

Southern Maryland Summer Splash

Hosted by CBAC, ROCK, GMAC

June 22-23, 2019

Held at the Aquatics Center at the Michael P. O'Brien Athletics and Recreation Center

St. Mary's College of Maryland

18952 E. Fisher Rd

St. Mary's City, MD 20686

Phone: 240-895-4798

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

Sanction # MDSI 18-19/051

**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> Kim Beall and Casey Brandt (C) 240-925-7742 (C) 240-496-0254 <a href="mailto:Meet.Director@cbacswim.org">Meet.Director@cbacswim.org</a> caseyrbrandt@gmail.com	<b>CERTIFIED MEET ENTRY COORDINATOR</b> Kim Beall 20555 Brentridge Way Lexington Park, MD 20653 (H) 301-863-7606 or (C) 240-925-7742 <a href="mailto:Meet.Entries@cbacswim.org">Meet.Entries@cbacswim.org</a>
<b>MEET REFEREE</b> Adam Scott 405-351-2540 <a href="mailto:Head.Official@cbacswim.org">Head.Official@cbacswim.org</a>  Meet Notice read & approved by Referee : YES	<b>USA Registered MEET SAFETY DIRECTOR</b> Casey Brandt (917) 684-0504 <a href="mailto:Caseyrbrandt@gmail.com">Caseyrbrandt@gmail.com</a>
<b>OFFICIALS CONTACT</b> Adam Scott <a href="#">Link to Officiate</a>  <a href="mailto:Head.Official@cbacswim.org">Head.Official@cbacswim.org</a>	<b>ADMIN OFFICIAL</b> Kim Beall, Joe Askins, and Keith King

**FACILITY**

St. Mary's College features an indoor eight-lane 50 meter pool, non-turbulent lane lines, and continuous flow through gutters. The competition course shall consist of eight 50 meter long lanes established between the end of the pool and a movable bulkhead. A separate six lane 25 yard pool will be available for continuous warm-up/warm-down during the meet. The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with touchpads.

The depth of the competition pool is 7 feet (2.1 meters) to 4 feet (1.2 meters) from both ends **The competition course has not been certified in accordance with 104.2.2C(4).**

Notes:

1. The facility will not open until 30 minutes before the start of warm-ups, please plan your arrival accordingly.
2. Chairs are not permitted in the stands area.
3. **Parking is authorized in designated parking areas only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.**

**MEET FORMAT**

This is a “Slower than A times” Timed Finals Age Group, pre-seeded meet, unless otherwise indicated. “No time” (NT) entries are acceptable. Converted times are acceptable.

Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events will not be changed.

If oversubscription occurs, entries may be limited to a maximum of four (4), then three (3) if required, individual events per session or the 200 yards events will be limited to the top 32 entries (a combination of starting with the youngest age group and working to the 15&O as well as starting with the longer events and working backwards), whichever is deemed by the Meet Director to be more effective.

Session	Day	Warm-up*	Meet Start*	Age Group
1	Saturday Morning	7:00 AM	8:00 AM	8&U, 9-10, 11-12
2	Saturday Afternoon	12:00 PM	1:00 PM	13-14, 15 & Over
3	Sunday Morning	7:00 AM	8:00 AM	8&U, 9-10, 11-12
4	Sunday Afternoon	12:00 PM	1:00 PM	13-14, 15 & Over

**\*Times may be adjusted once all entries have been received.**

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Saturday, June 1	6:00 PM	Entry deadline
Saturday, June 22 thru Sunday, June 23	45 minutes prior to the start of the session	Officials Briefing

**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, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from**

within the water. 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. This timed finals meet is open to all MD LSC registered swim clubs.

- A swimmer's age on the first day of the meet will determine their age for the entire meet.
- Entry times must be slower than the 2017-2020 long-course A times (refer to order of events). 'No time' entries will be accepted.
- All entries should be submitted in long course meters. Converted times using standard conversion methods are acceptable.
- USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director will assist swimmers w/out their own coach in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [[USA Swimming, Article 202.3.2](#)]

## **SWIMMERS WITH DISABILITIES**

**Chesapeake Bay 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 **Chesapeake Bay Aquatic Club'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 as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches 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. Swimmer 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. 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. **CBAC, ROCK, and GMAC** 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. For meets that have relays, all relay only swimmers including alternates must be listed.

**ENTRY LIMITATIONS** Swimmers are limited to **a total of five (5) individual events on SATURDAY and five (5) individual events on SUNDAY.**

**DECK ENTRIES** **Deck-entries will be accepted on a first-come, first-served basis until forty-five minutes prior to the scheduled start time of each session. Deck entries will be seeded into available empty lanes until all lanes are filled.** All deck-seed entry fees must be paid at the time of the deck-seed.

**Coaches:** Deck-seeded athletes who have **NOT BEEN ENTERED** in another event **PRIOR TO THE MEET** must show proof of **USS registration by presenting the swimmer's current USA Swimming registration card.**

**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**

<b>Make checks payable to: Chesapeake Bay Aquatic Club (CBAC)</b>	
LSC Surcharge & Facility Surcharge	\$12.00 per Swimmer
Individual Event	\$7.50 per event
Deck Seed Individual	\$10.00 per event

**SEEDING** The conforming time standard for this meet is long course meter. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

**SCRATCHES** There will be no penalty for scratching pre-seeded events at the block. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be barred from his/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event. Use of a declared false start will not eliminate this penalty.

**SCORING** No team or individual scoring will be kept.

**AWARDS** Ribbons will be awarded to the top 8 finishers in the 8&U, 9-10, and 11-12 age groups. No awards will be given for the 13 & Over age groups.

## RESULTS

Results will be posted on **Chesapeake Bay Aquatic Club's** and MSI's website within **24 hours of the meet's conclusion**. At the conclusion of the meet, teams may obtain Hytek 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 near the computer 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.*

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. **Chesapeake Bay Aquatic Clubs's** 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.

If there are any visiting team's that are looking to help fulfill their team volunteer obligations or would just like to time instead of sitting in the stands, please feel free to come to the computer table and let us know.

## 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.** All warm-up sessions will be 50 minutes of open warm-ups. Lane 8 will become a pace for the last 15 minutes of each warm-up session. Lanes 1, 2 and 7 will be sprint lanes, one direction only the last 15 minutes of each warm-up session. The announcer will announce when lanes 1-2 and 7-8 change from open warm-up to pace/sprint lanes. If enough coaches request two pace lanes, the meet referee may change lane one from sprint to pace for the last 15 minutes of the warm-up session.



## HOTELS

### **Hampton Inn**

22211 Three Notch Rd  
Lexington Park, MD  
301-863-3200

[View Hotel Information](#)

(8.6 mi/15 min)

### **Home 2 Suites**

46058 Valley Drive  
Lexington Park, MD  
301-866-1416

[View Hotel Information](#)

(8.8 mi/15 min)

### **Fairfield Inn**

22119 Three Notch Road  
Lexington Park, MD  
301-863-0203

[View Hotel Information](#)

(8.8 mi/15 min)

### **Comfort Inn & Suites**

21885 Three Notch Rd.  
Lexington Park, MD  
301-863-1051

[View Hotel Information](#)

(9.3 mi/16 min)

### **Extended Stay America**

46565 Expedition Dr  
Lexington Park, MD  
(240) 725-0100

[View Hotel Information](#)

(9.4 mi/17 min)

### **Town Place Suites**

22520 Three Notch Rd  
Lexington Park, MD  
301-863-1111

[View Hotel Information](#)

(10.3 mi/18 min)

### **La Quinta Inn & Suites**

22769 Three Notch Rd  
California, MD  
301-862 4100

[View Hotel Information](#)

(11.0 mi/18 min)

### **Super 8, California**

22801 Three Notch Road  
California, MD  
301-862-9822

[View Hotel Information](#)

(11.1 mi/18 min)

### **Country Inn & Suites**

44941 Worth Ln  
California, MD  
301-737-5227

[View Hotel Information](#)

(12.8 mi/21 min)

### **Executive Inn & Suites**

41655 Park Avenue  
Leonardtown, MD  
301-475-3000

[View Hotel Information](#)

(16.4 mi/27 min)

### **Comfort Inn – Solomons**

255 Lore Rd.  
Solomons, MD  
410-326-6303

[View Hotel Information](#)

(16.8 mi/27 min)

### **Holiday Inn – Solomons**

155 Holiday Drive  
Solomons, MD  
410-326-6311

[View Hotel Information](#)

(17 mi/28 min)

### **Hilton Garden Inn – Solomons**

13100 Dowell Rd.  
Dowell, MD 20629  
410-326-0303

[View Hotel Information](#)

(19.1 mi/35 min)

## ORDER OF EVENTS & QUALIFYING TIMES

**Session 1: Saturday morning June 22, 2019**

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

#	Girls/Women Slower than	EVENT	Boys/Men Slower than	#
1	1:20.59	8 & Under 100 Free	1:19.89	2
3	1:20.59	9-10 100 Free	1:19.890	4
5	1:12.49	11-12 100 Free	1:09.89	6
7	1:32.69	8 & Under 100 Back	1:31.49	8
9	1:32.69	9-10 100 Back	1:31.49	10
11	1:23.29	11-12 100 Back	1:21.49	12
13	47.49	8 & Under 50 Breast	46.99	14
15	47.49	9-10 50 Breast	46.99	16
17	41.99	11-12 50 Breast	41.59	18
19	40.99	8 & Under 50 Butterfly	40.19	20
21	40.99	9-10 50 Butterfly	40.19	22
23	35.39	11-12 50 Butterfly	35.29	24
25	3:17.09	9-10 200 IM	3:15.39	26
27	2:56.79	11-12 200 IM	2:53.89	28

**Session 2: Saturday Afternoon, June 22, 2019**

**Warm-up: 12:00 Noon, Meet Start: 1:00 PM**

#	Girls/Women Slower than	EVENT	Boys/Men Slower than	#
29	31.99	13-14 50 Free	29.49	30
31	31.19	15&Over 50 Free	27.89	32
33	2:45.59	13-14 200 Back	2:36.59	34
35	2:42.09	15&Over 200 Back	2:28.89	36
37	1:27.69	13-14 100 Breast	1:21.29	38
39	1:25.39	15&Over 100 Breast	1:16.99	40
41	2:45.69	13-14 200 Butterfly	2:36.19	42
43	2:41.39	15&Over 200 Butterfly	2:27.99	44
45	2:30.09	13-14 200 Freestyle	2:20.59	46
47	2:26.49	15&Over 200 Freestyle	2:14.89	48



**Session 4: Sunday Morning, June 23, 2019**  
**Warm-up: 7:00 AM, Meet Start: 8:00 PM**

#	Girls/Women Slower than	EVENT	Boys/Men Slower than	#
49	35.59	8&Under 50 Free	35.49	50
51	35.59	9-10 50 Free	35.49	52
53	33.19	11-12 50 Free	32.09	54
55	42.89	8&Under 50 Back	42.99	56
57	42.89	9-10 50 Back	42.99	58
59	37.99	11-12 50 Back	37.49	60
61	1:46.29	8&Under 100 Breast	1:44.19	62
63	1:46.29	9-10 100 Breast	1:44.19	64
65	1:33.39	11-12 100 Breast	1:30.39	66
67	1:35.99	8&Under 100 Butterfly	1:34.99	68
69	1:35.99	9-10 100 Butterfly	1:34.99	70
71	1:20.79	11-12 100 Butterfly	1:18.59	72
73	2:56.29	10&Under 200 Free	2:50.79	74
75	2:37.29	11-12 200 Free	2:32.49	76

**Session 5: Sunday Afternoon, June 23, 2019**  
**Warm-up: 12:00 Noon, Meet Start: 1:00 PM**

#	Girls/Women Slower than	EVENT	Boys/Men Slower than	#
77	1:17.09	13-14 100 Back	1:12.29	78
79	1:15.69	15&Over 100 Back	1:08.89	80
81	3:09.79	13-14 200 Breast	2:56.79	82
83	3:05.39	15&Over 200 Breast	2:48.39	84
85	1:14.79	13-14 100 Butterfly	1:09.69	86
87	1:13.39	15&Over 100 Butterfly	1:06.29	88
89	1:09.59	13-14 100 Free	1:04.59	90
91	1:07.99	15&Over 100 Free	1:01.89	92
93	2:49.19	13-14 200 IM	2:38.79	94
95	2:45.89	15&Over 200 IM	2:31.39	96

**Southern Maryland Summer Splash  
Summary of Fees/Release Form**

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

Chesapeake Bay Aquatic Club  
ATTN: Kim Beall  
20555 Brentridge Way  
Lexington Park, MD 20653  
Email to: meet.entries@cbacswim.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmers (LSC Surcharge & Facility Surcharge)		\$12.00 per Swimmer	
Individual Entries		\$7.50 per event	
<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. TEAM HOST, FACILITY, 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