



Tis the Season Meet

Hosted by **Coppin State Aquatic Club TEAM**

November 30 – December 1

COPPIN STATE UNIVERSITY, Baltimore, MD 21216

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

Sanction # MDSI 19 - 20/024

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 Rahim Booth 410-951-3383 rbooth@coppin.edu	CERTIFIED MEET ENTRY COORDINATOR Rahim Booth 2523 Gwynn Falls PKWY Baltimore MD 21216 410-951-3383 rbooth@coppin.edu
MEET REFEREE Greer Verheyen Greer.Verheyen@constellation.com	USA Registered MEET SAFETY DIRECTOR Robert Purnell
OFFICIALS CONTACT Greer Verheyen Greer.Verheyen@constellation.com	ADMIN OFFICIAL Eva Booth

FACILITY

The competition pool is an 8-lane, 25 yard course nine-foot wide lanes separated by non-turbulent lane lines with Paragon starting blocks. The minimum water depth, measured in accordance with **USA Swimming Article 103.2.3** is 9’0” at the start end and 4’0” at the turn end. The meet will be conducted using Daktronics Omni Sport 200 electronic timing system with touchpads. A clerk of course will be set-up for all sessions. **The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.** Parking is authorized in designated areas only. Vehicles parked in unauthorized spaces are subject to citation and towing.).

MEET FORMAT

This is a timed final, Age Group pre-seeded meet. Events will be swum slowest to fastest. **The Meet Director reserves the right to adjust the start times and the number of sessions based on the number of entries received. Coaches will be notified of any change(s) to starting times.**

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday, Nov. 30	8:00AM	9:00AM	9/10 & Open
2	Saturday, Nov. 30	12:30PM	1:30PM	11-12, 13-14
3	Sunday, Dec 1	8:00Am	9:00AM	9/10 & Open
4	Sunday, Dec 1	12:30PM	1:30PM	11-12, 13-14

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

Day, Date	Time	For:
November 5, 2019	5:00PM	Entries Deadline
November 14, 2019	5:00PM	Psych Sheet/Timeline/warm-up schedule published
Sat/Sun, Nov. 30 & Dec 1, 2019	7:30AM	Coaches Meeting
Sat/Sun, Nov. 30 & Dec 1, 2019	1 Hour before Session Starts	Officials Meeting
Sat/Sun, Nov. 30 & Dec 1, 2019	30 mins before Session Starts	Timers Meeting

SAFETY

The MDSI 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. Add any additional facility rules here also.

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.

- Swimmers ages 9-14 must be entered with SCY Times (2017-2020 Time Standards) BB or Slower.
- Swimmers 15-18 must be entered with SCY Times (2017-2020 Time Standards) A or Slower.
- No Times are accepted

SWIMMERS WITH DISABILITIES

Coppin State Aquatic 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 Coppin State Aquatic 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

Entries submitted in Hy-tek format is required. Email to Coach Booth at rbooth@coppin.edu 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. All relay only swimmers including alternates must be listed. **Make checks payable to Coppin State University - Aquatics and mail to the Entry Director, Rahim Booth 2523 Gwynns Falls Pkwy, Baltimore, MD 21216. Do not send cash. Coppin State Aquatic Club** 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. All relay only swimmers including alternates must be listed.
Maryland LSC Team

ENTRY LIMITATIONS

Swimmers may swim a maximum of four (4) individual events per session and a total of eight (8) individual events for the meet. Also include limitations on number of swimmers, event limitations, if applicable.

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: Coppin State University	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$8.50 per event
Facility Surcharge	\$5.00 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.
- CHECK-IN** There is no positive check-in for any event at this meet
- SCRATCHES** There will be no penalty for scratching pre-seeded events at the block.
- SCORING** No team score will be kept.
- AWARDS** Ribbons will be awarded 1st – 8th place.
- RESULTS** **Results will be posted on Coppin State Aquatic 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 Aquatic Center Lobby area.*
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. Coppin State Aquatic 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 hospitality area at the date and time listed in the Deadline and Meeting Summary.

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

**HOSPITALITY/
CONCESSIONS**

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

SESSION 1

Saturday, November 30, 2019

Warm-up: 8:00am; Meet Start: 9:00am

* 15-18 times use 15-16 standards

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
1	1:01.99	100 BACK 15-18	56.19	2
3	1:19.29	100 BACK 9-10	1:19.19	4
5	1:01.89	100 FLY 15 - 18	56.09	6
7	36.19	50 FLY 9-10	35.39	8
9	57.19	100 FREE 15 - 18	51.69	10
11	1:10.49	100 FREE 9-10	1:09.69	12
13	2:34.59	200 BREAST 15 - 18	2:18.59	14
15	1:31.89	100 BREAST 9-10	1:30.19	16
17	2:18.19	200 IM 15 - 18	2:05.49	18
19	2:52.69	200 IM 9-10	2:50.99	20

SESSION 2

Saturday, November 30, 2019

Warm-up: 12:30 PM Session Starts: 1:30 PM

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
21	1:11.79	100 BACK 11-12	1:09.29	22
23	1:06.19	100 BACK 13-14	1:01.79	24
25	31.49	50 FLY 11-12	31:19	26
27	1:05.99	100 FLY 13-14	1:01.29	28
29	1:03.09	100 FREE 11-12	1:00.89	30
31	1:00.69	100 FREE 13-14	56.29	32
33	1:20.39	100 BREAST 11-12	1:18.39	34
35	2:44.59	200 BREAST 13-14	2:32.89	36
37	2:34.89	200 IM 11-12	2:30.89	38
39	2:26.99	200 IM 13-14	2:17.19	40

SESSION 3

Sunday, December 1, 2019

Warm-up: 8:00AM Session starts: 9:00AM***15-18 times use 15-16 standards**

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
41	1:20.79	100 IM 9-10	1:19.49	42
43	2:14.79	200 BACK 15 - 18	2:03.09	44
45	36.69	50 BACK 9-10	37.09	46
47	1:11.39	100 BREAST 15 - 18	1:03.79	48
49	41.79	50 BREAST 9-10	40.99	50
51	26.39	50 FREE 15 - 18	23.69	52
53	31.39	50 FREE 9-10	30.99	54
55	2:16.99	200 FLY 15 - 18	2:04.39	56
57	1:24.09	100 FLY 9-10	1:23.49	58
59	2:03.09	200 FREE 15 - 18	1:52.79	60
61	2:35.59	200 FREE 9-10	2:29.39	62

SESSION 4

Sunday, December 1, 2019

Warm-up: 12:30 PM Session Starts: 1:30 PM

#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
63	1:12.29	100 IM 11-12	1:09.09	64
65	2:23.39	200 BACK 13-14	2:14.69	66
67	32.89	50 BACK 11-12	32.29	68
69	1:15.99	100 BREAST 13-14	1:09.79	70
71	36.89	50 BREAST 11-12	36.19	72
73	27.99	50 FREE 13-14	25.69	74
75	29.09	50 FREE 11-12	27.89	76
77	2:25.79	200 FLY 13-14	2:15.69	78
79	1:11.49	100 FLY 11-12	1:09.59	80
81	2:11.29	200 FREE 13-14	2:02.59	82
83	2:18.19	200 FREE 11-12	2:13.49	84

CSAC
Tis the Season
Summary of Fees/Release Form
 Complete and email or mail this form along with entry fees to
 (checks payable to **Coppin State University**):
 ATTN: Rahim Booth
 2523 Gwynns Falls Pkwy
 Baltimore, MD 21216
 Email to: rbooth@coppin.edu

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Swimmer Surcharge		\$7.00 per swimmer (\$2.00 + \$5.00 Facility)	
Individual Event		\$8.50 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

TITLE

DATE