



Spring Into Long Course Swim Meet

Hosted by Eagle Swim Team

April 6-7, 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 18-19/038

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

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

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.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, April 6, 2019	7:00 AM	8:00 AM	9-10 & 11-12
2	Saturday, April 6, 2019	12:30 PM	1:00 PM	10 & OVER
3	Saturday, April 6, 2019	3:00 PM	4:00 PM	13-14 & OPEN
4	Sunday, April 7, 2019	7:00 AM	8:00 AM	9-10 & 11-12
5	Sunday, April 7, 2019	12:30 PM	1:00 PM	10 & OVER
6	Sunday, April 7, 2019	3:00 PM	4:00 PM	13-14 & OPEN

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday, Mar. 18, 2019	12:00PM	Entry deadline
Saturday, Apr. 6, 2019	7:00AM/12:30PM/3:00PM	Officials Briefings
Saturday, Apr. 6, 2019	7:30AM/3:30PM	Timer's Meetings
Saturday, Apr. 6, 2019	12:40pm	Positive Check-In Deadline (400 IM)
Sunday, Apr. 7, 2019	7:00AM/12:30PM/3:00PM	Officials Briefings
Sunday, Apr. 7, 2019	7:30AM/3:30PM	Timer's Meetings
Sunday, Apr. 7, 2019	12:40pm	Positive Check-In Deadline (400 FREE)

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. All swimmers must be 9 years of age or older, and a swimmer's age on the first day of the meet will determine their age for the entire meet. Times must be 2017-2020 "BB" motivational times or slower. All entries must be submitted with Long Course Times, you can use "No Time" (NT) but estimated times are strongly encouraged.

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 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. All relay only swimmers including alternates must be listed.

Maryland LSC Team

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events per session and a total of 8 individual events for the meet. The 400's are limited to 10 & Over swimmers only and the first 112 entries (appr. 14 heats) will be accepted based on the order they were submitted in. The Meet Director reserves the right to limit entries in order to stay within a 4 hour time limit for each session of the meet. In addition, each session will be limited to 320 athletes or less.

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.

CHECK-IN

- Sessions 1, 3, 4, and 6 will be No Penalty, Positive Scratch. Coaches will receive a “scratch list” during warmups, and are asked to scratch swimmers that are not attending. The lists will be collected 20 min after warmups begin. Swimmers who are not scratched will remain in their events. Programs will be printed soon after scratches are entered.
- The 400 Free and 400 IM are positive check-in timed final events and will be swum Fast to Slow, with no more than 14 heats total
- 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: 10 minutes after the start of each warm-up session.

SCRATCHES

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

SCORING

No team or individual scoring will be kept.

AWARDS

1st - 10th Place Custom Ribbons in Individual Events for 12 & U events. No awards for 13-14 or OPEN events.

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 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

Saturday, April 6, 2019

Warm-up: 7:00 AM; Meet Start: 8:00 AM

2017 – 2020 "BB" TIMES & SLOWER

Girls/Women	Event	Boys/Men
1	MIXED 9-12 100 BREAST	1
2	MIXED 9-12 50 FREE	2
3	MIXED 9-12 100 FLY	3
4	MIXED 9-12 50 BACK	4
5	MIXED 9-12 200 FREE	5

Saturday, April 6, 2019

Warm-up: 12:30 PM; Meet Start: 1:00 PM

Positive Check-In Deadline: 12:40PM

2017 – 2020 "BB" TIMES & SLOWER

Girls/Women	Event	Boys/Men
6	MIXED 10-12 400 IM*	6
7	MIXED 13&O 400 IM*	7

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

Saturday, April 6, 2019

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

2017 – 2020 "BB" TIMES & SLOWER

Girls/Women	Event	Boys/Men
8	MIXED 13&O 200 BACK	8
9	MIXED 13&O 100 FLY	9
10	MIXED 13&O 200 BREAST	10
11	MIXED 13&O 100 FREE	11
12	MIXED 13&O 200 IM	12

Sunday, April 7, 2018

Warm-up: 7:00 AM; Meet Start: 8:00 AM

2017 – 2020 "BB" TIMES & SLOWER

Girls/Women	Event	Boys/Men
13	MIXED 9-12 100 BACK	13
14	MIXED 9-12 50 BREAST	14
15	MIXED 9-12 100 FREE	15
16	MIXED 9-12 50 FLY	16
17	MIXED 9-12 200 IM	17

Sunday, April 7, 2019
Warm-up: **12:30 PM**; Meet Start: **1:00 PM**
Positive Check-In Deadline: **12:40PM**

2017 – 2020 “BB” TIMES & SLOWER

Girls/Women	Event	Boys/Men
18	MIXED 10-12 400 FREE*	18
19	MIXED 13&O 400 FREE*	19

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

Sunday, April 7, 2019
Warm-up: **3:00 PM**; Meet Start: **4:00 PM**

2017 – 2020 “BB” TIMES & SLOWER

Girls/Women	Event	Boys/Men
20	MIXED 13&O 200 FLY	20
21	MIXED 13&O 100 BACK	21
22	MIXED 13&O 200 FREE	22
23	MIXED 13&O 100 BREAST	23
24	MIXED 13&O 50 FREE	24

EST SPRING INTO LONGCOURSE 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 + Athlete Surcharge		\$5.00 per swimmer	
Individual Entries		\$8.00 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