



# 2019 MARYLAND Long Course Last Chance Meet



Hosted by Fox Swim Club & Fox Swim Club II

Sponsored by Speedo

July 19-21, 2019

Held at Rosenburg Aquatic Center, 8600 McDonogh Road, Owings Mills 21117

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
Sanction # MD 18-19/ 054

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>
Rob Fox 240-529-5774 <a href="mailto:rob@foxswimming.com">rob@foxswimming.com</a>	Rob Fox 448 W South Street Frederick, MD 21701 240-529-5774 <a href="mailto:rob@foxswimming.com">rob@foxswimming.com</a>
<b>MEET REFEREE</b>	<b>USA Registered MEET RISK DIRECTOR</b>
Stan Lesniak 717-387-1057 <a href="mailto:wdkrftr@comcast.net">wdkrftr@comcast.net</a> Meet Notice read & approved by Referee : YES	Melanie Sasse 240-777-6861 <a href="mailto:Melanie.Sasse@montgomerycountymd.gov">Melanie.Sasse@montgomerycountymd.gov</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIALS</b>
Satoshi Katsumoto <a href="mailto:katsus@gmail.com">katsus@gmail.com</a>	Rob Fox <a href="mailto:rob@foxswimming.com">rob@foxswimming.com</a> Carron Dunker <a href="mailto:ucddunker@hotmail.com">ucddunker@hotmail.com</a>

The officials sign up link is as follows:

<https://drive.google.com/open?id=1qaKJpiYF1o-k8fb6ZPNM-dVdjpLsuWD6rXaUnql6N-l>

## FACILITY

McDonogh has an indoor eight lane, 50-meter competition pool. The meet will be run using a Daktronic Inc. automated timing system with scoreboard and starting system. There is a separate spectator seating area. The minimum water depth, measured in accordance with Article 103.2.3 is: 6' at the turn end to 8' at the start end. The competition course has not been certified in accordance with 104.2.2c(4). Parking is allowed in the main lot. There is no parking allowed in the circle in front of the pool building or in non-designated spaces.

**MEET FORMAT**

This is a timed finals event. There will be 7 sessions. Events will be swum slowest to fastest. **The Host Team reserves the right to require positive check-in for some or all of the events.** Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events may not be changed.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	5:00 PM	5:45 PM	11 & Older
2	Saturday	7:00 AM	8:00 AM	13 & Older
3	Saturday	12:15 PM	12:45 PM	All Ages
4	Saturday	2:15 PM	3:15 PM	12 & Under
5	Sunday	7:00 AM	8:00 AM	13 & Older
6	Sunday	12:15 PM	12:45 PM	All Ages
7	Sunday	2:15 PM	3:15 PM	12 & Under

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Thursday, 7/04/19	5:00 PM	Entry deadline
Tuesday, 7/09/19	5:00 PM	Updated Files Due – All Entries Final
Friday, 7/19/19	4:30 PM	Official Briefings
Friday, 7/19/19	5:15 PM	800/1500 Check In
Saturday, 7/20/19	7:30 AM	Coaches/General Meeting
Saturday, 7/20/19	7:30 AM	Official Briefings
Saturday, 7/20/19	7:20 AM	Scratch back sheets due
Saturday, 7/20/19	12:15 PM	400 Check In
Saturday, 7/20/19	2:45 PM	Official Briefings
Saturday, 7/20/19	2:35 PM	Scratch back sheets due
Sunday, 7/21/19	7:30 AM	Coaches/General Meeting
Sunday, 7/21/19	7:30 AM	Official Briefings
Sunday, 7/21/19	7:20 AM	Scratch back sheets due
Sunday, 7/21/19	12:30 PM	400 Check In
Sunday, 7/21/19	2:45 PM	Official Briefings
Sunday, 7/21/19	2:35 PM	Scratch back sheets due

**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. Swimmers must remain on-deck or in assigned team areas. If swimmers need to go into spectator areas, they need to be dressed appropriately. Locker rooms are for changing only. Swimmers are not to remain or play in the changing or shower areas. Finally, swimmers are not allowed to have chairs on deck and must make sure that all doors are accessible.

## 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.

The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing would be in violation of the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

Only entered swimmers, officials working the meet, meet workers, and current USA swimming coach members are eligible to be outside of the spectator areas.

Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Article 101.1. All swimmers and coaches are encouraged to re-familiarize themselves with the starting signals [[USA Swimming, Article 101.1.2](#)] and False Start rules [[USA Swimming, Article 101.1.3](#)]. If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.

Fox Swim Club & Fox Swim Club II, with the approval of the Technical Planning Chair, reserves the right to split or combine sessions in order to run an efficient meet. The order of events will not be adjusted when sessions are adjusted.

## 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. In the event that a swimmer will age up prior to the 2019 Maryland State LCM Championship, the swimmer will be given the option of swimming in the next age group at this meet.

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](#)]

This meet is open to all USA Swimming registered swimmers. **Swimmers must have LCM qualifying times slower than the Maryland State LCM Championship Time Standards and faster than a "B" time on the Motivation Time Standard Chart. NT's are not allowed.**

## **SWIMMERS WITH DISABILITIES**

Fox Swim Club and Fox Swim Club II 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 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 notice may limit FSC and FOX'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**

All entries must be submitted with Long Course Times (converted times are acceptable) **AND MUST BE FASTER THAN A "B" TIME ACCORDING TO THE USA MOTIVATIONAL TIME STANDARD.** If a swimmer has achieved a B Time in SCY or SCM, they are allowed to swim and can use their converted time.

Swimmers will be limited to four (4) individual events and one (1) relay per day. All events 200 & above will be positive check-in and will be seeded prior to the session beginning. Should the meet become oversubscribed, teams may be asked to reduce their swimmer entries to three (3) individual events per session. If the meet is still oversubscribed, 200 events will be limited to three heats and relays may be cut.

Entries should be submitted in Hy-tek format and 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. FSC's & FOX's 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.

If a swimmer achieves a state cut after the meet entry deadline, the swimmer must scratch that event and a refund will be given for that event fee or they may elect to transfer that entry to another event.

In the event a swimmer has swum faster than the state time prior to April 1, 2017 but has not achieved that time since, the swimmer may swim using a LCM time that is slower than the state cut or use a converted time slower than the state cut.

In the event a swimmer's converted time is faster than the state cut but they have not swum faster than the cut in LCM, the coach may reduce the conversion to .01 slower than the maximum time allowed.

The Meet Director reserves the right to limit Sessions 1, 3 and 6 to a timeline of 2 hours 30 minutes. If the timeline is running long for these distance sessions, the Entry Coordinator will eliminate any swimmer that has made their respective age group's LCM Championship time standard first for events marked 11 & Over, 12 & Under and 13 & Over. If more entry eliminations are necessary, the entry coordinator will eliminate the slowest heats for these events until the 2 hour and 30 minutes is reached.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 4 individual events plus 1 relay per day. All entries must be submitted with **Long Course Times** (converted times are acceptable) AND MUST BE FASTER THAN A "B" TIME ACCORDING TO THE USA MOTIVATIONAL TIME STANDARD. If the timeline will allow, the host club reserves the right to eliminate the minimum time standard for swimmers already entered in the meet. If the timeline is still not reached the host club will open to new swimmers. This decision will be made by July 8, 2019 and teams will be notified by email.

**ENTRY VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. If you have not received email confirmation within this time period, please email [rob@foxswimming.com](mailto:rob@foxswimming.com) or text Rob Fox at 240-529-5774 to confirm 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, but deck entries will be allowed for swimmers of invited teams provided proof of registration can be provided upon approval of the meet director and space in the meet. Maryland Swimming entries received prior to the entry deadline receive priority over out of LSC entries received.

**ENTRY FEES**

<b>Make checks payable to: FOX SWIM CLUB</b>	
Athlete Surcharge	\$10.00 per swimmer
Event Fee	\$7.00 per event
Relay Event	\$14.00 per relay
Deck Entries	\$10.00 per event (provided there is space in the meet)

**SEEDING**

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times should be converted. NT's will not be accepted.

## CHECK-IN

Coaches will be given a team scratch back sheet prior to the session beginning which will be due 20 minutes after warm-up has begun. Coaches are asked to eliminate any swimmer that is not in attendance or not intending to swim their event(s) that day. These eliminations will not be given a refund. At that time the session will be officially seeded.

There will be no penalty for no-show unless the session appears to be running at the 4/5-hour threshold. If the session timeline looks like it may be reached, all swimmers participating in 200 events and longer will be asked to check-in 30 minutes prior to the session and penalties will be assessed per the meet notice. Coaches will be informed of this decision by email.

## SCRATCHES

There will be no penalty for scratching pre-seeded events at the block. If the 200, 400, 800, or 1500 events are positively checked in and the swimmer is a no-show, the swimmer will be removed from their next swimming event. There will be no penalty for no-shows if there is no positive check-in.

## SCORING

No team scoring will be kept.

## AWARDS

Ribbons will be given to 12 & Under events places 1-8. There will be no awards for Open or 13-14 events.

## RESULTS

Results will be posted on Fox Swim Club's and MSI's website within 24 hours of the meet's conclusion. Within 24 hours of the conclusion of the meet, teams will be given results via email attachment. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

## COACHES /OFFICIALS

**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 opposite the spectator area. 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. Fox Swim Club and Fox Swim Club II 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. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

The Officials sign up link is:

<https://drive.google.com/open?id=1qaKJpiYF1o-k8fb6ZPNM-dVdjpLsuWD6rXaUnql6N-I>

#### **HOSPITALITY/VENDORS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. There will be some vendors available in the building lobby.

#### **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 and session start times according to the number of entries. There is to be no diving or horseplay in this area.

#### **CLERK OF COURSE**

**There will be no clerk of course for this meet. All swimmers must report directly to the blocks.**

# ORDER OF EVENTS

## Friday Evening Session

Slower Than	Girls	Event Name	Boys	Slower Than
NT	1	13-14 800 Relay	2	NT
NT	3	Open 800 Relay	4	NT
9:59.99	5	11 & Older 800 Free	6	9:27.29
19:36.29	7	11 & Older 1500 Free	8	18:19.89

## Saturday Morning Session

Slower Than	Girls	Event Name	Boys	Slower Than
2:42.29	9	13 - 14 200 Fly	10	2:33.29
2:35.59	11	15 & Older 200 Fly	12	2:22.89
1:05.49	13	13 - 14 100 Free	14	1:02.29
1:03.89	15	15 & Older 100 Free	16	57.39
2:41.99	17	13 - 14 200 Back	18	2:33.59
2:35.49	19	15 & Older 200 Back	20	2:22.69
1:26.39	21	13 - 14 100 Breast	22	1:19.59
1:23.09	23	15 & Older 100 Breast	24	1:15.59
2:41.29	25	13 - 14 200 IM	26	2:35.39
2:38.39	27	15 & Older 200 IM	28	2:24.19
NT	29	13 - 14 400 Med. Relay	30	NT
NT	31	Open 400 Med. Relay	32	NT



### Saturday Mid-Day Session

Slower Than	Girls	Event Name	Boys	Slower Than
5:23.29	33	12 & Under 400 Free	34	5:21.89
4:55.29	35	13 & Over 400 Free	36	4:31.39

### Saturday Morning Session

Slower Than	Girls	Event Name	Boys	Slower Than
41.49	37	10 & Under 50 Fly	38	40.89
34.99	39	11 - 12 50 Fly	40	35.89
3:17.59	41	10 & Under 200 IM	42	3:16.89
2:51.69	43	11 - 12 200 IM	44	2:52.69
1:46.49	45	10 & Under 100 Breast	46	1:44.69
1:32.79	47	11 - 12 100 Breast	48	1:31.69
43.39	49	10 & Under 50 Back	50	43.29
37.19	51	11 - 12 50 Back	52	37.99
2:54.29	53	11 - 12 200 Back	54	2:53.79
1:21.19	55	10 & Under 100 Free	56	1:20.39
1:10.09	57	11 - 12 100 Free	58	1:10.49
2:59.29	59	11 - 12 200 Fly	60	2:53.59
NT	61	10 & Under 200 Med. Relay	62	NT
NT	63	11 - 12 200 Med. Relay	64	NT

### Sunday Morning Session

Slower Than	Girls	Event Name	Boys	Slower Than
1:13.99	65	13 - 14 100 Fly	66	1:08.99
1:10.79	67	15 & Older 100 Fly	68	1:04.09
2:22.79	69	13 - 14 200 Free	70	2:17.49
2:18.29	71	15 & Older 200 Free	72	2:06.29
1:15.59	73	13 - 14 100 Back	74	1:11.39
1:12.79	75	15 & Older 100 Back	76	1:06.79
3:06.89	77	13 - 14 200 Breast	78	2:55.79
2:57.99	79	15 & Older 200 Breast	80	2:42.89
30.29	81	13 - 14 50 Free	82	28.69
29.69	83	15 & Older 50 Free	84	26.69
NT	85	13 - 14 400 Free Relay	86	NT
NT	87	Open 400 Free Relay	88	NT

### Sunday Mid-Day Session

Slower Than	Girls	Event Name	Boys	Slower Than
6:10.99	89	12 & Under 400 IM	90	6:11.49
5:35.09	91	13 & Over 400 IM	92	5:10.99

## Sunday Afternoon Session

Slower Than	Girls	Event Name	Boys	Slower Than
1:36.79	93	10 & Under 100 Fly	94	1:36.09
1:21.89	95	11 - 12 100 Fly	96	1:20.39
2:57.49	97	10 & Under 200 Free	98	2:51.89
2:32.39	99	11 - 12 200 Free	100	2:33.39
48.09	101	10 & Under 50 Breast	102	48.19
42.09	103	11 - 12 50 Breast	104	41.99
3:21.09	105	11 - 12 200 Breast	106	3:17.09
1:34.09	107	10 & Under 100 Back	108	1:31.69
1:20.79	109	11 - 12 100 Back	110	1:22.29
35.19	111	10 & Under 50 Free	112	35.69
31.69	113	11 - 12 50 Free	114	31.99
NT	115	10 & Under 200 Fr Relay	116	NT
NT	117	11 - 12 200 Fr Relay	118	NT

PLEASE NOTE: THE MEET DIRECTOR RESERVES THE RIGHT TO MAKE CHANGES WHICH MAY AFFECT THE SAFETY AND/OR EFFICIENCY OF THIS MEET INCLUDING, BUT NOT LIMITED TO, MEET ENTRIES, SESSION START TIMES & SPECTATOR BEHAVIOR



# 2019 MARYLAND Long Course Last Chance Meet



Hosted by Fox Swim Club & Fox Swim Club II

### Summary of Fees/Release Form

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

Fox Swim Club  
ATTN: Rob Fox  
448 W South Street, Frederick, MD 21701  
Email to: [rob@foxswimming.com](mailto:rob@foxswimming.com)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Number of Athlete Participating in the Meet		\$10.00 per swimmer	
Number of Individual Event Entries		\$7.00 per event	
Number of Relay Entries		\$14.00 per relay	
		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. 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.

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SIGNATURE (Coach or Club Representative) CLUB

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TITLE