



Robert J. Hogan Memorial Mini  
 Meet Hosted by the Monocacy  
 Aquatic Club January 26-27, 2019

Held at Walkersville High School, 81 West Frederick Street; Walkersville, MD 21793

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming,  
 Inc.  
 Sanction #MD18/19-026

**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](http://www.mdswim.org). All participants, coaches, officials, management and spectators will be held to the standards set within**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Sean Mitchell 240-888-8612 Bio-D-Max@comcast.net	Chris Kaplan P.O. Box 1682 Frederick, MD 21702 410-615-5339 Ckaplan1313@comcast.net
<b>MEET REFEREE</b>	<b>MEET MARSHALL</b>
Ed Goundry <a href="mailto:fgoundry@vglaw.org">fgoundry@vglaw.org</a> Meet Notice read and approved by Referee: YES	Fred Manning fredmanning@comcast.net
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Terry Kirby karter1993@msn.com	Michael Kokoski

**FACILITY**

The Walkersville High School swimming pool has six (6) lanes, 25 yards in length, with non-turbulent lane lines, automated timing system, and a separate spectator seating area. The minimum water depth, measured in accordance with **USA Swimming Article 103.2.3**, is: 3'2" at the turn end to 12' at the start end. **The competition course has not been certified in accordance with 104.2.2C (4).**

**SPECIAL FREDERICK BOARD OF EDUCATION & WALKERSVILLE HS REQUIREMENTS: No street shoes will be allowed on the pool deck – please bring appropriate foot covering to walk from the cafeteria to the pool deck.** Shoes must be worn when not on the pool deck. Competing swimmers are not allowed in the viewing balcony during the event and must stay on the pool deck or in the cafeteria. No smoking is allowed on FCPS grounds.

**MEET FORMAT**

Open to all USA Swimming registered 10-under swimmers. Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	6:50 AM	8:00 AM	9-10 Boys; 8-Under Girls
2	Saturday	12:00 PM	1:10 PM	8-Under Boys; 9-10 Girls
3	Sunday	6:50 AM	8:00 AM	9-10 Boys; 8-Under Girls
4	Sunday	12:00 PM	1:10 PM	8-Under Boys; 9-10 Girls

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Monday, January 7 <sup>th</sup>	5:00pm	Entry deadline
Sat & Sun	7:30am & 12:30pm	Official Briefings
Saturday Only	7:50 a.m. & 1:00 p.m.	Coaches Meeting

**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. Shoes must be worn at all times.

**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 unaccompanied 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. [USA Swimming Rules Article 202.4.9\(H,I,J\)](#)

**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.

**SWIMMERS WITH DISABILITIES** MAC 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 MAC'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** All entries must be submitted on a computer file compatible with Hy-Tek Meet Manager software. Each team must submit a "Team Summary Sheet". We reserve the right to change the warm up and start times after the entries are received and will notify club coaches/representatives of changes. 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. MAC entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Entries received thereafter will be returned immediately.

**ENTRY LIMITATIONS** A swimmer may enter three (3) individual events per day.

**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**

<b>Make checks payable to: Monocacy Aquatic Club</b>	
Individual Event	\$6.50 per event (Free heat sheets will be available on Meet Mobile)
Swimmer Surcharge	\$5.00 per swimmer

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<b>SEEDING</b>	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
<b>AWARDS</b>	Ribbons will be awarded to the top 10 finishers in each event.
<b>RESULTS</b>	<b>Results will be posted on the Monocacy Aquatic Club and MSI's website within 24 hours of the meet's conclusion.</b> At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.
<b>COACHES/OFFICIALS/ MEET STAFF</b>	<p><b><u>POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:</u></b> <i>There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located at 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><b>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.</b></p> <p><b>There will be a need for officials. The Monocacy 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.</b></p>
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
<b>WARM-UP</b>	<b>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. There is to be no diving or horseplay in this area.</b>
<b>HEAT SHEETS</b>	Heat sheets for families will be available for free through Meet Mobile and posted in the facility. Only coach heat sheets will be printed and distributed.

## ORDER OF EVENTS

**Saturday, January 26<sup>th</sup>**  
**9-10 Boys & 8-Under Girls – AM Session**  
**Warm-up: 6:50am; Meet Start: 8am**

Event #		Age	Event
1	Boys	10 Year Old	50 Freestyle
2	Boys	9 Year Old	50 Freestyle
3	Girls	8 Year Old	25 Freestyle
4	Girls	7 Year Old	25 Freestyle
5	Girls	6 & Under	25 Freestyle
6	Boys	10 Year Old	100 Backstroke
7	Boys	9 Year Old	100 Backstroke
8	Girls	8 Year Old	50 Backstroke
9	Girls	7 Year Old	50 Backstroke
10	Girls	6 & Under	50 Backstroke
11	Boys	9-10	100 Butterfly

Event #		Age	Event
12	Girls	8 & Under	50 Butterfly
13	Boys	10 Year Old	50 Breaststroke
14	Boys	9 Year Old	50 Breaststroke
15	Girls	8 Year Old	25 Breaststroke
16	Girls	7 Year Old	25 Breaststroke
17	Girls	6 & Under	25 Breaststroke
18	Boys	10 Year Old	100 Freestyle
19	Boys	9 Year Old	100 Freestyle
20	Girls	8 Year Old	100 Freestyle
21	Girls	7 & Under	100 Freestyle
22	Boys	10-under	200 IM

**Saturday, January 26th**  
**8 & Under Boys; 9-10 Girls – PM Session**  
**Warm-up: 12pm; Meet Start: 1:10pm**

Event #		Age	Event
23	Girls	10 Year Olds	50 Freestyle
24	Girls	9 Year Olds	50 Freestyle
25	Boys	8 Year Olds	25 Freestyle
26	Boys	7 Year Olds	25 Freestyle
27	Boys	6 & Under	25 Freestyle
28	Girls	10 Year Olds	100 Backstroke
29	Girls	9 Year Olds	100 Backstroke
30	Boys	8 Year Olds	50 Backstroke
31	Boys	7 Year Olds	50 Backstroke
32	Boys	6 & Under	50 Backstroke
33	Girls	9-10	100 Butterfly

Event #		Age	Event
34	Boys	8 & Under	50 Butterfly
35	Girls	10 Year Olds	50 Breaststroke
36	Girls	9 Year Olds	50 Breaststroke
37	Boys	8 Year Olds	25 Breaststroke
38	Boys	7 Year Olds	25 Breaststroke
39	Boys	6 & Under	25 Breaststroke
40	Girls	10 Year Olds	100 Freestyle
41	Girls	9 Year Olds	100 Freestyle
42	Boys	8 Year Olds	100 Freestyle
43	Boys	7 & Under	100 Freestyle
44	Girls	10-Under	200 IM

**Sunday, January 27<sup>th</sup>**  
**9-10 Boys & 8-Under Girls – AM Session**  
**Warm-up: 6:50am; Meet Start: 8am**

Event #		Age	Event
45	Girls	8 Year Olds	50 Freestyle
46	Girls	7 Year Olds	50 Freestyle
47	Girls	6 & Under	50 Freestyle
48	Boys	10 Year Olds	100 Breaststroke
49	Boys	9 Year Olds	100 Breaststroke
50	Girls	8 Year Olds	50 Breaststroke
51	Girls	7 & Under	50 Breaststroke
52	Boys	10 Year Olds	50 Backstroke
53	Boys	9 Year Olds	50 Backstroke
54	Girls	8 Year Olds	25 Backstroke

Event #		Age	Event
55	Girls	7 Year Olds	25 Backstroke
56	Girls	6 & Under	25 Backstroke
57	Boys	10 Year Olds	50 Butterfly
58	Boys	9 Year Olds	50 Butterfly
59	Girls	8 Year Olds	25 Butterfly
60	Girls	7 & Under	25 Butterfly
61	Boys	10 Year Olds	100 IM
62	Boys	9 Year Olds	100 IM
63	Girls	8 Year Olds	100 IM
64	Girls	7 & Under	100 IM
65	Boys	10 & Under	200 Freestyle

**Sunday, January 27<sup>th</sup>**  
**8 & Under Boys; 9-10 Girls – PM Session**  
**Warm-up: 12pm; Meet Start: 1:10pm**

Event #		Age	Event
66	Boys	8 Year Olds	50 Freestyle
67	Boys	7 Year Olds	50 Freestyle
68	Boys	6 & Under	50 Freestyle
69	Girls	10 Year Olds	100 Breaststroke
70	Girls	9 Year Olds	100 Breaststroke
71	Boys	8 Year Olds	50 Breaststroke
72	Boys	7 & Under	50 Breaststroke
73	Girls	10 Year Olds	50 Backstroke
74	Girls	9 Year Olds	50 Backstroke
75	Boys	8 Year Olds	25 Backstroke

Event #		Age	Event
76	Boys	7 Year Olds	25 Backstroke
77	Boys	6 & Under	25 Backstroke
78	Girls	10 Year Olds	50 Butterfly
79	Girls	9 Year Olds	50 Butterfly
80	Boys	8 Year Olds	25 Butterfly
81	Boys	7 & Under	25 Butterfly
82	Girls	10 Year Olds	100 IM
83	Girls	9 Year Olds	100 IM
84	Boys	8 Year Olds	100 IM
85	Boys	7 & Under	100 IM
86	Girls	10 & Under	200 Freestyle

**MAC Robert J. Hogan Memorial Mini Meet**

**Summary of Fees/Release Form**

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

Monocacy Aquatic Club

ATTN: Chris Kaplan

P.O. Box 1682

Frederick, MD 21702

Email to: ckaplan1313@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
Swimmer Surcharge		\$5.00 per swimmer	
<b>Total Fees Due</b>			

**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. The Monocacy Aquatic Club, Walkersville High School, Frederick County Public Schools, 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