



Fox Swim Club
2020 FOX Distance Meet

Hosted by Fox Swim Club & Fox Swim Club II

January 11, 2020

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 # MD 19-20/ 038

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.

This meet is held under the dictates of the MD Swimming Honor Code/Code of Conduct available at www.mdswim.org. All participants, coaches, officials, management and spectators will be held to the standards set within.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and the MD Swimming Code of Conduct (www.mdswim.org) will govern this meet.

CERTIFIED MEET DIRECTOR Rob Fox 240-529-5774 rob@foxswimming.com	CERTIFIED MEET ENTRY COORDINATOR Rob Fox 448 W South Street Frederick, MD 21701 240-529-5774 meetentries@foxswimming.com
MEET REFEREE Stan Lesniak 717-387-1057 wdkrftr@comcast.net Meet Notice read & approved by Referee : YES	USA Registered MEET RISK DIRECTOR Melanie Sasse 240-777-6861 Melanie.Sasse@montgomerycountymd.gov
OFFICIALS CONTACT Satoshi Katsumoto katsus@gmail.com	ADMIN OFFICIALS Rob Fox rob@foxswimming.com Carron Dunker ucddunker@hotmail.com

FACILITY

Walkersville High School swimming pool has six-lane, twenty five-yard pool with non-turbulent lane lines, a semi-automated timing system (Dolphin Timing System), a scoreboard, a Colorado Starting System, and a separate spectator seating area. The minimum water depth measured in accordance with Article 103.2.3 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). Parking is allowed in the main lot next to the tennis courts or in the large lot next to the football stadium. There is no parking allowed in the small parking lot in front of the school or on the grass in the loop next to the pool entrance.

MEET FORMAT

This is a timed finals event. Events will be swum slowest to fastest. The distance meet will be held after the conclusion of the FOX Winter Invitational Meet and will take place after a 30-minute warm-up session immediately following that meet. The Host Team reserves the right to require positive check-in for some or all of the events. Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events may not be changed.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	5:00 PM	5:30 PM	Open

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, 1/02/20	5:00 PM	Entry deadline
Saturday, 1/11/20	5:00 PM	Coaches/General Meeting
Saturday, 1/11/20	5:00 PM	Official Briefings
Saturday, 1/11/20	5:15 PM	Session 1 – team scratch back due

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. Swimmers must remain on-deck or in assigned team areas. If swimmers need to go into spectator areas, they need to be dressed appropriately. Locker rooms are for changing only. Swimmers are not to remain or play in the changing or shower areas. Finally, swimmers are not allowed to have chairs on deck and must make sure that all doors are accessible.

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.

The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing would be in violation of the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

Only entered swimmers, officials working the meet, meet workers, and current USA swimming coach members are eligible to be outside of the spectator areas.

Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Article 101.1. All swimmers and coaches are encouraged to re-familiarize themselves with the starting signals [[USA Swimming, Article 101.1.2](#)] and False Start rules [[USA Swimming, Article 101.1.3](#)]. If needed, overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.

Fox Swim Club & Fox Swim Club II, with the approval of the Technical Planning Chair, reserves the right to split or combine sessions in order to run an efficient meet. The order of events will not be adjusted when sessions are adjusted.

[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.

USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director will assist swimmers w/out their own coach in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [[USA Swimming, Article 202.3.2](#)]

SWIMMERS WITH DISABILITIES

Fox Swim Club and Fox Swim Club II 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 FSC and FOX'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

Entries should be submitted in Hy-tek format and require no hard copy entry forms. Email is preferred for electronic entries however; disks are also acceptable. 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. All relay only swimmers including alternates must be listed.

The Host Teams' 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. All relay only swimmers including alternates must be listed.

ENTRY LIMITATIONS

Swimmers will be limited to a maximum of two (2) events. Entries may be limited in the 500 or 1650 events to conform to meet time limits. Teams will be notified of this cut possibility within 48 of the passing of the entry deadline.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. If you have not received email confirmation within this time period, please email rob@foxswimming.com or text Rob Fox at 240-529-5774 to confirm 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, but deck entries will be allowed for swimmers of invited teams provided proof of registration can be provided upon approval of the meet director and space in the meet. Maryland Swimming entries received prior to the entry deadline receive priority over out of LSC entries received.

ENTRY FEES

Make checks payable to: FOX SWIM CLUB	
Athlete Surcharge	\$4.00 per swimmer
Session 1 Charge	\$6.00 per event

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. All non-conforming times should be converted. NT's will be accepted.

CHECK-IN A positive check-in list and scratch back list will be given to each team at the administrative table at the beginning of warm-up. All scratches are due within the first fifteen minutes of warm-up for that session. The session will be seeded during warm-up. Teams will still be responsible for all entries regardless of scratches. Swimmers that fail to check in will be scratched from the event and not seeded. There is no penalty for a missed event. Check in for event will be as stated in the Deadline and Meeting Summary.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block. Teams are financially responsible for all entries at the time of submission regardless if the swimmer scratches.

SCORING No team or individual scoring will be kept.

AWARDS No awards will be given for this meet.

RESULTS Results will be posted on Fox Swim Club's and MDSI's website within 24 hours of the meet's conclusion. Within 24 hours of the conclusion of the meet, teams will be given results via email attachment. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

COACHES /OFFICIALS

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 opposite the spectator area. 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. Fox Swim Club and Fox Swim Club II welcomes and encourages anyone willing to volunteer contact the Officials' Contact by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

The Official Sign-Up Page is:

https://drive.google.com/open?id=151HoBwS0ki6rvB9qpB74obRNK_tj7FKV291G4yTHjFY

TIMERS/ VOLUNTEERS

All swimmers will need to provide their own timers and counters.

HOSPITALITY

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 and session start times according to the number of entries. There is to be no diving or horseplay in this area.

CLERK OF COURSE

There will be no clerk of course for this meet. **Swimmers are to report directly to the block.**

ORDER OF EVENTS

Saturday, January 11, 2020

SESSION 1

Warm-up: 5:00 PM; Meet Start: 5:30 PM

Girls	Event	Boys
1	Open 400 Individual Medley	2
3	Open 500 Freestyle	4
5	Open 1650 Freestyle	6

PLEASE NOTE: THE MEET DIRECTOR RESERVES THE RIGHT TO MAKE CHANGES WHICH MAY AFFECT THE SAFETY AND/OR EFFICIENCY OF THIS MEET INCLUDING, BUT NOT LIMITED TO, MEET ENTRIES, SESSION START TIMES & SPECTATOR BEHAVIOR



2020 FOX Distance Meet

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Fox Swim Club**):

Fox Swim Club
ATTN: Rob Fox
448 W South Street, Frederick, MD 21701
Email to: meetentries@foxswimming.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Athlete Surcharge		\$4.00 per swimmer	
Individual Event Fees		\$6.00 per event	
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