



Sofie Turbush Memorial Invitational
Hosted by Chesapeake Bay Aquatic Club (CBAC)

September 29, 2018

Held at the Aquatics Center at the Michael P. O'Brien Athletics and Recreation Center
St. Mary's College of Maryland
18952 E. Fisher Rd
St. Mary's City, MD 20686
Phone: 240-895-4798

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MDSI 18-19/059

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 Kim Beall and Casey Brandt (C) 240-925-7742 (C) 240-496-0254 Meet.director@cbacswim.org caseyrbrandt@gmail.com	CERTIFIED MEET ENTRY COORDINATOR Kim Beall 20555 Brentridge Way Lexington Park, MD 20653 (H) 301-863-7606/ (C) 240-925-7742 Meet.entries@cbacswim.org
MEET REFEREE Adam Scott 405-351-2540 Head.Official@cbacswim.org Meet Notice read & approved by Referee : YES	USA REGISTERED OPERATIONAL RISK DIRECTOR Casey Brandt (917) 684-0504 Caseyrbrandt@gmail.com
OFFICIALS CONTACT Adam Scott Link to Officiate Head.Official@cbacswim.org Sign up for Stroke and Turn Clinic	ADMIN OFFICIAL Kim Beall, Joe Askins, and Keith King

FACILITY

St. Mary's College features an indoor eight-lane 50 meter pool, non-turbulent lane lines, and continuous flow through gutters. The competition course shall consist of eight 25-yard long lanes established between the end of the pool and a movable bulkhead. The remainder of the pool will be set up in 25 yard lanes and will be available for continuous warm-up/warm-down during the meet. The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with touchpads.

The depth of the competition pool is 7 feet (2.1 meters) to 7 feet 6 inches (2.3 meters) from both ends **The competition course has not been certified in accordance with 104.2.2C(4).**

Notes:

1. The facility will not open until 30 minutes before the start of warm-ups, please plan your arrival accordingly.
2. Chairs are not permitted in the stands area.
3. **Parking is authorized in designated parking areas only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.**

MEET FORMAT

This is a No Times Standards, Timed Finals Age Group, pre-seeded meet, unless otherwise indicated. "No time" (NT) entries and converted times are acceptable. This meet is open to the following clubs: **CBAC, ROCK, CAC, and GMAC.**

Events will be swum slowest to fastest. In the past some events have had very few entries causing short breaks between athlete's events, review the order of events and know this is possible. Inserting of breaks to allow sufficient rest is at the discretion of the meet referee and meet director. Coaches are encouraged to notify the meet director of potential problems early.

Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events will not be changed.

Session	Day	Warm-up*	Meet Start*	Age Group
1	Saturday Morning	7:30 AM	8:30 AM	10&U, 11-12, 13-14, 15&O

***Times may be adjusted once all entries have been received.**

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Saturday, Sept 15	5:00 PM	Entry deadline
Saturday, Sept 29	45 minutes prior to the start of the session	Officials 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

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. This meet is open to the following clubs: **CBAC, ROCK, CAC, and GMAC.**

- A swimmer's age on the first day of the meet will determine their age for the entire meet.
- All entries should be submitted in short course yards. Converted times using standard conversion methods are acceptable.
- USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director will assist swimmers w/out their own coach in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [[USA Swimming, Article 202.3.2](#)]

SWIMMERS WITH DISABILITIES

Chesapeake Bay Aquatic 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 **Chesapeake Bay Aquatic Club'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

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. 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. **Chesapeake Bay Aquatic Club's** 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. All relay only swimmers including alternates must be listed.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 5 individual per session. In the event the timeline exceeds the four/five hour rule, the meet director will eliminate entries in the following order:

- Fifth entries for individuals who entered five events
- No time entries and entries with a time that are not seeded in full heats for 200 free events beginning with 10&U, then proceeding in age group order up to 15&O
- No time entries and entries with a time that are not seeded in full heats for 200 IM events beginning with 13-14, then 15&O

Deck-entries will be accepted on a first-come, first-served basis until forty-five minutes prior to the scheduled start time of each session. Deck entries will be seeded into available empty lanes until all lanes are filled. All deck-seed entry fees must be paid at the time of the deck-seed.

Coaches: Deck-seeded athletes who have NOT BEEN ENTERED in another event PRIOR TO THE MEET must show proof of USA Swimming registration by presenting the swimmer's current USA Swimming registration card.

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: Chesapeake Bay Aquatic Club or CBAC	
LSC Surcharge & Facility Surcharge	\$12.00 per Swimmer
Individual Event	\$7.50 per event
Deck seed Individual	\$10.00 per event

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

There are no positive check-ins for this meet.

SCRATCHES

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

SCORING

No team or individual scoring will be kept.

AWARDS

Ribbons will be awarded to the top 8 finishers in each age group, 8 & Under, 9-10, and 11-12. No ribbons for 13-14 and 15&Over events.

RESULTS

Results will be posted on Chesapeake Bay Aquatic Clubs's and MDSI'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.

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 near 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.

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.

There will be a need for officials. **Chesapeake Bay Aquatic Clubs's** 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.

If there are any visiting team's that are looking to help fulfill their team volunteer obligations or would just like to time instead of sitting in the stands, please feel free to come to the computer table and let us know.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Minimal 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.**

DIRECTIONS

From the Washington Beltway, take Rt. 5 south to Waldorf. Turn left/south on Rt. 235 / Rt. 5 in Waldorf and stay straight on Rt. 235 to Lexington Park. **After reaching Lexington Park, you will pass the main gate at the Patuxent River Naval Air Station. Continue past Lexington Park for six (6) miles and make a right onto Mattapany Road. Go approximately 1.8 miles and turn right onto E. Fisher Rd. The Aquatics Center is the large brick building on the right.**

You may also take Rt. 4 south from the Washington Beltway to Solomon's Island. Cross the bridge and proceed to the intersection of Rt. 4 and Rt. 235. Make a left on Rt. 235 south to Lexington Park and follow the highlighted directions to the pool.

From Baltimore take Rt. 301 south to Rt. 4 in Upper Marlboro. Take Rt. 4 south to Solomon's Island and follow the highlighted directions above.

From Annapolis take Rt. 2/4 south to the intersection in Sunderland. Turn left/south to Solomon's Island and follow the highlighted directions to the pool.

View [mapquest map](#). View [campus map](#). (park in lot Z and follow College Dr to the Athletic Center (between building 28 and parking lot Y))

ORDER OF EVENTS & QUALIFYING TIMES

Saturday, September 29, 2018
Warm-up: 7:30 AM; Meet Start: 8:30 AM

#	Girls/Women	Event	Boys/Men	#
1	NT	10&U 200 Free	NT	2
3	NT	11-12 200 Free	NT	4
5	NT	13-14 200 Free	NT	6
7	NT	15&O 200 Free	NT	8
9	NT	10&U 50 Breast	NT	10
11	NT	11-12 50 Breast	NT	12
13	NT	13-14 100 Breast	NT	14
15	NT	15&O 100 Breast	NT	16
17	NT	10&U 50 Back	NT	18
19	NT	11-12 50 Back	NT	20
21	NT	13-14 100 Back	NT	22
23	NT	15&O 100 Back	NT	24
25	NT	10&U 100 Free	NT	26
27	NT	11-12 100 Free	NT	28
29	NT	13-14 50 Free	NT	30
31	NT	15&O 50 Free	NT	32
33	NT	10&U 50 Fly	NT	34
35	NT	11-12 50 Fly	NT	36
37	NT	13-14 100 Fly	NT	38
39	NT	15&O 100 Fly	NT	40
41	NT	10&U 50 Free	NT	42
43	NT	11-12 50 Free	NT	44
45	NT	13-14 100 Free	NT	46
47	NT	15&O 100 Free	NT	48
49	NT	10&U 100 IM	NT	50
51	NT	11-12 100 IM	NT	52
53	NT	13-14 200 IM	NT	54
55	NT	15&O 200 IM	NT	56

**Sofia Turbush Memorial Invitational
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Chesapeake Bay Aquatic Club**):

Chesapeake Bay Aquatic Club
ATTN: Kim Beall
20555 Brentridge Way
Lexington Park, MD 20653
Email to: meet.entries@cbacswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmers (LSC Surcharge & Facility Surcharge)		\$12.00 per swimmer	
Individual Entries		\$7.50 per event	
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