

NORTH BALTIMORE AQUATIC CLUB



2019 MARYLAND LSC JUNIOR CHAMPIONSHIP SWIM MEET – SITE 2

Hosted by NORTH BALTIMORE AQUATIC CLUB

MARCH 8 – 10, 2019

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THE UMBC AQUATIC COMPLEX

THE UNIVERSITY OF MARYLAND, BALTIMORE COUNTY (UMBC)

1000 HILLTOP CIRCLE

BALTIMORE, MARYLAND 21250

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

Sanction #MD18/19 – 034

(The Meet notice has been read and approved by a certified referee)

In granting this approval 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.mdswwim.org. All participants, officials, coaches, meet management and spectators will be held to the standards set within.

ENTRY DEADLINE: TUESDAY FEBRUARY 19, 2019 @ 5:00 PM

ENTRY FEE DEADLINE: SATURDAY MARCH 2, 2019 @ 5:00 PM

MEET DIRECTOR WILL MCKENNA wmckenna@abischools.org	MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE DALILA SHKOLNIK deshkolnik@gmail.com	MEET MARSHALL ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com	ADMIN OFFICIAL SHAWN HURLEY / LAUREN MCCOMAS

ASSIGNED TEAMS

Open to all USA Swimming Inc. registered swimmers who meet the SCY qualifying standards from the following Maryland LSC Teams:

4MSC ACA BAAC BCSC CATY CGA CSAC FSC FAST FCY
GBSA GTAC HFY HSST JCC LBA MAS MSC NBAC RAC
YCM YRAC

THE MEET IS OPEN TO ONLY THOSE MARYLAND LSC TEAMS LISTED ABOVE.

FACILITY

UMBC is an indoor eight lane, 25 yard pool with separate warmup/down diving well approx. 15 yards wide, which will be open during the meet. The facility has an Daktronics timing system and scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth , measured in accordance with Article 103.2.3 is 4'0" to 4'2" at the start end and 4'8" to 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

ALL swimmers and spectators attending this meet are guests of the University of Maryland at Baltimore County and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

Chairs are not permitted in the stands.

Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

NO ONE is permitted on the basketball courts AT ANY TIME.

Use of the indoor track for seating, vendor sales and concessions is at the discretion of UMBC. Coaches will be notified of availability prior to the start of the meet.

MEET FORMAT

The meet is OPEN to assigned Maryland LSC Teams ONLY.

All Events are Timed Finals Events. ALL entry times must be achieved and submitted in SCY. Qualifying times are faster than modified 'B' Time and slower than the MD LSC SR and 14 & U championship MEETS. See the order of events pages for exact qualifying times.

ALL Friday events are positive check-in events.

ALL Saturday & Sunday Individual events will be pre-seeded.

Swimmers must provide their own timers and counters for all of Friday's events.

Upon request by the Meet Director, MD LSC Technical Planning may split or combine sessions in order to run a more effective meet.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:30 PM	4:30 PM	ALL
2	Saturday	7:00 AM	8:00 AM	9-10, 11-12
3	Saturday	12:30 PM	1:40 PM	13-14, 15 & O
4	Sunday	7:00 AM	8:00 AM	9-10, 11-12
5	Sunday	12:30 PM	1:40 PM	13-14, 15 & O

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday February 19, 2019	5:00 PM	ENTRY DEADLINE
Saturday March 2, 2019	5:00 PM	ENTRY FEE DEADLINE
Friday March 8, 2019	3:45 PM	400 IM / 500 FR POSITIVE CHECK-IN
Friday March 8, 2019	3:45T PM	Officials Briefings
Saturday March 9, 2019	7:15 AM / 12:45 PM	Officials Briefings
Saturday March 9, 2019	7:30 AM / 1:00 PM	Coaches Meeting / If Needed
Sunday March 10, 2019	7:15 AM / 12:45 PM	Officials Briefings

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 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 a racing start or must start each race from within the water. When unaccompanied by an USA Swimming 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

Open to all USA Swimming Inc. registered swimmers who meet the SCY qualifying standards from the following Maryland LSC Teams:

4MSC ACA BAAC BCSC CATY CGA CSAC FSC FAST FCY
GBSA GTAC HFY HSST JCC LBA MAS MSC NBAC
RAC YCM YRAC

THE MEET IS OPEN TO ONLY THOSE MARYLAND LSC TEAMS LISTED ABOVE.

ALL QUALIFYING TIMES MUST HAVE BEEN ACHIEVED IN SHORT COURSE YARDS (SCY).

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.

15 & OLDER Swimmers: Must have SCY qualifying times equal to or faster than the times listed in the schedule of events (faster than 1 second per 50 under the USA Swimming 'BB' Time standard) . In addition, swimmers must have times slower than the 2019 Maryland LSC Senior Championships Qualifying Times. 15 & older swimmers who have one Qualifying Time may swim *two additional Bonus events* as long as it does not exceed the meet entry limit. *Bonus events* must be a minimum of .5 seconds per 50 from times listed in the schedule of events. *Bonus events* can be any event 200 yards or less. The 400 IM, 500 Free are not eligible for bonus events.

14 & Under Swimmers: Must have qualifying times equal to or faster than the times listed in the schedule of events (faster than 1 second per 50 under the USA Swimming 'BB' Time standard for 11 – 14 year old swimmers / faster than 2 seconds per 50 under the USA Swimming 'BB' Time standard for 10 & U swimmers). In addition, swimmers must have times slower than the 2019 Maryland LSC 14 & U Championships Qualifying Times. 14 & under swimmers who have one Qualifying Time may swim *two additional Bonus events* as long as it does not exceed the meet entry limit. *Bonus events* must be a minimum of .5 seconds per 50 from times listed in the schedule of events. *Bonus events* can be any event 200 yards or less. The 400 IM, 500 Free are not eligible for bonus events.

Qualifying times must have been achieved Between February 22, 2018 and the qualifying deadline (February 19, 2019) of the meet.

Any swimmer who achieves a time faster than the SCY "slower than " time at any point prior to the start of the meet, may not swim the event (even if previously entered). Lead off relay splits are also subject to the rule.

EXCEPTION: Swimmers with best times faster than the "slower than times" but have not achieved the time since February 22, 2018 may swim that event in this meet. In that case the swimmer shall have achieved the 2019 Maryland LSC Junior Championship Qualifying time in the Qualifying period (February 22, 2018 – February 19, 2019) and should be entered with that time.

SWIMMERS WITH DISABILITIES

NBAC 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 NBAC'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 Staff has the authority to inform and protect coaches and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event may be asked to withdraw from the competition and/or leave the venue as a safety precaution.

ENTRIES

ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries (Please check the proof of times option).

Qualifying times must be achieved in SCY. Entries must be submitted in SCY. No converted times or NT entries will be accepted.

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Wednesday February 19, 2019 at 5:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Saturday March 2, 2019 at 5:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Saturday March 3, 2018 at 5:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

All Relay Only Swimmers should be listed in each teams entries. Swimmers not listed will not be permitted to compete in the meet.

BONUS EVENTS:

Bonus events will be offered in ALL age groups. The following guidelines will be used for the bonus events:

- Swimmers who meet the entry time standards in at least one event may enter two(2) bonus events.
- The bonus event may be swum on either Saturday or Sunday.
- Total number of events entered must not exceed the 4 event per day limit.
- The 400 IM and 500 Freestyle are not eligible for bonus events

Bonus event standard: Entry times for Bonus Events must be within .5 seconds per 50 of the qualifying time for the event. 50 yard events – with .5 seconds, 100 yard events – within 1 second, 200 yard events – within 2 seconds.

The 400 IM and 500 Free are not eligible as bonus events.

ENTRY LIMITATIONS

Swimmers may enter a maximum of 9 Individual events and 2 relays for the meet.

Swimmers may enter a max. of 2 events in the Friday evening session.

13 & Older swimmers may enter a maximum of 4 events & 1 relay in the Saturday and Sunday AM session's .

12 & U swimmers may enter a maximum 4 events and 1 relay in the Saturday and Sunday PM sessions.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. NO LATE ENTRIES WILL BE ACCEPTED.

NOTE: If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet. Next resolution will be to limit swimmers to 1 event on Friday and 3 events per day on Saturday & Sunday.

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 Tuesday February 19, 2019 @ 5:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Saturday March 2, 2019 @ 5:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Saturday March 2, 2019 @ 5:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

ENTRY FEES

Make checks payable to: NBAC	
Individual Event	\$7.50 per individual event
Relay Event	\$15.00 per relay
LSC / Swimmer Surcharge	\$15.00 per swimmer
Individual Event / Paper Entry	\$12.00 per individual event
Relays / Paper Entry	\$24.00 per relay event

Entry Fees should be sent to:

North Baltimore Aquatic Club
 ATTN: Tom Himes
 P.O. Box 20801
 Baltimore, Maryland 21209

SEEDING

ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Non Conforming , Converted times or no time entries will not be accepted.

CHECK IN

ALL FRIDAY EVENTS (400 IM / 500 FR) REQUIRE POSITIVE CHECK-IN BY 3:45 PM.

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 a declared False tart will not eliminate this penalty.

SCRATCH

There will be no penalty for scratching pre-seeded events. For 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 a declared False tart will not eliminate this penalty.

SCORING

No team or individual scoring.

AWARDS

14 & Under swimmers will receive awards for 1st – 8th place in individual events. There will be no awards for 15 & O events. There will be no awards for relay events. Awards not picked up at the conclusion of the meet will not be mailed.

RESULTS

Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be posted on the NBAC and MSI's website within 24 hours of the meet's conclusion. Results will also be sent out via email to all teams to the email address the entries were received from, within 24 hours.

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 next to the announcer's stand on the pool deck. 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. NBAC 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. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

NOTE: Officials wishing to sign up to officiate the meet should do so by going to the following link:

<https://docs.google.com/spreadsheet/viewform?formkey=dEJLMzQ5T1o2OC12d1gzVjBGWFR5RIE6MQ#gid=0>

NOTE: Swimmers must supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION.

HOSP. / CONC.

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand operated by UMBC.

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.



2019 MARYLAND LSC JUNIOR CHAMPIONSHIP SWIM MEET – SITE 2

ORDER OF EVENTS & QUALIFYING TIMES

(Qualifying Times Faster than or Equal to & Slower than)

Session 1: Friday March 8, 2019

Warm-up: 3:30 PM

Meet Starts: 4:30 PM

#	Girls Faster than or Equal to: SCY	Girls Slower than: SCY	Event	Boys Slower than: SCY	Boys Faster than or Equal to: SCY	#
1	6:04.79	5:28.09	11-12 400 IM	5:28.09	5:54.39	2
3	5:47.69	4:59.49	13-14 400 IM	4:49.99	5:25.39	4
5	5:39.99	4:59.39	15 & O 400 IM	4:43.99	5:13.99	6
7	7:55.49	6:48.39	9 - 10 500 FREE	6:48.39	7:46.99	8
9	6:48.39	5:53.89	11-12 500 FREE	5:53.89	6:37.49	10
11	6:30.09	5:29.99	13-14 500 FREE	5:19.99	6:08.99	12
13	6:22.09	5:29.89	15 & O 500 FREE	5:14.39	5:55.99	14

NOTE: Heats from Events 1,3,5 and 2,4,6 will be combined, if possible, when there are 4 swimmers or less in a heat after the scratch positive check-in deadline. Heats from Events 7,9,11,13 and 8,10,12,14 will be combined , if possible, when there are 4 swimmers or less in a heat after the positive check-in deadline.

NOTE: Friday evening events will be swum slowest to fastest in event order.

NOTE: Swimmers must supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION.

Session 2: Saturday, March 9, 2019

Warm-up: 7:00 AM

Meet Starts: 8:00 AM

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or equal to)	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
15	2:53.89	2:51.89	2:38.29	11-12 200 FLY	2:38.29	2:47.99	2:49.99	16
17	49.99	49.49	42.49	9-10 50 BREAST	42.49	48.59	49.09	18
19	41.49	40.99	36.89	11-12 50 BREAST	37.19	40.59	41.09	20
21	1:35.69	1:34.69	1:20.59	9-10 100 BACK	1:20.79	1:33.69	1:34.69	22
23	1:21.49	1:20.49	1:09.89	11-12 100 BACK	1:10.89	1:17.79	1:18.79	24
25	1:24.99	1:23.99	1:10.89	9-10 100 FREE	1:10.69	1:22.79	1:23.79	26
27	1:11.29	1:10.29	1:01.19	11-12 100 FREE	1:01.69	1:07.89	1:08.89	28
29	3:25.59	3:23.59	2:55.99	9-10 200 IM	2:55.99	3:21.19	3:23.19	30
31	2:53.79	2:51.79	2:31.69	11-12 200 IM	2:32.69	2:48.19	2:50.19	32
33	44.29	43.79	36.09	9-10 50 FLY	37.09	42.49	42.99	34
35	35.59	35.09	31.09	11-12 50 FLY	31.29	35.19	35.69	36
				10 MINUTE BREAK				
37	2:49.99	2:47.99	2:31.69	11-12 200 BACK	2:35.09	2:44.29	2:46.29	38
				5 MINUTE BREAK				
39	N/A	N/A	N/A	9-10 200 FREE RELAY	N/A	N/A	N/A	40
41	N/A	N/A	N/A	11-12 200 FREE RELAY	N/A	N/A	N/A	42

Session 3: Saturday, March 9, 2019

Warm-up: 12:30 PM

Meet Starts: 1:30 PM

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or equal to)	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
43	2:43.89	2:41.89	2:22.39	13-14 200 FLY	2:17.99	2:30.99	2:32.99	44
45	2:40.89	2:38.89	2:22.29	15 & Over 200 FLY	2:11.39	2:24.59	2:26.59	46
47	1:14.69	1:13.69	1:04.89	13-14 100 BACK	1:01.69	1:08.89	1:09.89	48
49	1:13.09	1:12.09	1:04.69	15 & Over 100 BACK	59.79	1:05.49	1:06.49	50
51	3:04.29	3:02.49	2:40.99	13-14 200 BREAST	2:33.09	2:49.59	2:51.59	52
53	3:00.69	2:58.69	2:40.59	15 & Over 200 BREAST	2:28.09	2:40.59	2:42.59	54
55	1:08.79	1:07.79	57.09	13-14 100 FREE	53.99	1:02.89	1:03.89	56
57	1:07.59	1:06.59	56.69	15 & Over 100 FREE	51.39	1:00.39	1:01.39	58
59	2:45.19	2:43.19	2:20.89	13-14 200 IM	2:13.69	2:32.59	2:34.59	60
61	2:42.19	2:40.19	2:18.29	15 & Over 200 IM	2:07.69	2:25.79	2:27.79	62
				5 MINUTE BREAK				
63	N/A	N/A	N/A	13-14 400 FREE RELAY	N/A	N/A	N/A	64
65	N/A	N/A	N/A	15 & Over 400 FREE RELAY	N/A	N/A	N/A	66

Session 4: Sunday, March 10, 2019

Warm-up: 7:00 AM

Meet Starts: 8:00 AM

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or equal to)	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
67	3:14.59	3:12.59	2:56.29	11-12 200 BREAST	2:56.29	3:04.99	3:06.99	68
69	44.39	43.89	37.19	9-10 50 BACK	37.99	44.39	44.89	70
71	37.09	36.59	32.59	11-12 50 BACK	32.89	36.29	36.79	72
73	1:44.09	1:43.09	1:26.69	9-10 100 FLY	1:26.69	1:41.99	1:42.99	74
75	1:21.29	1:20.29	1:10.29	11-12 100 FLY	1:11.09	1:18.49	1:19.49	76
77	1:49.99	1:48.99	1:33.39	9-10 100 BREAST	1:33.39	1:45.89	1:46.89	78
79	1:30.39	1:29.39	1:19.99	11-12 100 BREAST	1:20.59	1:27.49	1:28.49	80
81	37.69	37.19	31.59	9-10 50 FREE	31.49	36.49	36.99	82
83	32.99	32.49	28.19	11-12 50 FREE	27.79	31.29	31.79	84
85	1:36.69	1:35.69	1:20.49	9-10 100 IM	1:21.29	1:33.39	1:34.39	86
87	1:21.39	1:20.39	1:10.39	11-12 100 IM	1:11.09	1:16.99	1:17.99	88
89	3:07.39	3:05.39	2:36.39	9-10 200 FREE	2:35.69	2:55.99	2:57.99	90
91	2:35.69	2:33.69	2:13.89	11-12 200 FREE	2:15.09	2:28.59	2:30.59	92
				5 MINUTE BREAK				
93	N/A	N/A	N/A	9-10 200 MEDLEY RELAY	N/A	N/A	N/A	94
95	N/A	N/A	N/A	11-12 200 MEDLEY RELAY	N/A	N/A	N/A	96

Session 5: Sunday, March 10, 2019

Warm-up: 12:30 PM

Meet Starts: 1:30 PM

#	Girls/ Women SCY Bonus Event	Girls/ Women SCY Faster Than (or equal to)	Girls/ Women SCY Slower Than	Event	Boys/ Men SCY Slower Than	Boys/ Men SCY Faster Than (or equal to)	Boys/ Men SCY Bonus Event	#
97	1:14.39	1:13.39	1:04.99	13-14 100 FLY	1:01.09	1:08.39	1:09.39	98
99	1:12.99	1:11.99	1:04.69	15 & Over 100 FLY	57.69	1:05.39	1:06.39	100
101	2:41.39	2:39.39	2:18.79	13-14 200 BACK	2:13.49	2:29.89	2:31.89	102
103	2:38.39	2:36.39	2:18.69	15 & Over 200 BACK	2:09.89	2:23.19	2:25.19	104
105	1:25.39	1:24.39	1:14.39	13-14 100 BREAST	1:10.79	1:17.59	1:18.59	106
107	1:23.69	1:22.69	1:14.29	15 & Over 100 BREAST	1:07.89	1:14.09	1:15.09	108
109	31.79	31.29	26.39	13-14 50 FREE	24.89	28.89	29.39	110
111	31.29	30.79	26.29	15 & Over 50 FREE	23.79	27.79	28.29	112
113	2:28.19	2:26.19	2:03.99	13-14 200 FREE	1:58.09	2:16.79	2:18.79	114
	2:25.19	2:23.19	2:03.09	15 & Over 200 FREE	1:52.79	2:11.49	2:13.49	116
				5 MINUTE BREAK				
117	N/A	N/A	N/A	13-14 400 MEDLEY RELAY	N/A	N/A	N/A	118
119	N/A	N/A	N/A	15 & Over 400 MEDLEY RELAY	N/A	N/A	N/A	120

2019 MARYLAND LSC SWIMMING CHAMPIONSHIP SWIM MEET – SITE 2

ENTRY SUMMARY / RELEASE FORM

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

NORTH BALTIMORE AQUATIC CLUB

ATTN: Tom Himes

P.O. Box 20801

Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
Relay Entries		\$15.00 per relay	
LSC / Swimmer Surcharge		\$15.00 per swimmer	
Individual Entries/Paper		\$12.00	
Relay Entries / Paper		\$24.00 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. NBAC, UMBC, 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