



**NAAC Holiday Blast**  
**UPDATED VERSION 9/23/2019**

Saturday, November 30 – Sunday, December 1, 2019  
 United State Naval Academy, Lejeune Hall, Annapolis, MD 21401

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.  
 Sanction # MDSI 19-20/023

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

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
Chris Humphreys 410-320-6325 <a href="mailto:chumphreysjc@gmail.com">chumphreysjc@gmail.com</a>	Sandy Avery & Caren Gallaudet 748 Dividing Creek Rd Arnold, MD 21012 443-995-0372 <a href="mailto:entries@naaccoach.com">entries@naaccoach.com</a>
<b>MEET REFEREE</b>	<b>USA Registered MEET SAFETY DIRECTOR</b>
Jerilyn Deitch <a href="mailto:navalaac.officials@gmail.com">navalaac.officials@gmail.com</a> Meet Notice read & approved by Referee : YES	Bob Baca/Mary Pitta/Tom Pitta <a href="mailto:cookwithbob@hotmail.com">cookwithbob@hotmail.com</a>
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Jerilyn Deitch <a href="mailto:navalaac.officials@gmail.com">navalaac.officials@gmail.com</a> <a href="#">Holiday Blast Officials Signup</a>	Jason Wright 443-745-8520 <a href="mailto:jwright0716@gmail.com">jwright0716@gmail.com</a>

<b>FACILITY</b>	Indoor, 10-lane, 50-meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system with button plungers and stop watches as back -ups. The pool depth throughout is 8’0”. A 10 lane, SCM pool will be available throughout the meet for warm-up and warm-down. The competition course has not been certified in accordance with 104.2.2C (4). Upon request of The United States Naval Academy, all swimmers are not to leave the pool deck without appropriate attire
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	consisting of a shirt, pants and/or shorts, and shoes. All Teams are required to maintain a clean and safe team area throughout the meet.
<b>MEET FORMAT</b>	This is a timed-final, Age Group, pre-seeded meet. Events will be swum slowest to fastest. Possible Event Entry Limitations. Upon request by the Meet Director, Technical Planning may split or combine sessions, or change the warm-up times to run a more effective meet.

Session	Day	Warm-Up	Meet Start	Age Groups
1	Saturday, Nov 30, 2019	6:45 AM	8:00 AM	9-10, 15-18
2	Saturday, Nov 30, 2019	12:00 PM	1:00 PM	11-12, 13-14
3	Sunday, Dec 1, 2019	6:45 AM	8:00 AM	9-10, 15-18
4	Sunday, Dec 1, 2019	12:00 PM	1:00 PM	11-12, 13-14

Day, Date	Time	For
<b>Monday, Nov 18, 2019</b>	5:00 PM	Entry deadline
<b>Each Day of Meet</b>	45 minutes before start of each session	Official Briefings (Lejeune Classroom)
<b>Each Day of Meet</b>	30 minutes before start of each session	Timers' Meeting in the hallway above pool

<b>SAFETY</b>	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.
<b>RACING STARTS</b>	Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing <b>both</b> 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.
<b>RULES</b>	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. <ul style="list-style-type: none"> <li>• 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.</li> </ul>

	<ul style="list-style-type: none"> <li>• Deck changes are prohibited.</li> </ul> <p><b>Tech Suits are banned for all 12 &amp; Unders.</b></p>
<b>ELIGIBILITY</b>	<p>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.</p> <p>Swimmers from the following LSC Teams are assigned to the NAAC site: ASC, ACA, BST, PEAK, CBAC, CAA, CAC, CCY, FSC, GTAC, HOCO, HSST, JCC, LBA, MSC, NAAC, NBAC, OPST, ROCK, SPY, TCY, UN</p> <ul style="list-style-type: none"> <li>• Swimmers ages 9-14 must be entered with SCY Times <ul style="list-style-type: none"> <li>○ (2017-2020 Time Standards) BB or Slower.</li> </ul> </li> <li>• Swimmers 15-18 must be entered with SCY Times <ul style="list-style-type: none"> <li>○ (2017-2020 Time Standards) A or Slower.</li> </ul> </li> <li>• No Times are accepted.</li> </ul>
<b>SWIMMERS WITH DISABILITIES</b>	<p>NAAC 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 NAAC's ability to accommodate all requests.</p>
<b>HEALTH GUIDELINES</b>	<p>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.</p>
<b>ENTRIES</b>	<p>Entries submitted in Hy-tek format require no hard copy entry forms. Please submit electronic entries via Email. 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. NAAC 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.</p>
<b>ENTRY LIMITATIONS</b>	<p>Swimmers may swim a maximum of four (4) individual events per session and a total of eight (8) individual events. If the meet is oversubscribed, non-Maryland LSC teams will be dropped first, then, if necessary, Maryland LSC swimmers. If that doesn't save enough time, the 200-yard events will be reduced to three (3) heats of the fastest 30 swimmers. Coaches will be contacted before the meet if entries will be limited in certain events.</p>

	Refunds for swimmers dropped from events will be mailed to the appropriate team no later than seven (7) days following the conclusion of the meet.
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
<b>ENTRY DEADLINES</b>	The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No out-of-LSC entries will be accepted until after the Maryland Swimming Early Acceptance deadline. No late entries will be accepted. There will be no on deck registrations.
<b>ENTRY FEES</b>	Per Swimmer: \$14.00 (\$2.00 Surcharge + \$12.00 Facility) Per Event Entry: \$7.50 Make checks payable to: Naval Academy Aquatic Club
<b>SEEDING</b>	The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
<b>CHECK-IN</b>	There is no positive check-in for any event at this meet.
<b>SCRATCHES</b>	There will be no penalty for scratching pre-seeded events at the block
<b>SCORING</b>	No scoring will be kept.
<b>AWARDS</b>	Ribbons will be awarded to the top 8 finishers in each 12 & under event
<b>RESULTS</b>	Results will be posted on NAAC's and MSI's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.
<b>COACHES</b>	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 immediately to the right once inside the main entrance to the 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.
<b>OFFICIALS/TIMERS/VOLUNTEERS</b>	There will be a need for officials. NAAC 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.
<b>HOSPITALITY/ CONCESSIONS</b>	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand. Metro Swim Shop will be on site.

<b>WARM-UP</b>	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal 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.
<b>Athletes &amp; Visitors GATE ENTRY/PARKING</b>	NAAC is no longer processing parking passes for visiting Officials and Coaches. NAAC will work on offering a discount rate to parking garages in the downtown Annapolis area to all Officials and Coaches participating in our meets. Every civilian visitor 16 years and older entering the Academy should be prepared to show a photograph identification card & have his/her bags searched. Arrive EARLY and/or use Gate 3 which is a foot-traffic only gate located off the intersection off King George St & Maryland Ave. You may drop off swimmers at the Gate 1 Visitor parking area (an adult must accompany them through the security check-point). The downtown garages are a short walk to Gates 1 & 3. Parking downtown on the street or in the lots are metered or by permit only, with enforcement beginning at 10:00 am by the City of Annapolis. More information on the City of Annapolis, including maps & shuttle schedules can be found here: <a href="http://annapolisparking.com/parkinglocations/garages-and-lots/">http://annapolisparking.com/parkinglocations/garages-and-lots/</a>

## Order of Events & Qualifying Times

Session 1, Saturday November 30, 2019

**Warm-up: 6:45 AM; Meet Start: 8:00 AM**

**\* 15-18 times use 15-16 standards**

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
1	1:01.99	100 BACK 15 – 18	56.19	2
3	1:19.29	100 BACK 9-10	1:19.19	4
5	1:01.89	100 FLY 15 – 18	56.09	6
7	36.19	50 FLY 9-10	35.39	8
9	57.19	100 FREE 15 – 18	51.69	10
11	1:10.49	100 FREE 9-10	1:09.69	12
13	2:34.59	200 BREAST 15 – 18	2:18.59	14
15	1:31.89	100 BREAST 9-10	1:30.19	16
17	2:18.19	200 IM 15 – 18	2:05.49	18
19	2:52.69	200 IM 9-10	2:50.99	20

Session 2, Saturday November 30, 2019

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

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
21	1:11.79	100 BACK 11-12	1:09.29	22
23	1:06.19	100 BACK 13-14	1:01.79	24
25	31.49	50 FLY 11-12	31.19	26
27	1:05.99	100 FLY 13-14	1:01.29	28
29	1:03.09	100 FREE 11-12	1:00.89	30
31	1:00.69	100 FREE 13-14	56.29	32
33	1:20.39	100 BREAST 11-12	1:18.39	34
35	2:44.59	200 BREAST 13-14	2:32.89	36
37	2:34.89	200 IM 11-12	2:30.89	38
39	2:26.99	200 IM 13-14	2:17.19	40

## Order of Events & Qualifying Times

Session 3, Sunday December 1, 2019

**Warm-up: 6:45 AM; Meet Start: 8:00 AM**

**\* 15-18 times use 15-16 standards**

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
41	1:20.79	100 IM 9-10	1:19.49	42
43	2:14.79	200 BACK 15-18	2:03.09	44
45	36.69	50 BACK 9-10	37.09	46
47	1:11.39	100 BREAST 15-18	1:03.79	48
49	41.79	50 BREAST 9-10	40.99	50
51	26.39	50 FREE 15-18	23.69	52
53	31.39	50 FREE 9-10	30.99	54
55	2:16.99	200 FLY 15-18	2:04.39	56
57	1:24.09	100 FLY 9-10	1:23.49	58
59	2:03.09	200 FREE 15-18	1:52.79	60
61	2:35.59	200 FREE 9-10	2:29.39	62

Session 4, Sunday December 1, 2019

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

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
63	1:12.29	100 IM 11-12	1:09.09	64
65	2:23.39	200 BACK 13-14	2:14.69	66
67	32.89	50 BACK 11-12	32.29	68
69	1:15.99	100 BREAST 13-14	1:09.79	70
71	36.89	50 BREAST 11-12	36.19	72
73	27.99	50 FREE 13-14	25.69	74
75	29.09	50 FREE 11-12	27.89	76
77	2:25.79	200 FLY 13-14	2:15.69	78
79	1:11.49	100 FLY 11-12	1:09.59	80
81	2:11.29	200 FREE 13-14	2:02.59	82
83	2:18.19	200 FREE 11-12	2:13.49	84

**2019 NAAC Holiday Blast Meet  
Summary of Fees/Release Form**

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

Naval Academy Aquatic Club  
ATTN: Sandy Avery  
748 Dividing Creek Rd  
Arnold, MD 21012  
Email to: [entries@naaccoach.com](mailto:entries@naaccoach.com)

<b>Team Name</b>	
<b>Club Code</b>	
<b>Coach</b>	
<b>Coach Phone</b>	
<b>Coach Email</b>	
<b>Team Address</b>	

<b>Item</b>	<b>Total #</b>	<b>Cost per</b>	<b>Total \$</b>
Swimmer Surcharge		\$14.00 per Swimmer (\$2.00 + \$12.00 Facility)	
Individual Event Surcharge		\$7.50 per Event	
<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 Naval Academy Aquatic Club, the United States Naval Academy, 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