



Bridget Vaché Memorial Fall Frenzy
 Meet Hosted by the Monocacy Aquatic
 Club November 10-11, 2018

Held at Walkersville High School; 81 West Frederick Street; Walkersville, MD
 21793

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming,
 Inc.
 Sanction #MD18/19-009

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

MEET DIRECTOR	MEET ENTRY COORDINATOR
Sean Mitchell 240-888-8612 Bio-D-Max@comcast.net	Chris Kaplan P.O. Box 1682 Frederick, MD 21702 410-615-5339 Ckaplan1313@comcast.net
MEET REFEREE	MEET MARSHALL
Terry Kirby karter1993@msn.com Meet Notice read & approved by Referee : YES	Fred Manning fredmanning@comcast.net
OFFICIALS CONTACT	ADMIN OFFICIAL
Terry Kirby karter1993@msn.com	Michael Kokoski

FACILITY

The Walkersville High School swimming pool has six (6) lanes, 25 yards in length, with non-turbulent lane lines, automated timing system, and a separate spectator seating area. The depth of the pool is 3' 2" at the turn end to 12' at the start end. The competition course has not been certified in accordance with **104.2.2C(4)**.

SPECIAL FREDERICK BOARD OF EDUCATION & WALKERSVILLE HS REQUIREMENTS:
No street shoes will be allowed on the pool deck – please bring appropriate foot covering to walk from the cafeteria to the pool deck. Shoes must be worn when not on the pool deck. Competing swimmers are not allowed in the viewing balcony during the event and must stay on the pool deck or in the cafeteria. No smoking is allowed on FCPS grounds.

MEET FORMAT

Open to all USA Swimming registered 8-under swimmers. Open to all 9-10 USA Swimming registered swimmers with USA Swimming 2013-2016 B times and slower. 8-Under swimmers wishing to swim in a 9 and under event must meet the time standard requirement for that event. A swimmer's age on the first day of the meet shall govern in which age group they swim. Assigned Teams: ACA, ACSS, BAAC, BCSC, BST, CAA, CSAC, EST, FSC, FCY, FAST, FMSC, GBSA, GTAC, JCC, LBA, MAC, MAS, NBAC, TAC, YRAC, UN
 Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00 AM	8:10 AM	9-10
2	Saturday	12:00 PM	1:10 PM	8-Under
3	Sunday	7:00 AM	8:10 AM	9-10
4	Sunday	12:00 PM	1:10 PM	8-Under

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

Day, Date	Time	For:
Monday, October 22 nd	5:00pm	Entry deadline
Sat & Sun	7:30am & 12:30pm	Official Briefings
Saturday Only	8:00 a.m. & 1:00 p.m.	Coaches Meeting

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. Shoes must be worn at all times.

RACING STARTS

Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing **both** a forward racing start and a backstroke 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

MAC 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 MAC'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 Referee has the authority to inform and protect coaches, spectators, volunteers and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24 hour period. Swimmers will need to be cleared by the Meet Referee in order to return to competition.

ENTRIES

All entries must be submitted on a computer file compatible with Hy-Tek Meet Manager software. Each team must submit a "Team Summary Sheet". We reserve the right to change the warm up and start times after the entries are received and will notify club coaches/representatives of changes. 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. MAC entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS

A swimmer may enter three (3) individual events per day.

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

Make checks payable to: Monocacy Aquatic Club	
Individual Event	\$6.50 per event (Free heat sheets will be available on Meet Mobile)
Swimmer Surcharge	\$5.00 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

AWARDS

Ribbons will be awarded to the top 10 finishers in each event.

RESULTS	<p>Results will be posted on the Monocacy Aquatic Club 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.</p>
COACHES/OFFICIALS/ MEET STAFF	<p><u>POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:</u> <i>There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located at the computer table . 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.</i></p> <p>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.</p> <p>There will be a need for officials. The Monocacy Aquatic Club 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. 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.</p>
HOSPITALITY/ CONCESSIONS	<p>There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.</p>
WARM-UP	<p>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.</p>
HEAT SHEETS	<p>Heat sheets for families will be available for free through Meet Mobile and posted in the facility. Only coach heat sheets will be printed and distributed.</p>

ORDER OF EVENTS

Saturday, November 10th
9-10 Events – AM Session
Warm-up: 7am; Meet Start: 8:10 am

Girls			Boys		
Event #	Slower than	Age	Event	Slower Than	Event #
1	1:32.39	10 yr old	100 IM	1:30.39	2
3	1:32.39	9-under	100 IM	1:30.39	4
5	47.79	10 yr old	50 Breast	47.49	6
7	47.79	9 yr old	50 Breast	47.49	8
9	1:33.49	10 yr old	100 Back	1:30.79	10
11	1:33.49	9-under	100 Back	1:30.79	12
13	42.39	10 yr old	50 Fly	41.39	14
15	42.39	9 yr old	50 Fly	41.39	16
17	1:21.09	10 yr old	100 Free	1:19.39	18
19	1:21.09	9-under	100 Free	1:19.39	20

Saturday, November 10th
8-Under Events – PM Session
Warm-up: 12pm; Meet Start: 1:10pm

Girls			Boys
Event #	Age	Event	Event #
21	8 yr old	100 IM	22
23	7 yr old	100 IM	24
25	6 and under	100 IM	26
27	8 yr old	50 Free	28
29	7 yr old	50 Free	30
31	6 and under	50 Free	32
33	8 yr old	25 Breast	34
35	7 yr old	25 Breast	36
37	6 and under	25 Breast	38
39	8 yr old	50 Fly	40
41	7 yr old	50 Fly	42
43	6 and under	50 Fly	44
45	8 yr old	25 Back	46
47	7 yr old	25 Back	48
49	6 and under	25 Back	50

Sunday, November 11th
9-10 Events – AM Session
Warm-up: 7am; Meet Start: 8:10 am

Girls			Boys		
Event #	Slower than	Age	Event	Slower Than	Event #
51	1:45.59	10 yr old	100 Breast	1:41.99	52
53	1:45.59	9-under	100 Breast	1:41.99	54
55	35.69	10 yr old	50 Free	34.99	56
57	35.69	9 yr old	50 Free	34.99	58
59	1:40.39	10 yr old	100 Fly	1:39.39	60
61	1:40.39	9-under	100 Fly	1:39.39	62
63	43.29	10 yr old	50 Back	43.19	64
65	43.29	9 yr old	50 Back	43.19	66
67	2:58.29	10 yr old	200 Free	2:50.19	68
69	2:58.29	9-under	200 Free	2:50.19	70

Sunday, November 11th
8-Under Events – PM Session
Warm-up: 12pm; Meet Start: 1:10 pm

Girls			Boys
Event #	Age	Event	Event #
71	8 yr old	50 Breast	72
73	7 yr old	50 Breast	74
75	6 and under	50 Breast	76
77	8 yr old	25 Free	78
79	7 yr old	25 Free	80
81	6 and under	25 Free	82
83	8 yr old	50 Back	84
85	7 yr old	50 Back	86
87	6 and under	50 Back	88
89	8 yr old	25 Fly	90
91	7 yr old	25 Fly	92
93	6 and under	25 Fly	94
95	8 yr old	100 Free	96
97	7 yr old	100 Free	98
99	6 and under	100 Free	100

**Fall Frenzy Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **MAC**):
 Monocacy Aquatic Club
 ATTN: Chris Kaplan
 P.O. Box 1682
 Frederick, MD 21702
 Email to: ckaplan1313@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
Swimmer Surcharge		\$5.00 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. The Monocacy Aquatic Club, Walkersville High School, Frederick County Public Schools, 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