

2019 ASC Holiday Invitational
Annapolis Swim Club
 December 7-8, 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 - 027

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 November 28, 2019 @ 5:00 PM

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
John Murphy 301-346-6101 ascmeetentries@gmail.com	John Murphy 100 Cathedral Street, Suite 6 Annapolis, Maryland 21401 301-346-6101 ascmeetentries@gmail.com
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
Doug Karr 410-353-5948 Dkarr29@gmail.com Meet Notice read & approved by Referee: YES	Elizabeth Cmiel
OFFICIALS CONTACT	ADMIN OFFICIAL
Doug Karr Dkarr29@gmail.com	Becky Sloan sloangang@gmail.com

FACILITY

The competition pool is an eight lane 25 yard pool with stationary starting blocks and a Colorado automatic timing system which 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 lanes 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 events 49 & 50 (500 freestyle) which will be swum from fastest to slowest. The 500 Free may be swum fastest to slowest alternating girls then boys (Fastest to slowest alternating heats of event 49 then event 50) at the discretion of the meet referee.

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. Deck seeds will be accepted with the approval and at the discretion of the Meet Referee. No deck registrations will be accepted.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00 AM	8:00 AM	13-14, 15-18
2	Saturday	12:00 PM	1:00 PM	9-10, 11-12
3	Saturday	4:30 PM	5:30 PM	13-18, Open
4	Sunday	7:00 AM	8:00 AM	13-14, 15-18
5	Sunday	12:00 PM	1:00 PM	9-10, 11-12

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, 11/28/19	5:00 PM	Entry deadline
Saturday, 12/7/19	7:00 AM	Coaches/General Meeting
Saturday, 12/7/19	3:00 PM	500 Free Positive check-in closes
Sat & Sun, 12/7-8/19	45 minutes before each session	Officials Briefings

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 session, a maximum of 5 per day and a total of 9 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

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: Annapolis Swim Club	
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:

- 500 Free – positive checkin required by 3 PM on Saturday

Swimmers that fail to check in will be scratched from the event and not seeded.

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 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.**

**2019 ASC Holiday Invitational
ORDER OF EVENTS & QUALIFYING TIMES**

Saturday December 7, 2019

Session 1

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

#	Girls/Women	Event	Boys/Men	
1		15-18 200 Fly		2
3		13-14 200 Fly		4
5		15-18 50 free		6
7		13-14 50 free		8
9		15-18 100 Back		10
11		13-14 100 Back		12
13		15-18 200 Free		14
15		13-14 200 Free		16
17		15-18 400 Free Relay		18
19		13-14 400 Free Relay		20

Saturday December 7, 2019

Session 2

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

#	Girls/Women	Event	Boys/Men	
21		11-12 100 IM		22
23		9-10 100 IM		24
25		11-12 50 Free		26
27		9-10 50 Free		28
29		11-12 100 Back		30
31		9-10 100 Back		32
33		11-12 50 Breast		34
35		9-10 50 Breast		36
37		11-12 100 Fly		38
39		9-10 100 Fly		40
41		11-12 200 Free Relay		42
43		9-10 200 Free Relay		44

Saturday December 7, 2019

Session 3

Warm-up: 4:30 pm; Meet Start: 5:30 pm

#	Girls/Women	Event	Boys/Men	#
45		13-18 100 Breast		46
47		13-18 200 Back		48
49		Open 500 Free		50

Swimmers must provide their own timer and counter for 500 Free, and 500 Free will be swum fastest to slowest. The 500 may be swum alternating Girls then Boys at the discretion of the Meet Referee.

Sunday December 8, 2019
Session 4
Warm-up: 7:00 am; Meet Start: 8:00 am

#	Girls/Women	Event	Boys/Men
51		15-18 200 IM	52
53		13-14 200 IM	54
55		15-18 100 Fly	56
57		13-14 100 Fly	58
59		15-18 100 Free	60
61		13-14 100 Free	62
63		15-18 200 Breast	64
65		13-14 200 Breast	66
67		15-18 400 Medley Relay	68
69		13-14 400 Medley Relay	70

Sunday December 8, 2019
Session 5
Warm-up: 12:00 pm; Meet Start: 1:00 pm

#	Girls/Women	Event	Boys/Men
71		11-12 200 IM	72
73		9-10 200 IM	74
75		11-12 100 Breast	76
77		9-10 100 Breast	78
79		11-12 50 Fly	80
81		9-10 50 Fly	82
83		11-12 100 Free	84
85		9-10 100 Free	86
87		11-12 50 Back	88
89		9-10 50 Back	90
91		11-12 200 Medley Relay	92
93		9-10 200 Medley Relay	94

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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: John Murphy
 100 Cathedral Street, Suite 6
 Annapolis, Maryland 21401

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 per event	
\$2 per swimmer, \$13.00 Facility surcharge		\$15.00 per swimmer	
Relay Entries		\$15.00 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