

BST

Eastern Shore Invitational  
Hosted by BST  
Nov 30, Dec 1-2, 2018  
Held at Sussex Academy Aquatics Center (SAAC)  
21150 Airport Road  
Georgetown, DE 19947

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction # MDSI 18-19/066

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

<b>MEET DIRECTOR</b> Brittany Thornton 16672 Woodland Ct Bridgeville, DE 19933 302-569-4899 Brittanyrae4331@gmail.com	<b>MEET ENTRY COORDINATOR</b> Brittany Thornton 16672 Woodland Ct Bridgeville, DE 19933 302-569-4899 Brittanyrae4331@gmail.com
<b>MEET REFEREES</b> Kevin Walls <a href="mailto:csmmet@aol.com">csmmet@aol.com</a> Meet notice read & approved by referee: <b>yes</b>	<b>USA Registered MEET SAFETY DIRECTOR</b> Mark Oliphant 12713 Shiloh Church Road Laurel DE. 19956 302-542-0917 meoliphant@comcast.net
<b>OFFICIALS CONTACT</b> John Thornton <a href="mailto:britnjohn@yahoo.com">britnjohn@yahoo.com</a>	<b>ADMIN OFFICIAL</b> Robert Johnson <a href="mailto:johnsra@comcast.net">johnsra@comcast.net</a>

#### FACILITY

SAAC has an eight-lane pool with a Colorado Automatic Timing System, scoreboard, electronic start, and non-turbulent lane dividers. Upper Mezzanine seating will be available for spectators. A clerk of Course will be set up for the AM sessions only. The minimum water depth, measured in accordance with Article 103.2.3 is: 10' at a distance of 1 meter from the start end of the pool. 3'6" at a distance of 1 meter from the turn end of the pool. **The competition course has not been certified in accordance with 104.2.2C (4).** Ample parking is available.

This will be a Timed Finals Meet

## MEET FORMAT

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	10 &U, 11-12,13-14, Open
2	Saturday	7:00 AM	8:30 AM	8 &U, 9-10, 11-12
3	Saturday	Upon Completions of Session 2	30 Minutes after Completion Session 2	9 - 12
4	Saturday	1:00*	2:00*	13-14, Open
5	Saturday	Upon Completions Session 4	30 Minutes after Completion Session 4	12 & Over
6	Sunday	7:00 AM	8:30 AM	8 &U, 9-10, 11-12
7	Sunday	12:00 AM	1:30 PM	13-14, Open

\* Times may be adjusted depending upon completion time of Session 3.

## DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday Nov 16, 2018	6:00 PM	Entry deadline
Friday Nov 30, 2018	TBD	Coaches/General Meeting
Positive Check-In Session 1	4:30 Friday, Nov 30	Positive Check-In Closes
Prior to Sessions	45 Minutes Before Session	Official Briefings
Prior to Sessions	40 Minutes Before Session	Timer Briefings
Positive Check-In Session 5	3:00 PM Saturday, Dec 1	Positive Check-In Closes

## 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. 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. Swimmers must remain on-deck or in assigned team areas. If Swimmers need to go into spectator areas they need to be dressed appropriately. Locker rooms are for changing only. Swimmers are not to remain or play in the changing or shower areas.

**Clerk of course:** If entry numbers for the 12 and under sessions 2 and 5 are high enough to over populated the fire code regulations for the pool deck, swimmers will be housed in the gym facility and either a clerk of course and/or notification system of events and heats will be provided in order to help teams know when to send kids to the blocks. The Gym facility is not planned for the 13 and over sessions and swimmers should be on the deck in their team areas.

## RACING STARTS

Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing both forward racing starts 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.**

**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. This is a closed meet, and is limited to swimmers from invited teams, including Maryland Swimming LSC teams: **Maryland LSC- BST/HoCo/SPRC/OPST/CCY/Hartford Sailfish/ TCY. CDEL-MA, MSC-MA, AGMV-MR**

## **SWIMMERS WITH DISABILITIES**

**BST 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 BST'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, 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 should be submitted via e-mail (Hy-Tek entry file, along with a file containing a Microsoft Word or PDF document of the entries (Please include the USA registration number of each swimmer in the report). There are no time standards for entries. NT times will be accepted. Seeding will be Short Course Times, NT swimmers. BST entries will be entered first and then accept teams/entries in the order received, until the four/five-hour rule is reached. **Invited Teams from the Maryland LSC and teams from outside the LSC that were in the meet the previous year will be entered before any new out of LSC teams. Once entries reach the four/five-hour time limit as allowed by USA swimming, no more entries will be accepted and Entries received thereafter will be returned immediately to their team.** All relay only swimmers including alternates must be listed. Events 35 – 40, Session 3, will be limited to a maximum of 2 heats per event. Swimmers entered in this session, must have at least a USA swimming "B" time in the 100-yard event of the same stroke. The fastest swimmers per each event will be accepted until events are filled. Swimmers may be entered with coaches' time.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of 1 Event for sessions 1, 3, and 5, and a maximum of 4 events for sessions 2,4, 6 and 7 of which no more than 3 may be individual events. No more than 2 relay teams per team per relay event.

**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** All entries must be in the hands of the Meet Entry Coordinator no later than Friday Nov 16, 2018, by 6:00 PM. **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: BST</b>	
LSC Surcharge	\$2.00 per Swimmer
Facility Fee	\$8.00 per Swimmer
Individual Event	\$6.50 per Event
Relays	\$24.00 per Relay

**SEEDING** The conforming time standard for this meet is short 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. There are no time standards for entries. NT times will be accepted. Seeding will be Short Course Times, NT swimmers.

**CHECK-IN** A positive check-in, located on deck at the start end of the pool will be required for the following events:

- All events Session 1
- All events Session 5

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.

Positive check-in events will be limited to 40 swimmers. Order of seeding shall be valid short course times, NT's by age of swimmer, oldest to youngest.

**SCRATCHES** 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.

**SCORING** Events are swum for times, events will not be scored

**AWARDS** Awards will be for places 1-6 for age groups 11 – 12 and below. No relay awards will be given.

## RESULTS

Results will be posted on BST'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.

## 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 at swimmer's entrance to 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. BST 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 hospitality area 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.

## TIMERS/ VOLUNTEERS

Each team in the meet based on the number of their swimmers entered in sessions 2,4,6,7 will be assigned timer responsibilities for these sessions. Swimmers in sessions 1,3,5 will need to provide their own timers. Any high school student that wishes to serve community service hours by timing or helping in another area is encouraged to contact the meet entries director.

## 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 not be lanes available for continuous warm-up/down. **There is to be no diving or horseplay in this area.**

## ORDER OF EVENTS & QUALIFYING TIMES

**Nov. 30th Session I Warm-up: 4:00 PM; Meet Start: 5:00 PM**

Girls Event	Session I		Boys Event
1	11-12	500 FREE	2
3	13-14	500 FREE	4
5	OPEN	500 FREE	6

**Dec. 1st Session 2 Warm-up: 7:00 AM: Meet Start: 8:30 AM**

Girls Event	Session 2		Boys Event
7	8-U	25 Fly	8
9	10 – U	200 FREE	10
11	11-12	200 FREE	12
13	10 – U	50 BACK	14
15	11-12	50 BACK	16
17	10 – U	100 FLY	18
19	11-12	100 FLY	20
21	10 – U	50 BREAST	22
23	11-12	50 BREAST	24
25	10 – U	100 Free	26
27	11-12	100 Free	28
29	8-U	25 Free	30
31	9-10	200 FREE RELAY	32
33	11-12	200 FREE RELAY	34

**Dec. 2nd Session 3**

**Warm-up: 30 minutes after Upon Completion of Session 2. Meet Starts 30 Minutes after Warm Up**

Girls Event	Session 3		Boys Event
35	10-12	*200 BREAST	36
37	10-12	*200 BACK	38
39	10-12	*200 FLY	40

**\*Swimmers entered in these events must have at least a B time in the 100 of the same stroke**

**Dec. 2nd Session 4 Warm-up: 12:30 PM Meet Start: 1:30 PM**

Girls Event	Session 4		Boys Event
41	13-14	200 FREE RELAY	42
43	OPEN	200 FREE RELAY	44
45	13-14	100 BACK	46

47	OPEN	100 BACK	48
49	13-14	200 FLY	50
51	OPEN	200 FLY	52
53	13-14	100 BREAST	54
55	OPEN	100 BREAST	56
57	13-14	100 FREE	58
59	OPEN	100 FREE	60
61	13-14	200 IM	62
63	OPEN	200 IM	64
65	OPEN	400 FREE RELAY	66

**Dec. 2<sup>nd</sup> Session 5**

**Warm-up: Upon Completion Session 5    Meet Start: 30 Minutes After Completion Session 3**

Girls Event	Session 5		Boys Event
67	9-10	200 IM	68
69	11-12	400 IM	70
71	13-14	400 IM	72
73	OPEN	400 IM	74

**Dec. 3<sup>rd</sup> Session 6**

**Warm-up: 7:00 AM**

**Meet Start: 8:30 AM**

Girls Event	Session 6		Boys Event
75	8-U	25 BREAST	76
77	10-U	100 BACK	78
79	11-12	100 BACK	80
81	10-U	50 FREE	82
83	11-12	50 FREE	84
85	10-U	100 BREAST	86
87	11-12	100 BREAST	88
89	10-U	50 FLY	90
91	11-12	50 FLY	92
93	10-U	100 IM	94
95	11-12	200 IM	96
97	8-U	25BACK	98
99	10-U	200 MEDLEY RELAY	100
101	11-12	200 MEDLEY RELAY	102

**Dec 3<sup>rd</sup> Session 7**

**Warm-up: 12:00 AM**

**Meet Start: 1:00 PM**

Girls Event	Session 7		Boys Event
103	13-14	200 MEDLEY RELAY	104
105	OPEN	200 MEDLEY RELAY	106
107	13-14	200 BACK	108
109	OPEN	200 BACK	110
111	13-14	50 FREE	112
113	OPEN	50 FREE	114
115	13-14	200 BREAST	116
117	OPEN	200 BREAST	118
119	13-14	100 FLY	120
121	OPEN	100 FLY	122
123	13-14	200 FREE	124
125	OPEN	200 FREE	126

127	OPEN	400 MEDLEY RELAY	128
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**Eastern Shore Invitational  
Summary of Fees/Release Form**

Attn: Brittany Thornton  
16672 Woodland Ct  
Bridgeville, DE 19933  
302-569-4899

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

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
\$2 Surcharge per swimmer		\$ 2.00 per Swimmer	
Relay Entries		\$24.00 per relay	
Facility Surcharge		\$ 8.00 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. 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE