



**MARYLAND SWIMMING LSC, INC.**

**2019 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS**

Hosted by MARYLAND SWIMMING, INC. AND ALL PARTICIPATING CLUBS

**FEBRUARY 28 - MARCH 3, 2019**

@ ST. MARY'S COLLEGE OF MARYLAND

AQUATIC CENTER AT THE MICHAEL P. O'BRIEN ATHLETICS AND RECREATION CENTER

18952 E. FISHER ROAD ST. MARY'S CITY, MARYLAND 20686

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

Sanction #MDSI 18/19-032

In granting this Sanction it is understood and agreed that USA Swimming and Maryland 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 Maryland 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.

**ENTRY DEADLINE: WEDNESDAY, FEBRUARY 13, 2019 @ 8:00 PM**

**The 2019 MD LSC 14 & Under Short Course Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.**

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY DIRECTOR</b>
CHAMPIONSHIP MEET COORDINATOR & MEET DIRECTOR SUSAN MCDONALD <a href="mailto:SUSAN.MCDONALD@COLUMBIAASSOCIATION.ORG">SUSAN.MCDONALD@COLUMBIAASSOCIATION.ORG</a>	TOM HIMES <a href="mailto:THIMES@NBAC.NET">THIMES@NBAC.NET</a> <a href="mailto:COACHTOM@COMCAST.NET">COACHTOM@COMCAST.NET</a> P.O. BOX 20801 BALTIMORE, MARYLAND 21209
<b>MEET REFEREE</b>	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b>
GREER VERHEYEN <a href="mailto:GREER.VERHEYEN@CONSTELLATION.COM">GREER.VERHEYEN@CONSTELLATION.COM</a>	TREVOR RILL <a href="mailto:TREVORRILL0904@GMAIL.COM">TREVORRILL0904@GMAIL.COM</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
SATOSHI KATSUMOTO <a href="mailto:KATSUS@GMAIL.COM">KATSUS@GMAIL.COM</a> <a href="#">LINK TO OFFICIATE</a>	PETER LAGOW <a href="mailto:PETERLAGOW@GMAIL.COM">PETERLAGOW@GMAIL.COM</a>

**FACILITY**

Indoor eight lane 50 meter pool, non-turbulent lane lines and continuous flow through gutters, and Daktronics timing system with button plungers, Reactive Light System, and stop watches as back-ups. The competition course shall consist of eight 25 yard lanes established between the end of the pool and a moveable bulkhead. The minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". The remainder of the pool will be set up in 25 yard lanes and will be available for continuous warm-up / warm down during the meet. In addition there is an adjacent 7 lane 25 yard pool also available for continuous warm-up / warm down. 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 St. Mary's College of Maryland 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.

All Teams are required to maintain a clean and safe team area throughout the meet.

## MEET FORMAT

The Meet will be conducted as a Trials & Finals Meet for all age groups. The 13 -14 & 11 - 12 age groups will have an A and B Finals (Top 16 swimmers from prelim results) for the prelim/final events. The 10 & Under age will have and A final (Top 8 swimmers from prelim results) for the prelim/final events.

The following events will be conducted as Timed Finals events with the fastest seeded heats swimming in the finals sessions: 13 & 14 1000 Free (Thur), 1650 Free (Sun) 11 & 12 500 FREE (Thur), 10 & Under 500 Free (Thur), ALL Relays (Thur, Fri, Sat, Sun).

Friday, Saturday and Sunday FINALS will be swum using 8 Lanes.

All Individual events in the Thursday Session 1 will be swum in event order and seeded fastest to slowest by event.

The 13 - 14 1650 FR will be conducted as Timed Finals with the fastest seeded heat (8 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session. The 1650 Free heats swum in the prelim session will be swum fastest to slowest alternating Girls and Boys.

Thursday Session 1 Relays will swim in event order and seeded slowest to fastest.

Fri, Sat, Sun Relays: The top 8 seeded relays, after positive check-in, will swim in the finals session. All remaining relays will swim in the prelim session. All relays who end up in the Top 8 must swim in the finals session or scratch the event. There will be no option to choose AM or PM relays

BREAKS: After entries are received, breaks between events may be applied to ensure swimmers receive a minimum of 20 minutes between events. These breaks will be applied at the discretion of the Meet Referee.

## SCHEDULE

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday	4:00 PM	5:00 PM	ALL AGE GROUPS
2	Friday	6:50 AM	8:00 AM	ALL AGE GROUPS
3	Friday	4:30 PM	5:30 PM	ALL AGE GROUPS
4	Saturday	6:50 AM	8:00 AM	ALL AGE GROUPS
5	Saturday	4:00 PM	5pm MDSI Awards 5:30 PM	ALL AGE GROUPS
6	Sunday	6:50 AM	8:00 AM	ALL AGE GROUPS
7	Sunday	4:30 PM	5:30 PM	ALL AGE GROUPS

## DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Wednesday, February 13, 2019	8:00 PM	Entry deadline
Fri, Sat, & Sun (Prelims) March 1 - 3, 2019	Begin at Warm-up Start times as listed in the Schedule above	Official Briefing
Thur, Fri, Sat, & Sun (Finals) February 28 - March 3, 2019	Begin at Warm-up Start times as listed in the Schedule above	Official Briefing
Friday, March 1, 2019	7:30 AM	Coaches Meeting

## 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. MDSI Rules shall also apply.

USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.

Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.

No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing and administrative staff assisting with the conduct of the meet.

Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.

Videotaping or picture taking, on deck by meet volunteers will not be permitted. Volunteers wishing to tape or photograph their swimmer shall do so from the spectator stands. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The MDSI Certified meet photographer and anyone else specifically given pre- authorization by the Meet Director or Referee

Deck changes are prohibited. Swimmer must use locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.

## **ELIGIBILITY**

Open to ALL 2019 USA Swimming Inc. / Maryland Swimming Inc. registered swimmers of the Maryland Swimming LSC Teams and unattached Maryland LSC registered swimmers ONLY who meet the listed qualifying times.

The meet is closed to ALL outside the LSC teams and swimmers.

Swimmers entering the meet must be registered with MDSI and USA Swimming by the meet entry deadline, except for unattached swimmers who must have been a member of MDSI for 6 months prior to the meet entry deadline.

A swimmer's age on Thursday, February 28, 2019 will determine their age for the entire meet

Swimmers must be equal to or faster than the Qualifying Times for the meet. Qualifying times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between March 1, 2018 and the entry deadline for this meet (February 13, 2019). No times achieved outside of this time period may be used to qualify for this meet. Qualifying times must have been achieved in a short course yard pool. Converted times will not be accepted.

**Relay Eligibility:** The qualifying times may either be met by an actual relay time within the qualifying period or by aggregate time. If the time is entered using an actual time swum in a sanctioned meet, the swimmers actually swimming the event in the meet do not have to be the same swimmers. Times used to prove aggregate times must be times from swimmers who are eligible for the meet in the age group whose relay time is being proved by aggregate times. Swimmers who actually swim the relay in the meet do not have to be the same. Relay times are associated with the club not the actual swimmers.

**Qualifying times exception 1:** If a swimmer qualifies for either the 1000 Free or the 1650 Free they may enter the other (1000 Free or 1650 Free) event if they have not achieved the qualifying time for the event within the qualifying period. The time entered for that event should be at the qualifying time if never swum or a verifiable time outside of the qualifying period if swum before. The swimmer must qualify in one of the two events but may elect to swim only one of the events.

**Qualifying time's exception 2:** Swimmers that have achieved USA Swimming National Qualifying Times may enter any events they have not swum within the qualifying period assuming they have met the qualifying time.

## **SWIMMERS WITH DISABILITIES**

Maryland Swimming Inc. 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 Entry 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 the 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**

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).

**PROOF OF TIMES:** Times will be proven through the SWIMS database. Coaches should be prepared to submit proof of times (in addition to the proof of times – entry report required with entries) upon request by the Meet Entry Director or Meet Referee for those times rejected by the SWIMS database. Failure to prove a time will result in the swimmer being scratched from that event. Any swimmer entered with a falsified or non-provable time will be subject to a \$100.00 fine per occurrence.

## **ENTRY LIMITATIONS**

All swimmers are limited to 9 Individual Events and 5 Relays for the meet not to exceed 3 Individual events on any day or 2 relay events on Thursday and 1 relay event on Friday, Saturday & Sunday. Each Team is limited to one (1) relay team per relay event.

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 Director.

The Meet Entry Director reserves the right to limit entries to ensure that sessions fall within the Maryland Swimming LSC Rules. If the meet becomes oversubscribed, the meet will be reduced in the following manner:

- Bonus events will be eliminated

- Events will be limited to 8 per swimmer

- Events will be limited to 6 heats

- Any heats not full (8 swimmers) WILL BE ELIMINATED

- Entry times furthest away from AAA times will be cut

NO LATE ENTRIES WILL BE ACCEPTED.

NO DECK ENTRIES WILL BE ACCEPTED (INDIVIDUAL OR RELAY)

Maryland Swimming reserves the right to change the warmup and start times based on entries received.

## **BONUS EVENTS**

All Bonus Event Qualifying times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between March 1, 2018 and the entry deadline for this meet (February 13, 2019). No times achieved outside of this time period may be used to qualify for this meet. The qualifying times must have been achieved in a short course yard pool. Converted times will not be accepted.

Bonus events will be offered using the following guidelines:

- Qualify for 1 or more events, you get 2 bonus events

- The bonus events may be used on any day of the meet

- Events 400 yards or longer are not eligible as bonus events. (400 IM, 500 FREE, 1000 FREE, 1650 FREE)

Bonus events must meet the following time standards:

- 50 YD bonus events must be within .50 seconds of the qualifying time for the meet.

- 100 YD bonus events must be within 1 second of the qualifying time for the meet.

- 200 YD bonus events must be within 2 seconds of the qualifying time for the meet.

If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet.

**ENTRY PROCEDURES**

ALL ENTRIES SHOULD BE EMAILED OR MAILED TO THE MEET ENTRY DIRECTOR TO THE EMAIL ADDRESS OR MAILING ADDRESS ON PAGE 1.

The email / mailing should include the following:

Entry file compatible with HY-TEK meet manager or Paper Entries.

Team entries in a word/PDF document with the proof of times option included. This should include Individual and Relay Entries. Proof of times for both Individual and relay events (actual or aggregate) must be included.

Entry Fee report in a word/PDF document.

Entry Summary / Release Form / Team Communication Form contained in the last page of this notice.

Relay only swimmers must be included on your roster. This can be done by adding names to your relay entries (including alternates). As always, those names can be changed up until the time of the event. No swimmers can be added to your roster after the deadline of the meet.

Bonus events should be marked with a "B" OR AN \*.

**ENTRY DEADLINES**

**The Meet Entry Director must receive entries by 8pm, Wednesday, February 13, 2019.**

**ENTRY VERIFICATION**

The Meet Entry Director will acknowledge receipt by return email within 48 hours of receipt. Contact the Meet Director if an acknowledgement has NOT been received.

**ENTRY FEE BILLING**

Maryland Swim Teams will be invoiced by Maryland Swimming for all entries following the competition. Checks sent with entries will be returned. Fees are to be paid in full April 1, 2019 or a 10% late fee will be added.

Any UN-attached Maryland registered swimmers, not affiliated with any club and entering on their own, must send a check with their entry or the entries will not be accepted.

**ENTRY FEES**

Individual Event	\$7.50 per individual event
Individual Event - Paper Entry	\$15.00 per individual event
Relay Event	\$15.00 per relay event
Relay Event - Paper Entry	\$30.00 per relay event
MDSI Surcharge	\$2.00 per athlete

**SEEDING**

Entry times must be in short course yards.

Swimmers will be seeded and swim from slowest to fastest.

Converted times or no time entries will not be accepted.

**POSITIVE CHECK IN**

The following events require positive check-in:

All Thursday Events: Closes at 4:15 PM on Thursday

13 – 14 400 IM: Closes at 7:15 am on Friday

Relays for Friday Finals: Closes at 7:15 am on Friday

13 – 14 500 FR: Closes at 7:15 am on Saturday

Relays for Saturday Finals: Closes at 7:15 am on Saturday

11 – 12 400 IM: Closes at 7:15 am on Sunday

13-14 1650 FR: Closes at 7:15 am on Sunday

Relays for Sunday Finals: Closes at 7:15 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**

The Maryland Swimming scratch rules will be enforced at the meet for all preliminary and finals events.

Any swimmer qualifying for a A or B (Finals or Consolation Final or) final race in an individual event, who fails to compete in said final, shall be barred from further competition for the remainder of the meet USA Swimming Rule 207.6.D(1).

The top 2 alternates for finals will be announced with the preliminary results. Those alternates shall follow the scratch procedures. Swimmers beyond the first two alternates are strongly encouraged to follow the scratch procedures to allow for full finals heats, but are excused from responsibility of returning for bonus, consolation or championship finals heats per the Maryland Swimming Championship Meet (MSCM) Rules.

## SCORING

Team Scoring is as follows:

Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

## AWARDS

Individual Events: 1<sup>st</sup> - 3<sup>rd</sup> Distinctive Awards, 4<sup>th</sup> - 8<sup>th</sup> Medals.

Relay Events: 1<sup>st</sup> - 3<sup>rd</sup> Distinctive Awards, 4<sup>th</sup> - 8<sup>th</sup> Medals.

Team Awards - 1<sup>st</sup> - 8<sup>th</sup>

Participation awards will be given to all swimmers entered in individual events

## MARYLAND SWIMMING JACKETS

On behalf of Maryland Swimming, jackets will be presented to each individual event winner. Second and third place individual event winners will have the option to purchase the jacket. Only one jacket per swimmer will be awarded.

## RESULTS

Live Results will be available via Meet Mobile. Final Results will be posted on the MDSI website within 48 hours of the meet's conclusion.

## COACHES OFFICIALS

***There will be a positive check in process for all coaches, officials and approved meet staff. The check in table will be located near the Meet Operations 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.***

Meet Management requests that at least one coach representative from each team attend all coaches meetings.

There will be a need for officials. Maryland Swimming welcomes and encourages anyone willing to volunteer to complete an application to officiate via the link below. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification /registration.

This is a National Certification Meet. If you wish to apply for National Certification (N3), you must be certified for one year in the position for which you are applying. You also must submit a Request for N2/N3 Evaluation by February 14, 2019. To be evaluated at an OQM you must work at least 4 sessions (Including official's briefings) as an official at the meet. Not all session worked need to be evaluated positions. Please see National Official Certification Summary and National Official Re-Certification Summary on the USA Swimming Web Page ([www.usaswimming.org](http://www.usaswimming.org)). Preference for assigned positions will be given to those working the majority of the sessions.

Officials wishing to volunteer should sign up at [Application to Officiate MSI 14 & U Championships](#)

## WORKERS

This meet is hosted by ALL TEAMS of the Maryland Swimming LSC. Any Team with swimmers entered in the meet will be required to provide workers.

Each Team needs to provide the name, phone number and email address of a Team Manager. In addition, the name, phone number and email address of a coach. This info is to be submitted via the form at the end of the meet notice.

The Team Manager should be available during all sessions of the meet.

Each Team will be sent their worker assignments once entries have been received. Worker assignments will also be posted on the Maryland Swimming website ([www.mdswim.org](http://www.mdswim.org)).

Each Club/Swimmer is responsible for supplying timers and counters for the following events:

All AM Relays, 13 - 14 1650 FREE (Sunday) & 11 - 12 400 IM (Sunday)

**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 and should be monitored by each teams coaching staff.

**2019 MARYLAND LSC SHORT COURSE CHAMPIONSHIPS  
QUALIFYING TIMES**

<b>EVENT</b>	<b>10 &amp; U BOYS</b>	<b>10 &amp; U GIRLS</b>	<b>11 &amp; 12 BOYS</b>	<b>11 &amp; 12 GIRLS</b>	<b>13 &amp; 14 BOYS</b>	<b>13 &amp; 14 GIRLS</b>
50 FREE	31.49	31.59	27.79	28.19	24.89	26.39
100 FREE	1:10.69	1:10.89	1:01.69	1:01.19	53.99	57.09
200 FREE	2:35.69	2:36.39	2:15.09	2:13.89	1:58.09	2:03.99
500 FREE	6:48.39	6:48.39	5:53.89	5:53.89	5:19.99	5:29.99
1000 FREE					10:47.29	11:13.99
1650 FREE					18:29.69	18:39.69
50 BACK	37.99	37.19	32.89	32.59		
100 BACK	1:20.79	1:20.59	1:10.89	1:09.89	1:01.69	1:04.89
200 BACK			2:35.09	2:31.69	2:13.49	2:18.79
50 BREAST	42.49	42.49	37.19	36.89		
100 BREAST	1:33.39	1:33.39	1:20.59	1:19.99	1:10.79	1:14.39
200 BREAST			2:56.29	2:56.29	2:33.09	2:40.99
50 FLY	37.09	36.09	31.29	31.09		
100 FLY	1:26.69	1:26.69	1:11.19	1:10.29	1:01.09	1:04.99
200 FLY			2:38.29	2:38.29	2:17.99	2:22.39
100 IM	1:21.29	1:20.49	1:11.09	1:10.39		
200 IM	2:55.99	2:55.99	2:32.69	2:31.69	2:13.69	2:20.89
400 IM			5:28.09	5:28.09	4:49.99	4:59.49
200 FREE RELAY	2:07.99	2:08.39	1:53.19	1:54.39	1:41.59	1:47.59
400 FREE RELAY	4:46.79	4:47.59	4:10.79	4:08.79	3:39.99	3:52.39
800 FREE RELAY					8:00.39	8:23.99
200 MEDLEY RELAY	2:31.09	2:29.39	2:11.79	2:10.69	4:11.59	4:25.39
400 MEDLEY RELAY	5:35.59	5:35.59	4:48.79	4:48.79	4:11.59	4:25.39

**QUALIFICATION PERIOD – MARCH 1, 2018 UNTIL THE FEBRUARY 13, 2019 ENTRY DEADLINE FOR THIS MEET.**



**2019 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS  
ORDER OF EVENTS**

**SESSION 1 - THURSDAY FEBRUARY 28, 2019**

**TIMED FINAL EVENTS - 4:00 PM WARMUP & 5:00 PM MEET START**

GIRLS	Event	BOYS
1	13-14 200 MEDLEY RELAY	2
3	10 & U 500 FREE	4
5	11-12 500 FREE	6
7	13-14 1000 FREE	8
9	10 & U 200 MEDLEY RELAY	10
11	11-12 200 MEDLEY RELAY	12
13	13-14 800 FREE RELAY	14

**SESSION 2 - FRIDAY MARCH 1, 2019**

**PRELIMINARY / TIMED FINAL EVENTS - 6:50 AM WARMUP & 8:00 AM MEET START**

GIRLS	Event	BOYS
15	11-12 200 BACKSTROKE	16
17	13-14 100 BREASTSTROKE	18
19	10 & U 50 BREASTSTROKE	20
21	11-12 50 BREASTSTROKE	22
23	13-14 200 FREESTYLE	24
25	10 & U 100 FREESTYLE	26
27	11-12 100 FREESTYLE	28
29	13-14 100 BUTTERFLY	30
31	10 & U 50 BUTTERFLY	32
33	11-12 50 BUTTERFLY	34
35	13-14 400 IM	36
37	10 & U 200 IM	38
39	11-12 200 IM	40
41	13-14 200 FREE RELAY*	42
43	10 & U 400 MEDLEY RELAY*	44
45	11-12 400 MEDLEY RELAY*	46

\*Top 8 seeded relays, after positive check-in, will swim in the Finals Session 3.

\*Relay teams must provide their own timers

**SESSION 3 - FRIDAY MARCH 1, 2019**

**FINALS / TIMED FINALS EVENTS - 4:30 PM WARMUP & 5:30 PM MEET START**

GIRLS	Event	BOYS
15	11-12 200 BACKSTROKE	16
17	13-14 100 BREASTSTROKE	18
19	10 & U 50 BREASTSTROKE	20
21	11-12 50 BREASTSTROKE	22
23	13-14 200 FREESTYLE	24
25	10 & U 100 FREESTYLE	26
27	11-12 100 FREESTYLE	28
29	13-14 100 BUTTERFLY	30
31	10 & U 50 BUTTERFLY	32
33	11-12 50 BUTTERFLY	34
35	13-14 400 IM	36
37	10 & U 200 IM	38
39	11-12 200 IM	40
41	13-14 200 FREE RELAY	42
43	10 & U 400 MEDLEY RELAY	44
45	11-12 400 MEDLEY RELAY	46

**2019 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS  
ORDER OF EVENTS**

**SESSION 4 - SATURDAY MARCH 2, 2019**

**PRELIMINARY / TIMED FINAL EVENTS - 6:50 AM WARMUP & 8:00 AM MEET START**

GIRLS	Event	BOYS
47	11-12 200 BUTTERFLY	48
49	13-14 200 IM	50
51	10 & U 100 IM	52
53	11-12 100 IM	54
55	13-14 100 BACKSTROKE	56
57	10 & U 50 BACKSTROKE	58
59	11-12 50 BACKSTROKE	60
61	13-14 200 BREASTSTROKE	62
63	10 & U 100 BREASTSTROKE	64
65	11-12 100 BREASTSTROKE	66
67	13-14 50 FREESTYLE	68
69	10 & U 200 FREESTYLE	70
71	11-12 200 FREESTYLE	72
73	13-14 500 FREESTYLE	74
75	10 & U 200 FREESTYLE RELAY*	76
77	11-12 200 FREESTYLE RELAY*	78
79	13-14 400 MEDLEY RELAY*	80

\*\*Top 8 seeded relays, after positive check-in, will swim in the Finals Session 5.

\*Relay teams must provide their own timers

**SESSION 5 - SATURDAY MARCH 2, 2019**

**FINALS / TIMED FINALS EVENTS - 4:00 PM WARMUP & 5:30 PM MEET START  
5:00 PM MDSI AWARDS CEREMONY**

GIRLS	Event	BOYS
47	11-12 200 BUTTERFLY	48
49	13-14 200 IM	50
51	10 & U 100 IM	52
53	11-12 100 IM	54
55	13-14 100 BACKSTROKE	56
57	10 & U 50 BACKSTROKE	58
59	11-12 50 BACKSTROKE	60
61	13-14 200 BREASTSTROKE	62
63	10 & U 100 BREASTSTROKE	64
65	11-12 100 BREASTSTROKE	66
67	13-14 50 FREESTYLE	68
69	10 & U 200 FREESTYLE	70
71	11-12 200 FREESTYLE	72
73	13-14 500 FREESTYLE	74
75	10 & U 200 FREESTYLE RELAY	76
77	11-12 200 FREESTYLE RELAY	78
79	13-14 400 MEDLEY RELAY	80

**2019 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS  
ORDER OF EVENTS**

**SESSION 6 - SUNDAY MARCH 3, 2019**

**PRELIMINARY / TIMED FINAL EVENTS - 6:50 AM WARMUP & 8:00 AM MEET START**

GIRLS	Event	BOYS
81	11-12 200 BREASTSTROKE	82
83	13-14 200 BACKSTROKE	84
85	10 & U 100 BACKSTROKE	86
87	11-12 100 BACKSTROKE	88
89	13-14 100 FREESTYLE	90
91	10 & U 50 FREESTYLE	92
93	11-12 50 FREESTYLE	94
95	13-14 200 BUTTERFLY	96
97	10 & U 100 BUTTERFLY	98
99	11-12 100 BUTTERFLY	100
101	13-14 1650 FREESTYLE*	102
103	11-12 400 IM*	104
105	10 & U 400 FREE RELAY**	106
107	13-14 400 FREE RELAY**	108
109	11-12 400 FREE RELAY**	110

**Swimmers must supply their own timers and counters for the 1650 Free and 400 IM events**

\*Events 103 & 104 will swim after the first two heats of the 1650 free (Events 101 & 102)

\*\*Top 8 seeded relays, after positive scratches, will swim in the Finals Session 7.

\*\*Relay teams must provide their own timers

**SESSION 7 - SUNDAY MARCH 3, 2019**

**FINALS / TIMED FINALS EVENTS - 4:30 PM WARMUP & 5:30 PM MEET START**

GIRLS	Event	BOYS
81	11-12 200 BREASTSTROKE	82
83	13-14 200 BACKSTROKE	84
85	10 & U 100 BACKSTROKE	86
87	11-12 100 BACKSTROKE	88
89	13-14 100 FREESTYLE	90
91	10 & U 50 FREESTYLE	92
93	11-12 50 FREESTYLE	94
95	13-14 200 BUTTERFLY	96
97	10 & U 100 BUTTERFLY	98
99	11-12 100 BUTTERFLY	100
101	13-14 1650 FREESTYLE	102
103	11-12 400 IM	104
105	10 & U 400 FREE RELAY	106
107	13-14 400 FREE RELAY	108
109	11-12 400 FREE RELAY	110

**2019 MARYLAND LSC 14 & U SHORT COURSE CHAMPIONSHIPS  
ENTRY SUMMARY & RELEASE FORM  
TEAM COMMUNICATION FORM**

Complete and email this form to:

Tom Himes - [thimes@nbac.net](mailto:thimes@nbac.net) or [coachtom@comcast.net](mailto:coachtom@comcast.net)

and

Susan McDonald - [susan.mcdonald@columbiaassociation.org](mailto:susan.mcdonald@columbiaassociation.org)

<b>TEAM NAME</b>	
<b>TEAM CODE</b>	
<b>COACH</b>	
<b>COACH PHONE</b>	
<b>COACH EMAIL</b>	
<b>MANAGER</b>	
<b>MGR PHONE</b>	
<b>MGR EMAIL</b>	

<b>Item</b>	<b>Total Number</b>	<b>Cost per</b>	<b>Total</b>
Individual Entries		\$7.50 per event	
Individual Entries - Paper		\$15.00 per event	
Relay Entries		\$15.00 per relay	
Relay Entries - Paper		\$30.00 per relay	
MDSI Surcharge		\$2.00 per athlete	
<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. CBAC, St Mary's College, 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**