

2019 NBAC / GTAC LAST CHANCE DUAL MEET

**Hosted by
NORTH BALTIMORE AQUATIC CLUB
AND
GREEN TERROR AQUATIC CLUB**

FFEBRUARY 10, 2019

**Held at MCDANIEL COLLEGE / HARLOW POOL
2 COLLEGE HILL
WESTMINSTER, MARYLAND 21157**

**Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MDSI 18-19/075**

(The Meet notice has been read and approved by a certified referee)

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

ENTRY DEADLINE: TUESDAY FEBRUARY 5, 2019 @ 9:00 PM

CERTIFIED MEET DIRECTOR TOM HIMES coachtom@comcast.net	CERTIFIED MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 22129 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE DUSTIN JACKSON actionmachine@hotmail.com	USA REGISTERED OPERATIONAL RISK DIRECTOR JEFF HIESTAND
OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com	ADMIN OFFICIAL SHAWN HURLEY / AMY MATTIENI

FACILITY

Harlow Pool is a five lane, twenty five yard pool with non-turbulent lane lines, Daktronics timing system, scoreboard and horn start. The depth of the pool at the starting end is 10 feet. The pool has not been certified by USA Swimming. The depth from start end wall out to 5 meters is 10 feet and from the turn end is 3.5 feet.

There is ample spectator seating for spectators in the pool area. No spectators are allowed on the pool deck. Swimmers will be seated on the pool deck.

MEET FORMAT

All Events are Timed Finals Events. Entry Times must be submitted in SCY.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. Maryland LSC Entries received prior to the deadline receive priority over out of LSC entries received.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	7:30 AM	8:30 AM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday February 5, 2019	9:00 PM	ENTRY DEADLINE
Sunday February 10, 2019	7:45 AM	OFFICIALS BRIEFING
Sunday February 10, 2019	8:00 AM	TIMER BRIEFING

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.

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

Open to all NBAC / GTAC USA Swimming Inc. registered swimmers. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at the meet. A swimmer's age on the first day of the meet will determine their age for the entire meet.

There are no qualifying time standards for this meet.

SWIMMERS WITH DISABILITIES

NBAC /GTAC 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 NBAC'S & GTAC'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	<p>ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries .</p> <p>ALL ENTRY TIMES SHOULD BE IN SCY. NT ENTRIES WILL BE ACCEPTED.</p> <p>ALL entries must be in the hands of the Meet Entry Coordinator no later than Tuesday February 5, 2019 at 9:00 PM.</p> <p>The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.</p>
ENTRY LIMITATIONS	<p>Swimmers may enter a maximum of 5 individual events .</p> <p>We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mds swim.org and www.nbac.net for any changes to warmup and start times.</p>
ENTRY VERIFICATION	<p>An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.</p>
ENTRY DEADLINES	<p>The Meet Entry Coordinator must receive entries by Tuesday February 5, 2019 @ 9:00 PM. No late entries will be accepted.</p>
ENTRY FEES	<p>Not Applicable / TBD</p>
SEEDING	<p>ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. No Time Entries will be accepted.</p>
CHECK-IN	<p>Not Applicable</p>
SCRATCHES	<p>The meet will be pre-seeded. There are no penalties for scratching.</p>
SCORING	<p>There will be no Team or Individual scoring.</p>

AWARDS

FAST TIMES!

RESULTS

Results will be posted on NBAC's and MDSI's website within 24 hours of the meet's conclusion. In addition, TM results file, MM locked file & PDF results will be emailed to all participating teams within 24 hours of the conclusion of the meet.

COACHES/OFFICIALS/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 next to the announcer's stand on the pool 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.*

WORKERS WILL BE SUPPLIED AS FOLLOWS:

NBAC: 2 BACK-UP TIMERS, COMPUTER WORKER, DAKTRONICS OPERATOR, RUNNERS, OFFICIALS
GTAC: 10 TIMERS

OFFICIALS

NBAC / GTAC welcomes anyone willing to volunteer to contact the Officials Contact by email prior to the meet or sign in once you arrive at the meet. Official briefings will be held in a designated area to be determined at the meet at the date and time listed in the Deadline and Meeting Summary.

**HOSPITALITY/
CONCESSIONS**

There will be no concessions during the meet but PIZZA and drinks will be provided to all participating swimmers at the conclusion of the meet.

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.

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ORDER OF EVENTS & QUALIFYING TIMES

SUNDAY FEBRUARY 10, 2019

Warm-up: 7:30 AM

Meet Start: 8:30 AM

MIXED	EVENT DESCRIPTION	
1	MIXED OPEN 400 IM	
2	MIXED OPEN 200 FREE	
3	MIXED 12 & U 100 FREE	
4	MIXED 8 & U 50 FREE	
5	MIXED OPEN 100 BREAST	
6	MIXED 12 & U 50 BREAST	
7	MIXED 8 & U 25 BREAST	
8	MIXED OPEN 200 IM	
9	MIXED 12 & U 200 IM	
10	MIXED 8 & U 100 IM	
11	MIXED OPEN 50 FREE	
12	12 & U 200 FREE	
13	MIXED OPEN 100 BACK	
14	MIXED 12 & U 50 BACK	
15	MIXED 8 & U 25 BACK	
16	MIXED OPEN 50 FREE	
17	MIXED OPEN 200 FLY	
18	MIXED 12 & U 100 FLY	
19	MIXED 8 & U 50 FLY	
20	MIXED OPEN 100 FREE	
21	MIXED 12 & U 50 FREE	
22	MIXED 8 & U 25 FREE	
23	MIXED OPEN 200 BREAST	
24	MIXED 12 & U 100 BREAST	
25	MIXED 8 & U 50 BREAST	
26	MIXED OPEN 200 BACK	
27	MIXED 12 & U 100 BACK	
28	MIXED 8 & U 50 BACK	
29	MIXED OPEN 100 FLY	
30	MIXED 12 & U 50 FLY	
31	MIXED 8 & U 25 FLY	
32	MIXED OPEN 500 FREE	
33	MIXED 12 & U 100 IM	
34	MIXED 8 & U 100 FREE	
35	MIXED OPEN 1650 FREE	

ENTRY LIMIT: SWIMMERS MAY SWIM UP TO 5 EVENTS

2019 NBAC / MAC LAST CHANCE DUAL MEET

Summary of Fees/Release Form

Complete and email or mail this form to:
NORTH BALTIMORE AQUATIC CLUB
ATTN: Tom Himes
P.O. BOX 20801
BALTIMORE, MARYLAND 21209
Email to: coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
LSC & Swimmer Surcharge		N/A	
Individual Entries		N/A	
Paper Individual Entries		N/A	
Relay Entries		N/A	
Paper Relay Entries		N/A	
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