

2019 NBAC / MAC 10 & U PENTATHLON MEET

**Hosted by
NORTH BALTIMORE AQUATIC CLUB
AND
MONOCACY AQUATIC CLUB**

SEPTEMBER 22, 2019

**Held at WALKERSVILLE HIGH SCHOOL
81 FREDERICK STREET
WALKERSVILLE, MARYLAND 21793**

**Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MDSI 19-20/003**

(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 (“MAPP”), and the MD Swimming Code of Conduct (www.mds swim.org) will govern this meet.

ENTRY DEADLINE: TUESDAY SEPTEMBER 17, 2019 @ 9:00 PM

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

FACILITY

Walkersville High School is an indoor six lane, 25 yard pool. The minimum water depth, measured in accordance with Article 103.2.3 is 10'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

There is ample spectator seating for spectators in the pool area. No spectators are allowed on the pool deck. Swimmers will be seated in the adjacent cafeteria area, will be seated and waked into the pool area for each of their events.

MEET FORMAT

All Events are Timed Finals Events. Entry Times must be submitted in SCY.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.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. Maryland LSC Entries received prior to the deadline receive priority over out of LSC entries received.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	8:00 AM	9:00 AM	ALL

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday September 17, 2019	9:00 PM	ENTRY DEADLINE
Sunday September 22, 2019	8:15 AM	OFFICIALS BRIEFING
Sunday September 22, 2019	8:30 AM	TIMER BRIEFING

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.

Tech Suits are Banned for all 12 & Unders.

Deck changes are prohibited.

ELIGIBILITY

Open to all NBAC / MAC USA Swimming Inc. registered 10 & U swimmers. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at the meet. A swimmer's age on the first day of the meet will determine their age for the entire meet.

There are no qualifying time standards for this meet.

SWIMMERS WITH DISABILITIES

NBAC /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 NBAC'S & 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 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).

This is a Pentathlon Meet and swimmers should enter the following sets of events listed below. Times will be added up to come up with an aggregate time. Awards will be given based on the aggregate times.

Swimmers do not have to enter every event to be eligible for an award but will be assessed the following penalties for events not entered OR disqualified in the event:

25 yard event: 1:00.00 / 50 yard event: 2:00.00 / 100 Yard event: 4:00.00

TRACK 1: (8 , 7 , and 6 & Under Swimmers) –
25 FR, 25 BA, 25 BR, 25 FL, 100 IM

TRACK 2: (9, 10 Swimmers) –
50 FR, 50 BA, 50 BR, 50 FL, 100 IM

ALL entries must be in the hands of the Meet Entry Coordinator no later than Tuesday September 18, 2018 at 9:00 PM.

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

ENTRY LIMITATIONS

Swimmers may enter a maximum of 5 individual events and 1 relay event .

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net for any changes to 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 September 18, 2018 @ 9:00 PM. No late entries will be accepted.

ENTRY FEES

Not Applicable / Swimmer surcharge will be charged by each team to cover meet expenses.

SEEDING	ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. No Time Entries will be accepted.
CHECK-IN	Not Applicable
SCRATCHES	The meet will be pre-seeded. There is no penalties for scratching.
SCORING	There will be no Team or Individual scoring.
AWARDS	All swimmers participating in the meet will receive distinctive medals.
RESULTS	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	<i>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.</i>
OFFICIALS	NBAC / MAC welcomes anyone willing to volunteer to contact the Officials Contact by email prior to the meet or sign in once you arrive at the meet. Official briefings will be held in a designated area to be determined at the meet at the date and time listed in the Deadline and Meeting Summary.
HOSPITALITY/ CONCESSIONS	There will be no concessions during the meet but PIZZA and drinks will be provided to all participating swimmers at the conclusion of the meet.

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.

**2019 NBAC / MAC 10 & U PENTATHLON DUAL MEET
ORDER OF EVENTS & QUALIFYING TIMES**

SUNDAY SEPTEMBER 22, 2019

SESSION 1

Warm-up: 8:00 AM

Meet Start: 9:00 AM

GIRLS	EVENT DESCRIPTION	BOYS
1	6 & U 25 FREE	2
3	7 YR OLD 25 FREE	4
5	8 YR OLD 25 FREE	6
7	10 & U 50 FREE	8
9	6 & U 25 FLY	10
11	7 YR OLD 25 FLY	12
13	8 YR OLD 25 FLY	14
15	10 & U 50 FLY	16
17	6 & U 25 BACK	18
19	7 YR OLD 25 BACK	20
21	8 YR OLD 25 BACK	22
23	10 & U 50 BACK	24
25	6 & U 25 BREAST	26
27	7 YR OLD 25 BREAST	28
29	8 YR OLD 25 BREAST	30
31	10 & U 50 BREAST	32
33	6 & U 100 IM	34
35	7 YR OLD 100 IM	36
37	8 YR OLD 100 IM	38
39	10 & U 100 IM	40
41	MIXED 7 & U 100 FR RELAY	x
42	MIXED 8 & U 100 FR RELAY	x
43	MIXED 10 & U 200 FR RELAY	x

ENTRY LIMIT: SWIMMERS MAY SWIM UP TO 5 EVENTS PLUS 1 RELAY

ENTRY DEADLINE: TUESDAY SEPTEMBER 17, 2019

2019 NBAC / MAC 10 & U PENTATHLON DUAL MEET

Summary of Fees/Release Form

Complete and email or mail this form to:

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		N/A	
Individual Entries		N/A	
Paper Individual Entries		N/A	
Relay Entries		N/A	
Paper Relay Entries		N/A	
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