

2020 ASC Senior Meet

Hosted by **Annapolis Swim Club**

February 1-2, 2020

Arundel Olympic Swim Center

2690 Riva Road

Annapolis, Maryland 21401

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

Sanction # MDSI 19/20 - 043

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.

ENTRY DEADLINE: January 17, 2020 @ 5:00PM

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
John Murphy 301-346-6101 Ascmeetentries@gmail.com	John Murphy 100 Cathedral Street, Suite 6 Annapolis, MD 21404 301-346-6101 Ascmeetentries@gmail.com
MEET REFEREE	USA Registered MEET SAFETY DIRECTOR
Penelope Michaels cbacmeetref@gmail.com 240-434-6689 Meet Notice read & approved by Referee : YES	Elizabeth Cmiel
OFFICIALS CONTACT	ADMIN OFFICIAL
Penelope Michaels cbacmeetref@gmail.com 240-434-6689	Becky Sloan sloangang@gmail.com

FACILITY

The competition pool is an eight lane 25 yard pool with stationary starting blocks and a Colorado automatic timing system which will be used for capturing and recording the times. **The competition course has not been certified in accordance with 104.2.2C (4).**

There will be lanes available in the non-competition side of the pool for warmup and warm down once the meet starts.

MEET FORMAT

This is a timed finals meet. Events will be swum from slowest to fastest, except events 35 & 44 (500 Freestyle) which will be swum fastest to slowest.

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. Deck seeds will be accepted with the approval and at the discretion of the Meet Referee. No deck registrations will be accepted.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00 am	8:00 am	13-18
2	Saturday	12:00 pm	1:00 pm	9-10, 11-12
3	Saturday	5:00 pm	6:00 pm	13-18
4	Sunday	7:00 am	8:00 am	13-18
5	Sunday	12:00 pm	1:00 pm	9-10, 11-12

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday 1/17/2020	5:00 pm	Entry deadline
Saturday 2/1/2020	7:00 am	Coaches/General Meeting
Sat & Sun 2/1-2/2020	7:15 am	Official Briefings
Saturday 2/1/2020	9:00 am	400 IM positive check in closes
Saturday 2/1/2020	5:15 pm	500 Free positive check in closes
Sunday 2/2/2020	9:00 am	500 free positive check in closes

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 unaccompanied 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. Maximum 4 events per session maximum of 6 events per day. A swimmer must have qualifying times equal to or faster than what is posted on the meet notice. Bonus events: If 2 qualifying times are made then swimmer may swim maximum number of events.

SWIMMERS WITH DISABILITIES

Annapolis Swim Club 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 Annapolis Swim Club'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

Email is preferred for electronic entries. 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. ASC 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.

Entries submitted in Hy-tek format require no hard copy entry forms.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events per session, a maximum of 6 per day and a total of 9 individual events for the meet.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. Please email entries to John Murphy at ascmeetentries@gmail.com

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Also include: 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: Annapolis Swim Club	
Individual Event	\$8.00 per event
LSC and Facility Surcharge	\$15.00 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, located deck side at the start end of the pool, will be required for the following events:

- 500 free
- 400 IM

Check in for event will be as stated in the Deadline and Meeting Summary.

Swimmers that fail to check in will be scratched from the event and not seeded.

In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event.

SCRATCHES

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

RESULTS

Results will be posted on Annapolis Swim Club's and 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 in the lobby of the AOSC facility. 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. **Annapolis Swim Club** 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 snackroom 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.

**2020 ASC Senior Meet
ORDER OF EVENTS & QUALIFYING TIMES**

Saturday February 1, 2020

Session 1

Warm-up: 7:00 am; Meet Start: 8:00 am

#	Girls/Women Faster than	Event	Boys/Men Faster Than	#
1	27.99	13-18 50 Free	25.69	2
3	1:15.99	13-18 100 Breast	1:09.79	4
5	2:11.19	13-18 200 Free	2:02.59	6
7	1:05.99	13-18 100 Fly	1:01.29	8
9	5:13.59	13-18 400 IM	4:52.99	10

Saturday February 1, 2020

Session 2

Warm-up: 12:00 pm; Meet Start: 1:00 pm

#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
11	35.19	9-10 50 Free	34.49	12
13	31.49	11-12 50 Free	30.29	14
15	1:44.99	9-10 100 Breast	1:41.89	16
17	1:27.39	11-12 100 Breast	1:25.49	18
19	41.79	9-10 50 Fly	40.49	20
21	34.09	11-12 50 Fly	34.19	22
23	1:30.69	9-10 100 Back	1:29.69	24
25	1:18.49	11-12 100 Back	1:15.79	26
27	1:31.69	9-10 100 IM	1:29.39	28
29	1:18.39	11-12 100 IM	1:14.99	30

Saturday February 1, 2020

Session 3

Warm-up: 5:00 pm; Meet Start: 6:00 pm

#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
31	2:23.39	13-18 200 Back	2:14.69	32
33	2:44.59	13-18 200 Breast	2:32.89	34
35	5:50.89	13-18 500 Free	XXXXX	X

The 500 Free will be swum fastest to slowest. Swimmers must provide their own counters and timers.

Sunday February 2, 2020
Session 4
Warm-up: 7:00 am; Meet Start: 8:00 am

#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
36	1:06.19	13-18 100 Back	1:01.79	37
38	2:25.79	13-18 200 Fly	2:15.69	39
40	1:00.69	13-18 100 Free	56.29	41
42	2:26.99	13-18 200 IM	2:17.19	43
		13-18 500 Free	5:31.39	44
The 500 Free will be swum fastest to slowest. Swimmers must provide their own counters and timers.				

Sunday February 2, 2020
Session 5
Warm-up: 12:00 pm; Meet Start: 1:00 pm

#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
45	1:19.99	9-10 100 Free	1:18.79	46
47	1:08.29	11-12 100 Free	1:05.89	48
49	47.49	9-10 50 Breast	46.59	50
51	39.99	11-12 50 Breast	39.59	52
53	1:39.09	9-10 100 Fly	1:37.99	54
55	1:18.29	11-12 100 Fly	1:16.49	56
57	41.89	9-10 50 Back	42.39	58
59	35.59	11-12 50 Back	35.29	60
61	3:15.59	9-10 200 IM	3:13.19	62
63	2:47.79	11-12 200 IM	2:44.19	64

**2020 ASC Senior Meet
Summary of Fees/Release Form**

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

Annapolis Swim Club
ATTN: John Murphy
100 Cathedral Street, Suite 6
Annapolis, Maryland 21401

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 per event	
\$2 per swimmer, \$13.00 facility surcharge		\$15.00 per swimmer	
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 _____