



2019 CAC October Surprise Meet

Hosted by **Calvert Aquatics Club**

October 19-20, 2019

Held at **the Edward T. Hall Aquatic Center, 130 Auto Drive, Prince Frederick, MD 20678**

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.

Sanction # MDSI 19-20/014

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.

CERTIFIED MEET DIRECTOR Jeff Rivas jrivas@calvertaquaticsclub.org	CERTIFIED MEET ENTRY COORDINATOR Jeff Rivas jrivas@calvertaquaticsclub.org
MEET REFEREE Sathoshi Katsumoto katsus@gmail.com Meet Notice read & approved by Referee: No	USA REGISTERED OPERATIONAL RISK DIRECTOR Ryan Kohl rkohl@calvertaquaticsclub.org
OFFICIALS CONTACT Tom Schmidt Officials@calvertaquaticsclub.org Officials Sign Up Link	ADMIN OFFICIAL TBD

FACILITY

The Edward T. Hall Aquatic facility features an indoor ten (10) lane 25 yard pool, with non-turbulent lane lines and continuous flow through gutters. The meet will be conducted using the Colorado electronic timing system with touchpads. The depth of the competition pool varies from 8.6 feet to 13 feet from both ends.

The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

Notes:

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

3. Parking is authorized in designated parking spaces only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.

MEET FORMAT

Open to all USA Swimming registered 9 & over swimmers. Ages 9-12 mid distance meet with no times standards. All other events are B times and slower.

A swimmer's age on the first day of the meet shall govern in which age group they swim.

Assigned Teams:

- Events will be swum slowest to fastest
- Possible event entry limitations
- Swimmers 9-12 may swim a maximum of 2 Mid-Distance individual events per session 1. All other sessions swimmers may swim a maximum of 4 events per session.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, Oct 19	7:00AM	8:00AM	9-10 & 11 &12
2	Saturday, Oct 19	11:45AM	12:30PM	9-10 & 11 &12
3	Saturday, Oct 19	2:00PM	3:00PM	13-14, 15&Over
4	Sunday, Oct 20	7:00AM	8:00AM	9-10 & 11 &12
5	Sunday, Oct 20	12:00PM	1:00PM	13-14, 15&Over

DEADLINE AND MEETING SUMMARY: (keep section in chronological order)

Day, Date	Time	For:
Wednesday, Oct. 5th 2019	5:00 PM	Entry deadline
Saturday, Oct. 19th 2019 Sunday, Oct. 20th 2019	45 minutes prior to start of the session	Official Briefings
Saturday, Oct. 19th 2019	7:50 AM	Coaches Meeting If Needed

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 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	<p>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.</p> <p>A swimmer's age on the first day of the meet will determine their age for the entire meet.</p> <ul style="list-style-type: none"> - Open to all 9 & Over USA registered swimmers. - "No time" (NT) entries are acceptable; expected estimate times are encouraged instead of NT
SWIMMERS WITH DISABILITIES	Calvert Aquatics 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 Calvert Aquatics 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 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.
ENTRIES	Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. 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. Calvert Aquatics Club entries will be entered first and then accept teams/entries in the order received, until the four hour rule is reached. Entries received thereafter will be returned immediately.

ENTRY LIMITATIONS Swimmers 9-12 may swim a maximum of 2 individual and 1 relay for the Mid-Distance Session (Session 1) Events. Swimmers may swim a maximum of 4 individual and 2 relay events per other Sessions.

We reserve the right to change the warm-up and start times based on entries received. Please check for any changes on www.mdswim.org.

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 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: Calvert Aquatics Club
LSC Surcharge	\$2.00 per Swimmer
Facility Surcharge	\$10.00 per Swimmer
Individual Event	\$7.50 per Swimmer
Relays	\$20.00 per Event

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. "No time" (NT) entries are acceptable; expected estimate times are encouraged instead of NT

CHECK-IN Positive Check in for Events 25 & 26 (9-10 200 Free) and Events 27 & 28 (11-12 500Free) by 10:30 AM October 19, 2019.

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

SCORING No team or individual scoring will be kept.

AWARDS Ribbons will be awarded to the top 8 finishers

RESULTS Results will be posted on CAC'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 main lobby check in table. 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.

There will be a need for officials. Calvert Aquatics Club welcomes and encourages anyone willing to volunteer to contact the Official's Contact (Tom Schmidt) 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. Deck Pass card only 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. **There is to be no diving or horseplay in this area.**

Directions

GPS Address

Edward T. Hall Aquatic Center
103 Auto Drive
Prince Frederick, MD 20678

From Route 4 South

From Route 4 South, turn west / right onto Auto Drive at the Bayside Auto Dealership. In approximately 300 yards, the facility will be on your right after the roundabout at 130 Auto Drive.

From Route 4 North

From Route 4 North, turn west / left onto Stoakley Road at traffic light. In approximately 100 yards, turn north / right onto North Prince Frederick Blvd towards Maryland VEIP Station. Continue about 200 yards and travel around the roundabout to facility parking lot at 130 Auto Drive.

ORDER OF EVENTS & QUALIFYING TIMES

SATURDAY, OCTOBER 19, 2019 Session 1
Warm-up: TIME 7:00 Meet Start: TIME 8:00

#	Girls/Women	Event	Boys/Men	#
	SLOWER THAN		SLOWER THAN	
1		200 IM 9-10		2
3		200 IM 11-12		4
5	1:39.09	100 Fly 9-10	1:37.99	6
7		200 Fly 9 - 12		8
9	1:30.69	100 Back 9-10	1:29.69	10
11		200 Back 9 - 12		12
13	1:44.99	100 Breast 9-10	1:41.89	14
15		200 Breast 9 - 12		16
17	1:19.99	100 Free 9-10	1:18.79	18
19		200 Free 11-12		20
21		200 Free Relay 9-10		22
23		200 Free Relay 11-12		24

Session 2
Saturday Mid-Session, October 19, 2019
Warm-up: 11:45 AM; Meet Start: 12:30 PM

Event #	Girls	Event	Boys	Event #
25		200 Free 9-10		26
27		500 Free 11-12		28

Session 3
Saturday Afternoon, October 19, 2019
Warm-up: 2:00 PM ; Meet Start: 3:00 PM

Girls		Event	Boys	
Event #	Slower than		Slower than	Event #
29	5:39.69	400IM 13-14	5:17.39	30
31	5:31.99	400IM 15 & Over	5:05.59	32
33	30.29	50Free 13-14	27.89	34
35	29.79	50Free 15 & Over	26.79	36
37	1:11.39	100Fly 13-14	1:06.39	38
39	1:09.99	100Fly 15 & Over	1:03.39	40

41	2:35.39	200Back 13-14	2:25.89	42
43	2:32.39	200Back 15 & Over	2:19.19	44
45	1:22.39	100Breast 13-14	1:15.59	46
47	1:20.69	100Breast 15 & Over	1:12.09	48
49	2:22.19	200Free 13-14	2:12.79	50
51	2:19.19	200Free 15 & Over	2:07.49	52
53		200Medley Relay 13-14		54
55		200Medley Relay 15 & Over		56

Session 4
Sunday Morning, October 20, 2019
Warm-up: 7:00 AM ; Meet Start: 8:00 AM

Girls			Girls	
Event #	Slower than	Event	Slower than	Event #
57	1:18.39	100IM 11-12	1:14.99	58
59	1:31.69	100IM 9-10	1:29.39	60
61	31.49	50Free 11-12	30.29	62
63	35.19	50Free 9-10	34.49	64
65	1:18.29	100Fly 11-12	1:16.49	66
67	41.79	50Fly 9-10	40.49	68
69	1:18.49	100Back 11-12	1:15.79	70
71	41.89	50Back 9-10	42.39	72
73	1:27.39	100Breast 11-12	1:25.49	74
75	47.49	50Breast 9-10	46.59	76
77	1:08.29	100Free 11-12	1:05.89	78
79		200Medley Relay 9-10		80
81		200Medley Relay 11-12		82

Session 5
Sunday Afternoon, October 20, 2019
Warm-up: 12:00 PM; Meet Start: 1:00 PM

Girls			Boys	
Event #	Slower than	Event	Slower than	Event #
83	2:39.19	200IM 13-14	2:28.59	84
85	2:36.19	200IM 15 & Over	2:21.79	86
87	1:05.79	100Free 13-14	1:00.89	88
89	1:04.59	100Free 15 & Over	58.39	90
91	2:37.89	200Fly 13-14	2:26.99	92
93	2:34.89	200Fly 15 & Over	2:20.59	94
95	1:11.69	100Back 13-14	1:06.89	96
97	1:10.09	100Back 15 & Over	1:03.49	98
99	2:58.29	200Breast 13-14	2:45.59	100
101	2:54.69	200Breast 15 & Over	2:36.59	102
103		200Free Relay 13-14		104
105		200Free Relay 15 & Over		106
107	6:20.09	500Free 13-14	5:58.99	108
109	6:12.09	500Free 15 & Over	5:45.99	110

** - For 15 & Over Events, the 15-16 Motivational will be used at the qualifying time standard

2019 CAC October Surprise Meet

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Calvert Aquatics Club**):

Calvert Aquatics Club

ATTN: Jeff Rivas/Coach Mavi

136 West Dares Beach Road #125

Prince Frederick, MD, 20678

Email to: cacmeet@calvertaquaticsclub.org / Jrivas@calvertaquaticsclub.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
LSC Surcharge per swimmer		\$2.00 per event	
Facility Surcharge		\$10.00 per swimmer	
Relays		\$20.00 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. 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