



2019 CABIN FEVER MEET

COPPIN STATE AQUATIC CLUB

February 16-17, 2019

Held at **COPPIN STATE UNIVERSITY, Baltimore, MD 21216**

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.

Sanction # MDSI 027

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
Rahim Booth 410- 951-3383 rbooth@coppin.edu	Rahim Booth 2523 Gwynn Falls PKWY Baltimore MD 21216 410-951-3383 rbooth@coppin.edu
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
Tom DeBoissiere deboissiere@verizon.net Meet Notice read & approved by Referee : YES	Guy Taylor 410-951-6800 gutaylor@coppin.edu
OFFICIALS CONTACT	ADMIN OFFICIAL
Tom DeBoissiere deboissiere@verizon.net	Eva Booth

FACILITY

The competition pool is an 8-lane, 25 yard course nine-foot wide lanes separated by non-turbulent lane lines with Paragon starting blocks. The minimum water depth, measured in accordance with **USA Swimming Article 103.2.3** is 9'0" at the start end and 4'0" at the turn end. The meet will be conducted using Daktronics Omni Sport 200 electronic timing system with touchpads. **The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.** Parking is authorized in designated areas only (\$6.00). Vehicles parked in unauthorized spaces are subject to citations and towing.

MEET FORMAT

This is a timed final Age Group pre-seeded meet unless otherwise indicated. Swimmers may be entered **without having achieved a time** in any event. Planned breaks will be presented at the meet's initial coaches' meeting, and each break will be limited to 10 minutes.

Events will be seeded in the following age groupings: 10 & U; 11-12, OPEN and 8 & U. Meet management reserves the right to combine heats. The OPEN 400 IM, 500 & 1000 Free will be a positive check-in, deck seeded event, swum fastest to slowest, with all girls' heats going first, followed by boy's heats. Swimmer competing in the OPEN 400 IM, 500 & 1000 freestyle must provide their own counters. **The Meet Director reserves the right to adjust the start times and the number of sessions based on the number of entries received. Coaches will be notified of any change(s) to starting times**

Session	Day	Warm-up	Meet	Age Group
1	Saturday	8:00 AM	9:00AM	10 & U; 11-12; OPEN
2	Saturday	12:30 PM	1:30 PM	8 & U /
3	Sunday	8:00 AM	9:00 AM	10 & U; 11-12; OPEN
4	Sunday	12:30 PM	1:30 PM	OPEN

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

Day, Date	Time	For:
Thursday, January 24, 2019	6:00PM	Entry deadline
Saturday, February 16 & 17, 2019	1 Hour before Session Starts	Officials Meeting
Saturday, February 16 & 17, 2019	30 mins before Session Starts	Timers Meeting
Saturday, February 16, 2019	1:30PM	Positive Check-in for 400IM & 500FREE
Sunday, February 17, 2019	1:30PM	Positive Check-in for 1000 Free

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. Add any additional facility rules here also.

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 applicable MDSI scratch rules are in effect for this meet and are appended at the end of the meet notice. **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. Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.

SWIMMERS WITH DISABILITIES

Coppin State 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 Coppin State Aquatic Club 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 is required. Email to Coach Booth at rbooth@coppin.edu 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. 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 (also may be within x hours of receipt of entries, etc.). **Coppin State 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.
Maryland LSC Team

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events and a total of 6 individual events for the meet. .

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: Coppin State University	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.00 per event
Facility Surcharge	\$ 7.00 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

CHECK-IN A positive check-in, at the Meet Admin Table, will be required for the following events:

- OPEN 400 IM, 500 & 1000 free

Check in deadline for the OPEN 400 IM, 500 & 1000 Free is 30 min. prior to the race. Swimmers that fail to check in will be scratched from the event.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block. If following the MDSI Scratch Rule: The MDSI Scratch Rule is in effect for this meet. Include the scratch rule (on a separate page) and any penalties that may be accessed.

SCORING No team or individual scoring will be kept

AWARDS Ribbons 1st – 8th place

RESULTS Results will be posted on Coppin State 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.

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 Aquatic Center Lobby Area,. 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. Coppin State 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. 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 (if available). **There is to be no diving or horseplay in this area.**

ORDER OF EVENTS & QUALIFYING TIMES
Saturday, February 16, 2019 Warm-up:
7:30 AM; Meet Start: 8:30AM

Girls/Women	Event	Boys/Men
1	10 & Under 200 FREE	2
3	11 – 12 200 FREE	4
5	OPEN 200 FREE	6
7	10 & Under 50 fly	8
9	11-12 50 Fly	10
11	OPEN 100 Fly	12
13	10 & Under 50 Back	14
15	11-12 50 Back	16
17	OPEN 100 Back	18
19	10 & Under 50 Free	20
21	11-12 50 Free	22
23	OPEN 50 Free	24
25	10 & Under 50 Breast	26
27	11-12 50 Breast	28
29	OPEN 100 Breast	30
31	OPEN 200 Breast	32

Saturday, February 16, 2019
Warm-up: 12:30PM; Meet Start: 1:30

Girls/Women	Event	Boys/Men
33	OPEN 400 IM	34
35	OPEN 500 Free	36

Saturday, February 16, 2019
Warm-up: 12:30PM; Meet Start: 1:30

Girls/Women	Event	Boys/Men
37	8 & Under 50 Free	36
39	8 & Under 25 Fly	38
41	8 & Under 25 Back	40
43	8 & Under 25 Breast	42
45	8 & Under 100 Free	44
47	8 & Under 100 IM	46

Sunday, February 17, 2019
Warm-up: 7:30AM; Meet Start: 8:30AM

Girls/	Event	Boys/M
49	10 & Under 200 IM	50
51	11-12 200 IM	52
53	OPEN 200 IM	54
55	10 & Under 100 Back	56
57	11-12 100 Back	58
59	OPEN 200 Back	60
61	10 & Under 100 Breast	62
63	11-12 100 Breast	64
65	OPEN 200 Breast	66
67	10 & Under 100 Free	68
69	11-12 100 Free	70
71	OPEN 100 Free	72
73	10 & Under 100 Fly	74
75	11-12 100 Fly	76
77	OPEN 200 Fly	78

Sunday, February 17, 2019
Warm-up: 12:30PM; Meet Start: 1:30PM

Girls/Women	Event	Boys/Men
71	OPEN 1000 Free	72

**CSAC Cabin Fever Meet
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Coppin State University**):

Coppin State Aquatic Club
ATTN: Rahim Booth
2523 Gwynns Falls Pkwy
Baltimore, MD 21216
Email to: rbooth@coppin.edu

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
\$2 Surcharge per swimmer			
Facility Surcharge		\$7.00 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. 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

3.1.7 Positive Check-in Events (applies to both timed final and prelims/finals events).

In meets with positive check-in events, swimmers have to check-in with a meet official prior to swimming their events. Refer to the information package or meet notice for check-in requirements. 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 event unless the swimmer declares a false start per **USA Swimming Rules and Regulations Article 101.1.3E** prior to the start of his/her heat. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.