers (After positive check-in) of each 800 Free event will be swum in the finals session. All remaining heats will be swum, in the prelims session, fastest to slowest alternating girls and boys as well as Open & 13-14 events (Fastest AM heat of each event will swim first (4 heats) then the 11-12 400 IM then the remaining 800 Free heats).

The fastest 8 swimmers (After positive check-in) of the Boys & Girls 11-12 400 IM will be swum in the finals session. The remaining heats will be swum, in the prelims session, after the first four heats of the 800 free. They will be swum fastest to slowest alternating girls and boys.

SESSION 2: THURSDAY FINALS / TIMED FINALS:

(Events 1 – 32)

Warmups: 4:30 pm – 5:20 pm Meet Starts: 5:30 pm

Est. Completion of Session: 8:02 pm*

*Will announce Final Heat Swimmers while they are in the pool to reduce the timeline. This should knock approx. 15 - 20 minutes off the timeline. Est. Completion: 7:45 pm

SESSION 3: FRIDAY PRELIMS / TIMED FINALS:

(Events 33 – 66)

Warmups: 6:30 am – 7:50 am Meet Starts: 8:00 am

Positive Check-in for the Open & 13-14 400 IM is due by 7:30 am. Relays by 7:30 am

Est. Completion through the 11-12 50 Fly: 1:10 pm

Est. Completion of AM Relays: 1:18 pm (Before 400 IM positive check-in and After combining AM Relay Heats)

Due to the length of the session with the 400 IM's being trials and Finals, the 13-14 & Open 400 IM events have been changed to Timed Finals events per the meet notice. The top 2 heats (Top 16 swimmers) of each event (after positive check-in) will swim in the Finals session and all remaining heats will swim in the scheduled event order in the AM prelim session. The 13-14 & Open 400 IM's will swim slowest to fastest in event order.

The top 8 relays (after positive check-in) will be swum in the finals session. The remaining relays will be swum in the prelim session. ALL 400 length remaining relays will be swum in one combined heat.

SESSION 4: FRIDAY FINALS / TIMED FINALS:

(Event 33 - 66)

Warmups: 4:15 pm – 5:20 pm Meet Starts: 5:30 pm

Est. Completion of Session: 8:36 pm*

*Will announce Final Heat Swimmers while they are in the pool to reduce the timeline. This should knock approx. 15 - 20 minutes off the timeline. Est. Completion: 8:15 pm

SESSION 5: SATURDAY PRELIMS / TIMED FINALS:

(Events 67 – 102)

Warmups: 6:30 am – 7:50 am Meet Starts: 8:00 am

Positive Check-in for ALL 400 Frees is due by 7:30 am. Relays by 7:30 am

Est. Completion through the 11-12 400 Free: 11:36 am (Before positive check-in)

Est. Completion through the Open 400 Free: 12:17 pm

Est. Completion of Session: 12:27 pm (Before positive check-in for the 400 Free's and after combining relay heats)

The top 8 swimmers (after positive check-in) in the 11-12 & 10-U 400 Free will swim in the finals session. All other 400 Free's will be swum slowest to fastest, in event order, in the prelims session.

Due to the length of the session with the 400 Free's being trials and Finals, the 13-14 & Open 400 Free events have been changed to Timed Finals events per the meet notice. The top 2 heats (top 16 swimmers) of each event (after positive check-in) will swim in the Finals session and all remaining heats will swim in the scheduled event order in the AM prelim session. . The 13-14 & Open 400 Free's will swim slowest to fastest in event order.

The top 8 relays (after positive check-in) will be swum in the finals session. The remaining relays will be swum in the prelim session. ALL 400 length remaining relays will be swum in one combined heat.

SESSION 6: SATURDAY FINALS / TIMED FINALS:

(Events 67 – 102)

Warmups: 4:15 pm – 5:20 pm Meet Starts: 5:30 pm

Est. Completion of Session: 8:54 pm*

*Will announce Final Heat Swimmers while they are in the pool to reduce the timeline. This should knock approx. 20 - 25 minutes off the timeline. Est. Completion: 8:30 pm

SESSION 7: SUNDAY PRELIMS / TIMED FINALS:

(Events 103 – 124)

Warmups: 6:30 am – 7:50 am Meet Starts: 8:00 am

Est. Completion through the 10 & U 200 IM: 10:51 am

Est. Completion of Session: 12:46 pm (Before positive check-in for the 1500 free)

Positive Check-in for the 1500 Free is due by 7:30 am.

The top 8 swimmers (after positive check-in) in the OPEN & 13-14 1500 Free will swim in the 1500 Free finals session. All other 1500 Free's will be swum, fastest to slowest, alternating girls and boys as well as OPEN & 13-14 age groups in the prelims session.

SESSION 8: SUNDAY 1500 FINAL HEATS:

(Events 121 – 124)

Warmups: 3:30 pm – 4:05 pm Meet Starts: 4:15 pm

Est. Completion of Session: 5:33 pm

SESSION 9: SUNDAY FINALS:

(Events 103 – 120)

Warmups: 5:00 – 5:35 pm (25 YARD POOL ONLY) / 5:35 pm – 6:05 pm (BOTH POOLS)

Meet Starts: 6:15 pm

Est. Completion of Session: 7:23 pm *

*Will announce Final Heat Swimmers while they are in the pool to reduce the timeline. This should knock approx. 20 - 25 minutes off the timeline. Est. Completion: 8:30 pm