



Live M.A.S

Hosted by **Merritt Swimming**

January 24-26, 2020

Held at Loyola University Aquatic Complex

4900 N. Charles Street

Baltimore Md, 21220

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

Sanction # MDSI 19-20/041

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) will govern this meet.

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Meaghan King (978) 509-2721 mking@merrittclubs.com	Meaghan King 8757 Mylander Lane Towson Md 21286 (978) 509-2721 mking@merrittclubs.com
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
Linda Sue Lottes (410) 917-9928 lsmdswim@gmail.com Meet Notice read & approved by Referee: YES	???? Eden?
OFFICIALS CONTACT	ADMIN OFFICIAL
Linda Sue Lottes (410) 917-9928 lsmdswim@gmail.com Official's Session Sign up	Michael Bell

FACILITY

Loyola University is an indoor 10 lane, 25 yard facility with non-turbulent lane dividers, and spectator seating. Warm- up lanes will be available for the duration of the meet.

The meet will be run on a Colorado Timing System with scoreboard. The minimum water depth measured in accordance with Article 103.2.3 is 5” to 7” at a distance of 1.0-5.0 meters from both the start end of the pool and from the turn end of the pool. **The competition course has not been certified in accordance with 104.2.2C (4).**

Important: Spectators will be limited to the café space, and spectator area. Swimmers will be restricted to the general pool area. Entering other parts of the facility is prohibited.

No Athletic Trainer will be provided for this event by Loyola University.

No Chairs will be allowed on the pool deck by swimmers, only the bleachers are to be used for swimmer seating.

Parking: Park only in the designated areas. Parking on Charles is permitted. Please follow Baltimore City Parking signs. Parking is **NOT** permitted on Wyndhurst Avenue at any time.

MEET FORMAT

This is a timed final, pre seeded “BB” and Slower Meet. Distance events will be swum mixed age, mixed gender. All distance events will be positive check-in. Distance events will be swum fastest to slowest.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:00 PM	All
2	Saturday	7:00 AM	8:00 AM	9-10, 13-14
3	Saturday	12:30 PM	1:30 PM	11-12, 15-18
4	Sunday	7:00 AM	8:00 AM	9-10, 13-14
5	Sunday	12:30 PM	1:30 PM	11-12, 15-18

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Monday, January 6, 2020	5:00pm	Entry deadline
Thursday Jan 23, 2020	4:00pm	Scratch Deadline for Sat & Sun Events
Friday Jan 24, 2020	4:30pm	Positive check ins 500 Free/ 400 Im
Friday Jan 24, 2020	4:30pm	General Coaches Meeting
Fri/ Sat/ Sun	45 mins prior to start of each session	Officials Briefing

SAFETY	The MDSI Safety Program is in effect for this meet. Coaches are always advised to closely supervise their swimmers. NO running or horseplay will be tolerated. Upon approval by the facility, swimmers can 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 & 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. Swimmers must possess "BB" times or slower. NT's will be accepted.
SWIMMERS WITH DISABILITIES	Merritt Swimming 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 Merritt Swimming 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 submitted in Hy-tek format 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. **Merritt Swimming** 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. Maryland LSC Team

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 9 individual events and 2 relays for the meet. Due to fire restrictions of the deck, only 390 athletes per session will be allowed to enter the meet. Distances events will be swum mixed age, mixed gender 9-12, 13- 18

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 the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck registrations. There will be no deck entries excepted. Maryland Swimming entries received prior to the entry deadline receive priority over out of LSC entries received.

ENTRY FEES

Make checks payable to: Merritt Athletic Swimming	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$7.75per event
Relays	\$16.00 per relay
Additional Surcharge	\$6.00 per swimmer facility fee

SEEDING

The conforming time standard for this meet is short yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order

CHECK-IN

A positive check-in, located on the pool deck next to the Aquatic offices, will be required for the following events:

- 9-12 Mixed 500 Free
- 13-18 Mixed 500 Free
- 9-12 Mixed 400 IM
- 13-18 Mixed 400 IM.

Swimmers must be checked in no later than 4:30pm as stated in the Deadlines & Meeting Summary. If a positive check-in event a swimmer who is checked in, been seeded, and fails to compete in said events, shall be barred from his/her next individual event. Swimmers must provide their own counters and timers.

SCRATCHES	There will be no penalty for scratching pre-seeded events at the block. We are encouraging all coaches to email mking@merrittclubs.com by Thursday January 23, 2020 at 4:00pm with any Saturday or Sunday Scratches. Friday night distance will be positive check-in.
SCORING	This meet will not be scored
AWARDS	Ribbons will be awarded for the top 8 finishers in each event. 1 st -3 rd in relays. Age groups 9-10, 11-12, 13-14, 15-18.
RESULTS	Results will be posted on Merritt Swimming's, and MDSI's website within 24hrs 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.
COACHES/OFFICIALS/MEET STAFF	<p><u>POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:</u> <i>There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located in the hallway outside of the Aquatics office. 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 always be worn while on deck. Failure to comply will result in deck access being denied or immediate removal from the pool deck.</i></p> <p>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.</p> <p>There will be a need for officials. Merritt Swimming 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.</p>
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. **There is to be no diving or horseplay in this area.**

ORDER OF EVENTS & SLOWER THAN QUALIFYING TIMES

Session 1: Friday January 25, 2020
Warm-up: 4:00pm Meet Start: 5:00pm

#	Girls/ Women SLOWER THAN	Event	Boys/ Men SLOWER THAN	#
1	6:44.89/6:07.79	9-12 Mixed 500 Free	6:37.39/ 5:57.69	1
2	5:50.89/ 5:43.49	13 & Over Mixed 500 Free	5:31.39/ 5:19.39	2
3	NT/ 5:29.29	9-12 Mixed 400 IM	NT/ 5:19.79	3
4	5:13.59/ 5:06.49	13 & Over 400 IM	4:52.99/ 4:442.09	4

Session 2: Saturday January 26, 2020
Warm-up: 7:00am Meet Start: 8:00am

#	Girls/ Women SLOWER THAN	Event	Boys/ Men SLOWER THAN	#
5	1:15.99	13-14 100 Breast	1:09.79	6
7	1:31.89	9-10 100 Breast	1:30.19	8
9	2:23.29	13-14 200 Back	2:14.69	10
1	NT	9-10 200 Back	NT	12
13	1:00.69	13-14 100 Free	56.29	14
15	1:10.49	9-10 100 Free	1:09.69	16
17	2:26.99	13-14 200 IM	2:15.69	18
19	2:52.69	9-10 200 IM	2:50.99	20
21	2:26.99	13-14 200 Fly	2:17.17	22
23	NT	9-10 200 Fly	NT	24
25	NT	13-14 200 Free Relay	NT	26
27	NT	9-10 200 Free Relay	NT	28

Session 3: Saturday January 26, 2020
Warm-up: 12:30pm Meet Start: 1:30pm

#	Girls/ Women SLOWER THAN	Event	Boys/ Men SLOWER THAN	#
29	1:14.49	15-18 100 Breast	1:06.49	30
31	1:20.39	11-12 100 Breast	1:18.39	32
33	2:20.69	15-18 200 Back	2:08.49	34
35	2:31.39	11-12 200 Back	2:27.99	36
37	59.59	15-18 100 Free	53.89	38
39	1:03.09	11-12 100 Free	1:00.89	40
41	2:24.19	15-18 200 IM	2:10.89	42
43	2:34.89	11-12 200 IM	2:30.89	44
45	2:22.89	15-18 200 Fly	2:09.79	46
47	2:34.99	11-12 200 Fly	2:31.39	48
49	NT	15-18 200 Free Relay	NT	50
51	NT	11-12 200 Free Relay	NT	52

Session 4: Sunday January 27, 2020
Warm-up: 7:00am Meet Start: 8:00am

#	Girls/ Women SLOWER THAN	Event	Boys/ Men SLOWER THAN	#
53	27.99	13-14 50 Free	25.69	54
55	31.39	9-10 50 Free	30.99	56
57	2:44.59	13-14 200 Breast	2:32.89	58
59	NT	9-10 200 Breast	NT	60
61	1:06.19	13-14 100 Back	1:01.79	62
63	1:19.29	9-10 100 Back	1:19.19	64
65	2:11.29	13-14 200 Free	2:02.59	66
67	2:35.59	9-10 200 Free	2:29.39	68
69	1:05.99	13-14 100 Fly	1:01.29	70
71	1:24.09	9-10 100 Fly	1:23.49	72
73	NT	13-14 200 Medley Relay	NT	74
75	NT	9-10 200 Medley Relay	NT	76

Session 5: Sunday January 27, 2020
Warm-up 12:30pm Meet Start 1:30pm

#	Girls/ Women SLOWER THAN	Event	Boys/ Men SLOWER THAN	#
77	27.49	15-18 50 Free	24.79	78
79	29.09	11-12 50 Free	27.89	80
81	2:41.29	15-18 200 Breast	2:24.59	82
83	2:54.09	11-12 200 Breast	2:47.09	84
85	1:04.69	15-18 100 Back	58.59	86
87	1:11.79	11-12 100 Back	1:09.29	88
89	2:08.49	15-18 200 Free	1:57.69	90
91	2:18.19	11-12 200 Free	2:13.59	92
93	1:04.59	15-18 100 Fly	58.59	94
95	1:11.49	11-12 100 Fly	1:09.59	96
97	NT	15-18 200 Medley Relay	NT	98
99	NT	11-12 200 Medley Relay	NT	100

**Live M.A.S Invite
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Merritt Swimming**):
Merritt Swimming
ATTN: Meaghan King
8757 Mylander Lane
Towson MD, 21286
Email to: mking@merrittclubs.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.75 per event	
\$2 Surcharge per swimmer		\$2.00 per pp	
Relay Entries		\$16.00 per event	
Additional Surcharge		\$6.00 Facility Fee	
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