

# ALL FREESTYLE MEET

Hosted by Annapolis Swim Club

October 5-7, 2018

The Arundel Olympic Swim Center  
2690 Riva Road Annapolis MD 21401

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction # MD 18/19003

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> Ken DeGruchy 7611 Gunmill Lane Glen Burnie MD, 21060 ascmeetentries@gmail.com	<b>CERTIFIED MEET ENTRY COORDINATOR</b> Ken DeGruchy 7611 Gunmill Lane Glen Burnie MD, 21060 ascmeetentries@gmail.com
<b>MEET REFEREE</b> Doug Karr <a href="mailto:DKarr29@gmail.com">DKarr29@gmail.com</a> (410)353-5948 Meet Notice read & approved by Referee : YES	<b>USA Registered MEET SAFETY DIRECTOR</b> Elizabeth Cmiel
<b>OFFICIALS CONTACT</b> Doug Karr <a href="mailto:DKarr29@gmail.com">DKarr29@gmail.com</a> (410)353-5948	<b>ADMIN OFFICIAL</b> Becky Sloan sloangang@gmail.com

FACILITY                      The competition course has not been certified in accordance with 104.2.2C (4).

MEET FORMAT                This is a timed final event

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	13 & Older
2	Saturday	7:00 AM	8:00 AM	10 and under, 11-12, 13-14, 15-18
3	Saturday	12:00 AM	1:00 PM	12 & under, 13-14, 15-18
4	Sunday	7:00 AM	8:00 AM	10 & under, 11-12, 13-14, 15-18
5	Sunday	12:00 PM	12:30 PM	12 & under, 13-14, 15-18

**DEADLINE AND MEETING SUMMARY:**

<b>Day, Date</b>	<b>Time</b>	<b>For:</b>
Friday September 21, 2018	5:00 pm	Entry deadline
Saturday/ Sunday	7:00 am	Coaches and official's briefings
Friday October 5, 2018	4:30 pm	Free positive check ins 1000 free
Saturday October 6, 2018	10:00 am	500 Free positive check in
Sunday October 7, 2018	10:00 am	500 Free positive check in

**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 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, 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 WITH DISABILITIES**

**Annapolis Swim Club** 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 **ASC'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** Email is preferred for hy-tek entries. 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 entry deadline. ASC 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.

**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: <b>ASC</b>	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.50 per event
Facility Charge	\$13.00 per swimmer

**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

**CHECK-IN** A positive check-in, located deck side, will be required for the following events:

- 1000 free.
- 500 Free

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

**RESULTS** Results will be posted on MSI’s website within 24 hours of the meet’s conclusion.

**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. ASC 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 snackroom 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 lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area.

COACHES/OFFICIAL  
S/MEET STAFF

[POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:](#) *There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located on deck . DECK PASS must be presented showing current fully certified Coach Membership or current fully certified Officials Membership. Meet Staff must be listed on an approved list provided by the host team. Upon verification of credentials, a meet specific wristband will be given that shall be worn at all times while on deck. Failure to comply will result in deck access being denied or immediate removal from the pool deck.*

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.

## ORDER OF EVENTS & QUALIFYING TIMES

**Friday October 5, 2018**  
**Warm-up: 4:00 pm; Meet Start: 5:00 pm**

Event #	Girls/Women	Event	Boys/Men	Event #
1		15-18 1000 Free		2

**Swimmers must provide their own timer and counter, events are swum slowest to fastest.**

**Saturday October 6, 2018**  
**Warm-up: 7:00 am; Meet Start: 8:00 am**

Event #	Girls/Women	Event	Boys/Men	Event #
3	Girls	15-18 200 Free		
		15-18 200 free	Boys	4
		13-14 200 free	Boys	5
		11-12 200 free	Boys	6
		10 and under 200 free	Boys	7
8	Girls	15-18 100 Free		
		15-18 100 Free	Boys	9
		13-14 100 Free	Boys	10
		11-12 100 Free	Boys	11
		10 & under 100 Free	Boys	12
13	Girls	15-18 50 Free		
		15-18 50 Free	Boys	14
		13-14 50 Free	Boys	15
		11-12 50 Free	Boys	16
		10 & under 50 Free	Boys	17

**Saturday October 7, 2018**  
**Warm-up: 12:00pm; Meet Start: 1:00pm**

Event #	Girls/Women	Event	Boys/Men	Event #
18	Girls	15-18 500 Free		
	Boys	15-18 500 Free	Boys	19
	Boys	13-14 500 Free	Boys	20
	Boys	12 and under 500 Free	Boys	21

**Swimmers are required to provide their own timer and counter. Events are swum slowest to fastest.**

**Sunday October 7, 2018**  
**Warm-up: 7:00 am; Meet Start: 8:00 am**

<b>Event #</b>		<b>Event</b>		
22	Girls	13-14 200 Free		
23	Girls	11-12 200 Free		
24	Girls	10 & under 200 Free		
25	Girls	13-14 100 Free		
26	Girls	11-12 100 Free		
27	Girls	10 & under 100 Free		
28	Girls	13-14 50 Free		
29	Girls	11-12 50 Free		
30	Girls	10 and under 50 free		

**Sunday October 7, 2018**  
**Warm-up: 12:00pm; Meet Start: 1:00 pm**

<b>#</b>		<b>Event</b>		
31	Girls	13-14 500 Free		
32	Girls	12 & under 500 Free		

**Swimmers must provide their own timers and counter. All events are swum slowest to fastest**

**Annapolis Swim Club All Freestyle Meet  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **ASC**):  
Annapolis Swim Club ATTN: Ken DeGruchy  
7611 Gunmill Lane  
Glen Burnie, MD 21060

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, \$13.00 facility charge		\$15.00	
<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. 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