



Frantic February 2020 Swim Meet

Hosted by Rockfish Swimming

February 9, 2020

Held at College of Southern Maryland Wellness & Fitness
Center, 22950 Hollywood Rd, Leonardtown, MD 20650

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

Sanction # MD 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 \(www.mdswim.org\) will govern this meet.](#)

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Kim Beall 240-925-7742 Meet.Director@cbacswim.org	Carron Dunker 443-690-0019 ucddunker@hotmail.com
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
Thomas Truitt 757-395-0567 dismountcav@aol.com Meet Notice read & approved by Referee : YES	James Wojtowicz 240-577-2475 Debbieandjames11@gmail.com
OFFICIALS CONTACT	ADMIN OFFICIAL
Jennifer Claus jlclaus@md.metrocast.net	Penny Michaels 240-434-6689 cbacmeetref@gmail.com

FACILITY

CSM Leonardtown is an indoor, 6-lane, 25-yard pool with Colorado Automatic Timing System, scoreboard, electronic start, and non-turbulent lane dividers; The minimum water depth, measured in accordance with **USA Swimming Article 103.2.3**, is: 9’ at a distance of 1 meter from the start end of the pool. 4’ at a distance of 1 meter from the turn end of the pool. There is no separate warm-up/warm-down pool available during the meet. **Per USA Swimming Article 202.6.6D(2), the competition course has not been certified in accordance with 104.2.2C(4).** Ample parking is available in all lots on campus. Spectator seating is limited and is located outside the pool

behind a glass wall. Parents are permitted to bring folding chairs to sit on in spectator area. ***There will be no concessions available at the meet.***

MEET FORMAT

This is a timed final meet. Many events will be consolidated age groups, and seeded by entry time. The 500 Freestyle events will be consolidated and swum together and seeded by entry time. There will be positive check-in for the 500 Freestyle.

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Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	12:00 PM	1:00 PM	ALL
2	Sunday	5:00 PM	5:30 PM	11 and over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Jan. 24	5:00 pm	Entry deadline
Sunday, Feb. 9	12:30pm	Official Briefings
Sunday, Feb. 9	12:45 pm	Coaches/General Meeting
Sunday, Feb. 9	1:00 pm	500 Free Positive Check-in deadline

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.

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.

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. Swimmers attached to ROCK, HSST, CBAC, GMAC and CAC are invited to attend and swim at this meet.

Unattached swimmers who are awaiting the 120 rule and are affiliated with one of the invited teams are welcome to swim.

SWIMMERS WITH DISABILITIES

Rockfish 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 **Rockfish 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. 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 must be submitted in Hy-tek format. Entries must be emailed to the Meet Entry Director. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator within 48 hours of the entry deadline. **Rockfish Swimming** 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.

ENTRY LIMITATIONS

Time standards for swimmers age 11-18 are FASTER THAN "B" Times. There are No Time Standards for swimmers age 10&under Swimmers may swim a maximum of 3 individual events per session, and a total of 4 events for the meet. **Converted times will not be accepted.**

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. 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. Deck entries will be accepted if time/space allows, up to 30 minutes prior to the start time of the meet. If submitting deck entries, proof of time must accompany entry.

ENTRY FEES

Make checks payable to: Rockfish Swimming	
LSC Surcharge	\$2.00 per Swimmer
Individual Event	\$6.50 per event
Relays	\$12.00 per relay
Deck Entries (individual)	\$10.00 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. The 500 freestyle will be seeded mixed age and gender.

SCRATCHES

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

CHECK-IN

A positive check-in, located next to the spectator bleacher area, will be required for the following events:

- 500 free

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 complete in said event, shall be fined \$50.

SCORING

No team or individual scoring will be kept.

AWARDS

Ribbons will be awarded to the top 6 finishers in each event.

RESULTS

Results will be posted on **Rockfish Swimming'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 at the

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

Swimmers in the 500 Freestyle must provide their own timer and counter for this event.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. There are no concessions sold at this meet.

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. After Session 1, there will be a separate, 30 minute warm-up time for swimmers in the Session 2 - 500 event.

ORDER OF EVENTS & QUALIFYING TIMES

Session 1

Sunday, February 9, 2020

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

#	Girls Faster Than	Event	Boys Faster Than	#
1		12&U 200 Freestyle		2
	NT	10&Under 200 Freestyle	NT	
	2:41.19	11-12 200 Freestyle	2:37.19	
3		13-18 200 Freestyle		4
	2:33.89	13-14 200 Freestyle	2:24.49	
	2:30.79	15-18 200 Freestyle	2:18.29	
5		12&U 100 IM		6
	NT	10&Under 100 IM	NT	
	1:25.29	11-12 100 IM	1:23.19	
7		11-18 200 IM		8
	3:02.49	11-12 200 IM	3:00.99	
	2:53.19	13-14 200 IM	2:41.89	
	2:48.89	15-18 200 IM	2:34.29	
9		12&U 50 Breaststroke		10
	NT	10&Under 50 Breaststroke	NT	
	43.69	11-12 50 Breaststroke	43.79	
11		11-18 100 Breaststroke		12
	1:35.79	11-12 100 Breaststroke	1:33.59	
	1:29.39	13-14 100 Breaststroke	1:33.59	
	1:28.29	15-18 100 Breaststroke	1:19.19	
13		11-18 200 Breaststroke		14
	3:25.79	11-12 200 Breaststroke	3:17.69	
	3:13.99	13-14 200 Breaststroke	3:00.49	
	3:09.99	15-18 200 Breaststroke	2:52.79	
15		12&U 100 Freestyle		16
	NT	10&Under 100 Freestyle	NT	
	1:13.59	11-12 100 Freestyle	1:12.19	
17		13-18 100 Freestyle		18
	1:11.39	13-14 100 Freestyle	1:06.29	
	1:09.99	15-18 100 Freestyle	1:03.29	
19		12&U 50 Butterfly		20
	NT	10& Under 50 Butterfly	NT	
	37.29	11-12 50 Butterfly	37.69	
21		11-18 100 Butterfly		22
	1:26.29	11-12 100 Butterfly	1:24.49	
	1:17.69	13-14 100 Butterfly	1:12.19	
	1:16.19	15-18 100 Butterfly	1:08.79	
23		11-18 200 Butterfly		24
	3:02.39	11-12 200 Butterfly	2:58.09	
	2:52.39	13-14 200 Butterfly	2:40.39	
	2:46.79	15-18 200 Butterfly	2:33.29	
25		12&U 50 Backstroke		26
	NT	10& Under 50 Backstroke	NT	
	38.79	11-12 50 Backstroke	38.99	

27		11-18 100 Backstroke		28
	1:26.29	11-12 100 Backstroke	1:24.09	
	1:18.29	13-14 100 Backstroke	1:13.59	
	1:16.29	15-18 100 Backstroke	1:09.69	
29		11-18 200 Backstroke		30
	2:59.49	11-12 200 Backstroke	2:55.29	
	2:48.39	13-14 200 Backstroke	2:38.39	
	2:44.79	15-18 200 Backstroke	2:31.59	
31		12&U 50 Freestyle		32
	NT	10& Under 50 Freestyle	NT	
	34.09	11-12 50 Freestyle	33.09	
33		13-18 50 Freestyle		34
	32.89	13-14 50 Freestyle	30.89	
	32.29	15-18 50 Freestyle	28.09	
35	NT	10&U 200 Freestyle Relay	NT	36
37	NT	Open 400 Freestyle Relay	NT	38

Session 2

Sunday, February 9, 2020

Warm-up: 5:00 pm; Meet Start: 5:30 pm

#	Girls Faster Than	Event	Boys Faster Than	#
39		Open 500 Freestyle		40
	7:09.29	12&U 500 Freestyle	7:02.99	
	6:51.79	13-14 500 Freestyle	6:29.49	
	6:41.29	15-18 500 Freestyle	6:14.69	

Frantic February 2018

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Rockfish Swimming, Inc.**)

Rockfish Swimming ATTN:
Heather MacQuilliam
44786 Three Coves Rd, Hollywood, MD 20636
Email to: coachheather@rockfishswimming.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.50 per event	
\$2 Surcharge per swimmer			
Relay Entries		\$12.00 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. Rockfish Swimming, College of Southern Maryland, 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