



2019 Abby Seeger Memorial Invitational

May 10-12, 2019

UMBC Aquatic Complex The University of Maryland - Baltimore County
1000 Hilltop Circle Baltimore, MD 21250

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc. Sanction
#MD18/19-045

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

MEET DIRECTOR	MEET ENTRY COORDINATOR
Anna Schmeckpeper schmeckette@gmail.com	Kelli Booth 602 South Hanover Street Baltimore MD, 21230 Kelli.booth@gmail.com 601-818-0612 Coaches ONLY
MEET REFEREE	MEET MARSHALL
Rob Dobry E-mail: robdobry@yahoo.com Meet Notice read & approved by Referee :YES	Chad Cradock E-mail: ccradock@umbc.edu
OFFICIALS CONTACT	ADMIN OFFICIAL
Volunteer to Officiate	Nina Burns ninaburns@comcast.net

FACILITY

UMBC has an eight-lane 50-meter outdoor pool and non-turbulent lane lines. The eight-lane 25-yard indoor pool will be available for continuous warm up and warm down, during the meet, after regular warm up periods are over. The diving well is NOT to be used.

The competition course has not been certified in accordance with USA Swimming Article 104.2.2C(4). The minimum water depth, measured in accordance with USA Swimming Article 103.2.3, is 6'0" and 6'1" at the start end and the turn end of the pool.

The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with touchpads.

Note: Parking is authorized in designated areas only. Vehicles parked in unauthorized spaces are subject to citation and towing.

MEET FORMAT

Timed Final

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:00 PM	4:00 PM	All Ages
2, 5	Sat/Sun	6:15 AM	7:45 AM	13 and Over
3, 6	Sat/Sun	12:00 PM	1:00 PM	12 and Under
4	Sat	Following session 3	30 min after session 3	Distance all ages

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday April 26, 2019	5:00 PM	Entry deadline
Friday May 3, 2019	5:00 PM	Entry Fee Deadline
Friday May 10, 2019 Session 1	3:00 PM	Team Scratch Sheets distributed
Friday May 10, 2019 Session 1	3:20 PM	Positive Scratch Deadline
Saturday May 11, 2019	7:30 AM	Coaches Meeting
May 11 & 12, 2019 AM Sessions	6:30 AM	Team Scratch Sheets distributed
May 11 & 12, 2019 AM Sessions	7:15 AM	Positive Scratch Deadline
May 11&12, 2019 PM Sessions	12:00 PM	Team Scratch Sheets distributed
May 11&12, 2019 PM Sessions	12:20 PM	Positive Scratch Deadline
Official Briefings	1 Hour prior to each Session	

SAFETY

The MDSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times.

ALL swimmers and spectators attending this meet are guests of the University of Maryland Baltimore County and are required to adhere to the following:

Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

NO ONE is permitted on the basketball courts AT ANY TIME.

Use of the indoor track for seating, vendor sales and concessions is at the discretion of UMBC. Coaches will be notified of availability prior to the start of the meet

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.

In case of inclement weather, call 410-455-2670 for status of meet. Coaches will be notified of any changes to starting times (unless due to weather or emergency).

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.

This meet will contain cuts for Short Course Yards & Long Course Meters. The SCY standards will be in the entry file only. LCM times will be seeded ahead of SCY.

Swimmers in the 11-12, 13-14 and Open age groups with at least two Long Course or **Short Course Yard** 2017-2020 USA Swimming Motivational time standards of "A" and faster are eligible to compete in the maximum allowed events in that age group. Open events use 15 – 16 'A' time standards. **The 400 IM, 400 FR are not eligible for bonus events. The 1500 can only be used as a bonus event if space permits.** See the notes under distance events.

Swimmers in the 10 & Under age group with at least two Long Course or **Short Course Yard** 2017-2020 USA Swimming Motivational time standards of "BB" and faster are eligible to compete in the maximum allowed events in that age group. **The 400 Free, 200 Fly, 200 Breast, and 200 Back are not eligible for bonus events.**

In the event that a swimmer chooses to not swim a qualifying event, proof of the swimmer's qualifying times must be provided.

Entries made with no times (NT) will be rejected.

The swimmer's age as of **May 10, 2019** shall apply for the entire meet. NO DECK ENTRIES will be accepted.

In the event the meet is oversubscribed, bonus events will be the first entries removed

SWIMMERS WITH DISABILITIES

Retriever Aquatic Club 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 Retriever Aquatic Club 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.

ENTRY LIMITATIONS

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. 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 (also may be within x hours of receipt of entries, etc.). **Retriever Aquatic Club** 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. All relay only swimmers including alternates must be listed.

ENTRY VERIFICATION

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

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: Retriever Aquatic Club; All fees are non-refundable	
Individual Event	\$8.00 per event
	\$5.00 Surcharge for paper entries unless two (2) or less entered
Surcharge	\$5.00 PER ATHLETE

SEEDING

The conforming time standard for this meet is long course meters, then short course yards. Yard times will be seeded first then LCM. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Converted times will not be accepted.

CHECK-IN

- 1) The Open 1500 Free events **may** be limited to the first 32 swimmers entered in each event depending on time limitations. This is the discretion of the meet director.
- 2) The Open 1500 Free events will be seeded and swum FASTEST TO SLOWEST alternating girls and boys heats.
- 3) **Positive Check-In Procedures for Distance Events (400 Free, 400 IM, 1500 Free)** Swimmers must check-in and initial the appropriate check-in sheet by the deadlines specified below. The check-in table will be located next to the scoring tent. Any swimmer not checked in by the deadline will be scratched from the event. A swimmer's intention to scratch from the event by crossing through their name on the check-in sheet is greatly appreciated. Once checked in, the swimmer must compete. Failure to compete in a positive check-in event will result in the swimmer not being allowed to compete in the next scheduled ind event.

SCRATCHES

There will be no penalty for scratching pre-seeded events at the block.

AWARDS

- For 14 and under age groups only: 1st – 8th place individuals ribbons.
- Abby Seeger Memorial award for the winner of the Women's 200 Backstroke.

Special awards for the top three finishers in both the Women's and Men's 1500 Free

RESULTS

Results will be posted on RAC and MSI's website and emailed to person submitting entries within 24 hours of the meet's conclusion. At the conclusion of the meet, 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 in the Administrative Office (Coaches Office) 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. At the request of the Administrative Staff heat sheets will only be given to a coach once the Deck Pass has been verified. Please do not request heat sheets for the team of coaches attending from your club

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.

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. **Retriever Aquatic Club** welcomes and encourages anyone willing to volunteer to contact the Meet Referee via the link [Volunteer to Officiate](#) prior to the meet or sign in once you arrive at meet. All officials on deck must be registered and certified with USA Swimming.

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, the indoor pool will be lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area.

SESSION 1 – FRIDAY				
Warm-Ups: 3:00pm Meet Starts: 4:00pm				
Women	Qualifying Time	Event	Qualifying Time	Men
1	2:45.89	Open 200 IM	2:31.39	2
3	2:49.19	13-14 200 IM	2:38.79	4
5	2:55.59	12 & Under 200 Back	2:52.19	6
7	5:07.29	Open 400 Free	4:46.09	8
9	5:14.69	13-14 400 Free	4:59.19	10

SESSION 2 – SATURDAY MORNING				
Warm-Ups: 6:15am Meet Starts: 7:45am				
Women	Qualifying Time	Event	Qualifying Time	Men
11	5:57.79	13-14 400 IM	5:36.59	12
13	5:49.69	Open 400 IM	5:20.59	14
15	1:17.09	13-14 100 Back	1:12.29	16
17	1:15.69	Open 100 Back	1:08.89	18
19	1:27.69	13-14 100 Breast	1:21.29	20
21	1:25.39	Open 100 Breast	1:16.99	22
23	1:09.59	13-14 100 Free	1:04.59	24
25	1:07.99	Open 100 Free	1:01.89	26
27	2:45.69	13-14 200 Fly	2:36.19	28
29	2:41.39	Open 200 Fly	2:27.99	30

SESSION 3 – SATURDAY AFTERNOON				
Warm-Ups: 12:00pm Meet Starts: 1:00pm				
Women	Qualifying Time	Event	Qualifying Time	Men
31	3:19.49	12 & Under 200 Breast	3:12.59	32
33	1:52.99	10 & Under 100 Fly	1:51.39	34
35	1:20.79	11-12 100 Fly	1:18.59	36
37	48.89	10 & Under 50 Back	49.19	38
39	37.99	11-12 50 Back	37.49	40
41	53.99	10 & Under 50 Breast	53.29	42
43	41.99	11-12 50 Breast	41.59	44
45	1:31.49	10 & Under 100 Free	1:30.29	46
47	1:12.49	11-12 100 Free	1:09.89	48
49	3:43.19	10 & Under 200 IM	3:40.79	50
51	2:56.79	11-12 200 IM	2:53.89	52

SESSION 4 – SATURDAY LATE AFTERNOON				
Warm-Ups: Immediately following Session 3				
Meet Starts: 30 minutes following Session 3				
Women	Qualifying Time	Event	Qualifying Time	Men
53	20:20.49	Open 1500 Free	18:59.09	54
55	5:29.09 (11-12) 6:51.09 (10&U)	12 & Under 400 Free	5:21.89 (11-12) 6:44.59 (10&U)	56

SESSION 5 – SUNDAY MORNING				
Warm-Ups: 6:15am Meet Starts: 7:45am				
Women	Qualifying Time	Event	Qualifying Time	Men
57	3:09.79	13-14 200 Breast	2:56.79	58
59	3:05.39	Open 200 Breast	2:48.39	60
61	31.99	13-14 50 Free	29.49	62
63	31.19	Open 50 Free	27.89	64
65	2:45.59	13-14 200 Back	2:36.59	66
67	2:42.09	Open 200 Back	2:28.89	68
69	1:14.79	13-14 100 Fly	1:09.69	70
71	1:13.39	Open 100 Fly	1:06.29	72
73	2:30.09	13-14 200 Free	2:20.59	74
75	2:26.49	Open 200 Free	2:14.89	76

SESSION 6 – SUNDAY AFTERNOON				
Warm-Ups: 12:00pm Meet Starts: 1:00pm				
Women	Qualifying Time	Event	Qualifying Time	Men
77	2:37.29	11-12 200 Free	2:32.49	78
79	3:20.99	10 & Under 200 Free	3:12.09	80
81	35.39	11-12 50 Fly	35.29	82
83	47.29	10 & Under 50 Fly	45.99	84
85	1:23.29	11-12 100 Back	1:21.49	86
87	1:45.99	10 & Under 100 Back	1:43.59	88
89	33.19	11-12 50 Free	32.09	90
91	39.89	10 & Under 50 Free	39.49	92
93	1:33.39	11-12 100 Breast	1:30.39	94
95	2:01.49	10 & Under 100 Breast	1:57.69	96
97	2:55.59	12 & Under 200 Fly	2:53.19	98

DIRECTIONS	<p>From North: Take the Baltimore Beltway (I-695 Outer Loop) to Exit 12-C, Wilkens Avenue.</p> <ul style="list-style-type: none"> ✓ At the traffic light, turn Left onto Wilkens Avenue. ✓ Turn Left again at the first traffic light onto Walker Avenue (~1 Mile). ✓ Turn Right at the Stop Sign onto Hilltop Circle. ✓ The UMBC pool is ~ ½ mile around the circle. ✓ Turn Left onto Administration Drive. ✓ The UMBC pool is on the right behind the UMBC Fieldhouse. ✓ Parking Lot 10 is in front of the Retriever Athletic Center. To reach parking garage, continue past Administration Drive, and turn left onto Library Drive. <p>From South: Take I-95 north to 195/166.</p> <ul style="list-style-type: none"> ✓ Once on exit ramp, veer left towards Catonsville/UMBC. ✓ From 166/195, entrance to campus is clearly marked on the right. Proceed onto Hilltop Circle. From Hilltop Circle, take a left on Administration Drive to park in lot 10, or park on Hilltop Circle.
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HOTELS	<p>Airport area hotels are about a ten-minute drive to the UMBC campus. Other hotels are about a 15-minute drive. Few hotels are located in areas where walking to restaurants or shopping is convenient. Ask for UMBC rate before making your reservation.</p> <ul style="list-style-type: none"> • Hampton Inn Arundel Mills – 12 minute freeway drive from campus. Free continental breakfast. 410-540-9225 • Holiday Inn BWI Airport Conference Center - 410-859-8400 - www.hi-bwi.com UMBC rates available • BWI Airport Marriott Hotel – 410-859-8300 • Fairfield Inn BWI by Marriott – 410-859-2333 • Four Points by Sheraton BWI Airport – 410-859-3300 • Hampton Inn @ BWI – 410-850-0600 • Marriott Baltimore Waterfront - 410-385-3000 • Baltimore Marriott Inner Harbor – 410-962-0202 • Hilton Garden Inn – Columbia – 410-750-3700
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2018 Abby Seeger Memorial Invitation

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees (payable to Retriever Aquatic Club) to:

KELLI BOOTH

602 SOUTH HANOVER STREET

BALTIMORE MD 21230

KELLI.BOOTH@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	
LSC SUR CHARGE PER ATHLETE	# OF ATHLETES	\$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. Retriever Aquatic Club, University of Maryland Baltimore County, 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