



46th ANNUAL NBAC CHRISTMAS INVITATIONAL MEET

Hosted by NORTH BALTIMORE AQUATIC CLUB
DECEMBER 12 – 15, 2019

Held at ST. MARY'S COLLEGE OF MARYLAND
AQUATIC CENTER AT THE MICHAEL P. O'BRIEN ATHLETICS AND RECREATION CENTER
18952 E. FISHER ROAD
ST. MARY'S CITY, MARYLAND 20686

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MDSI 19-20/029
(The Meet notice has been read and approved by a certified referee)

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.mdswwim.org) will govern this meet.

Invited Teams:

| | |
|------------------------------|-----------------------|
| Carter Center Aquatics | Roanoke, Virginia |
| Chesapeake Bay Aquatic Club | St. Mary's, Maryland |
| Monocacy Aquatic Club | Frederick, Maryland |
| Naval Academy Aquatic Club | Annapolis, Maryland |
| North Baltimore Aquatic Club | Baltimore, Maryland |
| Retriever Aquatic Club | Catonsville, Maryland |
| STINGRAYS Swimming | Stafford, Virginia |

THIS MEET IS A CLOSED INVITATIONAL. ALL TEAMS INTERESTED IN AN INVITATION SHOULD CONTACT TOM HIMES AT coachtom@comcast.net for an invitation.

ENTRY DEADLINE: TUESDAY NOVEMBER 26, 2019 @ 9:00 PM
ENTRY FEE DEADLINE: SATURDAY NOVEMBER 30, 2019 @ 9:00 PM

| | |
|--|---|
| CERTIFIED MEET DIRECTOR | CERTIFIED MEET ENTRY COORDINATOR |
| WILL MCKENNA wmckenna@abischools.org | TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 22129 thimes@nbac.net / coachtom@comcast.net |
| MEET REFEREE | USA REGISTERED OPERATIONAL RISK DIRECTOR |
| DALILA SHKOLNIK deshkolnik@gmail.com | ANNA SUMMERFIELD Alsumm1333@gmail.com |
| OFFICIALS CONTACT | ADMIN OFFICIAL |
| DALILA SHKOLNIK deshkolnik@gmail.com | SHAWN HURLEY / AMY MATTIENI |

FACILITY

St. Mary's College features an indoor eight lane 50 meter pool, non-turbulent lane lines and continuous flow through gutters. The competition course shall consist of eight 25 yard lanes established between the end of the pool and a moveable bulkhead. The remainder of the pool will be set up in 25 yard lanes and will be available for continuous warm-up / warm-down during the meet. In addition there is an adjacent 7 lane 25 yard pool also available for continuous war-up / warm-down.

The competition course has not been certified in accordance with 104.2.2c(4). The minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". The facility has fully automatic timing (Daktronics Omni Sport 2000), touchpads, scoreboard and horn start.

ALL swimmers and spectators attending this meet are guests of the St. Mary's College of Maryland and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

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

MEET FORMAT

The Meet will be conducted as a Trials & Finals Meet for all age groups. The Open age group will have an A and B finals (Top 16 swimmers from prelims) for the prelim/final events. The 13-14 and 11-12 age groups will have an A and B finals (Top 16 swimmers from prelims) for the prelim/final events. The 10 & U age group will have an A final (Top 8 swimmers from prelims) The following events will be conducted as Timed Finals events with the fastest seeded heats (Open 2 heats in finals; All other age groups 1 heat in finals) swimming in the finals sessions: OPEN / 13 & 14 500 Free, 1000 Free, 400 IM and 11 & 12 200 Back, 200 Breast, 200 Fly. The 12 & U 500 Free and the 13 & O 1650 Free will be conducted as Timed Finals swimming in the Thursday evening session.

The 13 & 14 400 IM & 500 FR will be conducted as Timed Finals with the fastest seeded heat (8 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session swimming fastest remaining heat to slowest alternating 13-14 girls then 13-14 boys.

The OPEN 400 IM & 500 FR will be conducted as Timed Finals with the fastest seeded heats (16 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session swimming fastest remaining heat to slowest alternating open girls then open boys.

The 13 & O 1000 FR will be conducted as Timed Finals with the fastest seeded heat (8 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session and swum fastest to slowest alternating girls and boys. The 13 & 14 and OPEN swimmers will be broken out for the results but will swim together as one event.

The 13 & O 1650 FR will be conducted as Timed Finals with all heats swimming in the Thursday evening session. The event will be swum fastest to slowest alternating girls and boys. The 13 & 14 and OPEN swimmers will be broken out for the results but will swim together as one event.

The 11 & 12 500 FR will be conducted as Timed Finals with all heats swimming in the Thursday evening session. The event will be swum fastest to slowest alternating girls and boys. The 10 & U and the 11-12 will swimmers will be broken out for the results but will swim together as one event.

The 11 & 12 200 BA, 200 BR, 200 FL will be conducted as Timed Finals with the fastest seeded heat (8 swimmers) swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session.

All Relays (TOP 16 for Open / Top 8 for all other age groups) will swim in the evening Finals sessions. Relays are limited to the TOP 16 entered relays for the Open age group and the TOP 8 entered relays for all other age groups. There will be no relays swum in the prelims sessions.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswwim.org and www.nbac.net for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

SCHEDULE:

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|----------|----------|------------|-----------------|
| 1 | THURSDAY | 4:00 PM | 5:00 PM | ALL |
| 2 | FRIDAY | 6:30 AM | 8:00 AM | 13 – 14, OPEN |
| 3 | FRIDAY | 11:45 AM | 12:45 PM | 10 & U, 11 - 12 |
| 4 | FRIDAY | 4:30 PM | 5:30 PM | ALL |
| 5 | SATURDAY | 6:30 AM | 8:00 AM | 13 – 14, OPEN |
| 6 | SATURDAY | 11:45 AM | 12:45 PM | 10 & U, 11 - 12 |
| 7 | SATURDAY | 4:30 PM | 5:30 PM | ALL |
| 8 | SUNDAY | 6:30 AM | 8:00 AM | 13 – 14, OPEN |
| 9 | SUNDAY | 11:45 AM | 12:45 AM | 10 & U, 11 - 12 |
| 10 | SUNDAY | 4:30 PM | 5:30 PM | ALL |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|-----------------------------------|----------------|-----------------------------|
| Tuesday November 26, 2019 | 9:00 PM | ENTRY DEADLINE |
| Saturday November 30, 2019 | 5:00 PM | ENTRY FEE DEADLINE |
| Thursday December 12, 2019 | 4:15 PM | Officials Briefings |
| FR, SA, SU Dec. 13 - 15, 2019 | 7:15 AM | Officials Briefings |
| Friday December 13, 2019 | 7:30 AM | Coaches Meeting / If Needed |
| FR, SA, SU Dec. 13 – 15, 2019 | 12:00 NOON | Officials Briefings |
| Friday December 13, 2019 | 12:15 PM | Coaches Meeting / If Needed |
| | | |

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.

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.

ELIGIBILITY

Open to ALL USA Swimming Inc. registered swimmers of the Invited Teams. 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.

While there are no qualifying times for the meet. The following guidelines should be used for swimmers entered in the meet:

13 & Older Swimmers: Should have at least four ('A') times to be entered.

12 & Under Swimmers: Should have at least two ('A') times to be entered.

SWIMMERS WITH DISABILITIES

NBAC 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 NBAC'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 should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries (Please check the proof of times option).

ALL ENTRIES SHOULD BE SUBMITTED IN SCY. NT ENTRIES WILL NOT BE ACCEPTED.

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Tuesday November 26, 2019 at 9:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Saturday November 30, 2019 at 5:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Saturday November 30, 2019 at 5:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

ENTRY LIMITATIONS

Each Invited Team will be limited to the maximum number of swimmers specified by the entry director in an email inviting each team to attend. Each team will be strictly limited to that number. Overall the meet is limited to 500 swimmers in order to maintain a workable timeline.

Recommend limiting your swimmers by using the suggested minimum qualifying standards. 13 & Over swimmers: 4 – 'A' times / 12 & U swimmers: 2 – 'A' Times

13 & O swimmers are limited to 8 Individual Events and 2 relays, for the entire meet, not to exceed 3 individual events and 1 relay event per day.

12 & U swimmers are limited to 9 Individual Events and 2 relays, for the entire meet, not to exceed 3 individual events and 1 relay event per day.

Each Team is limited to two(2) Open age group relay teams per event and two (2) 13-14, 11-12, 10 & U relay team per event. The meet will be limited to the TOP 16 seeded relays in the Open relay events and the TOP 8 seeded relays in all other age groups. Each team will be guaranteed one relay per event.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

The following events will be limited unless time permits. If a swimmer is cut from one of these events no substitute event will be permitted.

THURSDAY DECEMBER 12, 2019:

11 & 12 500 FR: Limited to 32 swimmers in each event unless time permits.
13 & O 1650 FR: Limited to 32 swimmers in each event unless time permits.

FRIDAY DECEMBER 13, 2019:

11 & 12 200 BA: Limited to 32 swimmers in each event unless time permits.
13 & 14 400 IM: Limited to 32 swimmers in each event unless time permits.
Open 400 IM: Limited to 48 swimmers in each event unless time permits.

SATURDAY DECEMBER 14, 2019:

11 & 12 200 FL: Limited to 32 swimmers in each event unless time permits.
13 & 14 500 FR: Limited to 32 swimmers in each event unless time permits.
OPEN 500 FR: Limited to 48 swimmers in each event unless time permits.

SUNDAY DECEMBER 15, 2019:

11 & 12 200 BR: Limited to 32 swimmers in each event unless time permits.
13 & O 1000 FR: Limited to 24 swimmers in each event unless time permits.

ALL 13 & Over 200 events: Limited to 64 swimmers unless time permits.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

Slowest seeded times in heats which are not full will be eliminated if there is a need to decrease the size of a session.

We reserve the right to change the warmup and start times.

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 Tuesday November 26, 2019 @ 9:00 PM. No late entries will be accepted.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Tuesday November 26, 2019 at 9:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Saturday November 30, 2019 at 5:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Saturday November 30, 2019 at 5:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

ENTRY FEES

| Make checks payable to: NBAC | |
|-------------------------------------|---------------------|
| LSC & Swimmer Surcharge | \$20.00 per Swimmer |
| Individual Event | \$10.00 per event |
| Paper/Deck entry Individual Event | \$15.00 per event |
| Relays | \$20.00 per relay |
| Paper/Deck entry Relay Event | \$30.00 per relay |

Entry Fees should be sent to:

North Baltimore Aquatic Club
ATTN: Tom Himes
P.O. BOX 20801
Baltimore, Maryland 211209

SEEDING

ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Converted times or no time entries will not be accepted.

CHECK-IN

The following events require positive check-in:

- 11-12 500 Free / Closes at 4:15 pm on Thursday
- 13 & O 1650 Free / Closes at 4:15 pm on Thursday
- 11-12 200 Back / Closes at 12:00 noon on Friday
- 13 & 14 and Open 400 IM / Closes at 7:15 am on Friday
- Relays for Friday Finals / Closes at 7:15 am and 12:00 noon on Friday
- 11-12 200 Fly / Closes at 12:00 noon on Saturday
- 13 & 14 & Open 500 FR / Closes at 7:15 am on Saturday
- Relays for Saturday Finals / Closes at 7:15 am and 12:00 noon on Sat.
- 11 – 12 200 Breast / Closes at 12:00 noon on Sunday
- 13 & O 1000 Free / Closes at 7:15 am on Sunday

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 complete in said event, shall be barred from his/her next individual event.

SCRATCHES

Finals scratch procedure: The Maryland Swimming scratch rule (found at www.mdswim.org) and USA Swimming Rules 207.11.6(D) will be followed and enforced. A Swimmer who declares his/her intention to scratch but fails to return to the scratch table within 30 minutes after their last event to declare scratch or swim, will be seeded into the event.

Although listed alternates, after the 30 minutes scratch time (and those finishing below the first two alternates) will not be penalized, it is strongly encouraged that all swimmers placing within the top 30 scratch if they do not intend on returning to finals. The relevant Maryland Swimming Penalty of \$50.00 shall be applied to any swimmer failing to show for finals on the final day of the meet. Exceptions for failure to compete: USA Swimming Rules 207.11.6C will be in effect.

There will be no penalties for scratching a pre-seeded preliminary event.

For Timed Final / Positive Check-in events a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCORING

There will be no Team or Individual scoring.

AWARDS

14 & U swimmers will receive awards for 1st-8th place in individual events. There will be no awards for relays. There will be no awards for OPEN/15-O events. Awards that are not picked up will NOT be mailed.

RESULTS

Live results will be available via the NBAC web site(nbac.net). The meet will also be available via meet mobile. Results will be posted on NBAC's and MDSI's website within 24 hours of the meet's conclusion. In addition, TM results file, MM locked file & PDF results will be emailed to all participating teams within 24 hours of the conclusion of the meet.

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 next to the announcer's stand on the pool deck. 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.

OFFICIALS

There will be a need for officials. NBAC 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.

Officials wishing to sign up to officiate should do so at the following link:
<https://docs.google.com/spreadsheet/viewform?formkey=dE1EQTyMTJJUHJLdXJabHI6Xy1QREE6MQ#gid=0>

TIMERS

Each Team will be assigned one lane to time in the competition pool. The team will be responsible for maintaining timers for that lane for the duration of the meet (ALL Prelim & Finals Sessions). Watches & clipboards will be provided. Swimmers in the 11-12 500 Free (Thursday), 13 & O 1650 Free (Thursday), and the 13 & O 1000 Free on Sunday Prelims will need to supply their own timers & counters.

**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.



**NBAC 46TH ANNUAL CHRISTMAS INVITATIONAL MEET
THURSDAY DECEMBER 12, 2019
ORDER OF EVENTS**

THURSDAY DECEMBER 12, 2019

SESSION 1

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

| GIRLS | Event | BOYS |
|--------------|-----------------------|-------------|
| 1 | 12 & U 500 FREESTYLE | 2 |
| 3 | 13 & O 1650 FREESTYLE | 4 |

NOTE: Positive check-in for the 11-12 500 free closes at 4:15 pm
Positive check-in for the 13 & O 1650 free closes at 4:15 pm

NOTE: EVENT 1 will be 10 & U G & 11-12 G 500 FR combined and seeded by entry time.
EVENT 2 will be 10 & U B & 11-12 B 500 FR combined and seeded by entry time.
EVENT 3 will be 13 & 14 G & 15 & O G 1650 FR combined and seeded by entry time.
EVENT 4 will be 13 & 14 B & 15 & O B 1650 FR combined and seeded by entry time.

NOTE: Swimmers must supply their own timers and counters for Events 1 – 4 (Thursday Evening).

NBAC 46TH ANNUAL CHRISTMAS INVITATIONAL MEET
FRIDAY DECEMBER 13, 2019
ORDER OF EVENTS

FRIDAY DECEMBER 13, 2019
SESSION 2 – FRIDAY AM PRELIMS/TIMED FINALS
Warm-up: 6:30 AM Meet Start: 8:00 AM

| GIRLS | Event | BOYS |
|--------------|--------------------------|-------------|
| 7 | 13 - 14 100 BREASTSTROKE | 8 |
| 9 | OPEN 100 BREASTSTROKE | 10 |
| 15 | 13 - 14 200 FREESTYLE | 16 |
| 17 | OPEN 200 FREESTYLE | 18 |
| 23 | 13 - 14 100 BUTTERFLY | 24 |
| 25 | OPEN 100 BUTTERFLY | 26 |
| 31 | 13 - 14 400 IM | 32 |
| 33 | OPEN 400 IM | 34 |

NOTE: Positive check-in for the 13-14 & Open 400 IM closes at 7:15 am
 Positive check in for the 13-14 & Open relays closes at 7:15 am

NOTE: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS 200 YDS OR LESS
 OPEN 400 IM: TOP 16 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
 13-14 400 IM: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION

FRIDAY DECEMBER 13, 2019
SESSION 3 – FRIDAY PM PRELIMS/TIMED FINALS
Warm-up: 11:45 AM Meet Start: 12:45 PM

| GIRLS | Event | BOYS |
|--------------|------------------------|-------------|
| 5 | 11-12 200 BACKSTROKE | 6 |
| 11 | 10 & U 50 BREASTSTROKE | 12 |
| 13 | 11-12 50 BREASTSTROKE | 14 |
| 19 | 10 & U 100 FREESTYLE | 20 |
| 21 | 11-12 100 FREESTYLE | 22 |
| 27 | 10 & U 50 BUTTERFLY | 28 |
| 29 | 11 & 12 50 BUTTERFLY | 30 |
| 35 | 10 & U 200 IM | 36 |
| 37 | 11 & 12 200 IM | 38 |

NOTE: Positive check-in for the 11-12 200 Back closes at 12:00 noon
 Positive check in for the 11-12 & 10-U relays closes at 12:00 noon

NOTE: 11 – 12 200 BACK: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
 11 – 12: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL OTHER EVENTS
 10 & U: TOP 8 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

FRIDAY DECEMBER 13, 2019

SESSION 4 – FRIDAY FINALS

Warm-up: 4:30 PM

Meet Start: 5:30 PM

| GIRLS | Event | BOYS |
|--------------|--------------------------|-------------|
| 5 | 11 - 12 200 BACKSTROKE | 6 |
| 7 | 13 - 14 100 BREASTSTROKE | 8 |
| 9 | OPEN 100 BREASTSTROKE | 10 |
| 11 | 10 & U 50 BREASTSTROKE | 12 |
| 13 | 11 – 12 50 BREASTSTROKE | 14 |
| 15 | 13 - 14 200 FREESTYLE | 16 |
| 17 | OPEN 200 FREESTYLE | 18 |
| 19 | 10 & U 100 FREESTYLE | 20 |
| 21 | 11 – 12 100 FREESTYLE | 22 |
| 23 | 13 - 14 100 BUTTERFLY | 24 |
| 25 | OPEN 100 BUTTERFLY | 26 |
| 27 | 10 & U 50 BUTTERFLY | 28 |
| 29 | 11 – 12 50 BUTTERFLY | 30 |
| 31 | 13 - 14 400 IM | 32 |
| 33 | OPEN 400 IM | 34 |
| 35 | 10 & U 200 IM | 36 |
| 37 | 11 – 12 200 IM | 38 |
| 39 | 13 - 14 400 FREE RELAY | 40 |
| 41 | OPEN 400 FREE RELAY | 42 |
| 43 | 10 & U 200 FREE RELAY | 44 |
| 45 | 11 – 12 200 FREE RELAY | 46 |

NBAC 46TH ANNUAL CHRISTMAS INVITATIONAL MEET
SATURDAY DECEMBER 14, 2019
ORDER OF EVENTS

SATURDAY DECEMBER 14, 2019
SESSION 5 – SATURDAY AM PRELIMS/TIMED FINALS
Warm-up: 6:30 AM Meet Start: 8:00 AM

| GIRLS | Event | BOYS |
|--------------|--------------------------|-------------|
| 49 | 13 - 14 200 IM | 50 |
| 51 | OPEN 200 IM | 52 |
| 57 | 13 - 14 50 FREESTYLE | 58 |
| 59 | OPEN 50 FREESTYLE | 60 |
| 65 | 13 - 14 200 BREASTSTROKE | 66 |
| 67 | OPEN 200 BREASTSTROKE | 68 |
| 73 | 13 - 14 100 BACKSTROKE | 74 |
| 75 | OPEN 100 BACKSTROKE | 76 |
| 81 | 13 - 14 500 FREESTYLE | 82 |
| 83 | OPEN 500 FREESTYLE | 84 |

NOTE: Positive check-in for the 13-14 & Open 500 FR closes at 7:15 am
 Positive check in for the 13-14 & Open relays closes at 7:15 am

NOTE: OPEN 500 FR: TOP 16 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
 13-14 500 FR: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
 TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS 200 YDS OR LESS

SATURDAY DECEMBER 14, 2019
SESSION 6 – SATURDAY PRELIMS/TIMED FINALS
Warm-up: 11:45 AM Meet Start: 12:45 PM

| GIRLS | Event | BOYS |
|--------------|--------------------------|-------------|
| 47 | 11 - 12 200 BUTTERFLY | 48 |
| 53 | 10 & U 100 IM | 54 |
| 55 | 11 - 12 100 IM | 56 |
| 61 | 10 & U 50 FREESTYLE | 62 |
| 63 | 11 - 12 50 FREESTYLE | 64 |
| 69 | 10 & U 100 BREASTSTROKE | 70 |
| 71 | 11 - 12 100 BREASTSTROKE | 72 |
| 77 | 10 & U 100 BACKSTROKE | 78 |
| 79 | 11 – 12 100 BACKSTROKE | 80 |

NOTE: Positive check-in for the 11-12 200 FLY closes at 12:00 noon
 Positive check in for the 11-12 & 10-U relays closes at 12:00 noon

NOTE: 11 – 12 200 FLY: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
 11 – 12: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL OTHER EVENTS
 10 & U: TOP 8 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

SATURDAY DECEMBER 14, 2019**SESSION 7 – SATURDAY FINALS****Warm-up: 4:30 PM****Meet Start: 5:30 PM**

| GIRLS | Event | BOYS |
|--------------|-------------------------|-------------|
| 47 | 11-12 200 BUTTERFLY | 48 |
| 49 | 13-14 200 IM | 50 |
| 51 | OPEN 200 IM | 52 |
| 53 | 10 & U 100 IM | 54 |
| 55 | 11-12 100 IM | 56 |
| 57 | 13-14 50 FREESTYLE | 58 |
| 59 | OPEN 50 FREESTYLE | 60 |
| 61 | 10 & U 50 FREESTYLE | 62 |
| 63 | 11-12 50 FREESTYLE | 64 |
| 65 | 13-14 200 BREASTSTROKE | 66 |
| 67 | OPEN 200 BREASTSTROKE | 68 |
| 69 | 10 & U 100 BREASTSTROKE | 70 |
| 71 | 11-12 100 BREASTSTROKE | 72 |
| 73 | 13-14 100 BACKSTROKE | 74 |
| 75 | OPEN 100 BACKSTROKE | 76 |
| 77 | 10 & U 100 BACKSTROKE | 78 |
| 79 | 11-12 100 BACKSTROKE | 80 |
| 81 | 13-14 500 FREESTYLE | 82 |
| 83 | OPEN 500 FREESTYLE | 84 |
| 85 | 10 & U 200 MEDLEY RELAY | 86 |
| 87 | 11-12 200 MEDLEY RELAY | 88 |
| 89 | 13-14 400 MEDLEY RELAY | 90 |
| 91 | OPEN 400 MEDLEY RELAY | 92 |

NBAC 46TH ANNUAL CHRISTMAS INVITATIONAL MEET
SUNDAY DECEMBER 15, 2019
ORDER OF EVENTS

SUNDAY DECEMBER 15, 2019
SESSION 8 – SUNDAY PRELIMS/TIMED FINALS
Warm-up: 6:30 AM Meet Start: 8:00 AM

| GIRLS | Event | BOYS |
|--------------|------------------------|-------------|
| 101 | 13 - 14 200 BACKSTROKE | 102 |
| 103 | OPEN 200 BACKSTROKE | 104 |
| 109 | 13-14 100 FREESTYLE | 110 |
| 111 | OPEN 100 FREESTYLE | 112 |
| 117 | 13-14 200 FLY | 118 |
| 119 | OPEN 200 FLY | 120 |
| 95 | 13 & O 1000 FREE | 96 |

NOTE: Positive check-in for the 13 & O 1000 FR closes at 7:15 am

NOTE: EVENT 95 will be 13-14 G & 15-O G 1000 FR combined and seeded by entry time.
 EVENT 96 will be 13-14 B & 15-O B 1000 FR combined and seeded by entry time.

NOTE: 13 & O 500 FR: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
 TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS 200 YDS OR LESS

SUNDAY DECEMBER 15, 2019
SESSION 9 – SUNDAY PRELIMS/TIMED FINALS
Warm-up: 11:45 AM Meet Start: 12:45 PM

| GIRLS | Event | BOYS |
|--------------|------------------------|-------------|
| 93 | 11-12 200 BREASTSTROKE | 94 |
| 97 | 10 & U 100 BUTTERFLY | 98 |
| 99 | 11-12 100 BUTTERFLY | 100 |
| 105 | 10 & U 50 BACKSTROKE | 106 |
| 107 | 11-12 50 BACKSTROKE | 108 |
| 113 | 10 & U 200 FREESTYLE | 114 |
| 115 | 11-12 200 FREESTYLE | 116 |

NOTE: Positive check-in for the 11-12 200 Breast closes at 12:00 noon

NOTE: 11 – 12 200 BR: TOP 8 SEEDS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION
 11 – 12: TOP 16 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL OTHER EVENTS
 10 & U: TOP 8 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

SUNDAY DECEMBER 15, 2019

SESSION 10 – SUNDAY FINALS

Warm-up: 4:30 PM Meet Start: 5:30 PM

| GIRLS | Event | BOYS |
|--------------|------------------------|-------------|
| 93 | 11-12 200 BREASTSTROKE | 94 |
| 95 | 13 & O 1000 FREESTYLE | 96 |
| 97 | 10 & U 100 BUTTERFLY | 98 |
| 99 | 11-12 100 BUTTERFLY | 100 |
| 101 | 13-14 200 BACKSTROKE | 102 |
| 103 | OPEN 200 BACKSTROKE | 104 |
| 105 | 10 & U 50 BACKSTROKE | 106 |
| 107 | 11-12 50 BACKSTROKE | 108 |
| 109 | 13-14 100 FREESTYLE | 110 |
| 111 | OPEN 100 FREESTYLE | 112 |
| 113 | 10 & U 200 FREESTYLE | 114 |
| 115 | 11-12 200 FREESTYLE | 116 |
| 117 | 13-14 200 BUTTERFLY | 118 |
| 119 | OPEN 200 BUTTERFLY | 120 |

46th ANNUAL NBAC CHRISTMAS INVITATIONAL MEET

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **NBAC**):
NORTH BALTIMORE AQUATIC CLUB
ATTN: Tom Himes
P.O. BOX 20801
BALTIMORE, MARYLAND 21209
Email to: coachtom@comcast.net

| | |
|--------------|--|
| Team Name | |
| Club Code | |
| Coach | |
| Coach Phone | |
| Coach Email | |
| Team Address | |

| Item | Total Number | Cost per | Total |
|--------------------------|--------------|---------------------|-------|
| LSC & Swimmer Surcharge | | \$20.00 per swimmer | |
| Individual Entries | | \$10.00 per event | |
| Paper Individual Entries | | \$15.00 per event | |
| Relay Entries | | \$20.00 per relay | |
| Paper Relay Entries | | \$30.00 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