

2019 All Freestyle Meet  
**Annapolis Swim Club**  
 October 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>, 2019  
**The Arundel Olympic Swim Center**  
**2960 Riva Road**  
**Annapolis, Maryland 21401**

**Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.**  
 Sanction # MDSI 19-20/008

**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**

[Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy \(“MAAPP”\), and the MD Swimming Code of Conduct \(www.mdswim.org\) will govern this meet.](#)

ENTRY DEADLINE TUESDAY SEPTEMBER 24, 2019 @ 8:00 PM

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
John Murphy 301-346-6101 ascmeetentries@gmail.com	John Murphy 7611 Gunmill Lane Glen Burnie, Md 21060 301-346-6101 ascmeetentries@gmail.com
<b>MEET REFEREE</b>	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b>
Doug Karr 410-353-5948 Dkarr29@gmail.com Meet Notice read & approved by Referee: YES	Elizabeth Cmiel
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Doug Karr Dkarr29@gmail.com	Becky Sloan

**FACILITY**

The competition pool is an eight lane 25 yard pool with stationary starting blocks and a Colorado automatic timing system will be used for capturing and recording the times. **The competition course has not been certified in accordance with 104.2.2C (4).**

There will be lane available in the non-competition side of the pool for warmup and warm down once the meet starts.

**MEET FORMAT**

This is a timed finals meet. Events will be swum from slowest to fastest, except for events Events 1 & 2 (Men’s and Women’s Open 1000 Freestyle) and Events 18, 19, 20, 21, 31 and 32 (All of the 500’s), which will be swum from fastest to slowest.

**POSITIVE CHECK-INS: (located at the start end of the pool near the announcers table)**

Events 1 and 2 – Positive check-ins will close at 4:25pm on Friday, October 4.

Events 18, 19, 20 & 21 – Positive check-ins close at 11:45am on Saturday, October 5

Events 31 & 32 – Positive check-ins close at 11:45am on Sunday, October 6

Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events may not be changed.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	Open
2	Saturday	7:00 AM	8:00 AM	10U, 11-12, 13-14, 15-18
3	Saturday	12:00 PM	1:00 PM	12 & Under,13-14, 15-18
4	Sunday	7:00 AM	8:00 AM	10U, 11-12, 13-14, 15-18
5	Sunday	12:00 PM	1:00 PM	12 & Under,13-14, 15-18

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Tuesday 9/24/19	8:00 PM	Entry deadline
10/5/19 and 10/6/19	7:00 AM	Coaches/General Meeting
Friday, 10/4/19	4:25 PM	1000 Free positive check ins close (Events 1 & 2)
Saturday, 10/5/19	11:45 AM	500 FREE Positive check ins close (Events 18, 19, 20 & 21)
Sunday, 10/6/19	11:45 AM	500 Free Positive check ins close (Events 31 & 32)

**SAFETY**

**The MDSI Safety Program is in effect for this meet. Coaches are always advised to closely supervise their swimmers. NO running or horseplay will be tolerated. Upon approval by the facility, swimmers can 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.

**Tech Suits are banned for all 12 & Unders.**

## **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. This meet is a "no time" standard meet. "No times" will be accepted in the entry files.

## **SWIMMERS WITH DISABILITIES**

**Annapolis Swim Club** 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 **Annapolis Swim Club's** 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**

Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. ASC 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.

Entries submitted in Hy-tek format require no hard copy entry forms.

**ENTRY LIMITATIONS** Swimmers may swim a maximum of 4 individual events per day and a total of 5 individual events 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. Please email entries to John Murphy at [ascmeetentries@gmail.com](mailto:ascmeetentries@gmail.com)

**ENTRY DEADLINES** **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary.** Also include: **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**

<b>Make checks payable to: Annapolis Swim Club</b>	
Individual Event	\$8.00 per event
LSC and Facility Surcharge	\$15.00 Per Swimmer

**SEEDING** The conforming time standard for this meet is short course yards. 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** A positive check-in, located deck side at the start end of the pool, will be required for the following events:

- 1000 free.
- 500 Free

In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event.

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

**RESULTS** **Results will be posted on Annapolis Swim Club's and MDSI'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 the lobby of the AOSC facility**. 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 always be worn 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.

There will be a need for officials. **Annapolis Swim Club** 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. Official briefings will be held in the snackroom area one hour before the start of each session.

**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

**Friday October 4, 2019**

**Warm-up: 4:00 pm; Meet Start: 5:00 pm**

#	Girls/Women	Event	Boys/Men	#
1		Open 1000 Free		2

**Swimmers must provide their own timer and counter, events are swum fastest to slowest.**

**Saturday October 5, 2019**

**Warm-up: 7:00 am; Meet Start: 8:00 am**

#	Girls/Women	Event	Boys/Men	#
3	Girls	15-18 200 Free		
4	Boys	15-18 200 free		
5	Boys	13-14 200 free		
6	Boys	11-12 200 free		
7	Boys	10 and under 200 free		
8	Girls	15-18 100 Free		
9	Boys	15-18 100 Free		
10	Boys	13-14 100 Free		
11	Boys	11-12 100 Free		
12	Boys	10 & under 100 Free		
13	Girls	15-18 50 Free		
14	Boys	15-18 50 Free		
15	Boys	13-14 50 Free		
16	Boys	11-12 50 Free		
17	Boys	10 & under 50 Free		

**Saturday October 5, 2019**

**Warm-up: 12:00; Meet Start: 1:00**

#	Girls/Women	Event	Boys/Men	#
18	Girls	15-18 500 Free		
19	Boys	15-18 500 Free		
20	Boys	13-14 500 Free		
21	Boys	12 and under 500 Free		

**Swimmers are required to provide their own timer and counter. Events are swum fastest to slowest.**

**Sunday October 6, 2019**  
**Warm-up: 7:00 am; Meet Start: 8:00 am**

#		Event		
22	Girls	13-14 200 Free		
23	Girls	11-12 200 Free		
24	Girls	10 & under 200 Free		
25	Girls	13-14 100 Free		
26	Girls	11-12 100 Free		
27	Girls	10 & under 100 Free		
28	Girls	13-14 50 Free		
29	Girls	11-12 50 Free		
30	Girls	10 and under 50 free		

**Sunday October 6, 2019**  
**Warm-up: 12:00pm; Meet Start: 1:00 pm**

#		Event		
31	Girls	13-14 500 Free		
32	Girls	12 & under 500 Free		

**Swimmers are required to provide their own timer and counter. Events are swum fastest to slowest.**

**Annapolis Swim Club All Freestyle Meet  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Annapolis Swim Club**):  
Annapolis Swim Club  
ATTN: Ken DeGruchy  
7611 Gunmill Lane  
Glen Burnie,MD 21060

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 per event	
\$2 Surcharge per swimmer, \$13.00 Facility surcharge		\$15.00	
<b>Total Fees Due</b>			

**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