



MARYLAND SWIMMING LSC, INC.

2019 MARYLAND LSC LONG COURSE CHAMPIONSHIPS

Hosted by MARYLAND SWIMMING, INC. AND ALL PARTICIPATING CLUBS

AUGUST 1 - 4, 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 #MD 18/19-056

In granting this Sanction it is understood and agreed that USA Swimming and Maryland 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 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.

ENTRY DEADLINE: 8PM, TUESDAY JULY 16, 2019

ONLY Entries for qualification times achieved between July 17 - 21, 2019 are accepted by 8pm, MONDAY, JULY 22, 2019.

The 2019 MD LSC Long Course Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY DIRECTOR
CHAMPIONSHIP MEET COORDINATOR ADMIN MEET DIRECTOR SUSAN MCDONALD SUSAN.MCDONALD@COLUMBIAASSOCIATION.ORG OPERATIONAL MEET DIRECTOR CARRON DUNKER UCDDUNKER@HOTMAIL.COM	TOM HIMES THIMES@NBAC.NET COACHTOM@COMCAST.NET P.O. BOX 20801 BALTIMORE, MARYLAND 21209
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
GREER VERHEYEN GREER.VERHEYEN@CONSTELLATION.COM	LORI MCARTHUR LAURA_MCARTHUR@HCPSS.ORG
OFFICIALS CONTACT	ADMIN OFFICIAL
JOE CUCCHIARO JOECUCCHIARO@YAHOO.COM LINK TO OFFICIATE	ZUZANA CHAMROVA ZCHAMROVA@HOTMAIL.COM

FACILITY

Indoor eight lane 50 meter pool, non-turbulent lane lines and continuous flow through gutters and Daktronics timing system with button plungers, Reactive Light System, and stop watches as back-ups. The competition course shall consist of eight 50 meter lanes. The minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". There is an adjacent 7 lane 25 yard pool available for continuous warm-up / warm-down. 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 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.

All Teams are required to maintain a clean and safe team area throughout the meet.

MEET FORMAT

Events will be conducted in the 10 & U, 11-12, 13-14 & Open age groups.

All events will be conducted as a Trials & Finals Format except for the following events which will be conducted as Timed Finals events.

10&U: Events 87 & 88 400 Freestyle

11-12: Events 31 & 32 400 IM, Events 89 & 90 400 Freestyle,

13-14: Events 29 & 30 800 Freestyle, Events 123 & 124 1500 Freestyle

OPEN: Events 27 & 28 800 Freestyle, Events 121 & 122 1500 Freestyle

NOTE: If required due to timeline issues the 13-14 & Open 400 FREE & 400 IM could be switched to timed finals events in order to decrease the timeline. That decision will be finalized by the Meet Referee and Administrative Referee.

The 13-14 and OPEN age groups will have a consolation heat and a finals heat in the finals session. The 10 & U and the 11 – 12 age groups will have a finals heat in the finals session.

No swimmers over the age of 18 are allowed to compete in the B finals, unless there are not enough swimmers to fill the B final heat. The top 8 swimmers in the OPEN age group prelims will be seeded in the A Final regardless of age. After the scratch deadline, the next 8 fastest 18 and younger, non-collegiate, swimmers will be seeded in the B Final.

All prelim/final events will be circle seeded.

Events 27 & 28 (OPEN 800 Freestyle) and Events 29 & 30 (13-14 800 Freestyle) will be swum as timed final events fastest to slowest alternating Men & Women as well as age groups.

The fastest heats will be swum during Session 2 (Finals) after the positive check-in closes and scratches are completed.

The next 4 fastest heats will be swum, during Session 1 (Prelims) followed by Events 31 & 32 (11-12 400 IM).

The remaining next fastest heats will be swum after the completion of all heats of Events 31 & 32 (11-12 400 IM).

Events 31 & 32 (11-12 400 IM) will be swum as timed final events fastest to slowest alternating Men & Women.

The fastest heats will be swum during Session 2 (Finals) after positive check-in closes and scratches are completed.

The remaining fastest heats will be swum during Session 1 (Prelims) after the 4 heats of the 800 Free are completed as described above.

Events 87 & 88 (10 & U 400 Freestyle) and Events 89 & 90 (11-12 400 Freestyle) during Session 5 (Prelims) will be swum as timed final events, after the positive check-in closes and scratches are completed.

The fastest heats will be swum during Session 6 (Finals).

The remaining heats will be swum during Session 5 slowest to fastest in event order.

Events 121 & 122 (OPEN 1500 Freestyle) and Events 123 & 124 (13-14 1500 Freestyle) will be swum as timed final events after positive check-in closes and scratches are completed..

The fastest heats will be swum during Session 8 (finals)

The remaining heats will be swum at the end of the Session 7, fastest to slowest alternating Men & Women as well as events.

Relays on Saturday & Sunday will be swum as follows:

The top 8 seeded relays after positive check-in will swim in the in each day's finals session.

The remaining relays will swim in the prelim sessions.

There will be no option to swim AM/PM relays. If you are seeded, after positive check-in, to swim in the finals session you must swim in that session.

Meet Management reserves the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org 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.

BREAKS: After entries are received, breaks between events may be applied to ensure swimmers receive a minimum of 20 minutes between events. These breaks will be applied at the discretion of the meet referee.

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	THURSDAY	6:30 AM	8:00 AM	ALL
2	THURSDAY	4:30 PM	5:30 PM	ALL
3	FRIDAY	6:30 AM	8:00 AM	ALL
4	FRIDAY	4:30 PM	5:30 PM	ALL
5	SATURDAY	6:30 AM	8:00 AM	ALL
6	SATURDAY	4:30 PM	5:30 PM	ALL
7	SUNDAY	6:30 AM	8:00 AM	ALL
8	SUNDAY	3:30 PM	4:15 PM	FINAL HEATS 1500 FREE
9	SUNDAY	4:30 PM	5:30 PM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, July 16, 2019	8:00 PM	Entry Deadline
Monday July 22, 2019	8:00 PM	ONLY Entries for qualification times achieved between July 17 - 21, 2019
Thur, Fri, Sat, & Sun (Prelims & Finals) Aug.1 – 4, 2019	Begin at Warm-up Start times as listed in the Schedule above	Officials Briefing
Thursday Aug. 1, 2019	7:30 AM	Coaches Meeting

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. MDSI Rules shall also apply.

USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.

Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.

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

Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.

Use of audio or visual recording devices, including a cell phone, are 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 MDSI Certified meet photographer and anyone else specifically given pre- authorization by the Meet Director or Referee

Deck changes are prohibited. Swimmer 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.

ELIGIBILITY

Open to ALL 2019 USA Swimming Inc. / Maryland Swimming Inc. registered swimmers of the Maryland Swimming LSC Teams and unattached Maryland LSC registered swimmers ONLY who meet the qualifying time standards.

The meet is closed to ALL outside the LSC teams and swimmers.

Swimmers entering the meet must be registered with MDSI and USA Swimming by the meet entry deadline, except for unattached swimmers who must have been a member of MDSI for 6 months prior to the meet entry deadline

Swimmers' Age as of August 1, 2019 shall apply for the entire meet.

Swimmers must be equal to or faster than the Qualifying Times for the meet. The qualifying times must have been achieved, in a long course meter pool, between April 1st, 2018 and the entry deadline for this meet. No times achieved outside of this time period may be used to qualify for this meet. Converted times will not be accepted. Qualifying times must have been achieved in a USA Swimming sanctioned / approved / observed meet.

Relay Eligibility: There are no qualifying times for relay entries. Each team is allowed to enter one relay per relay event.

Qualifying times exception: If a swimmer qualifies for either the 800 Free or the 1500 Free they may enter the other (800 Free or 1500 Free) event if they have not achieved the qualifying time for the event within the qualifying period. The time entered for that event should be at the qualifying time if never swum or a verifiable time outside of the qualifying period if swum before. The swimmer must qualify in one of the two events but may elect to swim only one of the events.

SWIMMERS WITH DISABILITIES

Maryland Swimming Inc. 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 the 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 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).

No Time entries are not acceptable for Individual Event entries but are acceptable for Relay entries.

PROOF OF TIMES: Times will be proven through the SWIMS database. Coaches should be prepared to submit proof of times (in addition to the proof of times – entry report required with entries) upon request by the Meet Entry Director or Meet Referee for those times rejected by the SWIMS database. Failure to prove a time will result in the swimmer being scratched from that event. Any swimmer entered with a falsified or non-provable

time will be subject to a \$100.00 fine per occurrence.

Relays must be entered with actual times from a LC meet, aggregate LC times or entered with a NT if neither of the previous times are available. Relay times and aggregate times must be proven. If a relay does not have a provable time it must be entered with an NT. NT entries will be accepted for relay events ONLY.

ENTRY LIMITATIONS

All 12 & Under Swimmers are limited to 9 Individual Events and 2 Relays for the meet not to exceed 3 Individual and 1 Relay Event on any day.

All 13 & older swimmers are limited to 8 Individual Events and 2 Relays for the meet not to exceed 3 Individual and 1 Relay Event on any day.

Each Team is limited to 1 Relay Entry per Relay Event.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry director.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. If the meet becomes oversubscribed, the meet will be reduced in the following manner:

200 , 100, 50 MTR Bonus events will be eliminated

12 & U Events will be limited to 8 per swimmer

The format of the meet may be altered to have slower heats (events with 5 or more heats) swim in a session at the conclusion of the scheduled session.

NO LATE ENTRIES WILL BE ACCEPTED.

NO DECK ENTRIES WILL BE ACCEPTED (INDIVIDUAL OR RELAY)

Meet Management reserves the right to change the warmup and start times based on entries received.

BONUS EVENTS

All Bonus Event Qualifying times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between April 1, 2018 and the entry deadline for this meet. No times achieved outside of this time period may be used to qualify for this meet. The qualifying times must have been achieved in a long course meter pool. Converted times will not be accepted.

Bonus events will be offered to ALL age groups using the following guidelines:

Qualify for 1 or more events, you get 2 bonus events

The bonus events may be used on any day of the meet

Events 400 meters or longer are not eligible as bonus events. (400 IM, 400 FREE, 800 FREE, 1500 FREE)

The bonus events must meet the following time standards:

50 M bonus events must be within .50 seconds of the qualifying time for the meet.

100 M bonus events must be within 1 second of the qualifying time for the meet.

200 M bonus events must be within 2 seconds of the qualifying time for the meet.

If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet.

ENTRY PROCEDURES

ALL ENTRIES SHOULD BE EMAILED OR MAILED TO THE MEET ENTRY DIRECTOR TO THE EMAIL ADDRESS OR MAILING ADDRESS ON PAGE 1.

The email / mailing should include the following:

Entry file compatible with HY-TEK meet manager or Paper Entries.

Team entries in a word/PDF document with the proof of times option included. This should include Individual and Relay Entries. Proof of times for both Individual and relay events (actual or aggregate) must be included.

Entry Fee report in a word/PDF document

Entry Summary / Release Form / Team Communication Form contained in the last page of this notice.

Relay only swimmers must be included on your roster. This can be done by adding names to your relay entries (including alternates). As always, those names can be changed up until the time of the event. No swimmers can be added to your roster after the deadline of the meet.

Bonus events should be marked with a "B" or a * .

ENTRY DEADLINES

The Meet Entry Director must receive entries by 8pm, TUESDAY, JULY 16, 2019. **ONLY entries for qualification times achieved between July 17 - 21, 2019 are accepted by 8pm, MONDAY, JULY 22, 2019.** No late entries will be accepted.

ENTRY VERIFICATION

The Meet Entry Director will acknowledge receipt by return email within 48 hours of receipt. Contact the Meet Director if an acknowledgement has NOT been received

ENTRY FEE BILLING

Maryland Swim Teams will be invoiced by Maryland Swimming for all entries following the competition. Checks sent with entries will be returned. Fees are to be paid in full by September 1 or (1) a 10% late fee will be added and (2) the club may not register for 2020 until all fees are paid.

Any UN-attached Maryland Registered swimmers not affiliated with any club entering on their own, must send a check with their entries or the entries will not be accepted.

ENTRY FEES

Individual Event	\$7.50 per individual event
Individual Event - Paper Entry	\$15.00 per individual event
Relay Event	\$15.00 per relay event
Relay Event - Paper Entry	\$30.00 per relay event
MDSI Surcharge	\$2.00 per athlete

SEEDING

ALL Entry times must be submitted in LCM.
Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
Converted times or no time entries will not be accepted.

POSITIVE CHECK-IN

The following Timed Final Events require positive check-in:
Events 27 through 30 (800 Free) & Events 31 & 32 (11-12 400 IM): Closes at 7:30 AM Thursday
Events 35,36 and 53,54 (400 IM): Closes at 7:30 am on Friday
Free Relay Events 59 through 66: Closes at 7:30 AM on Friday
Events 87 through 94 (400 Free): Closes at 7:30 AM on Saturday
Medley Relay Events 95 through 102: Closes at 7:30 AM on Saturday
Events 121 through 124 (1500 Free): Closes at 7:30 am on Sunday
Swimmers who **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 scratch rules will be enforced at the meet for all preliminary and finals events.
Any swimmer qualifying for a A or B (Finals or Consolation Final or) final race in an individual event, who fails to compete in said final, shall be barred from further competition for the remainder of the meet USA Swimming Rule 207.6.D(1).
The top 2 alternates for finals will be announced with the preliminary results. Those alternates shall follow the scratch procedures. Swimmers beyond the first two alternates are strongly encouraged to follow the scratch procedures to allow for full finals heats, but are excused from responsibility of returning for bonus, consolation or championship finals heats per the Maryland Swimming Championship Meet (MSCM) Rules.

SCORING

Team Scoring is as follows:
Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

AWARDS

14 and Under Age Groups:
Individual Events: 1st - 3rd Distinctive Medals, 4th - 8th Medals
Relay Events:1st-4th Distinctive Medals
Open Age Groups:
Individual Events : 1st - 3rd Distinctive Medals
No Relay Awards
Team Awards: 1st - 8th place

MARYLAND SWIMMING JACKETS

On behalf of MD Swimming, jackets will be presented to each individual event winner. Second and third place individual event winners will have the option to purchase the jacket. Only one jacket per swimmer will be awarded.

RESULTS Live Results will be available via Meet Mobile. Final Results will be posted on the MDSI website within 48 hours of the meet's conclusion.

COACHES *There will be a positive check in process for all coaches, officials and approved meet staff. The check in table will be located near the Meet Operations Table.*

OFFICIALS

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.

Meet Management requests that at least one coach representative from each team attend all coaches meetings.

There will be a need for officials. Maryland Swimming welcomes and encourages anyone willing to volunteer to complete an application to officiate via the link below. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification /registration.

Officials wishing to volunteer should sign up at [Application to Officiate MSI LC Championships](#)

WORKERS

This meet is hosted by ALL TEAMS of the Maryland Swimming LSC. Any Team with swimmers entered in the meet will be required to provide workers.

Each Team needs to provide the name, phone number and email address of a Team Manager. In addition the name, phone number and email address of a coach. This info is to be submitted via the form at the end of the meet notice.

The Team Manager should be available during all sessions of the meet.

Each Team will be sent their worker assignments once entries have been received. Worker assignments will also be posted on the Maryland Swimming website (www.mds swim.org).

Each Club/Swimmer is responsible for supplying your own timers and counters for ALL 1500 Free Events in both prelims and finals.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials.

Refreshments will be available at the concession stand operated by CBAC.

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 MARYLAND LSC LONG COURSE CHAMPIONSHIPS
QUALIFYING TIMES**

EVENT	10 & U BOYS	10 & U GIRLS	11 & 12 BOYS	11 & 12 GIRLS	13 & 14 BOYS	13 & 14 GIRLS	OPEN BOYS	OPEN GIRLS
50 FREE	35.19	35.19	31.99	31.69	28.69	30.09	26.69	29.69
100 FREE	1:19.09	1:21.19	1:10.49	1:10.09	1:02.29	1:05.49	57.39	1:03.89
200 FREE	2:51.89	2:57.49	2:33.39	2:32.39	2:17.49	2:22.79	2:06.29	2:18.29
400 FREE	5:59.59	6:05.89	5:21.89	5:23.29	4:52.99	5:01.69	4:31.39	4:55.29
800 FREE					10:05.99	10:20.99	9:27.29	9:59.99
1500 FREE					19:15.89	19:48.09	18:19.89	19:36.29
50 BACK	42.99	43.39	37.99	37.19				
100 BACK	1:31.69	1:33.09	1:22.29	1:20.79	1:11.39	1:15.59	1:06.79	1:12.79
200 BACK			2:53.79	2:54.29	2:33.59	2:41.99	2:22.69	2:35.49
50 BREAST	48.19	48.09	41.99	42.09				
100 BREAST	1:44.69	1:46.49	1:31.69	1:32.79	1:19.59	1:26.39	1:15.59	1:23.09
200 BREAST			3:17.09	3:21.09	2:55.79	3:06.89	2:42.89	2:57.99
50 FLY	40.89	41.49	35.89	34.99				
100 FLY	1:36.09	1:36.79	1:20.39	1:21.89	1:08.99	1:13.99	1:04.09	1:10.79
200 FLY			2:53.59	2:59.29	2:33.29	2:42.29	2:22.89	2:35.59
200 IM	3:16.89	3:17.59	2:52.69	2:51.69	2:35.39	2:41.29	2:24.19	2:38.39
400 IM			6:11.49	6:10.99	5:33.29	5:49.89	5:10.99	5:35.09

QUALIFICATION PERIOD - APRIL 1, 2018 UNTIL THE ENTRY DEADLINE FOR THIS MEET

**2019 MARYLAND LSC LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS**

SESSION 1 - THURSDAY, AUGUST 1, 2019

PRELIMINARY / TIMED FINAL EVENTS - 6:30 AM WARMUP & 8:00 AM MEET START

Girls	Event	Boys
1	11-12 200 Back	2
3	OPEN 100 Free	4
5	13-14 100 Free	6
7	11-12 100 Free	8
9	10 & U 100 Free	10
11	OPEN 100 Breast	12
13	13-14 100 Breast	14
15	11-12 50 Breast	16
17	10 & U 50 Breast	18
19	OPEN 200 Fly	20
21	13-14 200 Fly	22
23	11-12 100 Fly	24
25	10 & U 100 Fly	26
27	OPEN 800 Free*	28
29	13-14 800 Free*	30
31**	11-12 400 IM*	32**

***POSITIVE CHECK IN FOR 800 FREE AND 11-12 400 IM BY 7:30 AM**

****EVENT 31 & 32 WILL SWIM AFTER 4 HEATS OF THE 800 FREE IN THE PRELIMINARY SESSION**

SESSION 2 - THURSDAY, AUGUST 1, 2019

FINALS / TIMED FINAL EVENTS - 4:30 PM WARMUP & 5:30 PM MEET START

Girls	Event	Boys
1	11-12 200 Back	2
3	OPEN 100 Free	4
5	13-14 100 Free	6
7	11-12 100 Free	8
9	10 & U 100 Free	10
11	OPEN 100 Breast	12
13	13-14 100 Breast	14
15	11-12 50 Breast	16
17	10 & U 50 Breast	18
19	OPEN 200 Fly	20
21	13-14 200 Fly	22
23	11-12 100 Fly	24
25	10 & U 100 Fly	26
27	OPEN 800 Free	28
29	13-14 800 Free	30
31	11-12 400 IM	32

**2019 MARYLAND LSC LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS**

SESSION 3 - FRIDAY, AUGUST 2, 2019

PRELIMINARY / TIMED FINAL EVENTS - 6:30 AM WARMUP & 8:00 AM MEET START

Girls	Event	Boys
33	11-12 200 Breast	34
35	13 & 14 400 IM*	36
37	OPEN 200 Back	38
39	10 & U 100 Back	40
41	11-12 100 Back	42
43	13-14 200 Back	44
45	OPEN 200 Free	46
47	10 & U 200 Free	48
49	11-12 200 Free	50
51	13-14 200 Free	52
53	OPEN 400 IM*	54
55	10 & U 50 Fly	56
57	11 & 12 50 Fly	58
59	13 – 14 400 Free Relay**	60
61	OPEN 400 Free Relay**	62
63	10 & U 200 Free Relay**	64
65	11- 12 400 Free Relay**	66

***POSITIVE CHECK IN FOR 400 IM & RELAYS BY 7:30 AM**

**Top 8 seeded relays, after positive check-in, will swim in the Finals Session

SESSION 4 - FRIDAY, AUGUST 2, 2019

FINALS / TIMED FINAL EVENTS - 4:30 PM WARMUP & 5:30 PM MEET START

Girls	Event	Boys
33	11-12 200 Breast	34
35	13 & 14 400 IM	36
37	OPEN 200 Back	38
39	10 & U 100 Back	40
41	11-12 100 Back	42
43	13-14 200 Back	44
45	OPEN 200 Free	46
47	10 & U 200 Free	48
49	11-12 200 Free	50
51	13-14 200 Free	52
53	OPEN 400 IM	54
55	10 & U 50 Fly	56
57	11 & 12 50 Fly	58
59	13 – 14 400 Free Relay	60
61	OPEN 400 Free Relay	62
63	10 & U 200 Free Relay	64
65	11- 12 400 Free Relay	66

**2019 MARYLAND LSC LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS**

SESSION 5 - SATURDAY, AUGUST 3, 2019

PRELIMINARY / TIMED FINAL EVENTS - 6:30 AM WARMUP & 8:00 AM MEET START

Girls	Event	Boys
67	13-14 100 Fly	68
69	OPEN 100 Fly	70
71	10 & U 100 Breast	72
73	11-12 100 Breast	74
75	13-14 200 Breast	76
77	OPEN 200 Breast	78
79	10 & U 50 Back	80
81	11-12 50 Back	82
83	13-14 100 Back	84
85	OPEN 100 Back	86
87	10 & U 400 Free*	88
89	11-12 400 Free*	90
91	13-14 400 Free*	92
93	OPEN 400 Free*	94
95	10 & U 200 Medley Relay**	96
97	11-12 400 Medley Relay**	98
99	13-14 400 Medley Relay**	100
101	OPEN 400 Medley Relay**	102

***Positive Check in for 400 Free & Relays by 7:30 AM**

**Top 8 seeded relays, after positive check-in, will swim in the Finals Session

SESSION 6 - SATURDAY, AUGUST 3, 2019

FINALS / TIMED FINAL EVENTS - 4:30 PM WARMUP & 5:30 PM MEET START

Girls	Event	Boys
67	13-14 100 Fly	68
69	OPEN 100 Fly	70
71	10& U 100 Breast	72
73	11-12 100 Breast	74
75	13-14 200 Breast	76
77	OPEN 200 Breast	78
79	10 & U 50 Back	80
81	11-12 50 Back	82
83	13-14 100 Back	84
85	OPEN 100 Back	86
87	10 & U 400 Free	88
89	11-12 400 Free	90
91	13-14 400 Free	92
93	OPEN 400 Free	94
95	10 & U 200 Medley Relay	96
97	11-12 400 Medley Relay	98
99	13-14 400 Medley Relay	100
101	OPEN 400 Medley Relay	102

**2019 MARYLAND LSC LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS**

SESSION 7 - SUNDAY, AUGUST 4, 2019

PRELIMINARY / TIMED FINAL EVENTS - 6:30 AM WARMUP & 8:00 AM MEET START

Girls	Event	Boys
103	11-12 200 Fly	104
105	OPEN 50 Free	106
107	13-14 50 Free	108
109	11-12 50 Free	110
111	10 & U 50 Free	112
113	OPEN 200 IM	114
115	13-14 200 IM	116
117	11-12 200 IM	118
119	10 & U 200 IM	120
121	OPEN 1500 Free*	122
123	13-14 1500 Free*	124

**Positive Check in for 1500 Free by 7:30 AM*

SESSION 8 - SUNDAY, AUGUST 4, 2019

**TIMED FINALS - FASTEST SEEDED HEATS OPEN & 13-14 1500 FREE
3:30 PM WARMUP & 4:15 PM MEET START**

Girls	Event	Boys
121	OPEN 1500 Free	122
123	13-14 1500 Free	124

SESSION 9 - SUNDAY, AUGUST 4, 2019

FINALS / TIMED FINAL EVENTS - 4:30 PM WARMUP & 5:30 PM MEET START

Girls	Event	Boys
103	11-12 200 Fly	104
105	OPEN 50 Free	106
107	13-14 50 Free	108
109	11-12 50 Free	110
111	10 & U 50 Free	112
113	OPEN 200 IM	114
115	13-14 200 IM	116
117	11-12 200 IM	118
119	10 & U 200 IM	120

**2019 MARYLAND LSC LONG COURSE CHAMPIONSHIPS
ENTRY SUMMARY & RELEASE FORM
TEAM COMMUNICATION FORM**

Complete and submit this form along with entries to:

Tom Himes - thimes@nbac.net or coachtom@comcast.net

and

Susan McDonald - susan.mcdonald@columbiaassociation.org

TEAM NAME	
TEAM CODE	
COACH	
COACH PHONE	
COACH EMAIL	
MANAGER	
MGR PHONE	
MGR EMAIL	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
Individual Entries - Paper		\$7.50 per event	
Relay Entries		\$15.00 per relay	
Relay Entries - Paper		\$30.00 per relay	
MDSI Surcharge		\$2.00 per athlete	
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. CBAC, St Mary's College, 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