

GBSA SWIMMING

2020 LAST CHANCE QUALIFYING

Hosted by GBSA

February 14, 15, 16, 2020

Held at Community College of Baltimore County (CCBC)

Catonsville Campus

The Jack Manley Athletic Center, 360 Campus Drive, Catonsville, MD 21228

<http://www.cbcmd.edu/About-CCBC/Locations/CCBC-Catonsville.aspx>

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

Sanction # MDSI 19-20/047

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.

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| CERTIFIED MEET DIRECTOR Patrick Underwood (410) 241-9292 swimgbsa@verizon.net | CERTIFIED MEET ENTRY COORDINATOR Afzal Chowdhury (301) 325-6983 afzalchow@comcast.net |
| MEET REFEREE Joe Cucchiaro 443-567-3115 joecucchiaro@yahoo.com Meet Notice read & approved by Referee : YES | USA REGISTERED OPERATIONAL RISK DIRECTOR Mike Wehner (410) 455-4175 MWEHNER@ccbcmd.edu |
| OFFICIALS CONTACT Officials Registration Page 2020 Last Chance Meet Officials Registration | ADMIN OFFICIAL Shari Arciaga |

FACILITY

CCBC has an eight-lane pool with a Colorado Automatic Timing System, scoreboard, electronic start, and non-turbulent lane dividers. Limited deck seating will be available for spectators. A clerk of Course will be set up for the AM sessions only. The minimum water depth, measured in accordance with Article 103.2.3 is: 10' at a distance of 1 meter from the start end of the pool. 3'6" at a distance of 1 meter from the turn end of the pool. **The competition course has not been certified in accordance with 104.2.2C (4).** Ample parking is available.

In case of inclement weather, call (410) 241-9292 for status of meet.

MEET FORMAT

This meet is a Timed Finals Meet. No events require Positive Check In. 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.

| Session | Day | Warm-up | Meet Start | Age Group |
|---------|----------|----------|------------|--------------|
| 1 | Friday | 4:00 PM | 5:00 PM | 9 & Older |
| 2 | Saturday | 7:00 AM | 8:00 AM | 10&U & 11-12 |
| 3 | Saturday | 12:00 PM | 1:30 PM | 13-14 & Open |
| 4 | Sunday | 7:00 AM | 8:00 AM | 10&U & 11-12 |
| 5 | Sunday | 12:00 PM | 1:30 PM | 13-14 & Open |

DEADLINE AND MEETING SUMMARY:

| Day, Date | Time | For: |
|------------------------|-------------------------------|-------------------------|
| Friday, Jan 31, 2020 | 6:00 PM | Entry deadline |
| Friday, Feb 14, 2020 | 4:00 PM (if necessary) | Coaches/General Meeting |
| Prior to Session Start | 30 Min Prior to Session Start | Timers Briefing |
| Prior to Session Start | 45 Min Prior to Session Start | Official Briefings |

SAFETY

The MDSI 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.

All swimmers MUST dry off, have clothing AND shoes upon leaving the pool area!!! The hallways and stairs MUST stay dry as possible. There is to be NO BALL PLAYING OR THROWING OF ANY KIND in the gym areas. All meet participants and family member's MUST remain in the areas of the building allotted to meet attendees. Anyone outside the appropriate areas will be asked to leave the meet.

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.

Overhead (dive over) starts will be used during all sessions. Please make sure your swimmers understand how overhead starts are done.

Deck changes are prohibited. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Tech Suits are banned for all 12 & Unders.

| | |
|-----------------------------------|---|
| ELIGIBILITY | <p>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.</p> <p>Time standards for the meet are SLOWER THAN the Maryland LSC Short Course Championships times, and 2017-2020 USA Swimming "B" SCY Times and faster.</p> <p>Qualification period begins February 21, 2019 (Day 1 of MD Senior Championships).</p> |
| SWIMMERS WITH DISABILITIES | <p>GBSA 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 GBSA's ability to accommodate all requests.</p> |
| HEALTH GUIDELINES | <p>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.</p> |
| ENTRIES | <p>All entries must be submitted with <u>SHORT COURSE TIMES</u>. Converted times will not be accepted. Email is preferred for electronic entries however, disks are also acceptable. Entries must be submitted to the Meet Entry Coordinator by the deadline date via email preferably. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Director by the meet entry deadline. GBSA 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.</p> <p>Open to all USA registered swimmers from MD LSC Teams.</p> |
| ENTRY LIMITATIONS | <p>Swimmers may swim a maximum of 3 individual events per day. Converted times will not be accepted. No Times (NT) will not be accepted.</p> |
| ENTRY VERIFICATION | <p>An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.</p> |
| ENTRY DEADLINES | <p>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.</p> |

ENTRY FEES

| Make checks payable to: GBSA | |
|------------------------------|--------------------|
| LSC Surcharge | \$2.00 per Swimmer |
| Individual Event | \$7.50 per event |
| | |

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.

CHECK-IN

There will be no positive check-in events at this meet.

AWARDS

Individual Events: Ribbons 1st through 8th for 12 and younger swimmers. Relay Events: No awards.

RESULTS

Results will be posted on GBSA's and MSI's website within 24 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hytek 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 for **COACHES AND OFFICIALS** will be located in the Pool Office. **DECK PASS** must be presented showing current fully certified Coach Membership or current fully certified Officials Membership.

The check in table for **MEET STAFF** will be located at the Volunteer check-in table. 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. GBSA welcomes and encourages anyone willing to volunteer to use the officials registration link to provide your availability or 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 Men's Locker Room 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.

ORDER OF EVENTS
(SLOWER THAN the Maryland LSC Short Course Championships times
2017-2020 USA Swimming B & Faster Times)

Friday, Feb 14, 2020
Warm-up: 4:00 PM; Meet Start: 5:00 PM

| Girls/Women | Slower Than | Event | Slower Than | Boys/Men |
|-------------|-------------|-------------------|-------------|----------|
| 1 | 5:28.09 | 11-12 400 IM | 5:28.09 | 2 |
| 3 | 2:55.99 | 10 & UNDER 200 IM | 2:55.99 | 4 |
| 5 | 2:38.29 | 11-12 200 FLY | 2:38.29 | 6 |
| 7 | 4:57.49 | 13-14 400 IM | 4:49.99 | 8 |
| 9 | 2:31.69 | 11-12 200 IM | 2:31.39 | 10 |
| 11 | 4:57.39 | OPEN 400 IM | 4:38.99 | 12 |
| 13 | 5:53.89 | 11-12 500 FREE | 5:53.89 | 14 |
| 15 | 5:29.99 | 13-14 500 FREE | 5:19.99 | 16 |
| 17 | 5:29.89 | OPEN 500 FREE | 5:14.39 | 18 |

Saturday, Feb 15, 2020
Warm-up: 7:00 AM; Meet Start: 8:00 AM

| Girls/Women | Slower Than | Event | Slower Than | Boys/Men |
|-------------|-------------|--------------------------|-------------|----------|
| 19 | 2:36.39 | 10 & UNDER 200 FREE | 2:35.69 | 20 |
| 21 | 2:13.89 | 11-12 200 FREE | 2:14.89 | 22 |
| 23 | 37.19 | 10 & UNDER 50 BACK | 37.99 | 24 |
| 25 | 32.59 | 11-12 50 BACK | 32.79 | 26 |
| 27 | 1:26.69 | 10 & UNDER 100 BUTTERFLY | 1:26.69 | 28 |
| 29 | 1:10.29 | 11-12 100 BUTTERFLY | 1:11.19 | 30 |
| 31 | 42.49 | 10 & UNDER 50 BREAST | 42.49 | 32 |
| 33 | 36.89 | 11-12 50 BREAST | 37.19 | 34 |
| 35 | 1:20.49 | 10 & UNDER 100 IM | 1:21.29 | 36 |
| 37 | 1:10.39 | 11-12 100 IM | 1:10.69 | 38 |
| 39 | 2:31.69 | 11-12 200 BACK | 2:33.89 | 40 |

Saturday, Feb 15, 2020
Warm-up: 12:00 PM; Meet Start: 1:30 PM

| Girls/Women | Slower Than | Event | Slower Than | Boys/Men |
|-------------|-------------|---------------------|-------------|----------|
| 41 | 1:04.09 | 13-14 100 BACK | 1:01.69 | 42 |
| 43 | 1:03.99 | OPEN 100 BACK | 59.09 | 44 |
| 45 | 2:22.39 | 13-14 200 BUTTERFLY | 2:17.99 | 46 |
| 47 | 2:22.29 | OPEN 200 BUTTERFLY | 2:11.39 | 48 |
| 49 | 1:13.89 | 13-14 100 BREAST | 1:10.79 | 50 |
| 51 | 1:13.79 | OPEN 100 BREAST | 1:07.89 | 52 |
| 53 | 56.79 | 13-14 100 FREE | 53.99 | 54 |
| 55 | 56.39 | OPEN 100 FREE | 51.09 | 56 |
| 57 | 2:20.19 | 13-14 200 IM | 2:13.69 | 58 |
| 59 | 2:17.99 | OPEN 200 IM | 2:07.69 | 60 |

Sunday, Feb 16, 2020
Warm-up: 7:00 AM; Meet Start: 8:00 AM

| Girls/Women | Slower Than | Event | Slower Than | Boys/Men |
|--------------------|--------------------|-----------------------|--------------------|-----------------|
| 61 | 2:55.69 | 11-12 200 BREAST | 2:56.29 | 62 |
| 63 | 1:20.59 | 10 & UNDER 100 BACK | 1:20.79 | 64 |
| 65 | 1:09.89 | 11-12 100 BACK | 1:10.69 | 66 |
| 67 | 31.59 | 10 & UNDER 50 FREE | 31.49 | 68 |
| 69 | 28.19 | 11-12 50 FREE | 27.79 | 70 |
| 71 | 36.09 | 10 & UNDER 50 FLY | 37.09 | 72 |
| 73 | 31.09 | 11-12 50 FLY | 31.29 | 74 |
| 75 | 1:33.39 | 10 & UNDER 100 BREAST | 1:33.39 | 76 |
| 77 | 1:19.99 | 11-12 100 BREAST | 1:20.59 | 78 |
| 79 | 1:10.89 | 10 & UNDER 100 FREE | 1:10.69 | 80 |
| 81 | 1:01.19 | 11-12 100 FREE | 1:01.09 | 82 |

Sunday, Feb 16, 2020
Warm-up: 12:00 PM; Meet Start: 1:30 PM

| Girls/Women | Slower Than | Event | Slower Than | Boys/Men |
|--------------------|--------------------|---------------------|--------------------|-----------------|
| 83 | 2:17.49 | 13-14 200 BACK | 2:13.49 | 84 |
| 85 | 2:17.39 | OPEN 200 BACK | 2:09.39 | 86 |
| 87 | 26.29 | 13-14 50 FREE | 24.79 | 88 |
| 89 | 26.19 | OPEN 50 FREE | 23.69 | 90 |
| 91 | 2:40.39 | 13-14 200 BREAST | 2:33.09 | 92 |
| 93 | 2:40.29 | OPEN 200 BREAST | 2:28.09 | 94 |
| 95 | 1:03.59 | 13-14 100 BUTTERFLY | 1:00.49 | 96 |
| 97 | 1:03.49 | OPEN 100 BUTTERFLY | 57:59 | 98 |
| 99 | 2:03.69 | 13-14 200 FREE | 1:58.09 | 100 |
| 101 | 2:01.69 | OPEN 200 FREE | 1:52.09 | 102 |

GBSA 2020 THANKSGIVING SWIM FEST

Summary of Fees/Release Form

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

ATTN: Patrick Underwood
7383 Brangles Rd. Marriottsville, MD 21104

FORM MUST BE RECEIVED BY 6:00 PM FEBRUARY 2, 2020

| | |
|--------------|--|
| Team Name | |
| Club Code | |
| Coach | |
| Coach Phone | |
| Coach Email | |
| Team Address | |

| Item | Total Number | Cost per | Total |
|-----------------------------|--------------|--------------------|-------|
| Individual Entries | | \$7.50 per event | |
| LSC Participation Surcharge | | \$2.00 per swimmer | |
| Relay Entries | | \$20.00 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