



SPEEDO SIZZLER INVITATIONAL

Hosted by Eagle Swim Team

May 31-June 2, 2019

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

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MD 18-19/079

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

| | |
|---|---|
| CERTIFIED MEET DIRECTOR Daniel Russell 443-544-7150 Daniel.russell0827@gmail.com | CERTIFIED MEET ENTRY COORDINATOR Clarke Nyman PO BOX 215 Glyndon, MD, 21071 315-382-2125 Coach.clarke.est@gmail.com |
| MEET REFEREE Greer Verheyen 443-377-6306 greer.verheyen@constellation.com Meet Notice read & approved by Referee : YES | USA Registered MEET SAFETY DIRECTOR Margaret Bitz mbitz@mcdonogh.org |
| OFFICIALS CONTACT Greer Verheyen 443-377-6306 greer.verheyen@constellation.com | ADMIN OFFICIAL Jeremy Gude |

FACILITY

McDonogh School has an indoor eight-lane, 50-meter pool. The facility is equipped with a Daktronic Inc. automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area. "The minimum water depth, measured in accordance with article 103.2.3, is 8'0" at the start end and 3'6" at the turn end." The competition course has not been certified in accordance with 104.2.2C (4). There is ample parking in the McDonogh School's Eagle Lot. Please do not park or leave your car in the drop-off circle.

MEET FORMAT

This is a timed final and pre-seeded meet unless otherwise indicated. The meet will be run in a 6-lane pool, with a continuous warm-up/cool-down lane available throughout the meet.

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|------------------------|----------|------------|------------------|
| 1 | Friday, May 31, 2019 | 4:00 PM | 5:10 PM | 800 FREE (MIXED) |
| 2 | Saturday, June 1, 2019 | 7:30 AM | 8:40 AM | 12 & UNDER |
| 3 | Saturday, June 1, 2019 | 12:30 PM | 1:10 PM | 400 IM (MIXED) |
| 4 | Saturday, June 1, 2019 | 3:00 PM | 4:10 PM | 13 & OLDER |
| 5 | Sunday, June 2, 2019 | 7:30 AM | 8:40 AM | 12 & UNDER |
| 6 | Sunday, June 2, 2019 | 12:30 PM | 1:10 PM | 400 FREE (MIXED) |
| 7 | Sunday, June 2, 2019 | 3:00 PM | 4:10 PM | 13 & OLDER |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|------------------------|----------|-------------------------------|
| Monday, May 6, 2019 | 12:00 PM | Entry deadline |
| Friday, May 31, 2019 | 4:00 PM | Officials Meeting (Session 1) |
| Friday, May 31, 2019 | 4:30 PM | Scratch Deadline (Session 1) |
| Saturday, June 1, 2019 | 7:30 AM | Officials Meeting (Session 2) |
| Saturday, June 1, 2019 | 8:05 AM | Scratch Deadline (Session 2) |
| Saturday, June 1, 2019 | 12:30 PM | Officials Meeting (Session 3) |
| Saturday, June 1, 2019 | 12:45 PM | Scratch Deadline (Session 3) |
| Saturday, June 1, 2019 | 3:00 PM | Officials Meeting (Session 4) |
| Saturday, June 1, 2019 | 3:35 PM | Scratch Deadline (Session 4) |
| Sunday, June 2, 2019 | 7:30 AM | Officials Meeting (Session 5) |
| Sunday, June 2, 2019 | 8:05 AM | Scratch Deadline (Session 5) |
| Sunday, June 2, 2019 | 12:30 PM | Officials Meeting (Session 6) |
| Sunday, June 2, 2019 | 12:45 PM | Scratch Deadline (Session 6) |
| Sunday, June 2, 2019 | 3:00 PM | Officials Meeting (Session 7) |
| Sunday, June 2, 2019 | 3:35 PM | Scratch Deadline (Session 7) |

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, 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.
- If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure the swimmers are familiar with and understand how overhead starts are done.

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. There are no time standards. All entries must be submitted with Long Course Times you can use "No Time" (NT) but estimated times are strongly encouraged.

Teams invited/participating in EST Sizzler: EST, RAC, PEAK, LAC-MA,

SWIMMERS WITH DISABILITIES

EAGLE SWIM TEAM 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 **EAGLE SWIM TEAM's** ability to accommodate all requests.

ENTRIES

All entries must be submitted with Long Course Yard Times. Teams can use a "No Time" (NT), but estimated times are strongly encouraged. All entries must be submitted via email to Clarke Nyman – coach.clarke.est@gmail.com – with accompanying (1) Team Manager or Team Unify Electronic Files [.hy3, .cl2], and (2) a PDF Report of Entries by NAME.

Checks for Entry Fees should be made payable to Eagle Swim Team and mailed with disk (or Entry Forms) to :

Clarke Nyman, Entry Director
PO BOX 215
Glyndon, MD, 21071

Please Note: Payment in full must be received before the entry deadline to the Meet Entry Coordinator in order to be accepted. **EAGLE SWIM TEAM** 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 13 & Over swimmers are limited to a maximum of three (3) individual events per session, and nine (9) maximum for the meet. 12 & Under swimmers are limited to four (4) individual events per session, and ten (10) maximum for the meet.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt, and acceptance/rejection of the entry file.

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: EAGLE SWIM TEAM | |
|--|--------------------|
| LSC + Athlete Surcharge | \$5.00 per Swimmer |
| Individual Event | \$8.00 per event |

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 will be seeded last in rank order. AM sessions will be pre-seeded before the meet.

POSITIVE CHECK-IN

- The 800 Free, 400 IM and 400 Free are positive check-in timed final events and will be swum Fast to Slow.
- Failure to Check-In- Any swimmer who fails to “check-in” for the positive check-in events before the deadline will NOT be seeded into the event and therefore be scratched from the event.
- Deadline for Positive Check-In- 20 minutes after the start of each warm-up session.

GENERAL CHECK-IN An athlete check-in (scratch sheet) will be in effect for Sessions 2, 4, 5, and 7. Coaches will receive a roster with events, and are asked to scratch any absent swimmers. These lists will be turned in at 8:05 AM for morning sessions, and 3:35 PM for afternoon sessions. Afterwards, programs will be printed and dispersed to coaches.

SCRATCH PENALTIES

- There will be no penalty for no-show scratches in general check-in events at the blocks.
- Any swimmer who “checks-in” for a positive check-in event and fails to compete in said event shall be barred from competing in his/her next individual event by the Meet Referee

SCORING No team or individual scoring will be kept.

AWARDS 1st – 3rd Medals, 4th - 10th Place Custom Ribbons for 10 & Under, 11-12 & 13-14 Age Groups. 1st – 3rd Medals for OPEN age group.

RESULTS

Results will be posted on **EAGLE SWIM TEAM's** and MSI's website 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 FRONT LOBBY. 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.*

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration. Either Deck Pass or a membership card will be acceptable as proof of membership. 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 – **OFFICIALS SIGN-UP HERE.**

EAGLE SWIM TEAM 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.

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.

ORDER OF EVENTS & QUALIFYING TIMES

Session 1

Friday, May 31, 2019

Warm-up: 4:00 PM; Meet Start: 5:10 PM

| Girls/Women | Event | Boys/Men |
|-------------|----------------------|----------|
| 1 | MIXED OPEN 800 FREE* | 1 |

***THE 800 FREE WILL BE SEEDED AS MIXED GENDER, FASTEST TO SLOWEST.**

***ALL SWIMMERS IN THE 800 FREE MUST PROVIDE THEIR OWN TIMER & COUNTER.**

Session 2

Saturday, June 1, 2019

Warm-up: 7:30 AM; Meet Start: 8:30 AM

| Girls/Women | Event | Boys/Men |
|-------------|-------------------|----------|
| 2 | 12 & U 200 FLY | 3 |
| 4 | 12 & U 50 BREAST | 5 |
| 6 | 12 & U 100 FREE | 7 |
| 8 | 12 & U 200 BREAST | 9 |
| 10 | 12 & U 50 FLY | 11 |
| 12 | 12 & U 100 BACK | 13 |

Session 3

Saturday, June 1, 2019

Warm-up: 12:30 PM; Meet Start: 1:10 PM

| Girls/Women | Event | Boys/Men |
|-------------|--------------------------|----------|
| 14 | MIXED 12 & Under 400 IM* | 14 |
| 15 | MIXED 13 & Older 400 IM* | 15 |

400 FREE AND 400 IM EVENTS ARE SEEDED AS MIXED GENDER, FASTEST TO SLOWEST.

***ALL SWIMMERS IN THE 400 FREE AND 400 IM EVENTS MUST PROVIDE THEIR OWN TIMER**

Session 4

Saturday, June 1, 2019

Warm-up: 3:00 PM; Meet Start: 4:10 PM

| Girls/Women | Event | Boys/Men |
|-------------|-----------------------|----------|
| 16 | 13 & Older 200 FLY | 17 |
| 18 | 13 & Older 100 FREE | 19 |
| 20 | 13 & Older 200 BREAST | 21 |
| 22 | 13 & Older 100 BACK | 23 |
| 24 | 13 & Older 200 IM | 25 |

Session 5

Sunday, June 2, 2019

Warm-up: 7:30 AM; Meet Start: 8:30 AM

| Girls/Women | Event | Boys/Men |
|-------------|-------------------|----------|
| 26 | 12 & U 200 BACK | 27 |
| 28 | 12 & U 50 FREE | 29 |
| 30 | 12 & U 100 BREAST | 31 |
| 32 | 12 & U 200 FREE | 33 |
| 34 | 12 & U 100 FLY | 35 |
| 36 | 12 & U 50 BACK | 37 |
| 38 | 12 & U 200 IM | 39 |

Session 6

Sunday, June 2, 2019

Warm-up: 12:30 PM; Meet Start: 1:10 PM

| Girls/Women | Event | Boys/Men |
|-------------|----------------------------|----------|
| 40 | MIXED 12 & Under 400 FREE* | 40 |
| 41 | MIXED 13 & Older 400 FREE* | 41 |

***THE 400 FREE AND 400 IM EVENTS ARE SEEDED AS MIXED GENDER, FASTEST TO SLOWEST.**

***ALL SWIMMERS IN THE 400 FREE AND 400 IM EVENTS MUST PROVIDE THEIR OWN TIMER.**

Session 7

Sunday, June 2, 2019

Warm-up: 3:00 PM; Meet Start: 4:10 PM

| Girls/Women | Event | Boys/Men |
|-------------|-----------------------|----------|
| 42 | 13 & Older 100 BREAST | 43 |
| 44 | 13 & Older 50 FREE | 45 |
| 46 | 13 & Older 200 BACK | 47 |
| 48 | 13 & Older 100 FLY | 49 |
| 50 | 13 & Older 200 FREE | 51 |

EST SPEEDO SIZZLER INVITATIONAL MEET

Summary of Fees/Release Form

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

EAGLE SWIM TEAM

ATTN: MEET ENTRY COORDINATOR

PO BOX 215

Glyndon, MD, 21071

Email to: COACH.CLARKE.EST@GMAIL.COM

| | |
|--------------|--|
| Team Name | |
| Club Code | |
| Coach | |
| Coach Phone | |
| Coach Email | |
| Team Address | |

| Item | Total Number | Cost per | Total |
|-----------------------|--------------|--------------------|-------|
| LSC Surcharge | | \$2.00 per swimmer | |
| Individual Entries | | \$7.50 per event | |
| 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. EAGLE SWIM TEAM, McDONOGH SCHOOL, 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