



2019 Cinco de Mayo LC Meet

Hosted by the Naval Academy Aquatic Club
May 4-5, 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 - 044

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

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
LaToya Getz 443-534-3574 goopy2jl@aol.com	Sandy Avery 748 Dividing Creek Rd Arnold, MD 21012 443-995-0372 entries@naaccoach.com
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
Jerilyn Deitch 410-746-5919 navalaac.officials@gmail.com Meet Notice read & approved by Referee : YES	Meredith Pochet 410-271-9445 mapochet@yahoo.com
OFFICIALS CONTACT	ADMIN OFFICIAL
Jerilyn Deitch navalaac.officials@gmail.com Cinco de Mayo LC Officials Signup	Jason Wright 443-745-8520 jwright0716@gmail.com

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.
- 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	Saturday, May 4, 2019	7:00 AM	8:00 AM	9 to 12
2	Saturday, May 4, 2019	12:00 PM	1:00 PM	13 & Older
3	Sunday, May 5, 2019	7:00 AM	8:00 AM	9 to 12
4	Sunday, May 5, 2019	12:00 PM	1:00 PM	13 & Older

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

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, April 19, 2019	5:00 PM	Entry Deadline
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 must be 9 & older
- Swimmers whose times are slower than 2017-2020 "A" times. This includes times achieved in long course meter, short course meter, or short course yard events. Long course meter times will be seeded first.
- "No Times" are accepted.
- Open events use the 15-16 Time Standards
- Events 21, 22, 49 & 50 will be limited to between 6 & 8 heats based on timeline.

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 4 individual events per session and a total of 8 individual events for the weekend. If the meet is oversubscribed, non-Maryland LSC teams will be dropped first, then, if necessary, Maryland

LSC swimmers. Teams may be asked to reduce the number of events swimmers swim in to lower the timeline. The 400s & 200s may be capped to reduce the timeline. 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 longer than 48 hours 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 received.

ENTRY FEES

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

SEEDING The conforming time standard for this meet is long 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 There is no positive check-in for any event at this meet.

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 eight finishers in the following age groups: 9-10 & 11-12. No ribbons will be awarded for 13-14 or Senior/Open Events.

RESULTS 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.

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 immediately to the right once inside the main entrance to the deck. 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. 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.

**HOSPITALITY/
CONCESSIONS**

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.

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 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 warm-up and warm-down. There is to be no diving or horseplay in this area.

**COACHES/OFFICIALS
VEHICLE PASSES**

All visiting coaches and USA Swimming officials who wish to obtain temporary driving access to meets hosted by NAAC for the 2018-19 season must complete a registration form and pass a USNA background check. ALLOW 4-6 WEEKS at a minimum. You only need to apply once a season (Sept 1. – July 31st). One week before each meet NAAC hosts at the USNA, we will confirm that your non-athlete registration status is current with MD Swimming. Officials – we will also confirm that you are signed up to officiate at least one session. Security will have a list of approved coaches and officials. Show your valid MD driver's license to confirm your identity. You will not need a separate pass.

To apply for access, or for more information, visit our website: [naac.ws/About NAAC/Parking Pass](http://naac.ws/About%20NAAC/Parking%20Pass). If you have questions please contact our Parking Pass Coordinator at <mailto:navalaacparking@gmail.com>.

**Athletes & Visitors
GATE
ENTRY/PARKING**

The Naval Academy does not issue temporary vehicle passes to athletes & their families. Every civilian visitor 16 years and older entering the Academy should be prepared to show a photograph identification card & have his/her bags searched. Arrive EARLY and/or use Gate 3 which is a foot-traffic only gate located off the intersection off King George St & Maryland Ave. You may drop off swimmers at the Gate 1 Visitor parking area (an adult must accompany them through the security check-point). The downtown garages are a short walk to Gates 1 & 3. Parking downtown on the street or in the lots are metered or by permit only, with enforcement beginning at 10:00 am by the City of Annapolis. More information on the

City of Annapolis, including maps & shuttle schedules can be found here:
<http://annapolisparking.com/parkinglocations/garages-and-lots/>

ORDER OF EVENTS & QUALIFYING TIMES

Session 1: Saturday, May 4, 2019
Warm-up: 7:00 AM Meet Start: 8:00 AM

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
1	1:46.29	9-10 100 Breast	1:44.19	2
3	1:33.39	11-12 100 Breast	1:30.39	4
5	35.59	9-10 50 Free	35.49	6
7	33.19	11-12 50 Free	32.09	8
9	1:35.99	9-10 100 Fly	1:34.99	10
11	1:20.79	11-12 100 Fly	1:18.59	12
13	42.89	9-10 50 Back	42.99	14
15	37.99	11-12 50 Back	37.49	16
17	1:20.59	9-10 100 Free	1:19.89	18
19	1:12.49	11-12 100 Free	1:09.89	20

Session 2: Saturday, May 4, 2019
Warm-up: 12:00 PM Meet Start: 1:00 PM

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
21	5:07.29	*Open 400 Free*	4:46.09	22
23	2:45.89	*Open 200 IM*	2:31.39	24
25	2:45.59	13-14 200 Back	2:36.59	26
27	2:42.09	15 & O 200 Back	2:28.89	28
29	1:09.59	13-14 100 Free	1:04.59	30
31	1:07.99	15 & O 100 Free	1:01.89	32
33	2:45.69	13-14 200 Fly	2:36.19	34
35	2:41.39	15 & O 200 Fly	2:27.99	36
37	1:27.69	13-14 100 Breast	1:21.29	38
39	1:25.39	15 & O 100 Breast	1:16.99	40

ORDER OF EVENTS & QUALIFYING TIMES

Session 3: Sunday, May 5, 2019
Warm-up: 7:00 AM Meet Start: 8:00 AM

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
41	2:56.29	9-10 200 Free	2:50.79	42
43	2:37.29	11-12 200 Free	2:32.49	44
45	40.99	9-10 50 Fly	40.19	46
47	35.39	11-12 50 Fly	35.29	48
49	1:32.69	9-10 100 Back	1:31.49	50
54	1:23.29	11-12 100 Back	1:21.49	52
53	47.49	9-10 50 Breast	46.99	54
55	41.99	11-12 50 Breast	41.59	56

Session 4: Sunday, May 5, 2019
Warm-up: 12:00 PM Meet Start: 1:00 PM

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
57	5:49.69	* Open 400 IM *	5:20.59	58
59	2:30.09	13-14 200 Free	2:20.59	60
61	2:26.49	15 & O 200 Free	2:14.89	62
63	1:14.79	13-14 100 Fly	1:09.69	64
65	1:13.39	15 & O 100 Fly	1:06.29	66
67	3:09.79	13-14 200 Breast	2:56.79	68
69	3:05.39	15 & O 200 Breast	2:48.39	70
71	1:17.09	13-14 100 Back	1:12.29	72
73	1:15.69	15 & O 100 Back	1:08.89	74
75	31.99	13-14 50 Free	29.49	76
77	31.19	15 & O 50 Free	27.89	78

**2019 Cinco de Mayo LC 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

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	
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. 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE