

PEAK ALL FREESTYLE MEET

Sponsored by Central Chesapeake Swimming (PEAK)

October 8, 2017

Prince Georges Sports and Learning Complex
8001 Sheriff Road
Landover, MD 20785
301-583-2400

Held under the Sanction of USA Swimming, Inc., Maryland Swimming, Inc.
Sanction # MD 18-19/062

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

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
John Mason 410-707-3389 jmason5073@gmail.com	John Mason 15904 Paisley Lane Bowie, MD 20716 410-707-3389 jmason5073@gmail.com
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
William Pritchard 703-201-8043 wfpecj@earthlink.net Meet Notice read & approved by Referee : YES	John Mason 410-707-3389 jmason5073@gmail.com
OFFICIALS CONTACT	ADMIN OFFICIAL
William Pritchard 703-201-8043 wfpecj@earthlink.net	Erica Livingston

FACILITY

50 meter x 25 meter indoor pool. Eight (8) lanes will be used for competition. Colorado Timing System and Kiefer Wave Eater racing lane lines. Depth ranges from 7 to 12 feet for all competition lanes. **The competition course has not been certified in accordance with 104.2.2C (4).**

DIRECTIONS

From the Capitol Beltway (MD), take Exit 17B (202 West). Turn Left at first light, Brightseat Raod. Take first right on to Sheriff Road. Complex is on the left at first traffic signal

MEET FORMAT

Current USA Swimming rules shall govern the meet. All events will be **Timed Finals**. All events will be pre-seeded except for the 200 Freestyle.

The 200 Freestyle will be a positive check-in event. Check-in time for events 9, 10 and 11 will be 8:00 am. Check-in time for events 21, 22 and 23 will be 30 minutes after start of Session 2 warm-up.

Swimmers may enter up to three (3) individual events. All entry times must have been achieved in USA Swimming sanctioned or approved completion.

Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

Session	Day	Warm-up	Meet Start	
1	Sunday	7:30 am – 8:20 am	8:30 am	
2	Sunday	Immediately following completion of Session 1	60 minutes after completion of Session 1	

DEADLINE:

Day, Date	Time	For:
Tuesday, October 4, 2017	5:00 PM	Entry deadline
Session 1 Officials Briefing	7:30 AM	Hospitality Area
Session 2 Officials Briefing	1 hour after the completion of Session 1	Hospitality Area

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 **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.

SWIMMERS WITH DISABILITIES

Central Chesapeake 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 **Central Chesapeake 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 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

Deadline for receipt of entries is Tuesday, October 4, 2017. Entries must be submitted in short course yard times. Entries must be sent by e-mail. Included: 1) team manager file containing your teams' entries; 2) TM report by name; 3) TM report by event; 4) mail a check payable to Central Chesapeake Swimming for the full amount of the entry fees due.

The Meet Director reserves the right to limit events, heats, swimmers or adjust the format to conform with the 4 - hour provision for 12 &U sessions in Rule 205.3.1F.

ENTRY LIMITATIONS

Swimmers may enter (3) 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: Central Chesapeake Swimming	
LSC Surcharge	\$2.00 per Swimmer
Facility Surcharge	\$5.00 per Swimmer
Individual Event	\$5.00 per event

SEEDING

The conforming time standard for this meet is short 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 will be required for the following events:
200 free

Check-in for event will be 30 minutes after start of warm-up.

SCRATCHES

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

RESULTS

Results will be posted on **Central Chesapeake Swimming's** and **MSI's** website within 24 hours of the meet's conclusion.

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 at the start end of the pool. 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 need for officials. **Central Chesapeake 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. Official briefings will be held in the hospitality 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. **There is to be no diving or horseplay in this area.**

ORDER OF EVENTS

SUNDAY, OCTOBER 8, 2017

SESSION 1

Warm-up: 7:30 – 8:20 am/Start: 8:30 am

	Boys Event #	Event		
	1	8 & Under 25 Freestyle		
	2	9-10 50 Freestyle		
	3	11-12 50 Freestyle		
	4	13 & Over 50 Freestyle		
	5	8 & Under 50 Freestyle		
	6	9-10 100 Freestyle		
	7	11-12 100 Freestyle		
	8	13 & Over 100 Freestyle		
	9	9-10 200 Freestyle		
	10	11-12 200 Freestyle		
	11	13 & Over 200 Freestyle		

SESSION 2

Warm-up: To Be Announced

	Girls EVENT #	Event		
	13	8 & Under 25 Freestyle		
	14	9-10 50 Freestyle		
	15	11-12 50 Freestyle		
	16	13 & Over 50 Freestyle		
	17	8 & Under 50 Freestyle		
	18	9-10 100 Freestyle		
	19	11-12 100 Freestyle		
	20	13 & Over 100 Freestyle		
	21	9-10 200 Freestyle		
	22	11-12 200 Freestyle		
	23	13 & Over 200 Freestyle		

**PEAK ALL FREESTYLE MEET
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **CENTRAL CHESAPEAKE SWIMMING**):

ATTN: JOHN MASON
15904 PAISLEY LANE
BOWIE, MD 20716
Jmason5073@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Surcharge		\$7.00 per swimmer	
Relay Entries		\$14.00 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