



NBAC LONG COURSE CHAMPIONSHIPS
Hosted by NORTH BALTIMORE AQUATIC CLUB

JUNE 7 – 10, 2019

@

THE MEADOWBROOK AQUATIC CENTER
5700 COTTONWORTH AVENUE
BALTIMORE, MARYLAND 21209

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD18/19 – 049

In granting this approval 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. All participants, officials, coaches, meet management and spectators will be held to the standards set within.

MD LSC TEAMS PRIORITY ENTRY DEADLINE: TUESDAY MAY 14, 2019 @ 6:00 PM
ENTRY DEADLINE: TUESDAY MAY 21, 2019 @ 6:00 PM
ENTRY FEE DEADLINE: WEDNESDAY MAY 29, 2019 @ 6:00 PM

NOTE: THE MEET WILL BE LIMITED TO 750 SWIMMERS.

MEET DIRECTOR(S) WILL MCKENNA wmckenna@abischools.org	MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE TBD	MEET MARSHALL ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com	ADMIN OFFICIAL SHAWN HURLEY / AMY MATTIENI

FACILITY

The Meadowbrook Aquatic Center Features two 50 Meter pools.

INDOOR POOL:

50 meter pool (heated), six 7.5 foot wide lanes, average depth of water is 6-7 feet with non-turbulent lane lines. Pool is located next to the outdoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 7'0" to 7'4" at the start end and 4'0" to 4'2" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

OUTDOOR POOL:

50 meter pool (heated), twelve 8 foot wide lanes, average depth of water is 6-7 feet with non-turbulent lane lines. Ten lanes will be used for competition. A continuous warmup/down area at the end of the pool (two lanes 33 meters long) is available for the entire meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7'7" to 10'10" at the start end and 4'7" to 4'9" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

ALL swimmers and spectators attending this meet are guests of the Meadowbrook Aquatic Center and are required to adhere to the following:

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

Please leave the area free of litter when departing the pool each day.

MEET FORMAT

The Meet will be conducted as a Trials & Finals Meet for all age groups. The Open age group will have an A and B finals (Top 20 swimmers from prelims) for the prelim/final events. All other age groups will have an A final (Top 10 swimmers from prelims) The following events will be conducted as Timed Finals events.

ALL Friday night events will be conducted as timed finals events. The events will be swum fastest to slowest alternating boys then girls for each set of events.

The 13 & 14 400 IM & OPEN 400 FR will be conducted as Timed Finals with the fastest seeded heat (10 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session and swum fastest to slowest.

The OPEN 400 IM & 400 FR will be conducted as Timed Finals with the fastest seeded heat (20 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session and swum fastest to slowest.

MEET FORMAT (CONT') The OPEN 1500 FR will be conducted as Timed Finals with the fastest seeded heat (10 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session and swum fastest to slowest. The 13 & 14 and OPEN swimmers will be broken out for the results but will swim together as one event.

The 11 & 12 400 FR will be conducted as Timed Finals with the fastest seeded heat (10 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session and swum fastest to slowest.

The 11 & 12 200 BA, 200 BR, 200 FL will be conducted as Timed Finals with the fastest seeded heat (10 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session.

All Relays (TOP 20) will swim in the evening Finals sessions. Relays are limited to the TOP 20 entered relays. There will be no relays swum in the prelims sessions.

*ALL 11-12 400 IM's on Friday evening will be swum in the indoor pool.

*ALL 13-14 & OPEN 800 Free's on Friday evening will be swum in the outdoor pool.

*ALL Men's prelim and AM timed finals events, on Saturday, Sunday & Monday, will be swum in the indoor pool.

*ALL Women's prelim and AM timed finals events, on Saturday, Sunday & Monday, will be swum in the outdoor pool.

*The finals and PM timed finals will be swum in the outdoor pool.

*The courses may be changed at the discretion of the meet director and meet referee for the timed finals events on Friday evening and the AM timed finals on Saturday, Sunday & Monday.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswwim.org and www.nbac.net for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

SCHEDULE

Session	Day	Warm-up	Meet Start	Age Group
1 & 2	FRIDAY	5:00 PM	5:45 PM	ALL
3 & 4	SATURDAY	6:30 AM	8:00 AM	ALL
5	SATURDAY	5:00 PM	5:45 PM	ALL
6 & 7	SUNDAY	6:30 AM	8:00 AM	ALL
8	SUNDAY	5:00 PM	5:45 PM	ALL
9 & 10	MONDAY	6:30 AM	8:00 AM	ALL
11	MONDAY	5:00 PM	5:45 PM	ALL

DEADLINE, MEETINGS AND POSITIVE CHECK-IN SUMMARY:

Day, Date	Time	For:
Tuesday May 21, 2019	6:00 PM	ENTRY DEADLINE
Wednesday May 29, 2019	6:00 PM	ENTRY FEE DEADLINE
Friday June 7, 2019	5:00 PM	Officials Briefings
Sat., Sun., Mon. June 8 - 10, 2019	7:15 AM	Officials Briefings
Sat., Sun., Mon. June 8 - 10, 2019	5:00 PM	Officials Briefings
Saturday June 8, 2019	7:30 AM	Coaches Meeting / If Needed
POSITIVE CHECK-IN:		
Day, Date	Due	Events
Friday June 7, 2019	5:10 PM	12 & U 400 IM, ALL 800 Free's
Saturday June 8, 2019	7:15 AM	12 & U 200 Back
Saturday June 8, 2019	8:30 AM	13 & 14 / OPEN 400 IM
Saturday June 8, 2019	10:00 AM	Relays w/names
Sunday June 9, 2019	7:15 AM	12 & U 200 Breast
Sunday June 9, 2019	8:30 AM	13 & 14 / OPEN 400 FREE
Sunday June 9, 2019	10:00 AM	Relays w/names
Monday June 10, 2019	7:15 AM	12 & U 200 FLY
Monday June 10, 2019	8:30 AM	12 & U 400 FREE, OPEN 1500 FREE

Any swimmer / relay that fails to positively check-in, for the above events, by the required time will be scratched from the event. Any swimmer who positively checks in and does not show for the event will be barred from their next individual event.

SAFETY

The MSI warm-up and safety guidelines shall be in effect for the meet. Those guidelines may be accessed through the MSI website (mdswim.org). 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 the non-competition warm-up area. No other equipment will be allowed.

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) anytime athletes, coaches, officials and/or spectators are present. (USA Swimming Rule 103.13/M/Drones).

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. Swimmers will need to be cleared by the Meet Referee in order to return to competition.

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. Maryland LSC Rules shall also apply.

No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing and administrative staff assisting with the conduct of the meet.

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.

Videotaping or picture taking, on deck by meet volunteers will not be permitted. Volunteers wishing to tape or photograph their swimmer shall do so from the spectator stands. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The certified meet photographer and anyone else specifically given permission authorization by the Meet Director or Referee.

The practice of deck changing is prohibited. Swimmers must use locker room facilities to change into and out of their swim suits. 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.

This meet is held under the dictates of the Maryland Swimming Honor Code/Code of Conduct available at www.mdswim.org. All participants, coaches, officials, management and spectators will be held to the standards set within.

ELIGIBILITY

Open to all USA Swimming registered swimmers who meet the qualifying time standards (USA Swimming 'A' Times for all 13 & Older swimmers, modified 'BB' to 'A' Times for 12 & Under swimmers. The Open age group uses 15-16 time standards).

USA RESIDENTS MUST BE REGISTERED WITH USA SWIMMING. Swimmers must be registered at the time of entry into the meet. Per Maryland LSC

rules, any unregistered swimmer entering a meet will be subject to a \$100.00 fine per unregistered athlete.

BONUS EVENTS: Any swimmer who has qualified in at least 4 individual events may swim up to 4 additional events up to the entry limitations of the meet. No events over 200 meters may be used as a bonus event.

Swimmers age as of June 7, 2019 shall apply for the entire meet.

SWIMMERS WITH DISABILITIES

NBAC 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 NBAC's ability to accommodate all requests.

ENTRY LIMITATIONS

The Meadowbrook Aquatic Center and North Baltimore Aquatic Club reserve the right to limit the number of athletes in the meet to 750 Swimmers (500 Maryland LSC & 250 Out of LSC).

There will be no Deck Entries accepted.

Swimmers may enter up to three events per day excluding relays. Swimmers may swim a maximum of 10 events excluding relays in the meet.

Failure of any swimmer to comply with the three events per day and or 10 total events rule will result in the swimmer being scratched from all events after the third and / or 10th event entered for the day and/or meet at the discretion of the meet entry director.

The meet will be limited to the TOP 20 seeded relays in each event.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. **NO LATE ENTRIES WILL BE ACCEPTED.**

IF needed the following events will be limited to limit session length:

- The 12 & U 400 IM will be limited to the fastest 8 women's and fastest 8 men's seeded heats (48 swimmers in each event).
- The 800 Free events will be limited to the fastest 5 heats of each event (50 Swimmers in each event).
- ALL 400 meter events will be limited to the fastest 6 heats (60 women & 40-44 men)
- ALL 200 meter events will be limited to the fastest 8 heats (80 women & 48 men.
- The 1500 Free will be limited to the fastest 4 heats (40 women & 28 men).
- **NOTE: These limitations have never been put into affect but will be used if we do need to cut time in the session length.**

We reserve the right to change the warmup and start times based on entries received.

ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries (Please check the proof of times option).

ENTRIES

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

ALL entries, including the Entry Summary Sheet, must be in the hands of the Meet Entry Coordinator no later than Tuesday May 21, 2019 at 6:00 PM. Entry fees must be in the hands of the Meet Entry Coordinator no later than Wednesday May 29, 2019 at 6:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Wednesday May 29, 2019 at 6:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

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 Tuesday May 21, 2019 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Wednesday May 29, 2019. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Wednesday May 29, 2019 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

ENTRY FEES

Make checks payable to: NORTH BALTIMORE AQUATIC CLUB	
Individual Event	\$10.00 per individual event
Ind. Event / Paper Entry	\$15.00 per individual event
Relays	\$16.00 per relay event
Relays / Paper Entry	\$20.00 per relay event
MD LSC & Swimmer Surcharge	\$15.00 per swimmer

Entry Fees should be sent to:

North Baltimore Aquatic Club
ATTN: Tom Himes
P.O. Box 20801
Baltimore, Maryland 21209

SEEDING

Entry times may be submitted in LCM, SCM or SCY. Swimmers will be seeded (LCM-SCM-SCY) and swim from slowest to fastest unless otherwise indicated. **Converted times or no time entries will not be accepted.**

Prelim Finals events will have the TOP 3 heats circle seeded.

Timed finals events will be seeded slowest to fastest.

CHECK-IN

The following events require positive check-in:

- 12 & U 400 IM / Closes at 5:10 pm on Friday
- ALL 800 Free's / Closes at 5:10 pm am on Friday
- 12 & U 200 Back / Closes @ 7:15 am on Saturday
- 13 & 14 / Open 400 IM / Closes @ 8:30 am on Saturday
- Relays for Saturday Finals / Closes at 10:00 am on Saturday
- 12 & U 200 Breast / Closes @ 7:15 am on Sunday
- 13 & 14 / Open 400 FR / Closes @ 8:30 am on Sunday
- Relays for Sunday Finals / Closes at 10:00 am on Sunday
- 12 & U 200 Fly / Closes @ 7:15 am on Monday
- 12 & U 400 FR & Open 1500 FR / Closes @ 8:30 am on Monday
-

Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCRATCHES

The Maryland Swimming (MSI) scratch rule, found at www.mdswim.org & USA Swimming Rules 207.11.6 (D) will be enforced at the meet for all preliminary and finals events.

Any swimmer who declares his /her intention to scratch but fails to return to scratch table within 30 minutes after their last event to to declare scratch or swim , WILL BE SEEDED into the event.

Although listed alternates, after the 30 minute scratch time (and those finishing below the first 2 alternates) will not be penalized, it is strongly encouraged that all swimmers placing in the top 30 scratch if you do not intend to return for finals. The relevant Maryland LSC penalty of \$50 shall apply to any club/swimmer failing to show for finals on the final day of the meet. Exceptions for failure to compete: USA Swimming Rules 207.11.6 (c) will be in effect.

In addition For Timed Final / Positive Check-in events a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

There will be no penalties for scratching a pre-seeded preliminary event.

SCORING

The meet will not be scored.

AWARDS

12 & Under swimmers will receive awards for 1st – 10th place in individual events. There will be no awards for OPEN/13 - 14 swimmers. No relay awards will be given. Awards that are not picked up will not be mailed.

RESULTS

Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be posted on the NBAC and MSI's website within 24 hours of the meet's conclusion. In addition, TM results file, MM locked file & PDF results will be emailed to all participating teams within 24 hours of the conclusion of the meet.

**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 next to the announcer's stand on the pool 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.

OFFICIALS

OFFICIALS CONTACT: Dalila Shkolnik deshkolnik@gmail.com

There will be a need for officials. NBAC welcomes and encourages anyone willing to volunteer to sign up using the link below prior to the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. 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.

Officials wishing to volunteer should sign up using the following link

<https://docs.google.com/spreadsheets/viewform?authkey=CLWS7eII&formkey=dGRpSnpzWTEyZ3NuNEp3LTN6LVkzVWc6MQ#gid=0>

TIMERS

All events will be timed utilizing Colorado electronic timing systems with two button backup as well as hand held watches.

NBAC will supply all timers.

Exception: Swimmers must supply their own timers for ALL events on Friday evening.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Concessions will be available at the Meadowbrook Aquatic Center Snack Bar.

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 and should be monitored by each teams coaching staff.

2019 NBAC LONG COURSE CHAMPIONSHIPS

FRIDAY JUNE 7, 2019
SESSION 1 (400 IM) and SESSION 2 (800 Free)
TIMED FINALS

Warm-up: 5:00 PM Meet Start: 5:45 PM

MEN	Event	WOMEN
1	13 – 14 800 FREESTYLE	2
3	OPEN 800 FREESTYLE	4
5	12 & U 400 IM	6

NOTE: Swimmers must supply their own timers and counters for the Friday evening session. Events will be swum fastest to slowest alternating boys & girls as follows:

Indoor Pool: Fastest event 5 / fastest event 6 and continue in that order.

Outdoor Pool: Fastest event 1 / fastest event 2 / fastest event 3 / fastest event 4 and continue in that order.

2019 NBAC LONG COURSE CHAMPIONSHIPS

Saturday June 8, 2019
SESSION 3 (Boys) and SESSION 4 (Girls)
TIMED FINALS / PRELIMS

Warm-up: 6:30 AM Meet Start: 8:00 AM

MEN	Event	WOMEN
7	11-12 200 BACKSTROKE	8
9	OPEN 100 BREASTSTROKE	10
11	13-14 100 BREASTSTROKE	12
13	10 & U 50 BREASTSTROKE	14
15	11 & 12 50 BREASTSTROKE	16
17	OPEN 200 FREESTYLE	18
19	13-14 200 FREESTYLE	20
21	10 & U 200 FREESTYLE	22
23	11 & 12 200 FREESTYLE	24
25	OPEN 100 BUTTERFLY	26
27	13-14 100 BUTTERFLY	28
29	10 & U 100 BUTTERFLY	30
31	11-12 100 BUTTERFLY	32
33	OPEN 400 IM	34
35	13-14 400 IM	36

SATURDAY JUNE 8, 2019
SESSION 5
FINALS

Warm-up: 5:00 PM Meet Start: 5:45 PM

MEN	Event	WOMEN
7	11-12 200 BACKSTROKE	8
9	OPEN 100 BREASTSTROKE	10
11	13-14 100 BREASTSTROKE	12
13	10 & U 50 BREASTSTROKE	14
15	11 & 12 50 BREASTSTROKE	16
17	OPEN 200 FREESTYLE	18
19	13-14 200 FREESTYLE	20
21	10 & U 200 FREESTYLE	22
23	11-12 200 FREESTYLE	24
25	OPEN 100 BUTTERFLY	26
27	13-14 100 BUTTERFLY	28
29	10 & U 100 BUTTERFLY	30
31	11-12 100 BUTTERFLY	32
33	OPEN 400 IM	34
35	13-14 400 IM	36
37	12 & U 400 FREE RELAY	38
39	OPEN 400 FREE RELAY	40

2019 NBAC LONG COURSE CHAMPIONSHIPS

SUNDAY JUNE 9, 2019

SESSION 6 (Boys) and SESSION 7 (Girls)

TIMED FINALS / PRELIMS

Warm-up: 6:30 AM Meet Start: 8:00 AM

MEN	Event	WOMEN
41	11-12 200 BREASTSTROKE	42
43	OPEN 200 IM	44
45	13-14 200 IM	46
47	10 & U 50 FR	48
49	11-12 50 FR	50
51	OPEN 50 FR	52
53	13-14 50 FR	54
55	10 & U 200 IM	56
57	11 & 12 200 IM	58
59	OPEN 200 FLY	60
61	13-14 200 FLY	62
63	10 & U 50 FLY	64
65	11-12 50 FLY	66
67	OPEN 100 BACK	68
69	13-14 100 BACK	70
71	10 & U 100 BACK	72
73	11-12 100 BACK	74
75	OPEN 400 FREE	76
77	13-14 400 FREE	78

SUNDAY JUNE 9, 2019

SESSION 8

FINALS

Warm-up: 5:00 PM Meet Start: 5:45 PM

MEN	Event	WOMEN
41	11-12 200 BREASTSTROKE	42
43	OPEN 200 IM	44
45	13-14 200 IM	46
47	10 & U 50 FR	48
49	11-12 50 FR	50
51	OPEN 50 FR	52
53	13-14 50 FR	54
55	10 & U 200 IM	56
57	11 & 12 200 IM	58
59	OPEN 200 FLY	60
61	13-14 200 FLY	62
63	10 & U 50 FLY	64
65	11-12 50 FLY	66
67	OPEN 100 BACK	68
69	13-14 100 BACK	70
71	10 & U 100 BACK	72
73	11-12 100 BACK	74
75	OPEN 400 FREE	76
77	13-14 400 FREE	78
79	12 & U 400 MEDLEY RELAY	80
81	OPEN 400 MEDLEY RELAY	82

2019 NBAC LONG COURSE CHAMPIONSHIPS

**MONDAY JUNE 10, 2019
SESSION 9 (Boys) and SESSION 10 (Girls)
TIMED FINALS / PRELIMS**

Warm-up: 6:30 AM Meet Start: 8:00 AM

MEN	Event	WOMEN
83	11-12 200 BUTTERFLY	84
85	OPEN 200 BREASTSTROKE	86
87	13-14 200 BREASTSTROKE	88
89	10 & U 100 BREASTSTROKE	90
91	11-12 100 BREASTSTROKE	92
93	OPEN 100 FREESTYLE	94
95	13-14 100 FREESTYLE	96
97	10 & U 100 100 FREESTYLE	98
99	11-12 100 FREESTYLE	100
101	OPEN 200 BACKSTROKE	102
103	13-14 200 BACKSTROKE	104
105	10 & U 50 BACKSTROKE	106
107	11-12 50 BACKSTROKE	108
109	OPEN 1500 FREESTYLE	110
111	12 & U 400 FREESTYLE	112

**MONDAY JUNE 10, 2019
SESSION 11
FINALS**

Warm-up: 5:00 PM Meet Start: 5:45 PM

MEN	Event	WOMEN
111	12 & U 400 FREESTYLE	112
109	OPEN 1500 FREE	110
83	11-12 200 BUTTERFLY	84
85	OPEN 200 BREASTSTROKE	86
87	13-14 200 BREASTSTROKE	88
89	10 & U 100 BREASTSTROKE	90
91	11-12 100 BREASTSTROKE	92
93	OPEN 100 FREESTYLE	94
95	13-14 100 FREESTYLE	96
97	10 & U 100 FREESTYLE	98
99	11-12 100 FREESTYLE	100
101	OPEN 200 BACKSTROKE	102
103	13-14 200 BACKSTROKE	104
105	10 & U 50 BACKSTROKE	106
107	11-12 50 BACKSTROKE	108

2019 NBAC LONG COURSE CHAMPIONSHIPS

ENTRY SUMMARY / RELEASE FORM

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

NORTH BALTIMORE AQUATIC CLUB

ATTN: Tom Himes

P.O. BOX 20801

Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Individual Entries/Paper		\$15.00 per event	
Relay Entries		\$16.00 per relay	
Relay Entries / Paper		\$20.00 per relay	
MD LSC & Swimmer Surcharge		\$15.00 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. 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