



MARYLAND SWIMMING LSC, INC.

2019 MARYLAND LSC SENIOR SHORT COURSE CHAMPIONSHIPS

Hosted by MARYLAND SWIMMING, INC. AND ALL PARTICIPATING CLUBS

FEBRUARY 21 - 24, 2019

@ UNITED STATES NAVAL ACADEMY - LEJEUNE HALL POOL

52 KING GEORGE ST, ANNAPOLIS, MD 21402

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

Sanction #MDSI 18/19-031

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

ENTRY DEADLINE: MONDAY,, FEBRUARY 11, 2019 @ 8:00 PM

The 2019 MD LSC Senior Short Course Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY DIRECTOR
MEET DIRECTOR TBD CHAMPIONSHIP MEET COORDINATOR SUSAN MCDONALD SUSAN.MCDONALD@COLUMBIAASSOCIATION.ORG	TOM HIMES THIMES@NBAC.NET COACHTOM@COMCAST.NET
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
GREER VERHEYEN GREER.VERHEYEN@CONSTELLATION.COM	TBD EMAIL
OFFICIALS CONTACT	ADMIN OFFICIAL
GREER VERHEYEN GREER.VERHEYEN@CONSTELLATION.COM LINK TO OFFICIATE	ZUZANA CHAMROVA ZCHAMROVA@HOTMAIL.COM

FACILITY

Indoor, 10-lane, 50-meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system with button plungers, Reactive Light System and stop watches as back-ups. The pool depth throughout is 8'0". A 10 lane, SCM pool will be available throughout the meet for warm-up and 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 United States Naval Academy and are required to adhere to the following:

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 **This will be a full scratch meet for both individual events and relay events.**

All events are OPEN age group and the Meet will be conducted as a Trials & Finals Meet. There will be an A, B, C, D Finals (32 Swimmers) for each Prelim/final event.

Thursday TIMED FINALS and Friday, Saturday and Sunday PRELIMS will be swum using 10 Lanes.

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

The Thursday 1000 Freestyle events will be TIMED FINALS, swum in event order slowest to fastest.

The Sunday 1650 Freestyle events will be TIMED FINALS. The top 8 seeded swimmers in each event will compete during the finals session. The remaining swimmers will swim in the prelims session, fastest to slowest, alternating Women/Men.

Thursday Night Relay events will be TIMED FINALS, swum in event order slowest to fastest.

Friday, Saturday & Sunday Relay events will be swum as follows: The top 16 seeded relays after positive scratches will swim in the finals session. The remaining relays will swim in the prelim sessions. There will be no option to swim AM/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.

FINALS SESSIONS: Walk Out Music will be played during the championship heat at finals. The top three finalists will be presented their awards after certain events have been swum as determined by the Admin Referee.

SCHEDULE

Session	Day	Warm-up	Meet Start	Scratch Deadline	Age Group
1	Thursday	4:00 PM	5:00 PM	4:15 PM Thursday	Open
2	Friday	7:00 AM	8:30 AM	6:00 PM Thursday	Open
3	Friday	4:30 PM	5:30 PM		Open
4	Saturday	7:00 AM	8:30 AM	6:00 PM Friday	Open
5	Saturday	4:00 PM	5:30 PM	5:00 PM MDSI Awards	Open
6	Sunday	7:00 AM	8:30 AM	6:00 PM Saturday	Open
7	Sunday	3:30 PM	4:30 PM		Open

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Monday, February 11, 2019	8:00 PM	Entry deadline
Thur, Fri, Sat, & Sun February 22 - 24, 2019	Begin at Warm-up Start times as listed in the Schedule above	Official Briefing
Friday, February 22, 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 21, 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 February 23, 2017 and the entry deadline for this meet (February 11, 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 two (2) relay teams per 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 (10 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 February 23, 2017 and the entry deadline for this meet (February 11, 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 FR, 1000 FR, 1650 FR)

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, Monday, February 11, 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.

SCRATCHES

This will be a full scratch meet for both individual and relay events. Each athlete will be required to scratch from any preliminary event in which they no longer wish to participate by the deadlines listed below. Scratch rules in effect will follow the MDSI and USA Swimming Rules.

Any swimmer who has not positively scratched any preliminary and fails to compete or declare a false start prior to their heat, shall be barred from his next individual preliminary event and must report to the Meet Referee before participating in their next individual preliminary events entered.

Any swimmer qualifying for a D, C, B, or A (bonus and 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.

Preliminary Scratch Deadlines

Thursday Events: Scratch Table Closes at 4:15 PM Thursday

Friday Events: Scratch Table Closes at 6:00 PM on Thursday

Saturday Events: Scratch Table Closes at 6:00 PM on Friday

Sunday Events: Scratch Table Closes at 6:00 PM on Saturday

SCORING

Team Scoring is as follows:

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

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

AWARDS

Individual Events: Medals for 1st, 2nd and 3rd places will be awarded.

Relay Events: Team Medals for 1st, 2nd and 3rd places will be awarded.

Team Awards - 1st - 8th

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 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). 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 Senior 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).

Each Club/Swimmer is responsible for supplying timers and counters for the 1650 FREE prelims.

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**

WOMEN	EVENT	MEN
26.29	50 FREESTYLE	23.79
56.69	100 FREESTYLE	51.39
2:03.09	200 FREESTYLE	1:52.79
5:29.89	500 FREESTYLE	5:14.39
11:13.89	1000 FREESTYLE	10:47.19
18:39.59	1650 FREESTYLE	18:29.59
1:04.69	100 BACKSTROKE	59.79
2:18.69	200 BACKSTROKE	2:09.89
1:14.29	100 BREASTSTROKE	1:07.89
2:40.89	200 BREASTSTROKE	2:28.09
1:04.69	100 BUTTERFLY	57.69
2:22.29	200 BUTTERFLY	2:11.39
2:18.29	200 IM	2:07.69
4:59.39	400 IM	4:43.99
1:47.19	200 FREESTYLE RELAY	1:37.19
3:50.79	400 FREESTYLE RELAY	3:29.59
8:20.39	800 FREESTYLE RELAY	7:39.19
4:24.39	200 MEDLEY RELAY	4:00.79
4:24.39	400 MEDLEY RELAY	4:00.79

QUALIFICATION PERIOD – FEBRUARY 23, 2017 UNTIL THE FEBRUARY 11, 2019 ENTRY DEADLINE FOR THIS MEET.

QUALIFYING TIME FOR THE 200 MEDLEY RELAY WILL BE THE SAME AS THE 400 MEDLEY RELAY.

ENTRY TIMES FOR THE 200 MEDLEY RELAY SHOULD BE THE SAME AS THE 400 MEDLEY RELAY.

**2019 MARYLAND LSC SENIOR SHORT COURSE CHAMPIONSHIPS
ORDER OF EVENTS**

SESSION 1 - THURSDAY FEBRUARY 21, 2019

TIMED FINAL EVENTS

Warm-up: 4:00 PM & Meet Start: 5:00 PM

WOMEN	Event	MEN
1	OPEN 200 MEDLEY RELAY	2
3	OPEN 1000 FREESTYLE	4
5	OPEN 800 FREE RELAY	6

Positive Check In & Scratch Deadline - 4:15 pm Thursday all Session 1 events
Awards presented immediately after each event, may be adjusted by the Admin Referee as needed.

SESSION 2 - FRIDAY FEBRUARY 22, 2019

PRELIMINARY / TIMED FINAL EVENTS

Warm-up: 6:30 AM & Meet Start: 8:00 AM

WOMEN	Event	MEN
7	OPEN 200 FREESTYLE	8
9	OPEN 100 BREASTSTROKE	10
11	OPEN 100 BUTTERFLY	12
13	OPEN 400 IM	14
15	OPEN 400 MEDLEY RELAY*	16

Scratch Deadline 5:30 pm THURSDAY for all preliminary events
*Top 16 seeded relays, after positive check-in, will swim in the Finals Session 3.

SESSION 3 - FRIDAY FEBRUARY 22, 2019

FINALS / TIMED FINALS EVENTS

Warm-up: 4:30 PM & Meet Start: 5:30 PM

WOMEN	Event	MEN
7	OPEN 200 FREESTYLE	8
9	OPEN 100 BREASTSTROKE	10
11	OPEN 100 BUTTERFLY	12
13	OPEN 400 IM	14
15	OPEN 400 MEDLEY RELAY*	16

*Top 16 seeded relays, after positive check-in, will swim in the Finals Session 3.
There will be a 10 minute break after event 14 prior to the relays.
Awards presented immediately after each event, may be adjusted by the Admin Referee as needed.

SESSION 4 - SATURDAY FEBRUARY 23, 2019

PRELIMINARY / TIMED FINAL EVENTS

Warm-up: 6:30 AM & Meet Start: 8:00 AM

WOMEN	Event	MEN
17	OPEN 200 BUTTERFLY	18
19	OPEN 50 FREESTYLE	20
21	OPEN 200 BREASTSTROKE	22
23	OPEN 100 BACKSTROKE	24
25	OPEN 500 FREESTYLE*	26
27	OPEN 200 FREE RELAY**	28

Scratch Deadline 6:00 pm FRIDAY for all preliminary events
*Swimmers must supply their own counters for 500 Free.
**Top 16 seeded relays, after positive check-in, will swim in the Finals Session 5.

**2019 MARYLAND LSC SENIOR SHORT COURSE CHAMPIONSHIPS
ORDER OF EVENTS**

**SESSION 5 - SATURDAY FEBRUARY 23, 2019
FINALS / TIMED FINALS EVENTS**

Warm-up: 4:00 PM & Meet Start: 5:30 PM

WOMEN	Event	MEN
17	OPEN 200 BUTTERFLY	18
19	OPEN 50 FREESTYLE	20
21	OPEN 200 BREASTSTROKE	22
23	OPEN 100 BACKSTROKE	24
25	OPEN 500 FREESTYLE*	26
27	OPEN 200 FREE RELAY**	28

*Swimmers must supply their own counters for 500 Free.

*Top 16 seeded relays, after positive check-in, will swim in the Finals Session 5.

There will be a 10 minute break after event 26 prior to the relays.

Awards presented immediately after each event, may be adjusted by the Admin Referee as needed.

**SESSION 6 - SUNDAY FEBRUARY 24, 2019
PRELIMINARY / TIMED FINAL EVENTS**

Warm-up: 6:30 AM & Meet Start: 8:00 AM

WOMEN	Event	MEN
29	OPEN 200 BACKSTROKE	30
31	OPEN 100 FREESTYLE	32
33	OPEN 200 IM	34
35	OPEN 1650 FREESTYLE*	36
37	OPEN 400 FREESTYLE RELAY**	38

Scratch Deadline 6:00 pm SATURDAY for all preliminary events

*Swimmers must supply their own timers and counters for 1650 Free.

*Top 8 seeded 1650 swimmers in each event, after positive scratches, will swim in the Finals Session 7. The remaining swimmers will swim in the prelims session, fastest to slowest, alternating WOMEN/MEN.

**Top 16 seeded relays, after positive scratches, will swim in the Finals Session 7.

Events 37 & 38 will swim after event 34 in the prelims session 6.

**SESSION 7 - SUNDAY FEBRUARY 24, 2019
FINALS / TIMED FINALS EVENTS**

Warm-up: 3:30 PM & Meet Start: 4:30 PM

WOMEN	Event	MEN
35	OPEN 1650 FREESTYLE*	36
29	OPEN 200 BACKSTROKE	30
31	OPEN 100 FREESTYLE	32
33	OPEN 200 IM	34
37	OPEN 400 FREESTYLE RELAY**	38

*Swimmers must supply their own timers and counters for 1650 Free.

**Top 16 seeded relays, after positive check-in, will swim in the Finals Session 7.

There will be a 10 minute break after event 34 prior to the relays.

Awards presented immediately after each event, may be adjusted by the Admin Referee as needed.

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

Complete and email this form to:

Tom Himes - thimes@nbac.net or coachtom@comcast.net

and

Susan McDonald - susan.mcdonald@columbiaassociation.org

TEAM NAME	
TEAM CODE	
COACH	
COACH PHONE	
COACH EMAIL	
MANAGER	
MGR PHONE	
MGR EMAIL	

Item	Total Number	Cost per	Total
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	
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. NAAC, Naval Academy, 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**