

NORTH BALTIMORE AQUATIC CLUB

2017 NBAC SPRING LONG COURSE INVITATIONAL

Hosted by NORTH BALTIMORE AQUATIC CLUB

MAY 19 – 21, 2017

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ST. MARY'S COLLEGE OF MARYLAND

AQUATIC CENTER AT THE MICHAEL P. O'BRIEN ATHLETICS AND RECREATION CENTER

18952 E. FISHER ROAD

ST. MARY'S CITY, MARYLAND 20686

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

Sanction #MD16/17 – 037

ENTRY DEADLINE: THURSDAY MAY 4, 2017 @ 6:00 PM

ENTRY FEE DEADLINE: SATURDAY MAY 13, 2017 @ 6:00 PM

THIS IS AN INVITATIONAL MEET.

The meet is open to ALL USA SWIMMING registered teams and swimmers. Teams will be accepted on a first come first served basis with a limit of 500 swimmers accepted into the meet. Please contact the MEET ENTRY DIRECTOR, Tom Himes (coachtom@comcast.net) in order to receive an invitation.

Please also include the number of swimmers you would like to bring.

MEET DIRECTOR WILLIAM RUFFIN William.b.ruffin@gmail.com	MEET ENTRY COORDINATOR TOM HIMES C/O MEADOWBROOK AQUATIC CENTER 5700 COTTONWORTH AVENUE BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE BETSY COE 01andercoe@gmail.com	MEET MARSHALL ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT BETSY COE 01andercoe@gmail.com	ADMIN OFFICIAL LAUREN MCCOMAS / SHAWN HURLEY

FACILITY

St. Mary's College features an indoor eight lane 50 meter pool, non-turbulent lane lines and continuous flow through gutters. In addition there is an adjacent 7 lane 25 yard pool also available for continuous war-up / warm-down.

The competition course has not been certified in accordance with 104.2.2c(4). The minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". The facility has fully automatic timing (Daktronics Omni Sport 2000), touchpads, scoreboard and horn start.

ALL swimmers and spectators attending this meet are guests of the St. Mary's College of Maryland and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

Chairs are not permitted in the stands. Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

MEET FORMAT

The Friday Evening session will consist of the 800 Free for girls and the 1500 Free for boys alternating fastest to slowest, the 10 & U 400 Free alternating girls and boys and the 11-12 400 Free alternating girls and boys.

Saturday & Sunday will be conducted as a Trials & Finals Meet for the OPEN age group. The Open age group will have an A, B, C & D finals for each event. Top 24 swimmers from prelims will comprise the A, B, C finals while the D final will be for the remaining TOP 14 & U swimmers, if less than a full heat 15-16 year olds, then 17 & O will be used to fill out the heat.

There will be a Timed Finals session in the afternoon for 13-14, 11-12 and 10 & U age groups on Saturday & Sunday.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswwim.org and www.nbac.net for any changes to warmup and start times.

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

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	FRIDAY	3:30 PM	4:30 PM	OPEN
2	SATURDAY	7:00 AM	8:00 AM	OPEN
3	SATURDAY	12:00 NOON	1:00 PM	13-14, 11-12, 10&U
4	SATURDAY	5:00 PM	5:45 PM	OPEN
5	SUNDAY	7:00 AM	8:00 AM	OPEN
6	SUNDAY	12:00 NOON	1:00 PM	13-14, 11-12, 10&U
7	SUNDAY	5:00 PM	5:45 PM	OPEN

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday May 4, 2017	6:00 PM	ENTRY DEADLINE
Saturday May 13, 2017	6:00 PM	ENTRY FEE DEADLINE
Friday May 19, 2017	4:15 PM	Officials Briefings
SA, SU May 20-21, 2017	7:15 AM	Officials Briefings
SA, SU May 20-21, 2017	12:15 PM	Officials Briefings
SA, SU May 20-21, 2017	5:00 PM	Officials Briefing
Saturday May 20, 2017	7:30 AM	Coaches Meeting / If Needed
Saturday May 20, 2017	12:30 PM	Coaches Meeting / If Needed

SAFETY

The 2017 MSI warm-up and safety guidelines shall be in effect for the meet. Those guidelines may be accessed through the MSI website (mdswim.org). 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 the non-competition warm-up area. No other equipment will be allowed.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. 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. Maryland LSC Rules shall also apply.

No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing and administrative staff assisting with the conduct of the meet.

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) anytime athletes, coaches, officials and or/spectators are present. (USA Swimming Rule 103.13/M/Drones)

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.

Videotaping or picture taking, on deck by meet volunteers will not be permitted. Volunteers wishing to tape or photograph their swimmer shall do so from the spectator stands. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.

The practice of Deck Changing is prohibited. Swimmer's must use locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing will be in violation of the USA swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.

ELIGIBILITY

Open to ALL 2017 USA Swimming Inc. registered swimmers of the Invited Teams, who meet the published qualifying times. Swimmers must be registered prior to entry deadline. Per MSI rules any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. 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.

No Times (NT) will not be accepted.

Age as of May 19, 2017 shall apply for the entire meet.

SWIMMERS WITH DISABILITIES

NBAC 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 NBAC's ability to accommodate all requests.

ENTRY LIMITATIONS

OPEN Session swimmers are limited to 7 Individual Events, for the meet, not to exceed 3 individual events per day.

14 & U Timed Finals Sessions swimmers are limited to 9 Individual Events for the entire meet, not to exceed 4 individual events per day.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

The following events will be limited unless time permits. If a swimmer is cut from one of these events no substitute event will be permitted.

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

We reserve the right to change the warmup and start times.

ENTRIES

ALL entries should be submitted via email (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).

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Thursday May 4, 2017 at 6:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Saturday May 13, 2017 at 6:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Saturday May 13, 2017 at 6:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

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 Thursday May 4, 2017 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Saturday May 13, 2017 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Saturday May 13, 2017 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

ENTRY FEES

Make checks payable to: NORTH BALTIMORE AQUATIC CLUB	
INDIVIDUAL ENTRY	\$7.50 PER INDIVIDUAL EVENT
SWIMMER SURCHARGE	\$10.00 PER SWIMMER
MARYLAND SURCHARGE	\$2.00 PER SWIMMER
PAPER INDIVIDUAL ENTRY	\$10.00 PER INDIVIDUAL EVENT

Entry Fees should be sent to:

North Baltimore Aquatic Club
 c/o Meadowbrook Aquatic Center
 ATTN: Tom Himes
 5700 Cottonworth Avenue
 Baltimore, Maryland 21209

SEEDING

Entry times may be submitted in LCM or SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Non-conforming times (SCY) will be seeded last. Converted times or no time entries will not be accepted.

CHECK-IN

The following events require positive check-in:

- Open 800 free & Open 1500 Free / Closes at 4:15 pm on Friday
- 10 & U 400 Free & 11-12 400 Free / Closes at 4:15 pm on Friday
- Open 400 IM / Closes at 7:30 am on Saturday
- 13-14 & 11-12 400 IM / Closes at 12:15 pm on Saturday
- Open 500 FR / Closes at 7:30 am on Sunday
- 13-14 / Closes at 12:15 pm on Saturday

Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCRATCHES

The Maryland Swimming (MSI) scratch rule, found at www.mdswim.org, will be enforced at the meet for all preliminary and finals events. 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.

SCORING

No Team Scoring will be kept.

AWARDS

FAST TIMES! BEST TIMES!

RESULTS

Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be posted on the NBAC and MSI's website within 48 hours of the meet's conclusion.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall display their registration cards at all times while on deck. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

OFFICIALS

There will be a need for officials. NBAC 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. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

Officials wishing to volunteer should contact the officials contact listed on the front page of this announcement or use the following link:

<http://goo.gl/forms/3ivU7e2m6n>

TIMERS

Teams/Swimmers will supply their own timers for the Friday evening session. All teams attending will be assigned lanes to time based on number of swimmers attending. Watches & clipboards will be provided

**HOSPITALITY/
CONCESSIONS**

TBD

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. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area and should be monitored by each teams coaching staff.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. NBAC, St. Mary's College, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

2017 NBAC SPRING LONG COURSE INVITATIONAL

FRIDAY MAY 19, 2017

ORDER OF EVENTS

FRIDAY MAY 19, 2017

SESSION 1 – TIMED FINALS

Warm-up: 3:30 PM Meet Start: 4:30 PM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
11:21.19	10:08.99	1	OPEN 800 FREE			
			OPEN 1500 FREE	2	18:11.69	17:44.09
6:27.99	5:50.19	3	10 & U 400 FREE	4	5:44.59	6:20.79
5:52.49	5:15.39	5	11 – 12 400 FREE	6	5:08.49	5:42.79

NOTE: Positive check-in for ALL FRIDAY EVENTS (1-6) closes at 4:15 pm

NOTE: EVENTS 1 AND 2 WILL BE SEEDED FASTEST TO SLOWEST AND ALTERNATE 800 HEAT THEN A 1500 HEAT, ETC.

EVENTS 3 AND 4 WILL BE SEEDED FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS.

EVENTS 5 AND 6 WILL BE SEEDED FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS.

ENTRY LIMITS: ALL Friday events may be limited to the TOP 32 entry times should the timeline exceed 3.5 hours.

NOTE: Swimmers must supply their own timers and counters for Events 1 – 6 (Friday Evening).

SATURDAY MAY 20, 2017
SESSION 2 – SATURDAY AM PRELIMS

Warm-up: 7:00 AM Meet Start: 8:00 AM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:20.09	2:42.09	7	OPEN 200 BACK	8	2:28.89	2:08.49
1:14.49	1:25.39	9	OPEN 100 BREAST	10	1:16.99	1:06.49
2:08.49	2:26.49	11	OPEN 200 FREE	12	2:14.89	1:57.69
1:04.59	1:13.39	13	OPEN 100 FLY	14	1:06.29	58.59
27.49	31.19	15	OPEN 50 FREE	16	27.89	24.79
4:53.69	5:35.09	17	OPEN 400 IM	18	5:22.59	4:30.29

NOTE: Positive check-in for the Open 400 IM closes at 7:30 am

NOTE: TOP 32 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

TOP 24 FASTEST PRELIM TIMES WILL COMPRISE THE A,B,C FINALS

TOP 8 REMAINING 14 & U (15-16 yr olds, then 17 & O if needed to fill out the heat) SWIMMERS WILL
 COMPRISE THE D FINALS

SATURDAY MAY 20, 2017
SESSION 3 – SATURDAY PM TIMED FINALS

Warm-up: 12:00 NOON Meet Start: 1:00 PM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:31.39	2:55.59	19	11 - 14 200 BACK	20	2:52.19	2:27.99
1:18.49	1:31.09	21	11 – 12 100 BACK	22	1:29.09	1:15.79
1:30.69	1:45.99	23	10 & U 100 BACK	24	1:43.59	1:29.69
1:22.39	1:34.99	25	13 – 14 100 BREAST	26	1:28.09	1:15.59
39.99	45.49	27	11 – 12 50 BREAST	28	45.39	39.59
47.49	53.99	29	10 & U 50 BREAST	30	53.29	46.59
2:22.19	2:42.59	31	13 – 14 200 FREE	32	2:32.29	2:07.49
2:29.69	2:50.39	33	11 – 12 200 FREE	34	2:45.19	2:24.59
2:57.39	3:20.99	35	10 & U 200 FREE	36	3:12.09	2:47.99
1:09.99	1:21.09	37	13 – 14 100 FLY	38	1:15.49	1:11.39
34.09	38.29	39	11 – 12 50 FLY	40	38.69	34.19
41.79	47.29	41	10 & U 50 FLY	42	45.99	40.49
30.29	34.59	43	13 – 14 50 FREE	44	31.99	27.89
31.49	35.79	45	11 – 12 50 FREE	46	34.69	30.29
35.19	39.89	47	10 & U 50 FREE	48	39.49	34.49
5:13.59	5:57.79	49	13 - 14 400 IM	50	5:36.59	4:52.99
5:29.29	6:16.89	51	11 - 12 400 IM	52	6:08.69	5:19.79

NOTE: Positive check-in for the 13-14 & 11-12 400 IM closes at 12:15 pm

SATURDAY MAY 20, 2017
SESSION 4 – SATURDAY FINALS

Warm-up: 5:00 PM Meet Start: 5:45 PM

GIRLS	Event	BOYS
7	OPEN 200 BACK	8
9	OPEN 100 BREAST	10
11	OPEN 200 FREE	12
13	OPEN 100 FLY	14
15	OPEN 50 FREE	16
17	OPEN 400 IM	18

SUNDAY MAY 21, 2017
SESSION 5 – SUNDAY AM PRELIMS

Warm-up: 7:00 AM Meet Start: 8:00 AM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:24.19	2:45.89	53	OPEN 200 IM	54	2:31.39	2:10.89
59.59	1:07.99	55	OPEN 100 FREE	56	1:01.89	53.89
2:22.89	2:41.39	57	OPEN 200 FLY	58	2:27.99	2:09.79
1:04.69	1:15.69	59	OPEN 100 BACK	60	1:08.89	58.59
2:41.29	3:03.59	61	OPEN 200 BREAST	62	2:48.39	2:24.59
5:29.09	4:54.49	63	OPEN 400 FREE	64	4:34.19	5:06.09

NOTE: Positive check-in for the Open 400 IM closes at 7:30 am

NOTE: TOP 32 FROM PRELIM RESULTS QUALIFY FOR FINALS IN ALL EVENTS

TOP 24 FASTEST PRELIM TIMES WILL COMPRISE THE A,B,C FINALS

TOP 8 REMAINING 14 & U (15-16 yr olds, then 17 & O if needed to fill out the heat) SWIMMERS WILL
 COMPRISE THE D FINALS

SUNDAY MAY 21, 2017
SESSION 6 – SUNDAY PM TIMED FINALS

Warm-up: 12:00 NOON Meet Start: 1:00 PM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:39.19	3:03.39	65	13 – 14 200 IM	66	2:51.99	2:28.59
2:47.79	3:11.49	67	11 – 12 200 IM	68	3:09.29	2:44.19
3:15.59	3:43.19	69	10 & U 200 IM	70	3:40.79	3:13.19
1:05.79	1:15.39	71	13 – 14 100 FREE	72	1:09.99	1:00.89
1:08.29	1:18.49	73	11 – 12 100 FREE	74	1:15.69	1:05.89
1:19.99	1:31.49	75	10 & U 100 FREE	76	1:30.29	1:18.79
2:25.79	2:55.59	77	11 - 14 200 FLY	78	2:53.19	2:31.39
1:18.29	1:28.49	79	11 – 12 100 FLY	80	1:26.29	1:16.49
1:39.09	1:52.99	81	10 & U 100 FLY	82	1:51.39	1:37.99
1:11.69	1:23.59	83	13 – 14 100 BACK	84	1:18.29	1:06.89
35.59	41.19	85	11 – 12 50 BACK	86	40.89	35.29
41.89	48.89	87	10 & U 50 BACK	88	49.19	42.39
2:54.09	3:19.49	89	11 - 14 200 BREAST	90	3:12.59	2:47.09
1:27.39	1:41.39	91	11 – 12 100 BREAST	92	1:38.49	1:25.49
1:44.99	2:01.49	93	10 & U 100 BREAST	94	1:57.69	1:41.89
5:50.89	5:14.69	95	13 - 14 400 FREE	96	4:59.19	5:31.39

NOTE: Positive check-in for the 13-14 400 FREE closes at 12:15 pm

SUNDAY MAY 21, 2017
SESSION 7 – SUNDAY FINALS

Warm-up: 5:00 PM Meet Start: 5:45 PM

GIRLS	Event	BOYS
53	OPEN 200 IM	54
55	OPEN 100 FREE	56
57	OPEN 200 FLY	58
59	OPEN 100 BACK	60
61	OPEN 200 BREAST	62
63	OPEN 400 FREE	64

2017 NBAC SPRING LONG COURSE INVITATIONAL

ENTRY SUMMARY / RELEASE FORM

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

NORTH BALTIMORE AQUATIC CLUB
C/O MEADOWBROOK AQUATIC CENTER

ATTN: Tom Himes

5700 Cottonworth Avenue
Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
INDIVIDUAL ENTRIES		\$7.50 PER EVENT	
MD LSC SURCHARGE		\$2.00 PER SWIMMER	
PER SWIMMER SURCHARGE		\$10.00 PER SWIMMER	
PAPER INDIVIDUAL ENTRIES		\$10.00 PER EVENT	
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