



2019 CAC February Meet
 Hosted by **Calvert Aquatics Club**
 February 16-17, 2019

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

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
 Sanction # MDSI 18-19/030

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. All participants, coaches, officials, management and spectators will be held to the standards set within

| | |
|---|---|
| CERTIFIED MEET DIRECTOR | CERTIFIED MEET ENTRY COORDINATOR |
| Pietro Deriu 909 478 2501 Coachpietro@calvertaquaticsclub.org Phone number for coaches only | Pietro Deriu 909 478 2501 Coachpietro@calvertaquaticsclub.org Phone number for coaches only |
| MEET REFEREE | USA Registered MEET SAFETY DIRECTOR |
| Stanley Lesniak wdkrftr@comcast.net Meet Notice read & approved by Referee: YES | Ryan Kohl rkohl@calvertaquaticsclub.org |
| OFFICIALS CONTACT | ADMIN OFFICIAL |
| Tom Schmidt Officials@calvertaquaticsclub.org Officials SignUp | Carron Dunker Satoshi Katsumoto |

FACILITY

The Edward T. Hall Aquatic facility features an indoor ten (10) lane 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 9 and over USA Swimming registered swimmers with USA Swimming 2017-2020 "B" times and slower.

Open to all 8-Under swimmers registered swimmers with USA Swimming, no time standard required.

This is a timed final Age Group pre-seeded meet (Slowest to fastest) unless otherwise indicated.

A swimmer's age on the first day of the meet shall govern in which age group they swim.

Swimmer competing in the 11&O 500 Free must provide their own Timer and counters. Swimmer competing in the 11&O 400 IM must provide their own Timer.

400 IM and 500 Free Requires a positive check-in.

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

Coaches will be notified of any change(s) to starting times

Assigned Teams:

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|------------------|---------|------------|-----------|
| 1 | Saturday, Feb 16 | 7:00AM | 8:00AM | 11&O |
| 2 | Saturday, Feb 16 | 12:00PM | 1:00PM | 8&U, 9-10 |
| 3 | Sunday, Feb 17 | 7:00AM | 8:00AM | 11&O |
| 4 | Sunday, Feb 17 | 12:00PM | 1:00PM | 8&U, 9-10 |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|--|--|---------------------------------|
| Thursday, January 24th 2019 | 5:00 PM | Entry deadline |
| Thursday, Feb 7 th 2019 | 5:00PM | Check |
| Saturday, Feb. 16th & Sunday, Feb. 17th 2019 | 45 minutes prior to start of the session | Official Briefings |
| Saturday, Feb. 16th 2019 | 7:50 AM & 12:50PM | Coaches Meeting If Needed |
| Saturday, Feb. 16th 2019 | 9:30AM | Positive Check in 500 Free 11&O |
| Sunday, Feb. 17th 2018 | 9:30AM | Positive Check in 400IM 11&O |

| | |
|-----------------------------------|--|
| 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 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. |
| 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 | <p>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.</p> <p>A swimmer's age on the first day of the meet will determine their age for the entire meet. Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.</p> <ul style="list-style-type: none"> - All entries should be submitted in short course yards. Converted times using standard conversion methods are NOT acceptable. - 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] |
| SWIMMERS WITH DISABILITIES | 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 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 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 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 3 individual events per Session.

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.

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: Calvert Aquatics Club | |
|---|---------------------|
| LSC Surcharge | \$2.00 per Swimmer |
| Team Surcharge | \$10.00 per Swimmer |
| Individual Event | \$7.50 per event |
| Relay event | \$20.00 per team |

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

The following events require positive check-in:

- 11&O 500 Free / Closes at 9:30 AM on Saturday
- 11&O 400IM / Closes at 9:30 AM on Sunday

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.

SCRATCHES

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

SCORING

No team or individual scoring will be kept.

AWARDS

Ribbons will be awarded to the top 8 finishers in each age group, 8&U, 9-10.

RESULTS

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.

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 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.

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. Calvert Aquatics Club welcomes and encourages anyone willing to volunteer to contact Contact the Official's 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 card only 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.

**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. **There is to be no diving or horseplay in this area.**

Directions

GPS Address

Edward T. Hall Aquatic Center
103 Auto Drive
Prince Frederick, MD 20678

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.

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

Saturday Morning, February 17, 2019

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

| Girls | Slower Than | | | | Boys | | | Slower Than |
|----------------|--------------------|--------------|-----------------|----------------------------------|--------------|--------------|-----------------|--------------------|
| Event # | 11-12 | 13-14 | 15&O | Event | 11-12 | 13-14 | 15&O | Event # |
| 1 | 1:13.59 | 1:10.79 | 1:09.59 | 100 free 11&O | 1:10.99 | 1:05.59 | 1:02.89 | 2 |
| 3 | 3:23.09 | 3:11.99 | 3:08.19 | 200 Breaststroke 11&O | 3:14.89 | 2:58.39 | 2:48.69 | 4 |
| 5 | 1:25.19 | 1:17.19 | 1:15.39 | 100 Backstroke 11&O | 1:22.19 | 1:12.09 | 1:08.39 | 6 |
| 7 | 3:00.89 | 2:50.09 | 2:46.79 | 200 Fly 11&O | 2:56.59 | 2:38.29 | 2:31.39 | 8 |
| 9 | 43.09 | | | 50 Breaststroke 11-12 | 42.89 | | | 10 |
| 11 | 3:00.69 | 2:51.49 | 2:48.19 | 200 IM 11&O | 2:57.59 | 2:39.99 | 2:32.69 | 12 |
| 13 | 6:24.19 | 6:49.39 | 6:40.69 | 500 Free 11&O | 6:57.29 | 6:26.59 | 6:12.59 | 14 |

Session 2
Sunday Afternoon, February 17, 2019
Warm-up: 12:00 PM ; Meet Start: 1:00 PM

| Girls | | | Boys | |
|---------|-------------|----------------------|-------------|---------|
| Event # | Slower Than | Event | Slower Than | Event # |
| 15 | 1:29.59 | 100 Free 10&U | 1:27.79 | 16 |
| 17 | 47.39 | 50 Fly 10&U | 45.69 | 18 |
| 19 | 1:41.99 | 100 Backstroke 10&U | 1:40.19 | 20 |
| 21 | 53.29 | 50 Breaststroke 10&U | 52.09 | 22 |
| 23 | 3:38.49 | 200 IM 9-10 | 3:35.49 | 24 |
| 25 | | 25 Free 10&U | | 26 |
| 27 | | 25 Backstroke 10&U | | 28 |
| 29 | | 200 free Relay 10&U | | 30 |

Session 3
Sunday Morning, February 18, 2019
Warm-up: 7:00 AM ; Meet Start: 8:00 AM

| Girls Event # | Slower Than | | | Event | Slower Than | | | Boys Event # |
|------------------|-------------|---------|---------|-----------------------|-------------|---------|---------|-----------------|
| | 11-12 | 13-14 | 15&O | | 11-12 | 13-14 | 15&O | |
| 31 | 2:41.19 | 2:33.19 | 2:29.89 | 200 free 11&O | 2:35.69 | 2:22.99 | 2:17.29 | 32 |
| 33 | 36.69 | | | 50 Fly 11-12 | 37.09 | | | 34 |
| 35 | 1:34.39 | 1:28.69 | 1:26.89 | 100 Breaststroke 11&O | 1:32.49 | 1:21.39 | 1:17.59 | 36 |
| 37 | 2:56.59 | 2:47.29 | 2:44.09 | 200 Backstroke 11&O | 2:52.69 | 2:37.09 | 2:29.89 | 38 |
| 39 | 1:25.09 | 1:16.89 | 1:15.39 | 100 Fly 11&O | 1:23.29 | 1:11.49 | 1:08.29 | 40 |
| 41 | 33.79 | 32.69 | 32.09 | 50 Free 11&O | 32.59 | 29.99 | 28.89 | 42 |
| 43 | 38.29 | | | 50 Backstroke 11-12 | 38.19 | | | 44 |
| 45 | 6:24.19 | 6:05.79 | 5:57.59 | 400 IM 11&O | 6:13.09 | 5:41.79 | 5:29.09 | 46 |

Session 4
Sunday Afternoon, February 18, 2019
Warm-up: 12:00 PM ; Meet Start: 1:00 PM

| Girls | | | Boys | |
|---------|-------------|-----------------------|-------------|---------|
| Event # | Slower Than | Event | Slower Than | Event # |
| 47 | 3:19.19 | 200 Free 10&U | 3:06.69 | 48 |
| 49 | 1:53.99 | 100 Fly 10&U | 1:52.39 | 50 |
| 51 | 46.99 | 50 Backstroke 10&U | 47.69 | 52 |
| 53 | 1:58.09 | 100 Breaststroke 10&U | 1:53.59 | 54 |
| 55 | 38.89 | 50 Free 10&U | 38.09 | 56 |
| 57 | 1:42.59 | 100 IM 10&U | 1:39.39 | 58 |
| 59 | | 25 Fly 10&U | | 60 |
| 61 | | 25 Breaststroke 10&U | | 62 |
| 63 | | 200 Medley Relay 10&U | | 64 |

**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: Ivan Pinto
 136 West Dares Beach Road Box 125
 Prince Frederick MD 20678
 Email to: ipinto@calvertaquaticsclub.com

| | |
|--------------|--|
| 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 | |
| Team Surcharge | | \$10.00 per swimmer | |
| Relay Entries | | \$15.00 per Team | |
| 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