

SPEEDO EASTERN STATES SENIOR CIRCUIT

Sponsored by Central Chesapeake Swimming (PEAK)

October 26-27, 2019

Prince Georges Sports and Learning Complex
8001 Sheriff Road
Landover, MD 20785
301-583-2400

Held under the Sanction of USA Swimming, Inc., Maryland Swimming, Inc.
Sanction # MD 19/20 - 016

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 John Mason 410-707-3389 jmason5073@gmail.com	CERTIFIED MEET ENTRY COORDINATOR John Mason 15904 Paisley Lane Bowie, MD 20716 410-707-3389 jmason5073@gmail.com
MEET REFEREE TBD Meet Notice read & approved by Referee:	USA Registered MEET RISK DIRECTOR John Mason 410-707-3389 jmason5073@gmail.com
OFFICIALS CONTACT Diana Cosman d2cosm1@gmail.com 858-220-2409	ADMIN OFFICIAL TBD

FACILITY

50 meter x 25 yard indoor pool. Eight (8) lanes will be used for competition. 500 Free, 1650 Free and 400 IM may be swum in sixteen (16) lanes. Colorado Timing System and Kiefer Wave Eater racing lane lines. Depth ranges from 7 to 12 feet for all competition lanes. **The competition course has not been certified in accordance with 104.2.2C(4).**

MEET FORMAT

This is a timed final senior meet. Certain events require positive check-in.

Session	Day	Warm-up	Meet Start	
1	Saturday	7:00 AM	8:30AM	
2	Saturday	3:00 PM	4:00 PM	
3	Sunday	6:30 AM	7:30 AM	
4	Sunday	9:45 AM	11:00 AM	

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, October 18	5:00 PM	Entry deadline

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 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.

RACING STARTS

Any swimmer entered in the meet, must be certified by a USA Swimming member coach as being proficient in performing a racing 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.

SWIMMERS WITH DISABILITIES

Central Chesapeake 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 **Central Chesapeake Swimming'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, any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event may be asked to withdraw from the competition and/or leave the venue as a safety precaution.

ENTRIES

Deadline for receipt of entries is Thursday, October 18, 2018. Entries must be submitted in short course yard times. Entries must be sent by e-mail. Included: 1) team manager file containing your teams' entries; 2) TM report by name; 3) TM report by event; 4) mail a check payable to Central Chesapeake Swimming for the full amount of the entry fees due.

ENTRY LIMITATIONS

Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1650 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session.

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. There will be no on deck registrations.

ENTRY FEES

Make checks payable to: Central Chesapeake Swimming	
LSC Surcharge	\$2.00 per Swimmer
Facility Surcharge	\$10.00 per Swimmer
Individual Event	\$8.00 per Event
Relays	\$16.00 per Relay

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.

1650 and 500 Free will be swum Slowest to Fasters, Alternating Women and Men

CHECK-IN

A positive check-in will be required for the following events:

- 500 free
- 1650 free
- 400 IM
- 400 Medley Relay
- 400 Free Relay
- 800 Free Relay

Check-in times are listed in the Order of Events

SCRATCHES

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

RESULTS

Results will be posted on **Central Chesapeake Swimming's and **MSI's** website within 24 hours of the meet's conclusion.**

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 the start end of the pool. 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.

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. **Central Chesapeake 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. 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.

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

SATURDAY, OCTOBER 26, 2019

SESSION 1

Warm-up: 7:00 – 8:20 am/Start: 8:30 am

	Female Event #	Event	Male Event #	
	1	200 yd Freestyle Relay	2	
	3	200 yd Butterfly	4	
	5	100 yd Freestyle	6	
	7*	400 yd Individual Medley	8*	
	9	100 yd Backstroke	10	
	11#	800 yd Freestyle Relay	12#	
		*Check-in time is 8:30 AM # Check-in time is 9:00 AM		

SESSION 2

Warm-up: 3:00 – 3:50 pm/Start: 4:00 pm

	FEMALE EVENT #	Event	MALE EVENT #	
	13	200 yd Individual Medley	14	
	15	200 yd Breaststroke	16	
	17	100 Butterfly	18	
	19	200 yd Freestyle	20	
	21*	400 yd Medley Relay	22*	
		* Check-in time is 5:30 PM		

SUNDAY, OCTOBER 27, 2019

SESSION 3

Warm-up: 6:30-7:20 am/Start: 7:30 am

	FEMALE EVENT #	Event	MALE EVENT #	
	23*	1650 YD FREESTYLE	24*	
		Swimmers are responsible for providing their own timer and counter		
		* Check-in time is 6:00 PM Saturday, October 20, 2017		

SUNDAY, OCTOBER 27, 2019

SESSION 4

Warm-up: 8:45-10:45 am/Start: 11:00 am

FEMALE EVENT #	Event	MALE EVENT #	
25	200 Yd Medley Relay	26	
27	50 yd Freestyle	28	
29	200 yd Backstroke	30	
31	100 yd Breaststroke	32	
33*	400 yd Freestyle Relay	34*	
35#	500 yd Freestyle	36#	
	Swimmers in the 500 Freestyle are responsible for providing their own timer and counter		
	* Check-in time is 11:15 AM #Check-in time is 11:30 AM		

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Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **CENTRAL CHESAPEAKE SWIMMING**):

ATTN: JOHN MASON
15904 PAISLEY LANE
BOWIE, MD 20716
Jmason5073@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 per event	
Surcharge		\$12.00 per swimmer	
Relay Entries		\$16.00 per relay	
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

DATE