

**Green Terror Aquatic Club**

8-Under Holiday Meet

Hosted by **GTAC**

December 20-21, 2019

Held at **Harlow Pool/McDaniel College 2 College Hill Westminster, MD 21157**

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

Sanction # MDSI 19-20/

**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.

<b>CERTIFIED MEET DIRECTOR</b>	<b>CERTIFIED MEET ENTRY COORDINATOR</b>
Jeff Hiestand 410-218-1490 Coach.jef@gmail.com	Jeff Hiestand 2 College Hill Westminster, MD 21157 410-218-1490 Coach.jef@gmail.com
<b>MEET REFEREE</b>	<b>USA REGISTERED OPERATIONAL RISK DIRECTOR</b>
Stephen Gorsuch 410-980-0787 spgswimdad@gmail.com Meet Notice read & approved by Referee: YES	Michal Brant 302-690-4772 Mdb018@mcdaniel.edu
<b>OFFICIALS CONTACT</b>	<b>ADMIN OFFICIAL</b>
Stephen Gorsuch spgswimdad@gmail.com	Marisa Gorsuch

**FACILITY**

Harlow Pool is a five-lane, 25-yard pool with non-turbulent lane dividers, Daktronics timing system, and horn start. **The competition course has not been certified in accordance with 104.2.2C (4).** Any other pertinent facility information such as parking. The water depth at the starting end is 10 feet, and the turn end 3 ½ feet.

**MEET FORMAT**

This is a timed final meet. Events will be swum slowest to fastest. Swimmers are limited to four events per day, and eight total Events require positive Check In. This meet will run with split sessions, to run a more efficient meet. Event order will not change. Team assignments listed below, and are based on 2018 Meet entries.

**Early sessions (both days):** YCM, MAS, FAST, BCSC, FSC, GTAC, JCC

**Later sessions (both days):** ASC, NBAC, SPRC, CAC, ACA, HSST, MSC, OPST, FMSC

If your team is not listed on session assignments, please contact Jeff Hiestand ([coach.jef@gmail.com](mailto:coach.jef@gmail.com)) prior to sending your entries.

Session	Day	Warm-up	Meet Start	Teams
1	Saturday	8:00a	9:00a	See above
2	Saturday	11:30a	12:30p	See above
3	Sunday	8:00a	9:00a	See above
3	Sunday	11:30a	12:30p	See above

**DEADLINE AND MEETING SUMMARY:** (keep section in chronological order)

Day, Date	Time	For:
Monday, December 9, 2019	Time: 5:00p	Entry deadline
Saturday, December 21, 2019	Time: 8:30a/12:00p	Coaches/General Meeting
Both Days	12:00p	Positive check ins due
Saturday, December 21, 2019	Time: 8:20a	Official Briefings

**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. Add any additional facility rules here also.

**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. If following the MDSI Scratch Rule: The MDSI Scratch Rule is in effect for this meet. Include the scratch rule (on separate page) and any penalties that may be accessed.

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. Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.

#### **SWIMMERS WITH DISABILITIES**

The GTAC 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 the GTAC'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 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. The **GTAC** 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.

If your team is not listed on session assignments, please contact Jeff Hiestand ([coach.jef@gmail.com](mailto:coach.jef@gmail.com)) prior to sending your entries.

#### **ENTRY LIMITATIONS**

Swimmers may swim a maximum of 4 individual events per day and a total of 8 individual events for the meet. Also include limitations on number of swimmers, event limitations, and team relay limitations, if applicable.

#### **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 5p, on Monday December 9, 2019. 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: Green Terror Aquatics	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$6.50 per event
Additional Surcharge	\$10.00 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

### CHECK-IN

A positive check-in form will be available for each team at the beginning of the warm-up session. The completed positive check-in form will be due thirty minutes prior to the start of the competition.

Swimmers that fail to check in will be scratched from the event and not seeded. There will be no penalty for a missed event.

### SCRATCHES

There will be no penalty for scratching pre-seeded events at the block.

### SCORING

This meet will not be scored.

### AWARDS

All swimmers will receive one (1) trophy for their participation

### RESULTS

**Results will be posted on MDSI'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 **Computer table on upper 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 always be worn 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. The GTAC 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.

**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.

**ORDER OF EVENTS & QUALIFYING TIMES**

Saturday, December 21, 2019

Warm-up: 8:00a/11:30a Meet Start: 9:00a/12:30p

am/pm	Girls	Event	Boys	am/pm
1/9	NT	25 Backstroke	NT	2/10
3/11	NT	25 Butterfly	NT	4/12
5/13	NT	25 Freestyle	NT	6/14
7/15	NT	25 Breaststroke	NT	8/16

Sunday, December 22, 2019

Warm-up: 8:00a/11:30a Meet Start: 9:00a/12:30p

am/pm	Girls	Event	Boys	am/pm
17/29	NT	100 Freestyle	NT	18/30
19/31	NT	50 Backstroke	NT	20/32
21/33	NT	50 Butterfly	NT	22/34
23/35	NT	50 Freestyle	NT	24/36
25/37	NT	50 Breaststroke	NT	26/38
27/39	NT	100 IM	NT	28/40

**Meet Name**  
**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Green Terror Aquatics**):

Green Terror Aquatics  
 ATTN: Jeff Hiestand  
 2 College Hill  
 Westminster, MD 21157  
 Email to: coach.jef@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
LSC Surcharge		\$2.00 per swimmer	
Additional Surcharge		\$10.00 per swimmer	
<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.

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SIGNATURE (Coach or Club Representative)

CLUB