



JOHN C. CLEGG MEMORIAL LONG COURSE MEET

Hosted by COLUMBIA AQUATICS ASSOCIATION

MAY 17 - 19, 2019

Held at MCDONOUGH SCHOOL, ROSENBURG AQUATIC CENTER - 8600 McDonogh Road, Owings Mills, MD, 21117

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

Sanction # MD 18-19/043

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
SUSAN MCDONALD 410-381-0020 SUSAN.MCDONALD@COLUMBIAASSOCIATION.ORG	CATHY VANNETTA 40 RIDGE ROAD CATONSVILLE MD 21228 443-676-3195 VANNETTAC@GMAIL.COM
MEET REFEREE	USA REGISTERED OPERATION RISK MEET DIRECTOR
DIPPER WETTSTEIN 443-745-4406 DIPPERMSSC@GMAIL.COM MEET NOTICE READ & APPROVED BY REFEREE: YES	LAURA MCARTHUR 443-474-7986 SAFETYDIRECTOR@CLIPPERSWIM.ORG
OFFICIALS CONTACT	ADMIN OFFICIAL
DIPPER WETTSTEIN DIPPERMSSC@GMAIL.COM OFFICIALS SIGNUP LINK	CATHY VANNETTA VANNETTAC@GMAIL.COM 443-676-3195

FACILITY

Indoor eight-lane 50-meter pool with non-turbulent lane lines.

The meet is run using a Daktronic Inc. automatic timing system, scoreboard, and horn start "The minimum water depth, measured in accordance with article 103.2.3, is 8'0" at the start end and 3'6" at the turn end."

The competition course has not been certified in accordance with the USA Swimming Rules and Regulations Article 104.2.2(C).

There is a separate spectator seating area above the pool deck.

There is ample parking in the McDonogh School's Eagle Lot. DO NOT park or leave car in the drop-off circle.

There is NO Clerk-of-Course for the meet.

MEET FORMAT

This is a timed final, age group meet, open to all USA Swimming registered athletes 9 & older with times slower than the 2017-2020 long course meter "A" times.

All events require Positive Check In.

All events are swum combined by gender and age group

400 IM and 400 Free events are seeded Fastest to Slowest based on seed times.

All other events are seeded Slowest to Fastest based on seed times.

Entries will be limited to no more than 320 swimmers total per session due to facility restrictions.

MEET SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:30 PM	5:40 PM	9 & Older
2	Saturday	7:30 AM	8:30 AM	9 -12
3	Saturday	1:00 PM	2:10 PM	13 & Older
4	Sunday	7:30 AM	8:30 AM	9 -12
5	Sunday	1:00 PM	2:10 PM	13 & Older

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday, April 29	6:00 PM	Entry deadline
Fri, Sat and Sun - All Sessions	1 hr. before meet start	Official Briefings
Fri, Sat and Sun - All Sessions	20 mins. after warmups start	Athlete Check In Deadline

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, are 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 prior to the entry deadline.

There will be NO ON DECK REGISTRATION available at this meet.

The meet is open to all USA Swimming Teams regardless of LSC affiliation.

A swimmer's age on **May 17, 2019** will determine their age for the entire meet.

The meet is open to registered swimmers 9 & older with times slower than the 2017-2020 long course meter "A" times.

SWIMMERS WITH DISABILITIES

Columbia Aquatics Association 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 Coordinator 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 **Columbia Aquatics Association's** ability to accommodate all requests.

HEALTH GUIDELINES

All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well.

The Meet Referee has the authority to inform and protect coaches, spectators, volunteers and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, anyone

who exhibits symptoms of illness may be asked to withdraw from the competition for a 24 hour period. Swimmers will need to be cleared by the Meet Referee in order to return to competition.

ENTRIES

Columbia Aquatics Association's Entries are processed first then all other entries are processed on a first come, first serve basis until reaching the limit of the timeline requirements. Maryland LSC Registered Teams have first priority.

Submit entries using the appropriate Hy-tek file by EMAIL to the **MEET ENTRY COORDINATOR**.

Teams entering with less than 10 swimmers or Unattached swimmers not affiliated with a USA Swim Club, can submit entries on computer entry forms. Mail entries with **required signature waived** to the **MEET ENTRY COORDINATOR**.

Meet fees should not be mailed to the Meet Entry Coordinator until a confirmation has been received from the Host Team. Meet fees must be received by the start of the meet.

ENTRY LIMITATIONS

Swimmers are limited to a TOTAL of 8 individual events for the entire meet.

Swimmers are limited to a maximum of TWO events for session 1 and a maximum of THREE events for all other sessions.

Entries must be submitted with **Long Course Meter Times**. NO CONVERTED TIMES ALLOWED.

No Time "NT" entries are permitted.

Entries will be limited to no more than 320 swimmers total per session due to facility restrictions.

The Meet Director reserves the right to limit entries to complete the meet within appropriate time standards set by MD swimming.

Coaches will be informed if their entries need to be limited due to number of attendees.

Clubs that enter swimmer(s) not registered with USA Swimming will be fined \$100.00 and the swimmer(s) will not be allowed to compete in accordance to Maryland Swimming rules.

ENTRY VERIFICATION

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

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary.

Maryland LSC entries received prior to the entry deadline receive priority over out of LSC entries received.

No late entries will be accepted. There will be no on deck registrations.

ENTRY FEES

Make checks payable to: CAA	
Surcharge	\$7.00 per swimmer
Individual Event	\$8.00 per event

SEEDING

Entry times must be in long course meters. NO CONVERTED TIMES ALLOWED. 400 IM and 400 Free events will be seeded Fastest to Slowest based on seed times. All other events will be seeded Slowest to Fastest based on seed times.

CHECK IN

Athlete check-in is required for all events.

Deadline for Athlete Check-In will be 20 minutes after the start of each warm-up session.

Swimmers who fail to "check-in" will be scratched from the event and not seeded.

Any swimmer who "checks-in" for an event and fails to compete in said event shall be barred from competing in his/her next individual event.

SCORING

No team or individual scoring

AWARDS

Ribbons will be awarded 1-8 for each event.

All events are swum combined by gender and age group.

Awards are distributed by age group and gender.

Official Results will be available on Meet Mobile during the meet and posted at the facility.

RESULTS

All events are swum combined by gender and age group. Results are separated by gender and age group.

Results will be posted on [Columbia Aquatics Association'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 on a memory stick.

A copy of results will be emailed to all participating teams within 72 business hours after the meet completion

**COACHES,
OFFICIALS, &
MEET STAFF
CHECK IN**

***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 desk in the hallway prior to the entry doors to the pool.

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.

Meetings, including coaches 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.

**OFFICIALS,
TIMERS &
VOLUNTEERS**

Swimmers participating in the 400 free & 400 IM are expected to provide their own timers. There will be a need for officials.

Columbia Aquatics Association 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.

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.

ORDER OF EVENTS & QUALIFYING TIMES
ALL EVENTS WILL BE SWUM COMBINED BY GENDER AND AGE GROUP.
AWARDS AND RESULTS WILL BE SEPARATED BY GENDER AND AGE GROUP

Friday, May 17, 2019

Warm-up: 4:30PM ; Meet Start: 5:40PM

Session 1

Event #		Age Group	Event
1	Mixed	9 & Over	400 Free
2	Mixed	9 & Over	400 IM

THE 400 FREE & 400 IM WILL BE SWUM FASTEST TO SLOWEST. ALL SWIMMERS MUST PROVIDE THEIR OWN TIMER

Saturday, May 18, 2019

Warm-up: 7:30AM ; Meet Start: 8:40AM

Session 2

Event #		Age Group	Event
3	Mixed	9-12	100 Breaststroke
4	Mixed	9-12	50 Freestyle
5	Mixed	9-12	100 Butterfly
6	Mixed	9-12	50 Backstroke
7	Mixed	9-12	100 Freestyle

Saturday, May 18, 2019

Warm-up: 12:30 PM ; Meet Start: 1:40 PM

Session 3

Event #		Age Group	Event
8	Mixed	13 & Over	200 IM
9	Mixed	13 & Over	200 Backstroke
10	Mixed	13 & Over	100 Freestyle
11	Mixed	13 & Over	200 Butterfly
12	Mixed	13 & Over	100 Breaststroke

Sunday, May 19, 2019

Warm-up: 7:30AM ; Meet Start: 8:40AM

Session 4

Event #		Age Group	Event
13	Mixed	9-12	200 Freestyle
14	Mixed	9-12	50 Butterfly
15	Mixed	9-12	100 Backstroke
16	Mixed	9-12	50 Breaststroke

Sunday, May 19, 2019

Warm-up: 12:30 PM ; Meet Start: 1:40 PM

Session 5

Event #		Age Group	Event
17	Mixed	13 & Over	200 Freestyle
18	Mixed	13 & Over	100 Butterfly
19	Mixed	13 & Over	200 Breaststroke
20	Mixed	13 & Over	100 Backstroke
21	Mixed	13 & Over	50 Freestyle

JOHN C. CLEGG MEMORIAL LONG COURSE MEET**Summary of Fees/Release Form**

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

Columbia Aquatics Association

ATTN: Cathy VanNetta

40 Ridge Road Catonsville MD 21228

Email to: VANNETTAC@GMAIL.COM

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 per event	
Surcharge		\$7.00 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. Columbia Association, Columbia Aquatics Association, the McDonogh School, 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