



CBAC Spring Long Course Swim Meet
 Hosted by Chesapeake Bay Aquatic Club
 April 12-14, 2019

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 18-19/040

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
Kim Beall and Casey Brandt (H) 301-863-7606 (C) 240-496-0254 (C) 240-925-7742 Meet.Director@cbacswim.org caseyrbrandt@gmail.com	Kim Beall 20555 Brentridge Way Lexington Park, MD 20653 (H) 301-863-7606 or (C) 240-925-7742 Meet.Entries@cbacswim.org
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
Adam Scott 405-351-2540 Head.Official@cbacswim.org	Casey Brandt (917) 684-0504 Caseyrbrandt@gmail.com
Meet Notice read & approved by Referee : YES	
OFFICIALS CONTACT	ADMIN OFFICIAL
Adam Scott Link to Officiate Head.Official@cbacswim.org	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 50 meter long lanes established between the end of the pool and a movable bulkhead. A separate six lane 25 yard pool 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 4 feet (1.2 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 are acceptable; expected times are encouraged instead of NT for Events 1 & 2 to help with better seeding. Converted times are acceptable.

Events 1 & 2 (1500 Free) requires a positive check in. Each swimmer in the 1500 FR must provide their own timer (1) and counter and it will be seeded fastest to slowest and swum alternating girls/boys.

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.

If oversubscription occurs, entries may be limited to a maximum of three individual events per session or the 200 yards and greater events, including the 1500 Free events, will be limited to the top 32 entries (a combination of starting with the youngest age group and working to the 15&O as well as starting with the longer events and working backwards), whichever is deemed by the Meet Director to be more effective.

Session	Day	Warm-up (Open)	Meet Start	Age Group
1	Friday Evening	4:00 PM	5:00 PM	Open
2	Saturday Morning	7:00 AM	8:00 AM	13-14, 15 & Over
3	Saturday Afternoon	12:00 PM	1:00 PM	9-10, 11-12
4	Sunday Morning	7:00 AM	8:00 AM	13-14, 15 & Over
5	Sunday Afternoon	12:00 AM	1:00 PM	9-10, 11-12

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Saturday, March 23	6:00 PM	Entry deadline
Friday, April 12 thru Sunday, April 14	45 minutes prior to the start of the session	Officials Briefing
Friday, April 12	4:30 PM	1500 Free Positive Check In

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.

The MDSI Scratch Rule is in effect for positive check-in events in this meet. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be disqualified from his/her next individual. Use of a declared false start will not eliminate this penalty. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.

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 timed finals meet is open to all MD LSC registered swim clubs.

- A swimmer's age on the first day of the meet will determine their age for the entire meet.
- There are no time standards for this meet.
- All entries should be submitted in long course meters. Converted times are acceptable; expected times are encouraged instead of NT for Events 1 & 2 to help with better seeding.
- 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 as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches 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. Swimmer 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** 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 1 individual event for session 1 and 4 individual events per other sessions** for a total of 9 individual events for the meet. In the event of over subscription in any of the sessions, the limit may be decreased to 3 for that session only. Teams will be notified in the event of oversubscription and the session that is affected.

DECK ENTRIES

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 USS 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	<p>The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Short course meters times will be seeded second and short course yards times will be seeded third. Converted times will be accepted; expected times are encouraged instead of NT for Events 1 & 2.</p>
CHECK-IN	<p>A positive check-in, at the computer table, will be required for the following events:</p> <ul style="list-style-type: none"> • 1500 FR <p>Check in for event will be as stated in the Deadline and Meeting Summary. Swimmers that fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event. Use of declared false start will not eliminate this penalty.</p>
SCRATCHES	<p>There will be no penalty for scratching pre-seeded events at the block. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be barred from his/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event. Use of declared false start will not eliminate this penalty.</p>
SCORING	<p>No team or individual scoring will be kept.</p>
AWARDS	<p>Ribbons will be awarded to the top 8 finishers in the 9-10 and 11-12 age groups. No awards will be given for the 13 & Over age group.</p>
RESULTS	<p>Results will be posted on Chesapeake Bay Aquatic Club'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.</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 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.</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>

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.

Note: Swimmers must provide their own timers and counters for all events in the Friday evening session.

**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.** All warm-up sessions will be 50 minutes of open warm-ups. Lane 8 will become a pace lane for the last 15 minutes of each warm-up session. Lanes 1, 2, and 7 will be sprint lanes, one direction only, the last 15 minutes of each warm-up session. The announcer will announce when lanes 1,2, 7, and 8 changes from open warm-ups to pace/sprint lanes. If enough coaches request two pace lanes, the meet referee may change lane 1 from sprint to pace for the last 15 minutes of the warm-up session.

HOTELS

Hampton Inn

22211 Three Notch Rd
Lexington Park, MD
301-863-3200

[View Hotel Information](#)

(8.6 mi/15 min)

Home 2 Suites

46058 Valley Drive
Lexington Park, MD
301-866-1416

[View Hotel Information](#)

(8.8 mi/15 min)

Fairfield Inn

22119 Three Notch Road
Lexington Park, MD
301-863-0203

[View Hotel Information](#)

(8.8 mi/15 min)

Comfort Inn & Suites

21885 Three Notch Rd.
Lexington Park, MD
301-863-1051

[View Hotel Information](#)

(9.3 mi/16 min)

Extended Stay America

46565 Expedition Dr
Lexington Park, MD
(240) 725-0100

[View Hotel Information](#)

(9.4 mi/17 min)

Town Place Suites

22520 Three Notch Rd
Lexington Park, MD
301-863-1111

[View Hotel Information](#)

(10.3 mi/18 min)

La Quinta Inn & Suites

22769 Three Notch Rd
California, MD
301-862 4100

[View Hotel Information](#)

(11.0 mi/18 min)

Super 8, California

22801 Three Notch Road
California, MD
301-862-9822

[View Hotel Information](#)

(11.1 mi/18 min)

Country Inn & Suites

44941 Worth Ln
California, MD
301-737-5227

[View Hotel Information](#)

(12.8 mi/21 min)

Executive Inn & Suites

41655 Park Avenue
Leonardtown, MD
301-475-3000

[View Hotel Information](#)

(16.4 mi/27 min)

Comfort Inn – Solomons

255 Lore Rd.
Solomons, MD
410-326-6303

[View Hotel Information](#)

(16.8 mi/27 min)

Holiday Inn – Solomons

155 Holiday Drive
Solomons, MD
410-326-6311

[View Hotel Information](#)

(17 mi/28 min)

Hilton Garden Inn – Solomons

13100 Dowell Rd.
Dowell, MD 20629
410-326-0303

[View Hotel Information](#)

(19.1 mi/35 min)

ORDER OF EVENTS & QUALIFYING TIMES

Session 1: Friday Evening, April 12, 2019

Warm-up: 4:00 PM, Meet Start: 5:00 PM

Event #	Girls/Women	Event	Boys/Men	Event #
1		Open 1500 Freestyle		2

* 1500 FR (Events 1 & 2):

- Positive check-in required on Friday, no later than 5:00 pm. Each swimmer in the 1500 FR must provide their own timer (1) and counter. Will be seeded fastest to slowest and swum alternating girls/boys. Separate awards will be given by age group/gender for swimmers 14 & Under.

Session 2: Saturday Morning, April 13, 2019

Warm-up: 7:00 AM, Meet Start: 8:00 AM

#	Girls/Women	EVENT	Boys/Men	#
3		13-14 200 Fly		4
5		15&Over 200 Fly		6
7		13-14 200 Breast		8
9		15&Over 200 Breast		10
11		13-14 100 Free		12
13		15&Over 100 Free		14
15		13-14 100 Back		16
17		15&Over 100 Back		18
19		13-14 200 IM		20
21		15&Over 200 IM		22
23		13-14 400 Free		24
25		15&Over 400 Free		26

Session 3: Saturday Afternoon, April 13, 2019
Warm-up: 12:00 PM, Meet Start: 1:00 PM

#	Girls/Women	EVENT	Boys/Men	#
27		11-12 200 Fly		28
29		9-10 200 IM		30
31		11-12 200 IM		32
33		9-10 50 Back		34
35		11-12 50 Back		36
37		9-10 50 Free		38
39		11-12 50 Free		40
41		9-10 100 Breast		42
43		11-12 100 Breast		44
45		9-10 100 Fly		46
47		11-12 100 Fly		48
49		11-12 200 Back		50

Session 4: Sunday Morning, April 14, 2019
Warm-up: 7:00 AM, Meet Start: 8:00 PM

#	Girls/Women	EVENT	Boys/Men	#
51		13-14 400 IM		52
53		15&Over 400 IM		54
55		13-14 100 Fly		56
57		15&Over 100 Fly		58
59		13-14 200 Back		60
61		15&Over 200 Back		62
63		13-14 50 Free		64
65		15&Over 50 Free		66
67		13-14 100 Breast		68
69		15&Over 100 Breast		70
71		13-14 200 Free		72
73		15&Over 200 Free		74

Session 5: Sunday Afternoon, April 14, 2019
Warm-up: 12:00 AM, Meet Start: 1:00 PM

#	Girls/Women	EVENT	Boys/Men	#
75		11-12 200 Breast		76
77		9-10 200 Free		78
79		11-12 200 Free		80
81		9-10 50 Fly		82
83		11-12 50 Fly		84
85		9-10 50 Breast		86
87		11-12 50 Breast		88
89		9-10 100 Back		90
91		11-12 100 Back		92
93		9-10 100 Free		94
95		11-12 100 Free		96

**Chesapeake Bay Aquatic Club Spring Long Course Age Group Meet
Summary of Fees/Release Form**

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

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