

GBSA SWIMMING

2019 THANKSGIVING SWIM FEST

Hosted by GBSA

November 22, 23, 24, 2019

Held at Community College of Baltimore County (CCBC)

Catonsville Campus

The Jack Manley Athletic Center, 360 Campus Drive, Catonsville, MD 21228

<http://www.cbcmd.edu/About-CCBC/Locations/CCBC-Catonsville.aspx>

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

Sanction # MDSI 19-20/022

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.

IMPORTANT CHANGE NOTICE: Swimmers will need to provide their own timers for the Friday night session. Timers will be provided for all Saturday and Sunday sessions.

CERTIFIED MEET DIRECTOR Patrick Underwood (410) 241-9292 swimbsa@verizon.net	CERTIFIED MEET ENTRY COORDINATOR Afzal Chowdhury (301) 325-6983 afzalchow@comcast.net
MEET REFEREE Joe Cucchiaro 443-567-3115 joecucchiaro@yahoo.com Meet Notice read & approved by Referee : YES	USA REGISTERED OPERATIONAL RISK DIRECTOR Andrea LeWinter (410) 300-7251 Andrealewinter@cs.com
OFFICIALS CONTACT Officials Registration Page 2019 GBSA Swim Fest Officials Registration	ADMIN OFFICIAL Shari Arciaga

FACILITY

CCBC has an eight-lane pool with a Colorado Automatic Timing System, scoreboard, electronic start, and non-turbulent lane dividers. Limited deck seating will be available for spectators. A clerk of Course will be set up for the AM sessions only. The minimum water depth, measured in accordance with Article 103.2.3 is: 10' at a distance of 1 meter from the start end of the pool. 3'6" at a distance of 1 meter from the turn end of the pool. **The competition course has not been certified in accordance with 104.2.2C (4).** Ample parking is available.

In case of inclement weather, call (410) 241-9292 for status of meet.

MEET FORMAT This meet is a Timed Finals Meet. No events require Positive Check In. 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	9 & Older
2	Saturday	7:00 AM	8:00 AM	9-10 & 11-12
3	Saturday	12:00 PM	1:30 PM	13-14 & Open
4	Sunday	7:00 AM	8:00 AM	9-10 & 11-12
5	Sunday	12:00 PM	1:30 PM	13-14 & Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Sunday, Nov 10, 2019	6:00 PM	Entry deadline
Friday, Nov 22, 2019	4:00 PM (if necessary)	Coaches/General Meeting
Prior to Session Start	30 Min Prior to Session Start	Timers Briefing
Prior to Session Start	45 Min Prior to Session Start	Official Briefings

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.

All swimmers **MUST** dry off, have clothing AND shoes upon leaving the pool area!!! The hallways and stairs **MUST** stay dry as possible. There is to be NO BALL PLAYING OR THROWING OF ANY KIND in the gym areas. All meet participants and family member's **MUST** remain in the areas of the building allotted to meet attendees. Anyone outside the appropriate areas will be asked to leave the meet.

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.

Overhead (dive over) starts will be used during all sessions. Please make sure your swimmers understand how overhead starts are done.

Deck changes are prohibited. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

Time standards for the meet are 2017-2020 USA Swimming "B" SCY Times and faster.

Open to all USA registered swimmers from the following MD LSC Teams ONLY:

BCSC, BST, CAA, CATY, EST, GBSA, GMAC, HOCO, MAC, NAAC, PEAK, SPY, YCM

SWIMMERS WITH DISABILITIES

GBSA 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 GBSA'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

All entries must be submitted with SHORT COURSE TIMES. Converted times will not be accepted. Email is preferred for electronic entries however, disks are also acceptable. Entries must be submitted to the Meet Entry Coordinator by the deadline date via email preferably. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the meet entry deadline. GBSA 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.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events plus 1 relays per day, and a total of 11 individual events, and 2 relays for the meet. Converted times will not be accepted. No Times (NT) will not be accepted, even for Bonus swims. Swimmers who are entered in two qualified events may swim additional "BONUS" events up to the entry limit. (400's and 500's are not allowed as "BONUS" events)

PLEASE NOTE: If session(s) is/are oversubscribed, "BONUS" events will be eliminated as needed, before final seeding.

**ENTRY
VERIFICATION
ENTRY
DEADLINES**

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
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: GBSA	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.50 per event
Relays	\$20.00 per relay

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

There will be no positive check-in events at this meet.

AWARDS

Individual Events: Ribbons 1st through 8th for 12 and younger swimmers. Relay Events: No awards.

RESULTS

Results will be posted on GBSA's and MSI's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hytek 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 for **COACHES AND OFFICIALS** will be located in the Pool Office. **DECK PASS** must be presented showing current fully certified Coach Membership or current fully certified Officials Membership.

The check in table for **MEET STAFF** will be located at the Volunteer check-in table. 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. GBSA welcomes and encourages anyone willing to volunteer to use the officials registration link to indicate your availability or 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 Men's Locker Room 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.

TIMERS

Swimmers will need to provide their own timers for the Friday night session. Timers will be provided for all Saturday and Sunday sessions.

ORDER OF EVENTS (2017-2020 USA Swimming B & Faster Times)

Friday, Nov 22, 2019

Warm-up: 4:00 PM; Meet Start: 5:00 PM

Girls/Women	Event	Boys/Men
1	11-12 400 IM	2
3	9-10 200 IM	4
5	13-14 400 IM	6
7	11-12 200 IM	8
9	OPEN 400 IM	10
11	11-12 500 FREE	12
13	13-14 500 FREE	14
15	OPEN 500 FREE	16

Saturday, Nov 23, 2019

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

Girls/Women	Event	Boys/Men
17	9-10 200 FREE	18
19	11-12 200 FREE	20
21	9-10 50 BACK	22
23	11-12 50 BACK	24
25	9-10 100 BUTTERFLY	26
27	11-12 100 BUTTERFLY	28
29	9-10 50 BREAST	30
31	11-12 50 BREAST	32
33	9-10 100 IM	34
35	11-12 100 IM	36
37	9-10 200 FREE RELAY	38
39	11-12 200 FREE RELAY	40

Saturday, Nov 23, 2019

Warm-up: 12:00 PM; Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
41	13-14 200 FREE RELAY	42
43	OPEN 200 FREE RELAY	44
45	13-14 100 BACK	46
47	OPEN 100 BACK	48
49	13-14 200 BUTTERFLY	50
51	OPEN 200 BUTTERFLY	52
53	13-14 100 BREAST	54
55	OPEN 100 BREAST	56
57	13-14 100 FREE	58
59	OPEN 100 FREE	60
61	13-14 200 IM	62
63	OPEN 200 IM	64
65	OPEN 400 FREE RELAY	66

Sunday, Nov 24, 2019
Warm-up: 7:00 AM; Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
67	9-10 100 BACK	68
69	11-12 100 BACK	70
71	9-10 50 FREE	72
73	11-12 50 FREE	74
75	9-10 50 FLY	76
77	11-12 50 FLY	78
79	9-10 100 BREAST	80
81	11-12 100 BREAST	82
83	9-10 100 FREE	84
85	11-12 100 FREE	86
87	9-10 200 MED RELAY	88
89	11-12 200 MED RELAY	90

Sunday, Nov 24, 2019
Warm-up: 12:00 PM; Meet Start: 1:30 PM

Girls/Women	Event	Boys/Men
91	13-14 200 MED RELAY	92
93	OPEN 200 MED RELAY	94
95	13-14 200 BACK	96
97	OPEN 200 BACK	98
99	13-14 50 FREE	100
101	OPEN 50 FREE	102
103	13-14 200 BREAST	104
105	OPEN 200 BREAST	106
107	13-14 100 BUTTERFLY	108
109	OPEN 100 BUTTERFLY	110
111	13-14 200 FREE	112
113	OPEN 200 FREE	114
115	OPEN 400 MED RELAY	116

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Summary of Fees/Release Form

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

ATTN: Patrick Underwood
7383 Brangles Rd. Marriottsville, MD 21104

FORM MUST BE RECEIVED BY 6:00 PM, NOVEMBER 1, 2019

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.50 per event	
LSC Participation Surcharge		\$2.00 per swimmer	
Relay Entries		\$20.00 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