

Senior Meet

Hosted by Annapolis Swim Club

February 2-3, 2019

Arundel Olympic Swim Center, 2690 Riva Road, Annapolis MD, 21401

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

Sanction # MD 18-19/028

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

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Ken DeGruchy 7611 Gunmill Lane Glen Burnie, MD 21060 Ascmeetentries@gmail.com	Ken DeGruchy 7611 Gunmill Lane Glen Burnie, MD 21060 Ascmeetentries@gmail.com
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
Doug Karr Dkarr29@gmail.com 410-353-5948 Meet Notice read & approved by Referee : YES	Elizabeth Cmiel
OFFICIALS CONTACT	ADMIN OFFICIAL
Doug Karr Dkarr29@gmail.com 410-353-5948	Becky Sloan sloangang@gmail.com

FACILITY The competition course has not been certified in accordance with 104.2.2C (4).

MEET FORMAT Timed Final event

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00 am	8:00 am	13-14, 15-18
2	Saturday	12:00 pm	1:00 pm	9-10,11-12
3	Saturday	5:00 pm	6:00 pm	13-14, 15-18
4	Sunday	7:00 am	8:00 am	13-14,15-18
5	Sunday	12:00 pm	1:00 pm	9-10,11-12

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday January 18 2019	5:00 pm	Entry deadline
Saturday February 2, 2019	7:45 am	Coaches/General Meeting
Saturday February 2, 2019	7:00 am	Official Briefings
Saturday February 2, 2019	9:00 am	400 IM positive check in
Saturday February 2, 2019	5:30 pm	500 Free positive check in
Sunday February 3, 2019	9:00 am	500 free positive check in

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.

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 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. A swimmer's age on the first day of the meet will determine their age for the entire meet. Maximum 4 events per session maximum of 7 events per day. Qualification times are faster than posted on meet notice. Bonus events are: If 2 qualifying times are made then swimmer may swim maximum number of events.

SWIMMERS WITH DISABILITIES

ASC 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 **ASC** 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 Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. 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. ASC 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 4 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. Also include: 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: ASC	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.50 per event
Facility charge	\$13.00 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, located deck side, will be required for the following events:

- 500 free
- 400 IM

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.

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

RESULTS Results will be posted on MSI’s website within 24 hours of the meet’s conclusion

COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration. Either Deck Pass or a membership card will be acceptable as proof of membership. 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.
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. ASC 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. Either Deck Pass or a membership card will be acceptable as proof of membership. 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 snack room 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.
COACHES/OFFICIAL S/MEET STAFF	<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 on 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.</i>

ORDER OF EVENTS & QUALIFYING TIMES

Saturday February 2, 2019
Warm-up: 7:00 am; Meet Start: 8:00 am

#	Girls/Women	Event	Boys/Men	#
1	28.19	50 free	25.99	2
3	1:22.29	100 Breast	1:10.79	4
5	2:22.29	200 Free	2:03.89	6
7	1:12.29	100 Fly	1:01.89	8
9	5:42.19	400 IM	4:55.69	10

Saturday February 2, 2019
Warm-up: 12:00 pm; Meet Start: 1:00 pm

#	Girls/Women	Event	Boys/Men	#
11	35.69	9-10 50 Free	35.69	12
13	31.69	11-12 50 free	30.99	14
15	1:45.69	9-10 100 Breast	1:43.69	16
17	1:28.69	11-12 100 Breast	1:27.89	18
19	42.39	9-10 50 fly	41.99	20
21	34.59	11-12 50 fly	35.19	22
23	1:33.49	9-10 100 back	1:32.09	24
25	1:19.49	11-12 100 back	1:19.89	26
27	1:32.39	9-10 100 IM	1:31.89	28
29	1:19.19	11-12 100 IM	1:15.59	30

Saturday February 2, 2019
Warm-up: 5:00 pm; Meet Start: 6:00 pm

#	Girls/Women	Event	Boys/Men	#
31	2:24.29	200 back	2:15.59	32
33	2:46.29	200 breast	2:34.69	34
35	5:52.99	500 free		
		Swum fastest to slowest. Swimmers must provide their own timers		

Sunday February 3, 2019
Warm-up: 7:00 am; Meet Start: 8:00 am

#	Girls/Women	Event	Boys/Men	#
36	1:07.79	100 back	1:03.39	37
38	2:27.29	200 Fly	2:17.49	39
40	1:01.19	100 free	56.89	41
42	2:28.89	200 IM	2:18.89	43
		500 free	5:33.39	44
		Swum fastest to slowest and swimmers must provide their own timers		

Sunday February 3, 2019
Warm-up: 12:00 pm; Meet Start: 1:00 pm

#	Girls/Women	Event	Boys/Men	#
45	1:21.09	9-10 100 free	1:19.39	46
47	1:08.29	11-12 100 free	1:06.99	48
49	47.79	9-10 50 breast	47.49	50
51	40.99	11-12 50 breast	40.29	52
53	1:40.39	9-10 100 fly	1:39.39	54
55	1:19.39	11-12 100 fly	1:17.59	56
57	43.29	9-10 50 back	43.19	58
59	36.09	11-12 50 back	36.09	60
61	3:17.89	9-10 200 IM	3:16.89	62
63	2:49.49	11-12 200 IM	2:47.39	64

**ASC Senior Meet
Summary of Fees/Release Form**

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

Annapolis Swim Club
Ken DeGruchy
7611 Gunmill lane
Glen Burnie, MD 21060
ascmeetentries@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
\$2 Surcharge per swimmer		\$2.00 per swimmer	
Facility Charge per swimmer		\$13.00	
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