

NORTH BALTIMORE AQUATIC CLUB
2017 NBAC LONG COURSE CHAMPIONSHIPS MEET
@ THE MEADOWBROOK AQUATIC CLUB
JUNE 9 – 12, 2017

PRE-MEET INFORMATION / REMINDERS

| | | | | |
|----------------|-------------------------|-----------------------|------------------|----------------------|
| Meet Schedule: | Friday June 9, 2017: | Timed Finals | Warmups: 5:00 PM | Meet Starts: 5:45 PM |
| | Saturday June 10, 2017: | Prelims/Timed Finals | Warmups: 6:30 AM | Meet Starts: 8:00 AM |
| | Saturday June 10, 2017: | Finals / Timed Finals | Warmups: 5:00 PM | Meet Starts: 5:45 PM |
| | Sunday June 11, 2017: | Prelims/Timed Finals | Warmups: 6:30 AM | Meet Starts: 8:00 AM |
| | Sunday June 11, 2017: | Finals / Timed Finals | Warmups: 5:00 PM | Meet Starts: 5:45 PM |
| | Monday June 12, 2017: | Prelims/Timed Finals | Warmups: 6:30 AM | Meet Starts: 8:00 AM |
| | Monday June 12, 2017: | Finals / Timed Finals | Warmups: 5:00 PM | Meet Starts: 5:45 PM |

Coaches Meeting: Saturday June 10, 2017 @ 7:30 AM / Each Club should be represented. Location TBD.

| | | |
|--------------------|---|-----------------|
| Positive Check in: | Friday: Open & 13-14 800 Free / 12 & U 400 IM | Due at 5:10 PM |
| | Saturday: 12 & U 200 Backstroke | Due at 7:15 AM |
| | Saturday: Open & 13-14 400 IM | Due at 7:30 AM |
| | Saturday: ALL Relays with relay cards & names | Due at 10:00 AM |
| | Sunday: 12 & U 200 Breaststroke | Due at 7:15 AM |
| | Sunday: Open & 13-14 400 Free | Due at 7:30 AM |
| | Sunday: ALL Relays with relay cards & names | Due at 10:00 AM |
| | Monday: 12 & U 200 Butterfly | Due at 7:15 AM |
| | Monday: Open 1500 Free / 12 & U 400 Free | Due at 7:30 AM |

Relays: ALL Relays swim in the FINALS sessions.

Parking: Please encourage your families to car pool. Parking is tight and those that have come in the past know of the delays getting out of the area due to the number of cars.

Tents: There is plenty of room for tents in the area. Those tents that are set up in the sand area along the side of the pool must be taken down/lowered and moved back against the fence after each session. The pool is open between 1:00 pm and 5:00 pm for the membership.

Trash: Please ask all swimmers and their families to clean up after themselves and make sure your team areas are cleaned up after each session.

Meet Notice: Please review all information contained in the meet notice. NOTE: Any information contained in the Pre-Meet Information supersedes the information in the meet notice.

Friday June 9, 2017: Timed Finals Warmups: 5:00 PM Meet Starts: 5:45 PM

Session 1: (Indoor Pool) Events 5 & 6 12 & U 400 IM Session ends approx. 6:40 PM

Session 2: (Outdoor Pool) Events 1 – 4 Open & 13-14 800 FR Session ends approx. 8:12 PM

The following limits will be made:

Event 1: 13 & 14 M 800 Free – Limited to the Top 20 after positive check-in*

Event 2: 13 & 14 W 800 Free – Limited to the Top 30 after positive check*

Event 3: OPEN M 800 Free – Limited to the Top 50 after positive check*

Event 4: OPEN W 800 Free – Limited to the Top 40 after positive check*

*NOTE: Any swimmer who does not make it into the above events will have the option to swim the event in the indoor pool beginning immediately after the last heat of the girls 12 & under 400 IM.

NOTE: Swimmers must supply their own timers & counters for ALL Friday Session events.

Saturday June 10, 2017: Prelims / Timed Finals Warmups: 6:30 AM Meet Starts: 8:00 AM
Finals / Timed Finals Warmups: 5:00 PM Meet Starts: 5:45 PM

Session 3: (Indoor Pool) Men's events 7 through 33* Session ends approx. 12:49 PM

*NOTE: The Men's 13-14 400 IM (event #35) will be swum in the outdoor pool following the last heat of the Women's 13-14 400 IM

Session 4: (Outdoor Pool) Women's events 8 through 36 Session ends approx. 12:35 AM
And Men's event #35.

Session 5: (Outdoor Pool) Events 9 – 40 / 20 Open Swimmers/10 Swimmers in 13-14, 11-12 & 10 & U
ALL RELAYS SWIM IN THE FINALS SESSION
Session ends approx. 8:10 PM

NOTE: Swimmers must supply their own timers for the 400 IM events in the Prelim Sessions.

Sunday June 11, 2017: Prelims / Timed Finals Warmups: 6:30 AM Meet Starts: 8:00 AM
Finals / Timed Finals Warmups: 5:00 PM Meet Starts: 5:45 PM

Session 6: (Indoor Pool) Men's events 41 through 75* Session ends approx. 12:58 PM

The Following Limits will be made:

Event 75: Open Men's 400 Freestyle – Limited to the TOP 68 after positive check-in.

*Note: Event 77 Men 13-14 400 Freestyle will be swum in the Outdoor Pool following the last heat of the women's 13-14 400 free.

Session 7: (Outdoor Pool) Women's events 42 through 78 Session ends approx. 12:56 PM
And Men's event #77.

The Following Limits will be made:

Event 76: Open Women's 400 Freestyle – Limited to the TOP 70 after positive check-in.

Session 8: (Outdoor Pool) Events 41 – 80 20 Open Swimmers/10 Swimmers in 13-14, 11-12 & 10 & U
ALL RELAYS SWIM IN THE FINALS SESSION
Session ends approx. 8:34 PM

NOTE: Swimmers must supply their own timers and counters for the 400 Free events in the prelims sessions.

Monday June 12, 2017: Prelims / Timed Finals Warmups: 6:30 AM Meet Starts: 8:00 AM
Finals / Timed Finals Warmups: 5:00 PM Meet Starts: 5:45 PM

Session 9: (Indoor Pool) Men's events 83 through 109* Session ends approx. 1:00 PM

The Following Limits will be made:

Event 109: Open Men's 1500 Freestyle – Limited to the TOP 34 after positive check-in.

*NOTE: 11-12 Men's Event 111 will be swum in the Outdoor Pool and will swim immediately after the 11-12 girls 400 free.

Session 10: (Outdoor Pool) Women's events 84 through 112 Session ends approx. 12:48 PM
And Men's event #111.

The Following Limits will be made:

Event 110: Open Women's 1500 Freestyle – Limited to the TOP 40 after positive check-in.

Session 11: Events 83 – 112 20 Open Swimmers (10 for the Open 1500)/10 Swimmers in 13-14, 11-12 & 10 & U
Session ends approx. 7:50 PM

NOTE: Swimmers must supply their own timers and counters for the 1500 free and 400 free events.

This is a huge meet and there is lots of pool to cover, if you have any officials who would like to officiate at the meet and they have not contacted Betsy Coe, please have them contact Betsy at the email below. Thank You!

NBAC thanks all of you for entering the 2017 NBAC LC Championships and we look forward to a great meet with lots of fast times!

Should you have any questions please direct them to anyone of the following:

Will Ruffin, Meet Director: william.b.ruffin@gmail.com

Tom Himes, Meet Entry Director: thimes@nbac.net / coachtom@comcast.net

Betsy Coe, Officials Contact: 01andercoe@gmail.com

Weather Forecast (as of 10:00 am Thursday):

Friday: Partly Sunny / High: 83 / Low: 65

Saturday: Partly Sunny / High: 88 / Low: 70

Sunday: Sunny / High: 94 / Low: 72

Monday: Sunny / High: 95 / Low: 74

2017 NBAC LC CHAMPIONSHIPS INDOOR (BOYS) POOL WARMUP LANE ASSIGNMENTS

FRIDAY TIMED FINALS (12 & U 400 IM SWIMMERS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> |
|-------------------|--------------------------|---------------|---------------|---------------|---------------|---------------|
| 5:00 PM – 5:35 PM | GLSS WAC LAC UN | GBSA DST | YORK JCC | MAC ASC | NBAC | NBAC |

SATURDAY PRELIMS (BOYS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> |
|-------------------|---------------|-------------------|---------------------------|-------------------|--------------------------|----------------------------|
| 6:30 AM – 6:50 AM | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 6:50 AM – 7:20 AM | DST | ASA CAC | NOVA | NCAP NBAC | NBAC | NBAC |
| 7:20 AM – 7:50 AM | YORK MAS | LBA LAC TUS | MAC BAY CBAC KAY | EEX ASC WAC | CGA ACA GLSS UN | GBSA JCC ROCK HFY |

SUNDAY PRELIMS (BOYS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> |
|-------------------|---------------|-------------------|---------------------------|-------------------|--------------------------|----------------------------|
| 6:30 AM – 6:50 AM | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 6:50 AM – 7:20 AM | YORK MAS | LBA LAC TUS | MAC BAY CBAC KAY | EEX ASC WAC | CGA ACA GLSS UN | GBSA JCC ROCK HFY |
| 7:20 AM – 7:50 AM | DST | ASA CAC | NOVA | NCAP NBAC | NBAC | NBAC |

MONDAY PRELIMS (BOYS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> |
|-------------------|---------------|-------------------|---------------------------|-------------------|--------------------------|----------------------------|
| 6:30 AM – 6:50 AM | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 6:50 AM – 7:20 AM | DST | ASA CAC | NOVA | NCAP NBAC | NBAC | NBAC |
| 7:20 AM – 7:50 AM | YORK MAS | LBA LAC TUS | MAC BAY CBAC KAY | EEX ASC WAC | CGA ACA GLSS UN | GBSA JCC ROCK HFY |

SATURDAY, SUNDAY, MONDAY FINALS (ALL SWIMMERS)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> |
|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 5:00 PM – END OF SESSION | OPEN | OPEN | OPEN | xxxxxx | xxxxxx | xxxxxx |

2017 NBAC LC CHAMPIONSHIPS OUTDOOR POOL WARMUP LANE ASSIGNMENTS

FRIDAY TIMED FINALS (800 FREE SWIMMERS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> | <u>LANE 7</u> | <u>LANE 8</u> | <u>LANE 9</u> | <u>LANE 10</u> | <u>LANE X</u> |
|-------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|
| 5:00 PM – 5:35 PM | YORK | YORK | GBSA | GLSS | LBA | DST | MAC | NBAC | NBAC | NBAC | NBAC |
| | EEX | | ASA | LAC | CGA | PWAC | | | | | |
| | HFY | | JCC | WAC | CBAC | NCAP | | | | | |
| | | | TUS | | | | | | | | |

SATURDAY PRELIMS (GIRLS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> | <u>LANE 7</u> | <u>LANE 8</u> | <u>LANE 9</u> | <u>LANE 10</u> | <u>LANE X</u> |
|-------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|
| 6:30 AM – 6:50 AM | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | |
| 6:50 AM – 7:20 AM | YORK | YORK | ASC | MAC | MAC | GLSS | EEX | ACA | GBSA | WAC | OPEN |
| | JCC | | CGA | LBA | | LESD | CBAC | GMAC | HFY | MAS | |
| | | | | | | TUS | ROCK | LAC | PWAC | BCSC | |
| | | | | | | | KAY | | | | |
| 7:20 AM – 7:50 AM | ASA | DST | DST | NOVA | NOVA | NCAP | NBAC | NBAC | NBAC | NBAC | NBAC |
| | | | | CAC | | NBAC | | | | | |

SUNDAY PRELIMS (GIRLS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> | <u>LANE 7</u> | <u>LANE 8</u> | <u>LANE 9</u> | <u>LANE 10</u> | <u>LANE X</u> |
|-------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|
| 6:30 AM – 6:50 AM | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 6:50 AM – 7:20 AM | ASA | DST | DST | NOVA | NOVA | NCAP | NBAC | NBAC | NBAC | NBAC | NBAC |
| | | | | CAC | | NBAC | | | | | |
| 7:20 AM – 7:50 AM | YORK | YORK | ASC | MAC | MAC | GLSS | EEX | ACA | GBSA | WAC | OPEN |
| | JCC | | CGA | LBA | | LESD | CBAC | GMAC | HFY | MAS | |
| | | | | | | TUS | ROCK | LAC | PWAC | BCSC | |
| | | | | | | | KAY | | | | |

MONDAY PRELIMS (GIRLS ONLY)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> | <u>LANE 7</u> | <u>LANE 8</u> | <u>LANE 9</u> | <u>LANE 10</u> | <u>LANE X</u> |
|-------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|
| 6:30 AM – 6:50 AM | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 6:50 AM – 7:20 AM | YORK | YORK | ASC | MAC | MAC | GLSS | EEX | ACA | GBSA | WAC | OPEN |
| | JCC | | CGA | LBA | | LESD | CBAC | GMAC | HFY | MAS | |
| | | | | | | TUS | ROCK | LAC | PWAC | BCSC | |
| | | | | | | | KAY | | | | |
| 7:20 AM – 7:50 AM | ASA | DST | DST | NOVA | NOVA | NCAP | NBAC | NBAC | NBAC | NBAC | NBAC |
| | | | | CAC | | NBAC | | | | | |

SATURDAY, SUNDAY, MONDAY FINALS (ALL SWIMMERS)

| | <u>LANE 1</u> | <u>LANE 2</u> | <u>LANE 3</u> | <u>LANE 4</u> | <u>LANE 5</u> | <u>LANE 6</u> | <u>LANE 7</u> | <u>LANE 8</u> | <u>LANE 9</u> | <u>LANE 10</u> | <u>LANE X</u> |
|-------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|
| 5:00 PM – 5:25 PM | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 5:25 PM – 5:40 PM | SPRINT | SPRINT | SPRINT | SPRINT | OPEN | OPEN | OPEN | OPEN | PACE | PACE | OPEN |