



## 2019 Carol Chidester Memorial LC Elite Meet

Hosted by the Naval Academy Aquatic Club  
April 26-28, 2019

Held at United States Naval Academy, Lejeune Hall, Annapolis, MD 21401

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction #MDSI 18/19 - 041

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

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
Caren Gallaudet and LaToya Getz 619-977-0179 <a href="mailto:navalaacmeetdirector@gmail.com">navalaacmeetdirector@gmail.com</a>	Sandy Avery 748 Dividing Creek Rd Arnold, MD 21012 443-995-0372 <a href="mailto:entries@naaccoach.com">entries@naaccoach.com</a>
<b>MEET REFEREE</b>	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b>
Jerilyn Deitch 410-746-5919 <a href="mailto:navalaac.officials@gmail.com">navalaac.officials@gmail.com</a> Meet Notice read & approved by Referee : YES	Bob Baca Sandy Avery <a href="mailto:entries@naaccoach.com">mailto:entries@naaccoach.com</a> 443-995-0372
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Jerilyn Deitch <a href="mailto:navalaac.officials@gmail.com">navalaac.officials@gmail.com</a> <a href="#">Chidester Elite LC Meet Officials Sign Up</a>	Jason Wright 443-745-8520 <a href="mailto:jwright0716@gmail.com">jwright0716@gmail.com</a>

### FACILITY

Indoor, 10-lane, 50-meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system with button plungers and stop watches as back-ups. The pool depth throughout is 8'0". A 20-yard x 23-yard diving well 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). Upon request of The United States Naval Academy, all swimmers are not to leave the pool deck without appropriate attire

consisting of a shirt, pants and/or shorts, and shoes. All Teams are required to maintain a clean and safe team area throughout the meet.

### MEET FORMAT

This is a timed-final, Age Group, pre-seeded meet.

Friday night events, along with the 1500s & 800s, will be swum fastest to slowest. All other events will be swum slowest to fastest.

Possible Event Entry Limitations.

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

Session	Day	Warm-up**	Meet Start	Age Group
1	Friday, April 26, 2019	4:00 PM	5:00 PM	10 & Over
2	Saturday, April 27, 2019	7:00 AM	8:00 AM	11-12 & 13-14
3	Saturday, April 27, 2019	12:00 PM	1:00 PM	9-10 & 15-18
4	Saturday, April 27, 2019	Continuous during Session 3	10 Minutes After End of Session 3	Open
5	Sunday, April 28, 2019	7:00 AM	8:00 AM	11-12 & 13-14
6	Sunday, April 28, 2019	12:00 PM	1:00 PM	9-10 & 15-18
7	Sunday, April 28, 2019	Continuous during Session 6	10 Minutes After End of Session 6	Open

\*\* Specific listed warm-up times refer to the competition pool. Continuous warmup refers to the use of the diving well.

Note: Building opens each day 30 minutes before the start of first warmups.

### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday, April 15, 2019	5:00 PM	Entry Deadline
Saturday, April 27, 2019	3:30 PM	Positive Check-In Deadline for 800s
Sunday, April 28, 2019	3:30 PM	Positive Check-In Deadline for 1500s
Each Day of Meet	45 minutes before start of each session	Official Briefings, Lejeune Classroom (Hospitality Room)
Each Day of Meet	30 minutes before start of each session	Timers' Meeting in the hallway above pool

### SAFETY

The MDSI 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**

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.

- Swimmers in events designated 13/14 or 15&O must have Long Course Meter (LCM) "A" times or better. (Events designated 15&O use 15-16 "A" times as minimum standard.) Those with two or more "A" Times may enter (up to) the maximum number of events.
- Swimmers in events designate 10&U or 11/12 must have Long Course Meter (LCM) "BB" Times or better. Those with 2 or more "BB" times may enter (up to) the maximum number of events (excluding the 1500, 800 and 400 freestyle events and 400 IMs).
- Swimmers entering the 10 & U 200 Free, 400 Free and 400 IM must have 'A' times in their respective age groups.
- Swimmers entering the Open 1500 and 800 free must have 15-16 'A' times.
- No Times are not accepted.

## **SWIMMERS WITH DISABILITIES**

NAAC 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 NAAC'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** Entries submitted in Hy-tek format require no hard copy entry forms. Please submit electronic entries via Email. 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. NAAC entries will be entered first and then accept teams/entries in the order received, until the four/five hour rule is reached. Entries received thereafter will be returned immediately.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of nine (9) events [one Friday, three Saturday AM/PM, one Saturday Distance, three Sunday AM/PM, one Sunday Distance). If the meet is oversubscribed, non-Maryland LSC teams will be dropped first, then, if necessary, Maryland LSC swimmers. If that doesn't save enough time, the 200-yard events will be reduced to three (3) heats of the fastest 30 swimmers. Coaches will be contacted before the meet if entries will be limited in certain events. Refunds for swimmers dropped from events will be mailed to the appropriate team no later than seven (7) days following the conclusion of the meet.

**ENTRY VERIFICATION** An email confirming receipt of the entry will be sent, within 48 hours of receipt, to the person submitting the entry.

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

**ENTRY FEES**

<b>Make checks payable to: Naval Academy Aquatic Club</b>	
<b>Swimmer Surcharge</b>	\$10.00 per Swimmer (\$2.00 Surcharge + \$8.00 Facility)
<b>Individual Event</b>	\$7.50 per Event

**SEEDING** The conforming time standard for this meet is Long Course Meters (LCM). Converted times are acceptable. "No time" (NT) entries are not acceptable. Swimmers will be seeded from slowest to fastest unless otherwise indicated.

**CHECK-IN** Positive check-in (at the scorer's table) is required for the 800s & 1500s per times stated in the Deadline and Meeting Summary. Swimmers who fail to check in will be scratched from the event.

**SCRATCHES** Swimmers may scratch from pre-seeded events at the block without penalty. In the positive check-in events (800s & 1500s), 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** Scoring will not be kept at this meet.

<b>AWARDS</b>	Ribbons will be awarded to the top eight finishers in the following age groups: 9-10 & 11-12. No ribbons will be awarded for 13-14 or Senior/Open Events.
<b>RESULTS</b>	Results will be posted on NAAC's and MSI's website within 24 hours of the meet's conclusion. Teams may obtain Hy-tek backups either on a memory stick or via email attachment.
<b>COACHES/OFFICIALS /MEET STAFF</b>	<p><b><u>POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:</u> <i>There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located immediately to the right once inside the main entrance to the deck.</i></b></p> <p><b><i>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.</i></b></p> <p>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.</p> <p>There will be a need for officials. NAAC 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.</p> <p>Timers will be provided for all pre-seeded sessions. <b>Swimmers participating in the 800s &amp; 1500s need to provide their own timers and lap counters.</b></p>
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. Metro Swim Shop will be on site.
<b>WARM-UP</b>	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal 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, a 20-yard x 23-yard diving well will be available for continuous warm-up and warm-down. There is to be no diving or horseplay in this area.

## ORDER OF EVENTS & QUALIFYING TIMES

Session 1: Friday, April 26, 2019  
Warm-up: 4:00 PM Meet Start: 5:00 PM

In this session, events are swum fastest to slowest

#	Girls/Women	Event	Boys/Men	#
1	5:57.79	13/14 400 IM	5:36.59	2
3	5:49.69	15&O 400 IM	5:20.59	4
5	2:56.29	10 & U 200 Free	2:50.79	6
7	5:29.09	11/12 400 Free	5:21.89	8
9	5:14.69	13/14 400 Free	4:59.19	10
11	5:07.29	15&O 400 Free	4:46.09	12

Session 2: Saturday, April 27, 2019  
Warm-up: 7:00 AM Meet Start: 8:00 AM

#	Girls/Women	Event	Boys/Men	#
13	41.19	11/12 50 Back	40.89	14
15	1:17.09	13/14 100 Back	1:12.29	16
17	1:28.49	11/12 100 Fly	1:26.29	18
19	2:45.69	13/14 200 Fly	2:36.19	20
21	45.49	11/12 50 Breast	45.39	22
23	1:27.69	13/14 100 Breast	1:21.29	24
25	3:11.49	11/12 200 IM	3:09.29	26
27	2:49.19	13/14 200 IM	2:38.79	28
29	1:18.49	11/12 100 Free	1:15.69	30
31	1:09.59	13/14 100 Free	1:04.59	32

Session 3: Saturday, April 27, 2019  
Warm-up: 12:00 PM Meet Start: 1:00 PM

#	Girls/Women	Event	Boys/Men	#
33	48.89	10&U 50 Back	49.19	34
35	1:15.69	15&O 100 Back	1:08.89	36
37	1:52.99	10&U 100 Fly	1:51.39	38
39	2:41.39	15&O 200 Fly	2:27.99	40
44	53.99	10&U 50 Breast	53.29	42
43	1:25.39	15&O 100 Breast	1:16.99	44
45	3:43.19	10&U 200 IM	3:40.79	46
47	2:45.89	15&O 200 IM	2:31.39	48
49	1:31.49	10&U 100 Free	1:30.29	50
51	1:07.99	15&O 100 Free	1:01.89	52

## ORDER OF EVENTS & QUALIFYING TIMES

Session 4: Saturday, April 27, 2019

Warm-up: Continuous

Meet Start: 10 minutes after end of Session 3

#	Girls/Women	Event	Boys/Men	#
53	10:35.39	Open 800 Free	10:00.39	54

Session 5: Sunday, April 28, 2019

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

#	Girls/Women	Event	Boys/Men	#
55	2:50.39	11/12 200 Free	2:45.19	56
57	2:30.09	13/14 200 Free	2:20.59	58
59	38.29	11/12 50 Fly	38.69	60
61	1:14.79	13/14 100 Fly	1:09.69	62
63	1:31.09	11/12 100 Back	1:29.09	64
65	2:45.59	13/14 200 Back	2:36.59	66
67	35.79	11/12 50 Free	34.69	68
69	31.99	13/14 50 Free	29.49	70
71	1:41.39	11/12 100 Breast	1:38.49	72
73	3:09.79	13/14 200 Breast	2:56.79	74

Session 6: Sunday, April 28, 2019

Warm-up: 12:00 PM Meet Start: 1:00 PM

#	Girls/Women	Event	Boys/Men	#
75	2:26.49	15&O 200 Free	2:14.89	76
77	47.29	10&U 50 Fly	45.99	78
79	1:13.39	15&O 100 Fly	1:06.29	80
81	1:45.99	10&U 100 Back	1:43.59	82
83	2:42.09	15&O 200 Back	2:28.89	84
85	39.89	10&U 50 Free	39.49	86
87	31.19	15&O 50 Free	27.89	88
89	2:01.49	10&U 100 Breast	1:57.69	90
91	3:05.39	15&O 200 Breast	2:48.39	92

Session 7: Sunday, April 28, 2019

Warm-up: Continuous

Meet Start: 10 minutes after end of Session 6

#	Girls/Women	Event	Boys/Men	#
93	20:20.49	Open 1500 Free	18:59.09	94

## 2019 Carol Chidester Memorial LC Elite Meet

### Summary of Fees/Release Form

Complete and email or mail this form along with entry fees (checks payable to **Naval Academy Aquatic Club**) to:

Naval Academy Aquatic Club

ATTN: Sandy Avery

748 Dividing Creek Rd

Arnold, MD 21012

Email to: [entries@naaccoach.com](mailto:entries@naaccoach.com)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries (per entry)		\$7.50 per event	
\$2 MSI and \$8 Facility Surcharge (per swimmer)		\$10.00 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. The Naval Academy Aquatic Club, US 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE