

NORTH BALTIMORE AQUATIC CLUB
2019 NBAC MID-SUMMER CLASSIC
 Hosted by NORTH BALTIMORE AQUATIC CLUB
 July 11-14, 2019

@
ST. MARY'S COLLEGE OF MARYLAND
AQUATIC CENTER AT THE MICHAEL P. O'BRIEN ATHLETICS AND RECREATION CENTER
18952 E. FISHER ROAD
ST. MARY'S CITY, MARYLAND 20686

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
 Sanction #MD18/19 – 053

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.

ENTRY DEADLINE: TUESDAY JUNE 25, 2019 @ 6:00 PM
ENTRY FEE DEADLINE: TUESDAY JULY 2, 2019 @ 6:00 PM

The meet is open to ALL USA SWIMMING registered teams and swimmers. Teams will be accepted on a first come first served basis with a limit of 500 swimmers accepted into the meet. Please contact the MEET ENTRY DIRECTOR, Tom Himes (coachtom@comcast.net) in order to reserve your spot. Please also include the number of swimmers you would like to bring in your email.

Assigned Maryland LSC Teams: ACA, CAC, CBAC, GBSA, GMAC, GTAC, HAGY, HFY, JCC, LBA, MSC, MAS, MAC, NAAC, ROCK, TCY

The meet is also open to out of LSC teams. Contact the meet entry director, Tom Himes (coachtom@comcast.net), for an invitation.

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

FACILITY

St. Mary's College features an indoor eight lane 50 meter pool, non-turbulent lane lines and continuous flow through gutters. In addition there is an adjacent 7 lane 25 yard pool also available for continuous war-up / warm-down.

The competition course has not been certified in accordance with 104.2.2c(4). The minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". The facility has fully automatic timing (Daktronics Omni Sport 2000), touchpads, scoreboard and horn start.

ALL swimmers and spectators attending this meet are guests of the St. Mary's College of Maryland 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.

Chairs are not permitted in the stands. Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

MEET FORMAT

The Thursday Evening session will consist of the Open & 13-14 800 Free for men and women alternating fastest to slowest and the 11-12 & 10-U 400 Free for men and women alternating fastest to slowest.

Friday, Saturday & Sunday will be conducted as a Trials & Finals Meet for all age groups. The Open & 13-14 age groups will have an A & B finals for each event. The 11-12 & 10-U age groups will have an A finals for each event.

Exceptions:

11-12 200 Back, 200 Breast, 200 Fly and 400 IM will be conducted as timed finals events (slowest to fastest) with the fastest seeded heat, after positive check in, swimming in the finals session.

13-14 / Open 400 Free and 400 IM will be conducted as timed finals events (slowest to fastest) with the fastest seeded heats (2), after positive check in, swimming in the finals session.

Open 1500 Free will be conducted as timed finals (fastest to slowest alternating men then women) with the fastest seeded heat, after positive check in, swimming in the finals session.

RELAYS: ALL relays will be conducted as mixed relays (except the 800 free relay on Thursday). Each relay will have 2 men & 2 women. They may swim in any place in the relay order. The Top 16 seeded relays after positive check-in will swim in the finals session. All remaining relays will swim in the prelims session.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.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	THURSDAY	3:30 PM	4:30 PM	ALL AGES
2	FRIDAY	6:30 AM	8:00 AM	OPEN, 13&14
3	FRIDAY	12:00 noon	1:00 PM	11-12, 10&U
4	FRIDAY	4:30 PM	5:30 PM	ALL AGE GROUPS
5	SATURDAY	6:30 AM	8:00 AM	OPEN, 13 & 14
6	SATURDAY	12:00 noon	1:00 PM	11-12, 10&U
7	SATURDAY	4:30 PM	5:30 PM	ALL AGE GROUPS
8	SUNDAY	6:30 AM	8:00 AM	OPEN, 13&14
9	SUNDAY	12:00 noon	1:00 PM	11-12, 10&U
10	SUNDAY	4:30 PM	5:30 PM	ALL AGE GROUPS

NOTE: NBAC RESERVES THE RIGHT TO CHANGE WARM-UP AND START TIMES.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday June 25, 2019	6:00 PM	ENTRY DEADLINE
Saturday July 2, 2019	6:00 PM	ENTRY FEE DEADLINE
Thursday July 11, 2019	3:45 PM	Officials Briefings
Thursday July 11, 2019	3:45 PM	Pos. check -in deadline for all Thurs.Events
Friday July 12, 2019	7:15 AM	Officials Briefings
Friday July 12, 2019	7:15 AM	Positive check in deadline for 400 IM
Friday July 12, 2019	7:15 AM	Positive check in deadline for Relays
Friday July 12, 2019	7:30 AM	Coaches Meeting / If Necessary
Friday July 12, 2019	12:15 PM	Officials Briefings
Friday July 12, 2019	12:15 PM	Positive check in deadline for 200 Back
Friday July 12, 2019	12:15 PM	Positive check in deadline for relays
Friday July 12, 2019	12:00 Noon	Coaches Meeting / If Necessary
Friday July 12, 2019	4:45 PM	Officials Briefings
Saturday July 13, 2019	7:15 AM	Officials Briefings
Saturday July 13, 2019	7:15 AM	Positive check in deadline for 400 Free
Saturday July 13, 2019	7:15 AM	Positive check in deadline for Relays
Saturday July 13, 2019	12:15 PM	Officials Briefings
Saturday July 13, 2019	12:15 PM	Positive check in deadline for 200 Breast
Saturday July 13, 2019	12:15 PM	Positive check in deadline for Relays
Saturday July 13, 2019	4:45 PM	Officials Briefings
Sunday July 14, 2019	7:15 AM	Officials Briefings
Sunday July 14, 2019	7:15 AM	Positive check in deadline for 1500 Free
Sunday July 14, 2019	7:15 AM	Positive check in deadline for Relays
Sunday July 14, 2019	12:15 PM	Officials Briefings
Sunday July 14, 2019	12:15 PM	Positive check in deadline for 400 IM
Sunday July 14, 2019	12:15 PM	Positive check in deadline for Relays
Sunday July 14, 2019	4:45 PM	Officials Briefings

SAFETY

The 2019 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)

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.

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 Staff has the authority to inform and protect coaches and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event may be asked to withdraw from the competition and/or leave the venue as a safety precaution.

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 pre-authorization by the Meet Director or Referee.

The practice of Deck Changing is prohibited. Swimmer's must use locker rooms to change into and out of their swimsuits. Swimmers participating in

deck changing will be in violation of the USA swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.

The 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 2019 USA Swimming Inc. registered swimmers who meet the published qualifying times.

13 – 14 & Open Swimmers must have USA Swimming 2017-2020 Motivational Long Course time standards of 'A' and faster. Open events will use the 15-16 'A' time standard.

11 – 12 & 10 –U Swimmers must have USA Swimming 2017-2020 Motivational Long Course time standards of 'BB' and faster.
Exception: The 12&U 400 Free, 11-12 400 IM, 200 Back, 200 Breast, 200 fly require modified 'BB' to 'A' times

13-14 & OPEN 50 Back, 50 Breast , 50 Fly qualify and entered by their 100 back, 100 breast , 100 fly times. Enter with the 100 time.

Swimmers must be registered prior to entry deadline. Per MSI rules any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. There will be no on deck registration available at this meet.

No Times (NT) will not be accepted. All entry times must be in Long Course Meter times. No converted times are permitted.

A swimmer's age on the first day of the meet will determine their age for the entire meet. Age as of July 11, 2019 shall apply for the entire meet.

BONUS EVENTS

Bonus events are offered for the open & 13-14 age groups as follows:

Qualify for 1 event: get 3 bonus events
Qualify for 2 events: get 2 bonus events
Qualify for 3 events: get 1 bonus events

NOTE: No event over 200 meters is eligible for a bonus event.

There are no bonus events for the 11-12 & 10-U age groups.

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

ALL swimmers are limited to 9 Individual Events, for the meet, not to exceed 3 individual events per day.

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

The following events will be limited if needed to limit the session length. Bonus events will be eliminated first if the time line needs to be reduced.
Open & 13-14 800 Free will be limited to 4 heats for each event
10-U & 11-12 400 Free will be limited to 6 heats for each event
Open & 13-14 400 IM will be limited to 6 heats for each event
11-12 200 Back will be limited to 6 heats for each event
Open & 13-14 400 Free will be limited to 6 heats for each event
11-12 200 Breast will be limited to 6 heats for each event
Open 1500 Free will be limited to 4 heats for each event
11-12 200 Fly will be limited to 6 heats for each event
11-12 400 IM will be limited to 4 heats for each event
All other 200 Meter events will be limited to 8 heats.

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

All entries must be submitted with Long Course Meter Times. No Converted times and NT will not be accepted.

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 must be in the hands of the Meet Entry Coordinator no later than Tuesday June 25, 2019 at 6:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Tuesday July 2, 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 Saturday June 23, 2018 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 June 25, 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 Tuesday July 2, 2019 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Tuesday July 2, 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 ENTRY	\$10.00 PER INDIVIDUAL EVENT
RELAY ENTRY	\$16.00 PER RELAY
MD LSC & SWIMMER SURCHARGE	\$15.00 PER SWIMMER
PAPER INDIVIDUAL ENTRY	\$15.00 PER INDIVIDUAL EVENT
RELAY ENTRY	\$25.00 PER RELAY EVENT

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 only. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Converted times or no time entries will not be accepted.

Refer to the Format section of this meet notice.

CHECK-IN

The following events require positive check-in:

- *Open & 13-14 800 free & 12-U 400 Free / Closes at 3:45 pm on Thursday
- *13 – 14 & Open 400 IM & Relays / Closes at 7:15 am on Friday
- *11-12 200 backstroke & Relays / Closes at 12:15 am on Friday
- *13 – 14 & Open 400 Free & Relays / Closes at 7:15 am on Saturday
- *11-12 200 breaststroke & Relays / Closes at 12:15 am on Saturday
- *13 – 14 & Open 1500 Free & Relays / Closes at 7:15 am on Sunday
- *11-12 200 butterfly, 400 IM & Relays / Closes at 12:15 am on Sunday

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

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.

For Prelim/Finals Events: USA Swimming rule 207.11.6(D) will be followed. A swimmer who fails to scratch a finals event and does not show up for that event will be barred from further competition in the meet (Individual events and Relay events).

A swimmer who declares his/her intention to scratch but fails to return to the scratch table 30 minutes after their last event will be seeded into the event.

Although alternates (and those finishing below alternates) will not be penalized, it is strongly encouraged that all swimmers finishing below the top 16 for open events or the top 8 for all other events scratch. The relevant Maryland Swimming penalty shall be applied to any swimmer registered with Maryland Swimming (\$50.00) who fails to show up for a finals event on the last day of the meet.

SCORING

No Team Scoring will be kept.

AWARDS

Ribbons will be awarded for the Top 8 finishers for all 10 & U and 11-12 events. There will be no awards for relays and 13 & Over events.

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 48 hours of the meet's conclusion.

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

There will be a need for officials. NBAC 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 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 contact the officials contact listed on the front page of this announcement or use the following link:

<https://docs.google.com/spreadsheets/viewform?authkey=CLWS7eII&formkey=dGRpSnzWTEyZ3NuNEp3LTN6LVkzVWc6MQ#gid=0>

TIMERS

Teams/Swimmers will supply their own timers for the Thursday evening session. The Host club will supply timers for the remainder of the meet.

**HOSPITALITY/
CONCESSIONS**

Hospitality and Concessions will be available.

VENDOR

5M Swim Shop will be on site with various swim apparel and equipment.

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 MID SUMMER CLASSIC

ORDER OF EVENTS

THURSDAY JULY 11, 2019

SESSION 1 – THURSDAY TIMED FINALS

Warm-up: 3:30 PM Meet Start: 4:30 PM

LCM	MEN	Event	WOMEN	LCM
10:22.19	1A	14 -U 800 FREE	2A	10:47.99
10:00.39	1B	15 - O 800 FREE	2B	10:35.39
6:22.09	3A	10 - U 400 FREE	4A	6:28.34
5:35.29	3B	11-12 400 FREE	4B	5:42.79
	5	800 FREE RELAY	6	

NOTE: Positive check-in for ALL FRIDAY EVENTS (1-6) closes at 3:45 pm

NOTE: EVENTS 1 AND 2 WILL BE SEEDED FASTEST TO SLOWEST ALTERNATING MEN THEN WOMEN.
EVENTS 3 AND 4 WILL BE SEEDED FASTEST TO SLOWEST ALTERNATING MEN THEN WOMEN.

NOTE: Swimmers must supply their own timers and counters for Events 1 – 6 (Thursday Evening).

2019 NBAC MID SUMMER CLASSIC

FRIDAY JULY 12, 2019

SESSION 2 – FRIDAY AM PRELIMS

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

LCM	MEN	Event	WOMEN	LCM
1:06.29	11	OPEN 100 FLY	12	1:13.39
1:09.69	13	13-14 100 FLY	14	1:14.79
1:08.89	17	OPEN 50 BACK	18	1:15.69
1:12.29	19	13-14 50 BACK	20	1:17.09
2:14.89	25	OPEN 200 FREE	26	2:26.49
2:20.59	27	13-14 200 FREE	28	2:30.09
1:16.99	33	OPEN 100 BREAST	34	1:25.39
1:21.29	35	13-14 100 BREAST	36	1:27.69
5:20.59	41	OPEN 400 IM	42	5:49.69
5:36.59	43	13-14 400 IM	44	5:57.79

NOTE: Positive check-in for the 13 – 14 & Open 400 IM closes at 7:15 am

The top seeded 16 swimmers in the 13-14 & Open 400 IM, after positive check-in, will swim in the finals session

The Top 16 swimmers in the OPEN & 13-14, from the prelim results will qualify for finals.

FRIDAY JULY 12, 2019

SESSION 3 – FRIDAY PM PRELIMS

Warm-up: 12:00 noon Meet Start: 1:00 PM

LCM	MEN	Event	WOMEN	LCM
2:59.34	15	11 - 12 200 BACK	16	3:02.89
45.39	21	11-12 50 BREAST	22	45.49
53.29	23	10-U 50 BREAST	23	53.99
2:45.19	29	11-12 200 FREE	30	2:50.39
3:12.09	31	10-U 200 FREE	32	3:20.99
1:26.29	37	11-12 100 FLY	38	1:28.49
1:51.39	39	10-U 100 FLY	40	1:52.99

NOTE: Positive check-in for the 11-12 200 Back closes at 12:15 pm

The top 8 seeded 11-12 200 back swimmers, after positive check-in will swim in the finals session.

The top 8 swimmers in the 11-12 & 10-U, from the prelim results will qualify for finals.

2019 NBAC MID SUMMER CLASSIC

FRIDAY JULY 12, 2019

SESSION 4 – FRIDAY FINALS

Warm-up: 4:30 PM

Meet Start: 5:30 PM

MEN	Event	WOMEN
7 (MIXED)	OPEN MIXED 200 FREE RELAY	
8 (MIXED)	13-14 MIXED 200 FREE RELAY	
9 (MIXED)	11-12 MIXED 200 FREE RELAY	
10 (MIXED)	10-U MIXED 200 FREE RELAY	
11	OPEN 100 FLY	12
13	13-14 100 FLY	14
15	11-12 200 BACK	16
17	OPEN 50 BACK	18
19	13-14 50 BACK	20
21	11-12 50 BREAST	20
23	10-U 50 BREAST	24
25	OPEN 200 FREE	26
27	13-14 200 FREE	28
29	11-12 200 FREE	30
31	10-U 200 FREE	32
33	OPEN 100 BREAST	34
35	13-14 100 BREAST	36
37	11-12 100 FLY	38
39	10-U 100 FLY	40
41	OPEN 400 IM	42
43	13-14 400 IM	44
45 (MIXED)	10-U MIXED 400 MED RELAY	
46 (MIXED)	11-12 MIXED 400 MED RELAY	
47 (MIXED)	13-14 MIXED 200 MED RELAY	
48 (MIXED)	OPEN MIXED 200 MED RELAY	

2019 NBAC MID SUMMER CLASSIC

SATURDAY JULY 13, 2019
SESSION 5 – SATURDAY AM PRELIMS
Warm-up: 6:30 AM Meet Start: 8:00 AM

LCM	MEN	Event	WOMEN	LCM
2:31.39	49	OPEN 200 IM	50	2:45.89
2:38.79	51	13-14 200 IM	52	2:49.19
27.89	57	OPEN 50 FREE	58	31.19
29.49	59	13-14 50 FREE	60	31.99
2:27.99	65	OPEN 200 FLY	66	2:41.39
2:36.19	67	13-14 200 FLY	68	2:45.69
1:08.89	73	OPEN 100 BACK	74	1:15.69
1:12.29	75	13-14 100 BACK	76	1:17.09
1:16.99	81	OPEN 50 BREAST	82	1:25.39
1:21.29	83	13-14 50 BREAST	84	1:27.69
4:46.09	87	OPEN 400 FREE	88	5:07.29
4:59.19	89	13-14 400 FREE	90	5:14.69

NOTE: Positive check-in for the 13 – 14 & Open 400 FREE closes at 7:15 am

The top seeded 16 swimmers in the 13-14 & Open 400 FR, after positive check-in, will swim in the finals session

The Top 16 swimmers in the OPEN & 13-14, from the prelim results will qualify for finals.

SATURDAY JULY 13, 2019
SESSION 6 – SATURDAY PM PRELIMS
Warm-up: 12:00 noon Meet Start: 1:00 PM

LCM	MEN	Event	WOMEN	LCM
3:09.29	53	11-12 200 IM	54	3:11.49
3:40.79	55	10 - U 200 IM	56	3:43.19
34.69	61	11-12 50 FREE	62	35.79
39.49	63	10 – U 50 FREE	64	39.89
38.69	69	11-12 50 FLY	70	38.29
45.99	71	10 & U 50 FLY	72	47.29
1:29.09	77	11-12 100 BACK	78	1:31.09
1:43.59	79	10 – U 100 BACK	80	1:45.99
3:20.69	85	11-12 200 BREAST	86	3:27.79

NOTE: Positive check-in for the 11-12 200 Breast closes at 12:15 pm

The top 8 seeded 11-12 200 breast swimmers, after positive check-in will swim in the finals session.

The top 8 swimmers in the 11-12 & 10-U, from the prelim results will qualify for finals.

2019 NBAC MID SUMMER CLASSIC

SATURDAY JULY 13, 2019
SESSION 7 – SATURDAY FINALS

Warm-up: 4:30 PM Meet Start: 5:30 PM

MEN	Event	WOMEN
49	OPEN 200 IM	50
51	13-14 200 IM	52
53	11-12 200 IM	54
55	10 – U 200 IM	56
57	OPEN 50 FREE	58
59	13-14 50 FREE	60
61	11-12 50 FREE	62
63	10-U 50 FREE	64
65	OPEN 200 FLY	66
67	13-14 200 FLY	68
69	11-12 50 FLY	70
71	10-U 50 FLY	72
73	OPEN 100 BACK	74
75	13-14 100 BACK	76
77	11-12 100 BACK	78
79	10-U 100 BACK	80
81	OPEN 50 BREAST	82
83	13-14 50 BREAST	84
85	11-12 200 BREAST	86
87	OPEN 400 FREE	88
89	13-14 400 FREE	90
91 (MIXED)	10 – U MIXED 200 MED RELAY	
92 (MIXED)	11 – 12 MIXED 200 MED RELAY	
93 (MIXED)	13-14 MIXED 400 MED RELAY	
94 (MIXED)	OPEN MIXED 400 MED RELAY	

2019 NBAC MID SUMMER CLASSIC

SUNDAY JULY 14, 2019

SESSION 5 – SUNDAY AM PRELIMS

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

LCM	MEN	Event	WOMEN	LCM
1:09.69	95	13-14 50 FLY	96	1:14.79
1:06.29	97	OPEN 50 FLY	98	1:13.39
2:56.79	107	13-14 200 BREAST	108	3:09.79
2:48.39	109	OPEN 200 BREAST	110	3:05.39
1:04.59	115	13-14 100 FREE	116	1:09.59
1:01.89	117	OPEN 100 FREE	118	1:07.99
2:36.59	123	13-14 200 BACK	124	2:45.59
2:28.89	125	OPEN 200 BACK	126	2:42.09
18:59.09	101	OPEN 1500 FREE	102	20:20.49

NOTE: Positive check-in for the 13 – 14 & Open 400 FREE closes at 7:15 am

The top 8 seeded OPEN 1500 FREE swimmers, after positive check-in will swim in the finals session.

The Top 16 swimmers in the OPEN & 13-14, from the prelim results will qualify for finals.

SUNDAY JULY 14, 2019

SESSION 6 – SUNDAY PM PRELIMS

Warm-up: 12:00 noon Meet Start: 1:00 PM

LCM	MEN	Event	WOMEN	LCM
3:00.49	99	11 – 12 200 FLY	100	3:02.89
1:57.69	103	10 & U 100 BREAST	104	2:01.49
1:38.49	105	11 – 12 100 BREAST	106	1:41.39
1:30.29	111	10 – U 100 FREE	112	1:31.49
1:15.69	113	11 – 12 100 FREE	114	1:18.49
49.19	119	10 – U 50 BACK	120	48.89
40.89	121	11 – 12 50 BACK	122	41.19
6:24.09	127	11 – 12 400 IM	128	6:32.59

NOTE: Positive check-in for the 11-12 200 Fly & 400 IM closes at 12:15 pm

The top 8 seeded 11-12 200 Fly & 400 IM swimmers, after positive check-in will swim in the finals session.

The top 8 swimmers in the 11-12 & 10-U, from the prelim results will qualify for finals.

2019 NBAC MID SUMMER CLASSIC

SUNDAY JULY 14, 2019

SESSION 7 – SUNDAY FINALS

Warm-up: 4:30 PM

Meet Start: 5:30 PM

MEN	Event	WOMEN
95	13-14 50 FLY	96
97	OPEN 50 FLY	98
99	11 – 12 200 FLY	100
101	OPEN 1500 FREE	102
103	10 – U 100 BREAST	104
105	11 – 12 100 BREAST	106
107	13-14 200 BREAST	108
109	OPEN 200 BREAST	110
111	10 – U 100 FREE	112
113	11 – 12 100 FREE	114
115	13-14 100 FREE	116
117	OPEN 100 FREE	118
119	10 – U 50 BACK	120
121	11 – 12 50 BACK	122
123	13-14 200 BACK	124
125	OPEN 200 BACK	126
127	11 – 12 400 IM	128
129 (MIXED)	10 – U MIXED 400 FREE RELAY	
130 (MIXED)	13 – 14 MIXED 400 FREE RELAY	
131 (MIXED)	OPEN MIXED 400 FREE RELAY	
132 (MIXED)	11 – 12 MIXED 400 FREE RELAY	

**2019 NBAC MID SUMMER CLASSIC
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	
RELAY ENTRIES		\$16.00 PER RELAY	
MD LSC & SWIMMER SURCHARGE		\$15.00 PER SWIMMER	
PAPER INDIVIDUAL ENTRIES		\$15.00 PER EVENT	
RELAY ENTRIES		\$25.00 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE