



## 2018 CAC Rudolph Meet

Hosted by Calvert Aquatics Club

December 14-16, 2018

Held at the **Edward T. Hall Aquatic Center, 130 Auto Drive, Prince Frederick, MD 20678**

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

Sanction # MDSI 18-19/017

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>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
Pietro Deriu 909 478 2501 <a href="mailto:cacmeet@calvertaquaticsclub.org">cacmeet@calvertaquaticsclub.org</a> Phone number for coaches only	Pietro Deriu 909 478 2501 <a href="mailto:cacmeet@calvertaquaticsclub.org">cacmeet@calvertaquaticsclub.org</a> Phone number for coaches only
<b>MEET REFEREE</b>	<b>USA Registered MEET SAFETY DIRECTOR</b>
Tom DeBoissiere Deboissiere@verizon.net Meet Notice read & approved by Referee: YES	Ryan Kohl rkohl@calvertaquaticsclub.org
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Tom Schmidt <a href="mailto:Officials@calvertaquaticsclub.org">Officials@calvertaquaticsclub.org</a>	Satoshi Katsumoto Carron Dunker

### FACILITY

The Edward T. Hall Aquatic facility features an indoor ten (10) lanes 25 yards pool, with non-turbulent lane lines and continuous flow through gutters. The meet will be conducted using the Colorado electronic timing system with touchpads. The depth of the competition pool varies from 8.6 feet to 13 feet from both ends.

The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

#### Notes:

1. Chairs are not permitted in the stands area.
2. Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times

- 3. Parking is authorized in designated parking spaces only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.**

**MEET FORMAT**

Open to all USA Swimming registered swimmers with USA Swimming 2017-2020 “BB” times and Faster for all age group (10&U, 11-12, 13&O)

- The Meet will be conducted as Timed Finals
- Pre-seeded meet (Slowest to fastest unless otherwise indicated)
- Possible event entry limitations
- Swimmers may swim a maximum of 4 individual events per day and will be limited to nine (9) events total for the entire meet plus relays
- Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet.

Relays are limited to 2 Relays per team (A&B). All the following 13&O relays must have their own timer: 400 Medley Relay and 400 Free Relay. Each swimmer in the 1650 Free 13&O, 500 Free 12&U and 500 FR 13&O must provide its own timer (1) and counter (1) and it will be seeded fastest to slowest and swum alternating girls/boy.

If oversubscription occurs, entries may be limited to a maximum of 4 individual events per session, including the 1650 Free events, will be limited to the top 20 entries per gender.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday, Dec 14	3:30PM	4:30PM	13&O, 12&U
2	Saturday, Dec 15	7:00AM	8:00AM	12&U
3	Saturday, Dec 15	12:00PM	1:00PM	13&OVER
4	Sunday, Dec 16	7:00AM	8:00AM	12&U
5	Sunday, Dec 16	12:00PM	1:00PM	13&OVER

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Monday, Nov 26th 2018	8:00 PM	Entry deadline
Monday, Dec 3rd	1:00PM	Checks
Fri, Dec 14 <sup>th</sup> - Sat, Dec 15 <sup>th</sup> & Sun, Dec. 16 <sup>th</sup> 2018	45 minutes prior to start of the session	Official Briefings
Fri & Sat, Dec. 14&15 2018	15 min prior to start of the session	Coaches Meeting If Needed
Friday, December 14th	3:40PM	Positive check-in 400 IM 13&O, 1650Free 13&O
	4:30PM	Positive check-in 500 Free 12&U
Sun, Dec 16th	12:30PM	Positive check-in 500 Free 13&O

<b>SAFETY</b>	<b>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.</b>
<b>RACING STARTS</b>	<b>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.</b>
<b>RULES</b>	<b>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.</b>
<b>ELIGIBILITY</b>	<p><b>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.</b></p> <p>A swimmer's age on the first day of the meet will determine their age for the entire meet.</p> <ul style="list-style-type: none"> <li>- Open to all 10&amp;U, 11-12, and 13&amp;O USA registered swimmers with 2017-2020 "BB" times and faster</li> <li>- All entries should be submitted in short course yards. Converted times using standard conversion methods are NOT acceptable.</li> <li>- USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during the warm-up, competition, and warm-down. The Meet Director will assist swimmers without 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]</li> </ul>
<b>SWIMMERS WITH DISABILITIES</b>	<b>Calvert Aquatics 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</b>

**personal assistants required and/or registered service animals. Failure to provide advance notice may limit Calvert Aquatics 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. 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 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. Calvert Aquatics Club 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**

- Swimmers may swim a maximum of 4 individual events per day and will be limited to nine (9) events total for the entire meet plus relays
- A swimmer with 3 or more "BB" Times can swim up to the maximum events. These events are limited to 200 meters or less events and must be marked bonus events in Team Manager.
- A & B Relays per team, The meet will be limited to the TOP 20 relays in each event.
- There will be no Deck Entries accepted.
- No Times are not accepted.

**IF needed the following events will be limited to limit session length:**

- If we are oversubscribed, bonus events will be removed first.
- Entries may be limited to a maximum of 4 individual events per session.
- The 13&O 1650 Free will be limited to the fastest 4 heats (20 swimmers in each event).
- 500 Free 12&U and 500 Free 13&O events will be limited to the fastest 3 heats per event (30 swimmers per gender)
- ALL 200(s) 12&U events will be limited to the fastest 8 heats

**NOTE: If the meet is oversubscribed, non-Maryland LSC teams will be dropped first, then, if necessary, Maryland LSC swimmers. Teams may be**

asked to reduce the number of events swimmers swim in to lower the timeline. These limitations will be used only if we do need to cut time in the session length. Coaches will be contacted before the meet if entries will be limited in certain events. Refunds for swimmers dropped from events will be mailed to the appropriate team no longer than 48 hours following the conclusion of the meet.

We reserve the right to change the warm-up and start times based on entries received. Please check for any changes on [www.mdswim.org](http://www.mdswim.org).

**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: Calvert Aquatics Club
LSC Surcharge	\$2.00 per Swimmer
Facility Surcharge	\$10.00 per Swimmer
Individual Event	\$7.50 per event
Relay Event	\$15.00 Per relay

**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** Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

All the following Event Require a Positive Check-in:

- EVENT #1 & 2 (400 IM 13&O)
- EVENT #5 & 6 (1650 FR 13&O)
- EVENT #7 & 8 (500 FR 12&U)
- EVENT #67 & 68 (500 FR 13&O)

Positive check-in will be located near lane 1 on the competition pool at the official table

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

**SCORING** No team or individual scoring will be kept.

<b>AWARDS</b>	Ribbons will be awarded to the top 8 finishers in each age group, 9-10 & 11-12. No Ribbon will be given to for 13&O events
<b>RESULTS</b>	Results will be posted on Calvert Aquatics Club's and MSI'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.
<b>COACHES/ OFFICIALS/ MEET STAFF</b>	<p><b><u>POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:</u> 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.</b></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. Calvert Aquatics Club welcomes and encourages anyone willing to volunteer to contact the officials contact (Tom Schmidt ) 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. Deck Pass 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 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>	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. There is to be no diving or horseplay in this area.
<b>Directions</b>	<p>GPS Address Edward T. Hall Aquatic Center 103 Auto Drive Prince Frederick, MD 20678</p> <p>From Route 4 South From Route 4 South, turn west / right onto Auto Drive at the Bayside Auto Dealership. In approximately 300 yards, the facility will be on your right after the roundabout at 130 Auto Drive.</p>

From Route 4 North

From Route 4 North, turn west / left onto Stoakley Road at traffic light. In approximately 100 yards, turn north / right onto North Prince Frederick Blvd towards Maryland VEIP Station. Continue about 200 yards and travel around the roundabout to facility parking lot at 130 Auto Drive.

## ORDER OF EVENTS & QUALIFYING TIMES

### Session 1

Friday Afternoon, December 14th, 2018

Warm-up: 3:00 PM; Meet Start: 4:00PM

Girls Event #	Faster Than				Timed final Event	Faster Than				Boys Event #
	10&U	11-12	13-14	15&O		10&U	11-12	13-14	15&O	
1			5:39.69	5:31.99	400 IM 13&O			5:17.39	5:05.59	2
3	3:15.59	2:47.79			200 IM 12&U	3:13.19	2:44.19			4
5			21:43.19	21:26.19	1650 Freestyle 13&O			20:43.19	20:02.89	6
7	6:44.89	6:38.39			500 Free 12&U	7:26.99	6:27.49			8

### Session 2

Saturday Morning, December 15th, 2018

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

Girls Event #	Faster Than		Timed final Event	Faster Than		Boys Event #
	10&U	11-12		10&U	11-12	
9	2:57.39	2:29.69	200 free 12&U	2:47.99	2:24.59	10
11	1:30.69	1:18.49	100 Backstroke 12&U	1:29.69	1:15.79	12
13	47.49	39.99	50 Breaststroke 12&U	46.59	39.59	14
15	1:39.09	1:18.29	100 Fly 12&U	1:37.99	1:16.49	16
17	35.19	31.49	50 Free 12&U	34.49	30.29	18
19		3:08.59	200 Breaststroke 11-12		3:00.99	20
21			200 Medley Relay 12&U			22

### Session 3

Saturday Afternoon, December 15th, 2018

Warm-up: 12:00 PM ; Meet Start: 1:00PM

Girls Event #	Faster Than		Timed final Event	Faster Than		Boys Event #
	13-14	15&O		13-14	15&O	

<b>23</b>			<b>200 Medley Relay 13&amp;O</b>			<b>24</b>
<b>25</b>	2:22.19	2:19.19	<b>200 Free 13&amp;O</b>	2:12.79	2:07.49	<b>26</b>
<b>27</b>	1:11.39	1:09.99	<b>100 Fly 13&amp;O</b>	1:06.39	1:03.39	<b>28</b>
<b>29</b>	2:58.29	2:54.69	<b>200 Breaststroke 13&amp;O</b>	2:45.59	2:36.59	<b>30</b>
<b>31</b>	1:11.69	1:10.09	<b>100 Backstroke 13&amp;O</b>	1:06.89	1:03.49	<b>32</b>
<b>33</b>	30.29	29.79	<b>50 Free 13&amp;O</b>	27.89	26.79	<b>34</b>
<b>35</b>			<b>400 Free Relay 13&amp;O</b>			<b>36</b>

**Session 4**  
**Sunday Morning, December 16th, 2018**  
**Warm-up: 7:00AM ; Meet Start: 8:00AM**

Girls Event #	Faster Than		Timed final Event	Faster Than		Boys Event #
	10&U	11-12		10&U	11-12	
<b>39</b>		2:43.99	<b>200 backstroke 11-12</b>		2:40.29	<b>38</b>
<b>39</b>		2:47.89	<b>200 fly 11-12</b>		2:43.99	<b>40</b>
<b>41</b>	1:44.99	1:27.39	<b>100 Breaststroke 12&amp;U</b>	1:41.89	1:25.49	<b>42</b>
<b>43</b>	1:19.99	1:08.29	<b>100 Free 12&amp;U</b>	1:18.79	1:05.89	<b>44</b>
<b>45</b>	41.89	35.59	<b>50 backstroke 12&amp;U</b>	42.39	35.29	<b>46</b>
<b>47</b>	41.79	34.09	<b>50 fly 12&amp;U</b>	40.49	34.19	<b>48</b>
<b>49</b>	1:31.69	1:18.39	<b>100 IM 12&amp;U</b>	1:29.39	1:14.99	<b>50</b>
<b>51</b>			<b>200 Free Relay 12&amp;U</b>			<b>52</b>

**Session 5**  
**Sunday Afternoon, December 16th, 2018**  
**Warm-up: 12:00 PM ; Meet Start: 1:00 PM**

Girls Event #	Faster Than		Timed final Event	Faster Than		Boys Event #
	13-14	15&O		13-14	15&O	
<b>53</b>			<b>200 Free Relay 13&amp;O</b>			<b>54</b>
<b>55</b>	1:05.79	1:04.59	<b>100 Free 13&amp;O</b>	1:00.89	58.39	<b>56</b>
<b>57</b>	2:39.19	2:36.19	<b>200 IM 13&amp;O</b>	2:28.59	2:21.79	<b>58</b>
<b>59</b>	2:37.89	2:34.89	<b>200 Fly 13&amp;O</b>	2:26.99	2:20.59	<b>60</b>
<b>61</b>	1:22.39	1:20.69	<b>100 Breaststroke 13&amp;O</b>	1:15.59	1:12.09	<b>62</b>
<b>63</b>	2:35.39	2:32.39	<b>200 Backstroke 13&amp;O</b>	2:25.89	2:19.19	<b>64</b>
<b>65</b>	6:20.09	6:12.09	<b>500 Free 13&amp;O</b>	5:58.99	5:45.99	<b>66</b>
<b>67</b>			<b>400 Medley Relay 13&amp;O</b>			<b>68</b>

**Calvert Aquatics Club Inaugural Meet**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Calvert Aquatics Club):  
Calvert Aquatics Club



ATTN: Ryan Kohl  
 136 West Dares Beach Road Box 125  
 Prince Frederick MD 20678  
 Email to: treasurer@calvertaquaticsclub.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
LSC Surcharge per swimmer		\$2.00 per event	
Facility Surcharge		\$10.00 per swimmer	
Relay Surcharge		\$20.00 per relay	
<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. 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