

NORTH BALTIMORE AQUATIC CLUB / RETRIEVER AQUATIC CLUB

2017 NBAC / RAC HOLIDAY MEET

DECEMBER 15 – 17, 2017

PRE-MEET INFORMATION

1. The following information is either in addition to information contained in the meet announcement or changes to the information contained in the meet announcement. The information below supersedes the information contained in the meet announcement. Please contact the following individuals for questions or information in the following areas:

Entries & Warm-up Lane assignments:	Tom Himes / coachtom@comcast.net
Timer/Worker Assignments:	Anna Summerfield / summ1333@verizon.net
Officials:	Steve Lottes / desertexp@juno.com

Officials Sign-up: Sign up using Link below

<https://docs.google.com/forms/d/1eUy7kbco1EON-2Qpk84IRIJo9H0wojZwQr-LSIcHpEo/viewform>

Please forward the link to any officials on your clubs and if they will be at the meet please ask them to volunteer to officiate. We are always looking for additional officials in order to run the meet effectively. Thank you all in advance.

2. SCHEDULE (Note the changes in red):

SESSION 1: FRIDAY DECEMBER 15, 2017:

WARM-UPS: 7:00 AM	MEET STARTS: 8:00 AM	EST. END: 11:07 AM
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SESSION 2: FRIDAY DECEMBER 15, 2017:

WARM-UPS: 4:30 PM	MEET STARTS: 5:30 PM	EST. END: 7:39 PM
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SESSION 3: SATURDAY DECEMBER 16, 2017:

WARM-UPS: 7:00 AM	MEET STARTS: 8:00 AM	EST. END: 1:04 PM
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SESSION 4: SATURDAY DECEMBER 16, 2017:

WARM-UPS: 4:30 PM	MEET STARTS: 5:30 PM	EST. END: 8:00 PM
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SESSION 5: SUNDAY DECEMBER 17, 2017:

WARM-UPS: 7:00 AM	MEET STARTS: 8:00 AM	EST. END: 11:44 AM
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SESSION 6: SUNDAY DECEMBER 17, 2017:

WARM-UPS: 4:30 PM	MEET STARTS: 5:30 PM	EST. END: 7:29 PM
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3. **SESSION 1: FRIDAY DECEMBER 15, 2017 / PRELIM -TIMED FINALS:**

WARM-UPS: 7:00 AM MEET STARTS: 8:00 AM

POSITIVE CHECK-IN: 11 & 12 200 BACKSTROKE / Closes at 7:15 AM
 13-14 & Open 400 IM / Closes at 7:15 AM
 ALL Relays / Closes at 7:30 AM

The 11-12 200 Backstroke will be conducted as Timed Finals with the fastest heat (8 Swimmers), after positive check-in, swimming in the Finals Session.

The 13-14 & Open 400 IM will be conducted as Timed Finals with the fastest heat (8 Swimmers), after positive check-in, swimming in the Finals Session.

ALL Relays will be swum in the Finals Session.

4. **SESSION 2: FRIDAY DECEMBER 15, 2017 / TIMED FINALS – FINALS**

WARM-UPS: 4:30 PM MEET STARTS: 5:30 PM

One Finals Heat in ALL events.

5 minute break after event 8.

5 minute break after event 16

10 minute break after event 24

ALL Relays swim in the Finals Session.

Relay order has been corrected to coincide with the order of the individual events. The relays will be swum 13-14 (Events 39 & 40), then OPEN (Events 41 & 42), then 10 & U (Events 35 & 36) and 11-12 (Events 37 & 38).

5. **SESSION 3: SATURDAY DECEMBER 16, 2017 / PRELIMS AND TIMED FINALS:**

WARM-UPS: 7:00 AM MEET STARTS: 8:00 AM

POSITIVE CHECK-IN: 11 & 12 200 BUTTERFLY / Closes at 7:15 AM
 13-14 & Open 500 FR / Closes at 7:15 AM
 ALL Relays / Closes at 7:30 AM

The 11-12 200 Butterfly will be conducted as Timed Finals with the fastest heat (8 Swimmers), after positive check-in, swimming in the Finals Session.

The 13-14 & Open 500 FR will be conducted as Timed Finals with the fastest heat (8 Swimmers), after positive check-in, swimming in the Finals Session.

All Relays will swim in the Finals session.

6. **SESSION 4: SATURDAY DECEMBER 16, 2017 / TIMED FINALS – FINALS**

WARM-UPS: 4:30 PM MEET STARTS: 5:30 PM

One Finals Heat in ALL events.

5 minute break after event 50

5 minute break after event 58

5 minute break after event 66

5 minute break after event 74

ALL Relays swim in the Finals Session.

7. **SESSION 5: SUNDAY DECEMBER 17, 2017 / PRELIMS AND TIMED FINALS:**

WARM-UPS: 7:00 AM MEET STARTS: 8:00 AM

POSITIVE CHECK-IN: 11 & 12 200 BREASTSTROKE / Closes at 7:15 AM

13-14 & Open 1000 FR / Closes at 7:15 AM

11 & 12 500 FREESTYLE / Closes at 7:15 AM

The 11-12 200 Breaststroke will be conducted as Timed Finals with the fastest heat (8 Swimmers), after positive check-in, swimming in the Finals Session.

The 13-14 & Open 1000 FR will be conducted as Timed Finals with the fastest heat (8 Swimmers), after positive check-in, swimming in the Finals Session.

The 11-12 500 FR will be conducted as Timed Finals with the fastest heat (8 Swimmers), after positive check-in, swimming in the Finals Session.

8. **SESSION 6: SUNDAY DECEMBER 17, 2017 / TIMED FINALS – FINALS**

WARM-UPS: 4:30 PM MEET STARTS: 5:30 PM

One Finals Heat in ALL events.

5 minute break after event 96

10 minute break after event 104

5 minute break after event 112

9. The Maryland Swimming (MSI) scratch rule, found at www.mdswim.org, will be enforced at the meet for all preliminary and finals events. Swimmers qualifying for finals will be disqualified for the remainder of the meet should a swimmer not appear for the finals event. Additionally, swimmers who do not appear for finals event for Sunday will be subject to a \$50 fine per event, payable to Maryland Swimming. For Timed Final / Positive Check-in events a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event. There will be no penalties for scratching a pre-seeded preliminary event.

We are requesting that alternate swimmers scratch through the fourth alternate if they do not intend to return for finals.

10. Each team is required to supply Lane Timers. Those assignments are attached.

11. **WARM-UP LANE ASSIGNMENTS** ARE AN ATTACHMENT TO THIS EMAIL.

WE LOOK FORWARD TO A GREAT MEET!