

BST Barracudas

BST/ HOCO/ OPST Tri Meet

Hosted by BST

DATES: Jan 3-4, 2020

Competition Site address: Western Sussex Boys and Girls Club, 310 Virginia Ave., Seaford De 19973

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

Sanction # MDSI 19-20/033

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.mds swim.org) will govern this meet.

MEET DIRECTOR Jami McIntire 37033 Peanut Tingle Rd Frankford, De. 19945 jmcintires@aol.com	MEET ENTRY COORDINATOR Jami McIntire 37033 Peanut Tingle Rd Frankford, De. 19945 jmcintires@aol.com
MEET REFEREE Frank Raines FRisTCB@aol.com Meet notice read & approved by referee: yes	USA Registered MEET SAFETY DIRECTOR Mark Oliphant 12713 Shiloh Church Road Laurel DE. 19956 meoliphant@comcast.net
OFFICIALS CONTACT Frank Raines FRisTCB@aol.com	ADMIN OFFICIAL Robert Jonhson johnsra@comcast.net

FACILITY

Western Sussex Boys & Girls Club (310 Virginia Ave., Seaford De 19973) is an indoor six-lane 25-yard pool with non-turbulent lane lines and starting blocks. The meet is run using the Colorado timing system, scoreboard, and electronic start. Pool Depth at the start in is 6 feet and at the turn in 4 feet.

The competition course has not been certified in accordance with the USA Swimming Rules and Regulations Article 104.2.2(C). The minimum water depth, measured in accordance with USA Swimming Rules and Regulations Article 103.2.3 is 13 feet at the start end of the pool and 5 feet at the turn end of the pool.

Spectator space is available at the turn end of the pool, and can be segregated from the pool deck. Swimmers will be seated in controlled team areas.

MEET FORMAT

All events are Timed Finals Events.

We reserve the right to change the warm up and start times based on entries received. Coordination will be made

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

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	6:00 PM	6:30PM	All
2	Saturday	9:00 AM	10:30 AM	All
3	Saturday	5 Minutes After Session 2	30 Minutes After Session 2I	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, Dec 18, 2019	6:00 PM	Entry deadline
Saturday, Jan 4, 2020	9:45 AM	Coaches/General Meeting
Saturday, Jan 4, 2020	10:00 AM	Official Briefings
Saturday, Jan 4, 2020	10:15 AM	Timer Briefings

SAFETY

The MSI 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 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. 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.

RACING STARTS

Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing **both** forward racing starts 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 and Maryland Swimming Rules, 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 & Under.**

WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Use of stretch cords, paddles, fins, kick boards, etc are not permitted. Coaches and swimmers are asked to review [MD Swimming Rules, Section 14.8](#).

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.

Overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.

ELIGIBILITY

Open to all BST / HOCO /OPST USA Swimming Inc. registered swimmers. The swimmer's age as of Jan 4, 2020 will apply 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.

SWIMMERS WITH DISABILITIES

BST 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 BST'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 as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Staff has the authority to inform and protect coaches 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 e-mail (Hy Tek entry file) along with a file containing a Microsoft Word or PDF document of the entries. Payment in full must be received by the Meet Entry Coordinator by the entry deadline.

- ENTRY LIMITATIONS** Swimmers may swim a maximum of 1 Event for sessions 1 and 3, and 5 events for session 2, of which no more than 3 may be individual events.
- 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 Wednesday December 18, 2018 by 8:00 PM. **No late entries will be accepted. 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. Maryland Swimming entries received prior to the entry deadline receive priority over out of LSC entries received**

ENTRY FEES

		Make checks payable to: BST	
	Facility Use Fee	\$5 per swimmer	
	LSC Surcharge	\$2 per swimmer	

- 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 will be seeded last in rank order. No Time Entries will be accepted.
- CHECK-IN** N/A
- SCRATCHES** There will be no penalty for scratching pre-seeded events at the block.
- SCORING** No team or individual scoring will be kept
- AWARDS** None
- RESULTS** **Results will be posted on BST'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.
- 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 at entrance to 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..

There will be a need for officials. BST 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. All officials on deck must be registered and certified with USA Swimming. Either Deck Pass or a membership card will be acceptable as proof of membership. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers.

Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

**TIMERS/
VOLUNTEERS**

Each team will be responsible for 6 timers per session. BST will provide Head timer and back up timers. Swimmers in sessions 1 and 3 will need to provide their own timers and lap counters.

**HOSPITALITY/
CONCESSIONS**

Water will be available to coaches and volunteer timers 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. There is to be no diving or horseplay in this area.

Waiver/Release

As the team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers during the meet. BST, Western Sussex Boys and Girls Club, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

ORDER OF EVENTS

BST / HoCo/ OPST Tri Meet
Friday/Saturday Jan 3- 4, 2020

Session I

Warm UP: 5:30 PM Meet Start: 6:00 PM
Friday, Jan 3

	<u>Boys</u>	<u>Event</u>	Girls
<u>Event No.</u> <u>(Boys)</u>	1	Open 1650 Free	2

Session II

Saturday Jan 4
Warm UP: 8:00 AM Meet Start: 9:00 AM

	<u>Boys</u>	<u>Event</u>	Girls
<u>Event No.</u> <u>(Boys)</u>	3	13&Older 200 Medley Relay	4
	5	11-12 200 Medley Relay	6
	7	10 & Under 200 Medley Relay	8
	9	8&U 100 Medley Relay	10
	11	13&Older 200 Free	12
	13	11-12 200 Free	14
	15	13&Older 50 Free	16
	17	11-12 50 Free	18
	19	10 & Under 50 Free	20
	21	8&U 25 Free	22
	23	13&Older 200 IM	24
	25	11-12 200 IM	26
	27	10 & Under 100 IM	28
	29	13&Older 100 Fly	30
	31	11-12 50Fly	32
	33	10 & Under 50 Fly	34
	35	8&U 25Fly	36
	37	13&Older 100 Free	38
	39	11-12 100 Free	40
	41	10 & Under 100 Free	42
	43	8&U 50 Free	44
	45	13&Older 100 Back	46
	47	11-12 50 Back	48

	49	10 & Under 50 Back	50
	51	8&U 25 Back	52
	53	13&Older 100 Breast	54
	55	11-12 50 Breast	56
	57	10 & Under 50 Breast	58
	59	8&U 25 Breast	60
	61	13&Older 200 Free Relay	62
	63	11-12 200 Free Relay	64
	65	10 & Under 200 Free Relay	66
	67	8&U 100 Free Relay	68

Session III

Warm UP: 5 Minutes after Session II Meet Start: 30 Minutes after Session II

	<u>Boys</u>	<u>Event</u>	Girls
<u>Event No.</u> <u>(Boys)</u>	69	Open 400 IM	70
	71	Open 500 Free	72

Summary of Fees/Release Form

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

BST/ HoCo/OPST TRI Meet

Hosted by BST

DATES: Jan 3,4 2020

Competition Site address: Western Sussex Boys and Girls Club, 310 Virginia Ave., Seaford De 19973

ATTN: Jami McIntire

C/O BST

37033 Peanut Tingle Road

Frankford, De. 19945

jmcintires@aol.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Facility Use Fee		\$5 per swimmer	
LSC Surcharge		\$2 per swimmer	
Total Fees Due		\$7 per swimmer Facility Fee + LSC Surcharge	

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)

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