



JCC Swimming vs Siegel JCC

Hosted by **JCC Swimming**

12/15/2019

Address:

JCC of Greater Baltimore
3506 Gwynnbrook Ave
Owings Mills MD 21117

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

Sanction #MDSI 19/20 AM - 005

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 Trevor Rill 443-223-0649 trevorrill0904@gmail.com	CERTIFIED MEET ENTRY COORDINATOR Judy Egerton 3506 Gwynnbrook Ave Owings Mills MD 21117 410 559 3536 jegerton@jcc.org
CERTIFIED MEET REFEREE Guy Hankins guyhankins@comcast.net	USA REGISTERED OPERATIONAL RISK DIRECTOR Stephanie McCown smccown@jcc.org
OFFICIALS CONTACT Judy Egerton jegerton@jcc.org	ADMIN OFFICIAL Judy Egerton jegerton@jcc.org

FACILITY

The JCC of Greater Baltimore (3506 Gwynnbrook Ave., Owings Mills, MD 21117) is an indoor six-lane 25-yard pool with non- turbulent lane lines and starting blocks. The meet is run using the Colorado Dolphin Timing System. Pool Depth at the start in is 9 ft. and 3 ½ ft. at the turn end. There will be no warm-down pool available during the meet. **The competition course has not been certified in**

accordance with 104.2.2C (4).

FACILITY (cont.) Swimmers will be seated in designated team area. **There are no chairs allowed on deck.**

Due to lack of space on the pool deck, we have reserved half of the Blue Gym as an area for swimmers and spectators to wait until it is their child/children's turn to swim. Spectators are encouraged to watch their child/children swim from the spectator area off the side of the pool deck.

Athletes will be lined up in the gym and escorted on deck through the family changing room three heats before they swim.

MEET FORMAT All events are Timed Finals Events.

We reserve the right to change the warm-up and start times based on entries received.

The meet entry director reserves the right to limit entries received to ensure that sessions fall within the Maryland LSC Swimming Rules.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday	12:00 PM	1:00 PM	ALL

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

Day, Date	Time	For:
Day, Date	Time	Entry deadline
Sunday, 12/15/19	12:00	Coaches/General Meeting
Sunday, 12/15/19	12:15	Official Briefings
Sunday, 12/15/19	12:30	Timers Briefings

SAFETY The MDSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers. **NO running or horseplay will be tolerated. Upon approval by the facility, swimmers can only use 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. Swimmers must remain on-deck or in assigned team areas. If Swimmers need to go into spectator areas, they need to have shoes, shorts and a shirt on. Locker rooms are for changing only. Swimmers are not to remain or play in the changing or shower areas.

Athletes are strictly prohibited from entering the saunas in the men's and women's locker rooms. Any athlete caught in the sauna will be ejected from the meet.

RACING STARTS	<p>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.</p>
RULES	<p>This meet will be conducted in accordance with the current USA Swimming Rules and Regulations. 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.</p> <p>Only entered swimmers, officials working the meet, meet workers, and current USA swimming coach members are eligible to be outside of the spectator areas.</p> <p>Overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.</p> <p>Tech Suits are banned for all 12 & Under athletes</p>
ELIGIBILITY	<p>Open to all JCC Swimming and Siegel JCC USA Swimming Inc. registered swimmers or are members of JCC Swimming or Siegel JCC programs under supervision of USA Swimming Inc. registered coaches. The swimmer's age as of Dec. 15, 2019 will apply for the entire meet. USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, and competition.</p>
SWIMMERS WITH DISABILITIES	<p>JCC 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 JCC Swimming'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 to return to competition.</p>
ENTRIES	<p>All entries should be submitted via e-mail (Hy-Tek entry file) along with a file containing a Microsoft Word or PDF document of the entries (Please check the proof of times option).</p>
ENTRY LIMITATIONS	<p>Swimmers may swim a maximum of 5 individual events or 4 individual events and a relay.</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

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.

ENTRY FEES

Make checks payable to: JCC Swimming	
Meet Entry Fee and MD Swimming Surcharge	\$15.00/Swimmer

SEEDING

Swimmers will be seeded and swim from slowest to fastest.

CHECK-IN

N/A

SCRATCHES

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

SCORING

All scoring will be on a three (3) place basis. Individual events: 5-3-1

AWARDS

Ribbons for first through eighth place will be awarded

RESULTS

Results will be posted on JCC 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 in the pool office. 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.

OFFICIALS

There will be a need for officials. JCC 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 back-hallway area at the date and time listed in the Deadline and Meeting Summary.

**HOSPITALITY/
CONCESSIONS**

There will be no hospitality provided to coaches/officials at this meet. There are vending machines with snacks outside of the blue gym. Swimmers are encouraged to bring drinks and snacks to the meet with them.

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. There is to be no diving or horseplay in this area. Upon approval by the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in non-competition warm up areas. There will be no warm-up/warm-down pool available during the meet.

ORDER OF EVENTS & QUALIFYING TIMES

Sunday, December 15, 2019
Warm-up: Noon Meet Start: 1:00 PM

#	Girls/Women	Event	Boys/Men	#
	Event 1	8 and under 100 IM	Event 2	
	Event 3	9-10 100 IM	Event 4	
	Event 5	11-12 100 IM	Event 6	
	Event 7	13-14 200 IM	Event 8	
	Event 9	15-18 200 IM	Event 10	
	Event 11	8 and under 25 Free	Event 12	
	Event 13	9-10 50 Free	Event 14	
	Event 15	11-12 50 Free	Event 16	
	Event 17	13-14 50 Free	Event 18	
	Event 19	15-18 50 Free	Event 20	
	Event 21	8 and under 25 Back	Event 22	
	Event 23	9-10 50 Back	Event 24	
	Event 25	11-12 50 Back	Event 26	
	Event 27	13-14 100 Back	Event 28	
	Event 29	15-18 100 Back	Event 30	
	Event 31	8 and under 50 Free	Event 32	
	Event 33	9-10 100 Free	Event 34	
	Event 35	11-12 100 Free	Event 36	
	Event 37	13-14 200 Free	Event 38	
	Event 39	15-18 200 Free	Event 40	
	Event 41	8 and under 25 Breast	Event 42	
	Event 43	9-10 50 Breast	Event 44	
	Event 45	11-12 50 Breast	Event 46	
	Event 47	13-14 100 Breast	Event 48	
	Event 49	15-18 100 Breast	Event 50	
	Event 51	8 and under 25 Fly	Event 52	
	Event 53	9-10 50 Fly	Event 54	
	Event 55	11-12 50 Fly	Event 56	
	Event 57	13-14 100 Fly	Event 58	
	Event 59	15-18 100 Fly	Event 60	
	Event 61	Mixed 8 and under 100 Free Relay		
	Event 62	9-10 100 Free Relay	Event 63	
	Event 64	11-12 200 Free Relay	Event 65	
	Event 66	13-14 200 Free Relay	Event 67	
	Event 68	Mixed 15-18 200 Free Relay		

Meet Name
Summary of Fees/Release Form

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

JCC Swimming
 ATTN: Brendan McElroy
 3506 Gwynnbrook Ave
 Owings Mills MD 21117
 Email to: coachmcelroy@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Meet Entry Fee and MD Swimming Surcharge		\$15.00/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