

**6<sup>th</sup> ANNUAL NBAC / RAC HOLIDAY MEET**

**Hosted by**

**THE NORTH BALTIMORE AQUATIC CLUB**

**AND**

**THE RETRIEVER AQUATIC CLUB**

**DECEMBER 6 - 8, 2019**

**Held at THE UMBC AQUATIC CENTER**

**THE UNIVERSITY OF MARYLAND, BALTIMORE COUNTY (UMBC)**

**1000 HILLTOP CIRCLE**

**BALTIMORE, MARYLAND 21250**

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

**Sanction # MDSI 19-20 / 028**

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

**ENTRY DEADLINE: Tuesday November 26, 2019 @ 9:00 PM**

**This meet is a closed invitational. The following Teams have been invited to attend:**

**MONOCACY AQUATIC CLUB**

**NAVAL ACADEMY AQUATIC CLUB**

**NORTH BALTIMORE AQUATIC CLUB**

**RETRIEVER AQUATIC CLUB**

**YORK YMCA AQUATIC CLUB**

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
WILL McKENNA <a href="mailto:wmckenna@abischools.org">wmckenna@abischools.org</a>	TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 22129 <a href="mailto:thimes@nbac.net">thimes@nbac.net</a> / <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a>
<b>MEET REFEREE</b>	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b>
DUSTIN JACKSON <a href="mailto:Dustin.jackson@outlook.com">Dustin.jackson@outlook.com</a>  DALILA SHKOLNIK <a href="mailto:deshkolnik@gmail.com">deshkolnik@gmail.com</a>	ANNA SUMMERFIELD <a href="mailto:Alsumm1333@gmail.com">Alsumm1333@gmail.com</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
DALILA SHKOLNIK <a href="mailto:deshkolnik@gmail.com">deshkolnik@gmail.com</a>	SHAWN HURLEY / AMY MATTIENI

## **FACILITY**

UMBC is an indoor eight lane, 25 yard pool with separate warmup/down diving well approx. 15 yards wide, which will be open during the meet. Weather permitting there will be a an outdoor 50 meter by 25 yard outdoor pool also open for warmup/down during the meet. The facility has a Daktronics timing system and scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth, measured in accordance with Article 103.2.3 is 4'0" to 4'2" at the start end and 4'8" to 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

ALL swimmers and spectators attending this meet are guests of the University of Maryland at Baltimore County 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.

NO ONE is permitted on the basketball courts AT ANY TIME.

Use of the indoor track for seating, vendor sales and concessions is at the discretion of UMBC. Coaches will be notified of availability prior to the start of the meet.

## **MEET FORMAT**

All events on Friday, Saturday & Sunday will be conducted as a Trials & Finals Meet for all age groups, with the following exceptions:

11 – 12 200 back, 200 breast, 200 fly will be conducted as Timed Finals with the fastest heat, after positive check –in swimming in the finals session.

11 – 12 500 freestyle will be conducted as a timed finals event with all heats being swum in the Sunday prelims session. The events will be swum fastest to slowest alternating girls and boys.

13 – 14 & Open 400 IM and 500 free will be conducted as timed finals events with the fastest heat, after positive check-in, being swum in the finals session. The remaining heats will be swum fastest to slowest alternating girls and boys. First the 13-14 events then the open events.

13 – O 1000 Free will be conducted as a timed finals event with all heats being swum in the prelims session. The events will be swum fastest to slowest alternating girls and boys.

The Open, 13 & 14 and 11 & 12 Age Groups will have an A & B Finals (Top 16 from the prelims session). The 10 & U Age Group will have an A Finals (Top 8 From the Prelims Session).

We anticipate that ALL age groups will have prelims conducted in the AM session with no afternoon session then all age groups would return for finals. We reserve the right to move the 12 & under swimmers to an afternoon session based on entries received.

All Relays (TOP 16) will swim in the evening Finals sessions. Relays are limited to the TOP 16 entered relays. 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. In addition we reserve the right to expand the finals swims to include a B finals based on entries received. Please check for any changes on [www.mdswim.org](http://www.mdswim.org) and [www.nbac.net](http://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

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	7:30 AM	8:30 AM	ALL
2	Friday	4:30 PM	5:30 PM	ALL
3	Saturday	7:30 AM	8:30 AM	ALL
4	Saturday	4:30 PM	5:30 PM	ALL
5	Sunday	7:00 AM	8:00 AM	ALL
6	Sunday	4:00 PM	5:00 PM	ALL

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
<b>Tuesday November 26, 2019</b>	<b>9:00 PM</b>	<b>ENTRY DEADLINE</b>
<b>Saturday November 30, 2019</b>	<b>5:00 PM</b>	<b>ENTRY FEE DEADLINE</b>
Friday December 6, 2019	8:00 AM	Coaches Meeting / If needed
Fri, Sa. December 6-7, 2019	7:45 AM	Officials Briefings
Fri, Sa. December 6-7, 2019	4:45 AM	Officials Briefings
Sunday December 8, 2019	7:15 AM	Officials Briefings
Sunday December 8, 2019	4:15 AM	Officials 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.

**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 & Under Swimmers

**ELIGIBILITY**

Open to ALL USA Swimming Inc. registered swimmers of the Invited Teams. Swimmers must be registered prior to entry deadline. Per MSI rules any club that enters an unregistered athlete will be fined \$100.00 per athlete. There will be no on deck registration at this meet. A swimmer's age on the first day of the meet will determine their age for the entire meet.

There are no qualifying standards associated with this meet. It is generally expected that swimmers with 4 – 'A' and better times not be entered but this is just a guide and not a requirement.

**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).

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 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**

13 & Over swimmers are limited to 8 Individual Events, for the entire meet, not to exceed 3 events per day. Swimmers may enter one relay event per day.

12 & Under swimmers are limited to 9 Individual Events, for the entire meet, not to exceed 3 events per day. Swimmers may enter one relay event per day.

Each Team is limited to two (2) relay teams per event. The meet will be limited to the TOP 16 seeded relays in each 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 meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. We reserve the right to change the warmup and start times based on entries received. Please check for any changes on [www.mdswim.org](http://www.mdswim.org) and [www.nbac.net](http://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 November 26, 2019 @ 9:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Saturday November 30, 2019 @ 5:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Saturday November 30, 2019 @ 5:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

**ENTRY FEES**

<b>Make checks payable to: NBAC</b>	
LSC & Swimmer Surcharge	\$15.00 per Swimmer
Individual Event	\$9.00 per event
Paper Individual Event	\$12.00 per event
Relays	\$16.00 per relay
Paper Relay Event	\$24.00 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**

ALL FRIDAY EVENTS (400 IM / 500 FR) REQUIRE POSITIVE CHECK-IN BY 3:45 PM.

The following events require positive check-in:

- 11-12 200 Backstroke / Closes at 7:45 am on Friday
- 13-14 & Open 400 IM / Closes at 7:45 am on Friday
- ALL Friday Relays / Closes at 8:30 am on Friday
- 11-12 200 Butterfly / Closes at 7:45 am on Saturday
- 13-14 & Open 500 Free / Closes at 7:45 am on Sat.
- All Saturday Relays / Closes at 8:30 am on Saturday
- 11-12 200 Breaststroke / Closes at 7:15 on Sunday
- 13-O 1000 Free / Closes at 8:00 am on Sunday
- 12 & U 500 Free / Closes at 8:00 am on Sunday

Swimmers that fail to check in will be scratched from the event and not seeded. 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](http://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

12 & U swimmers will receive ribbons for 1<sup>st</sup>-8<sup>th</sup> place in individual events. There will be no awards for relays. There will be no awards for 13-14 and OPEN/15-O events. Awards that are not picked up will NOT be mailed.

## 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

[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/TIMERS**

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/forms/d/1eUy7kbco1EON-2Qpk84IRIJo9HOwojZwQr-LSlcHpEo/viewform>

Each Invited Team will be assigned two lanes to time in the competition pool. The teams will be responsible for maintaining timers for those lanes for the duration of the meet (ALL Prelim & Finals Sessions – Friday, Saturday & Sunday). Watches & clipboards will be provided.

#### **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.



# 6<sup>TH</sup> ANNUAL NBAC / RAC HOLIDAY MEET

## FRIDAY DECEMBER 6, 2019 ORDER OF EVENTS

FRIDAY DECEMBER 6, 2019  
SESSION 1 – PRELIMS / TIMED FINALS  
Warm-up: 7:30 AM      Meet Start: 8:30 AM

GIRLS	Event	BOYS
1	11 – 12 200 BACKSTROKE	2
3	13-14 100 BREASTSTROKE	4
5	OPEN 100 BREASTSTROKE	6
7	10 & U 50 BREASTSTROKE	8
9	11 – 12 50 BREASTSTROKE	10
11	13-14 200 FREESTYLE	12
13	OPEN 200 FREESTYLE	14
15	10 & U 100 FREESTYLE	16
17	11-12 100 FREESTYLE	18
19	13-14 100 BUTTERFLY	20
21	OPEN 100 BUTTERFLY	22
23	10 & U 50 BUTTERFLY	24
25	11 – 12 50 BUTTERFLY	26
27	13 – 14 400 IM	28
29	OPEN 400 IM	30
31	10 & U 200 IM	32
33	11 – 12 200 IM	34

**NOTE: 11-12 200 BACKSTROKE, 13-14 400 IM AND OPEN 400 IM ARE TIMED FINAL EVENTS. THE TOP 8 SEEDS SWIMMERS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION.**

**NOTE: POSITIVE CHECK IN FOR THE 11-12 200 BACKSTROKE CLOSSES AT 7:45 AM ON FRIDAY  
POSITIVE CHECK-IN FOR THE 13-14 & OPEN 400 IM CLOSSES AT 7:45 AM ON FRIDAY  
POSITIVE CHECK-IN FOR ALL RELAYS CLOSSES AT 8:30 AM ON FRIDAY**

# 6<sup>TH</sup> ANNUAL NBAC / RAC HOLIDAY MEET

FRIDAY DECEMBER 6, 2019

SESSION 2 – FINALS / TIMED FINALS

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

<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
1	11 – 12 200 BACKSTROKE	2
3	13-14 100 BREASTSTROKE	4
5	OPEN 100 BREASTSTROKE	6
7	10 & U 50 BREASTSTROKE	8
9	11 – 12 50 BREASTSTROKE	10
11	13-14 200 FREESTYLE	12
13	OPEN 200 FREESTYLE	14
15	10 & U 100 FREESTYLE	16
17	11-12 100 FREESTYLE	18
19	13-14 100 BUTTERFLY	20
21	OPEN 100 BUTTERFLY	22
23	10 & U 50 BUTTERFLY	24
25	11 – 12 50 BUTTERFLY	26
27	13 – 14 400 IM	28
29	OPEN 400 IM	30
31	10 & U 200 IM	32
33	11 – 12 200 IM	34
35	10 & U 200 FREE RELAY	36
37	11 & 12 200 FREE RELAY	38
39	13 – 14 400 FREE RELAY	40
41	OPEN 400 FREE RELAY	42

# 6<sup>TH</sup> ANNUAL NBAC/RAC HOLIDAY MEET

## SATURDAY DECEMBER 7, 2019 ORDER OF EVENTS

SATURDAY DECEMBER 7, 2019  
SESSION 3 – PRELIMS / TIMED FINALS  
Warm-up: 7:30 AM      Meet Start: 8:30 AM

GIRLS	Event	BOYS
43	11 – 12 200 BUTTERFLY	44
45	13 – 14 200 IM	46
47	OPEN 200 IM	48
49	10 & U 100 IM	50
51	11 – 12 100 IM	52
53	13 – 14 50 FREESTYLE	54
55	OPEN 50 FREESTYLE	56
57	10 & U 100 BREASTSTROKE	58
59	11 – 12 100 BREASTSTROKE	60
61	13 – 14 200 BREASTSTROKE	62
63	OPEN 200 BREASTSTROKE	64
65	10 & U 50 BACKSTROKE	66
67	11 – 12 50 BACKSTROKE	68
69	13 – 14 100 BACKSTROKE	70
71	OPEN 100 BACKSTROKE	72
73	10 & U 200 FREESTYLE	74
75	11 – 12 200 FREESTYLE	76
77	13 – 14 500 FREESTYLE	78
79	OPEN 500 FREESTYLE	80

**NOTE: 11-12 200 BUTTERFLY, 13-14 500 FREE AND OPEN 400 FREE ARE TIMED FINAL EVENTS. THE TOP 8 SEEDED SWIMMERS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION.**

**NOTE: POSITIVE CHECK IN FOR THE 11-12 200 BUTTERFLY CLOSSES AT 7:45 AM ON SATURDAY  
POSITIVE CHECK-IN FOR THE 13-14 & OPEN 500 FREE CLOSSES AT 7:45 AM ON SATURDAY  
POSITIVE CHECK-IN FOR ALL RELAYS CLOSSES AT 8:30 AM ON FRIDAY**

# 6<sup>TH</sup> ANNUAL NBAC/RAC HOLIDAY MEET

SATURDAY DECEMBER 7, 2019

SESSION 4 – FINALS / TIMED FINALS

Warm-up: 4:30 PM

Meet Start: 5:30 PM

<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
43	11 – 12 200 BUTTERFLY	44
45	13 – 14 200 IM	46
47	OPEN 200 IM	48
49	10 & U 100 IM	50
51	11 – 12 100 IM	52
53	13 – 14 50 FREESTYLE	54
55	OPEN 50 FREESTYLE	56
57	10 & U 100 BREASTSTROKE	58
59	11 – 12 200 BREASTSTROKE	60
61	13 – 14 200 BREASTSTROKE	62
63	OPEN 200 BREASTSTROKE	64
65	10 & U 50 BACKSTROKE	66
67	11 – 12 50 BACKSTROKE	68
69	13 – 14 100 BACKSTROKE	70
71	OPEN 100 BACKSTROKE	72
73	10 & U 200 FREESTYLE	74
75	11 – 12 200 FREESTYLE	76
77	13 – 14 500 FREESTYLE	78
79	OPEN 500 FREESTYLE	80
81	10 & U 200 MEDLEY RELAY	82
83	11 – 12 200 MEDLEY RELAY	84
85	13 – 14 400 MEDLEY RELAY	86
87	OPEN 400 MEDLEY RELAY	88

# 6<sup>TH</sup> ANNUAL CHRISTMAS HOLIDAY MEET

**SUNDAY DECEMBER 8, 2019**

## **ORDER OF EVENTS**

**SUNDAY DECEMBER 8, 2019**

**SESSION 5 – PRELIMS / TIMED FINALS**

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

<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
89	11 – 12 200 BREASTSTROKE	90
91	13 – 14 200 BACKSTROKE	92
93	OPEN 200 BACKSTROKE	94
95	10 & U 100 BACKSTROKE	96
97	11 – 12 100 BACKSTROKE	98
99	13 – 14 100 FREESTYLE	100
101	OPEN 100 FREESTYLE	102
103	10 & U 50 FREESTYLE	104
105	11 – 12 50 FREESTYLE	106
107	13 – 14 200 BUTTERFLY	108
109	OPEN 200 BUTTERFLY	110
111	10 & U 100 BUTTERFLY	112
113	11 – 12 100 BUTTERFLY	114
115	13 – O 1000 FREE	116
117	12 & U 500 FREE	118

**NOTE: 11-12 200 BREASTSTROKE IS A TIMED FINAL EVENTS. THE TOP 8 SEEDED SWIMMERS, AFTER POSITIVE CHECK-IN, WILL SWIM IN THE FINALS SESSION.**

**NOTE: 13 & O 1000 FREE AND THE 12 & U 500 FREE ARE TIMED FINALS EVENTS WITH ALL HEATS SWIMMING IN THE PRELIMS SESSION.**

**NOTE: POSITIVE CHECK IN FOR THE 11-12 200 BREASTSTROKE CLOSES AT 7:15 AM ON SATURDAY  
POSITIVE CHECK-IN FOR THE 13 & O 1000 FREE CLOSES AT 8:00 AM ON SATURDAY  
POSITIVE CHECK-IN FOR THE 12 & U 500 FREE CLOSES AT 8:00 AM ON FRIDAY**

# 6<sup>TH</sup> ANNUAL CHRISTMAS HOLIDAY MEET

SUNDAY DECEMBER 8, 2019

SESSION 6 – FINALS / TIMED FINALS

Warm-up: 4:00 PM

Meet Start: 5:00 PM

<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
89	11 – 12 200 BREASTSTROKE	90
91	13 – 14 200 BACKSTROKE	92
93	OPEN 200 BACKSTROKE	94
95	10 & U 100 BACKSTROKE	96
97	11 – 12 100 BACKSTROKE	98
99	13 – 14 100 FREESTYLE	100
101	OPEN 100 FREESTYLE	102
103	10 & U 50 FREESTYLE	104
105	11 – 12 50 FREESTYLE	106
107	13 – 14 200 BUTTERFLY	108
109	OPEN 200 BUTTERFLY	110
111	10 & U 100 BUTTERFLY	112
113	11 – 12 100 BUTTERFLY	114

**2019 NBAC/RAC HOLIDAY 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		\$15.00 per swimmer	
Individual Entries		\$9.00 per event	
Paper Individual Entries		\$12.00 per event	
Relay Entries		\$16.00 per relay	
Paper Relay Entries		\$24.00 per relay	
<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. 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