



Bridget Vaché Memorial Fall Frenzy Meet

Hosted by the

Monocacy Aquatic Club

November 2-3, 2019

Held at Walkersville High School; 81 West Frederick Street;  
Walkersville, MD 21793

**Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.**  
Sanction # MDSI 19-20/017

**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](http://www.mdswim.org)) will govern this meet.

<b>CERTIFIED MEET DIRECTOR</b> Sean Mitchell 240-888-8612 Bio-D-Max@comcast.net	<b>CERTIFIED MEET ENTRY COORDINATOR</b> Chris Kaplan P.O. Box 1682 Frederick, MD 21702 410-615-5339 <a href="mailto:coachchris@macswim.net">coachchris@macswim.net</a>
<b>MEET REFEREE</b> Betsy Cowperthwaite 301-471-1263 <a href="mailto:Liddy1903@mac.com">Liddy1903@mac.com</a> Meet Notice read & approved by Referee: YES	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b> Fred Manning fredmanning@comcast.net
<b>OFFICIALS CONTACT</b> Michael Cleary mcmacswim@gmail.com	<b>ADMIN OFFICIAL</b> Michael Kokoski

**FACILITY**

The Walkersville High School swimming pool has six (6) lanes, 25 yards in length, with non-turbulent lane lines, automated timing system, and a separate spectator seating area. The depth of the pool is 3’ 2” at the turn end to 12’ at the start end. **The competition course has not been certified in accordance with 104.2.2C(4).**

**SPECIAL FREDERICK BOARD OF EDUCATION & WALKERSVILLE HS**

**REQUIREMENTS:**

No street shoes will be allowed on the pool deck – please bring appropriate foot covering to walk from the cafeteria to the pool deck. Shoes must be worn when not on the pool deck. Competing swimmers are not allowed in the viewing balcony during the event and must stay on the pool deck or in the cafeteria. No smoking is allowed on FCPS grounds.

**MEET FORMAT**

This is a times finals meet. There will be a clerk of course for all swimmers. Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00 AM	8:10 AM	9-10
2	Saturday	12:00 PM	1:10 PM	8-Under
3	Sunday	7:00 AM	8:10 AM	9-10
4	Sunday	12:00 PM	1:10 PM	8-Under

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Monday, October 14 <sup>th</sup>	5:00pm	Entry deadline
Sat & Sun	7:30am & 12:30pm	Official Briefings
Saturday Only	8:00 a.m. & 1:00 p.m.	Coaches Meeting

**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. Shoes must be worn at all times.

**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.

Open to all USA Swimming registered 8-under swimmers. Open to all 9-10 USA Swimming registered swimmers with USA Swimming 2017-2020 B times and slower. 8-Under swimmers wishing to swim in a 9 and under event must meet the time standard requirement for that event. A swimmer's age on the first day of the meet shall govern in which age group they swim. Assigned Teams: 4MSC, ACA, ACSS, BAAC, BCSC, CGA, CCY, CSAC, EST, FSC, FCY, FAST, GBSA, GTAC, HSST, JCC, LBA, LBA, MAC, MAS, NBAC, YCM, UN.

#### **SWIMMERS WITH DISABILITIES**

**MAC 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 MAC'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 on a computer file compatible with Hy-Tek Meet Manager software. Each team must submit a "Team Summary Sheet". We reserve the right to change the warm up and start times after the entries are received and will notify club coaches/representatives of changes. 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. MAC 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**

A swimmer may enter three (3) individual events per day.

#### **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: MAC	
LSC Surcharge	\$2.00 per swimmer
Individual Event	\$6.50 per event
Additional Surcharge	\$5.00 per swimmer (Free heat sheets will be available on Meet Mobile)

**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. Only SCY times will be accepted.

**CHECK-IN**

This will be a positive scratch meet. At the beginning of each session coaches will get a list of all swimmers entered in the meet. Coaches will scratch any swimmers not competing in a particular event or the entire session. Heat sheets will then be printed for coaches, published to meet mobile and posted in the facility.

**SCRATCHES**

There is no penalty for swimmers who miss an event or do not scratch an event.

**AWARDS**

Ribbons will be awarded to the top 10 finishers in each event.

**RESULTS**

**Results will be posted on the Monocacy Aquatic Club and MSI's website within 24 hours of the meet's conclusion.** Results will also be emailed to all coaches/team reps. 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 at the computer 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. The Monocacy Aquatic Club welcomes and encourages anyone willing to volunteer to contact the the officials' contact by email prior to the meet or sign in once you arrive at the meet. 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/**

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

**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. There is to be no diving or horseplay in this area.**

## ORDER OF EVENTS

Saturday, November 2<sup>nd</sup>

9-10 Events – AM Session

**Warm-up: 7am; Meet Start: 8:10 am**

Girls			Boys		
Event #	Slower than	Age	Event	Slower Than	Event #
1	1:31.69	10 yr old	100 IM	1:29.39	2
3	1:31.69	9-under	100 IM	1:29.39	4
5	47.49	10 yr old	50 Breast	46.59	6
7	47.49	9 yr old	50 Breast	46.59	8
9	1:30.69	10 yr old	100 Back	1:29.69	10
11	1:30.69	9-under	100 Back	1:29.69	12
13	41.79	10 yr old	50 Fly	40.49	14
15	41.79	9 yr old	50 Fly	40.49	16
17	1:19.99	10 yr old	100 Free	1:18.79	18
19	1:19.99	9-under	100 Free	1:18.79	20

Saturday, November 2<sup>nd</sup>

8-Under Events – PM Session

**Warm-up: 12pm; Meet Start: 1:10pm**

Girls			Boys
Event #	Age	Event	Event #
21	8 yr old	100 IM	22
23	7 yr old	100 IM	24
25	6 and under	100 IM	26
27	8 yr old	50 Free	28
29	7 yr old	50 Free	30
31	6 and under	50 Free	32
33	8 yr old	25 Breast	34
35	7 yr old	25 Breast	36
37	6 and under	25 Breast	38
39	8 yr old	50 Fly	40
41	7 yr old	50 Fly	42
43	6 and under	50 Fly	44
45	8 yr old	25 Back	46
47	7 yr old	25 Back	48
49	6 and under	25 Back	50

Sunday, November 3<sup>rd</sup>

9-10 Events – AM Session

**Warm-up: 7am; Meet Start: 8:10 am**

Girls			Boys		
Event #	Slower than	Age	Event	Slower Than	Event #
51	1:44.99	10 yr old	100 Breast	1:41.89	52
53	1:44.99	9-under	100 Breast	1:41.89	54
55	35.19	10 yr old	50 Free	34.49	56
57	35.19	9 yr old	50 Free	34.49	58
59	1:39.09	10 yr old	100 Fly	1:37.99	60
61	1:39.09	9-under	100 Fly	1:37.99	62
63	41.89	10 yr old	50 Back	42.39	64
65	41.89	9 yr old	50 Back	42.39	66
67	2:57.39	10 yr old	200 Free	2:47.99	68
69	2:57.39	9-under	200 Free	2:47.99	70

Sunday, November 3<sup>rd</sup>

8-Under Events – PM Session

**Warm-up: 12pm; Meet Start: 1:10 pm**

Girls		Boys	
Event #	Age	Event	Event #
71	8 yr old	50 Breast	72
73	7 yr old	50 Breast	74
75	6 and under	50 Breast	76
77	8 yr old	25 Free	78
79	7 yr old	25 Free	80
81	6 and under	25 Free	82
83	8 yr old	50 Back	84
85	7 yr old	50 Back	86
87	6 and under	50 Back	88
89	8 yr old	25 Fly	90
91	7 yr old	25 Fly	92
93	6 and under	25 Fly	94
95	8 yr old	100 Free	96
97	7 yr old	100 Free	98
99	6 and under	100 Free	100

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### Summary of Fees/Release Form

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

Monocacy Aquatic Club, ATTN: Chris Kaplan

P.O. Box 1682, Frederick, MD 21702

Email to: [coachchris@macswim.net](mailto:coachchris@macswim.net)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
Swimmer Surcharge		\$5.00 per swimmer	
LSC Surcharge		\$2.00 per swimmer	
<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. The Monocacy Aquatic Club, Walkersville High School, Frederick County Public Schools, 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.

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SIGNATURE (Coach or Club Representative) CLUB

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TITLE DATE