



**2023 CAC 3rd Annual Zachary Spain Memorial**

**B & Slower Swim Meet**

Hosted by **Calvert Aquatics Club**

November 10-12, 2023

Held at **Edward T. Hall Aquatic Center, 130 Auto Dr, Prince Frederick, MD 20678**

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

Sanction # MDSI 23/24-016

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the Maryland Swimming Code of Conduct ([www.mds swim.org](http://www.mds swim.org)) will govern this meet.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Natika White <a href="mailto:meetdir@calvertaquaticsclub.org">meetdir@calvertaquaticsclub.org</a>	Jeff Rivas <a href="mailto:meetentries@calvertaquaticsclub.org">meetentries@calvertaquaticsclub.org</a>
Meet Referee	USA Swimming Registered Operational Risk Director
Robert Kwong <a href="mailto:kkwong001@hotmail.com">kkwong001@hotmail.com</a>	Jana Post 301-536-8499 <a href="mailto:jpost@calvertaquaticsclub.org">jpost@calvertaquaticsclub.org</a>
Officials Contact	Administrative Official
Robert Kwong <a href="mailto:kkwong001@hotmail.com">kkwong001@hotmail.com</a> Official's Sign-Up Link: <a href="#">Sign-Up</a>	Jeff Rivas Ted Lemieux Amber Bryant <a href="mailto:cacao@calvertaquaticsclub.org">cacao@calvertaquaticsclub.org</a>



Deadline and Meeting Summary		
Weds, Nov 1st, 2023	5:00 PM	Entry Deadline
Fri, Nov 10, 2023	5:00 PM	Entry Fee Deadline
Friday, Nov 10, 2023	4:00 PM	Warm-Ups
	4:20 PM	Positive Check-In Deadline
	5:00 PM	Meet Start
Sat/Sun Nov 11/12, 2023 Sessions 2 & 4	7:00 AM	Warm-Ups
	8:00 AM	Meet Start
Sat/Sun Nov 11/12, 2023 Sessions 3 & 5	12:00 PM	Warm-Ups
	1:00 PM	Meet Start
All Sessions	60 min prior to each session start	Coaches Meeting
All Sessions	45 minutes prior to each session start	Officials' Briefing Breakroom
All Sessions	30 minutes prior to each session start	Timers' Briefing Hallway outside of Breakroom
Facility Information		
Facility Address	Edward T. Hall Aquatic Center 130 Auto Drive Prince Frederick MD 20678 <a href="#">Edward T Hall Aquatic Center Directions</a>	
Pool Information	The Edward T. Hall Aquatic facility features an indoor ten (10) lanes 25 yards pool, with non-turbulent lane lines and continuous flow through gutters. <ul style="list-style-type: none"> <li>Competition Pool:               <ul style="list-style-type: none"> <li>25-yard lanes</li> <li>Competition lanes are a minimum of 8' wide.</li> <li>Water depth is 8.6ft to 13ft.</li> </ul> </li> <li>The competition course has not been certified in accordance with 104.2.2C(4).</li> <li>The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down.</li> <li>Colorado electric timing system with touchpads</li> </ul>	



Facility Information	<ul style="list-style-type: none"> <li>• All swimmers and meet personnel on deck must have credentials to be on deck.</li> <li>• Locker rooms are located in the hallway adjacent to the pool area and will be clearly marked. No adults will be allowed in these locker rooms.</li> <li>• Restrooms for spectators and volunteers are located in the main lobby.</li> <li>•</li> </ul>
Medical Assistance and Supervision	The facility provides Red Cross Certified lifeguard staffing, EMS via quick call, On-Site AED, Plastic Rescue Backboard Kits, and First Aid Care on/off the deck.
Parking	Parking is authorized in designated parking spaces only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing
Hospitality	There will be a hospitality area open to all coaches and officials in the breakroom on the lower level.
Concessions	Refreshments will be available at the concession stand located on the left after the entrance to the facility.
Vendor	N/A

Meet Fees: Checks payable to <b>Calvert Aquatics Club</b>	
Athlete Surcharge	\$20.00 per swimmer
Individual Event Fee	\$8.00 per event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> <li>• The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc.</li> <li>• 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. MDSI Rules shall also apply.</li> <li>• USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> <li>• All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition.</li> <li>• Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.</li> </ul>



	<ul style="list-style-type: none"> <li>• 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, marshal and administrative staff assisting with the conduct of the meet.</li> <li>• There will be no penalty for scratching pre-seeded events at the block for non-positive check-in events.</li> <li>• In the 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.</li> <li>• Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.</li> <li>• Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.</li> <li>• 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.</li> <li>• Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. 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 MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.</li> <li>• Deck changes are prohibited. 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.</li> <li>• Tech Suits are banned for all 12 &amp; Under swimmers (USA Swimming Rule 102.8.1.F).</li> <li>• Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.</li> </ul>
Safety	<ul style="list-style-type: none"> <li>• The Maryland Swimming, Inc. safety program is in effect for this meet.</li> <li>• All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>• No running or horseplay will be tolerated.</li> <li>• Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.</li> </ul>
Racing Starts	<ul style="list-style-type: none"> <li>• 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.</li> </ul>



	<ul style="list-style-type: none"> <li>When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> </ul>
Health Guidelines	<ul style="list-style-type: none"> <li>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.</li> <li>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 must be cleared, by the Meet Referee, prior to returning to competition.</li> </ul>
Deck Access	<ul style="list-style-type: none"> <li>There will be a check-in process for all coaches, officials, and approved meet staff.</li> <li>The check-in table will be located main facility entrance area.</li> <li>Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team.</li> <li>No one without proper clearance may be allowed in the competition areas without approval of the meet host.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>There will be a need for officials. Calver Aquatics Club 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.</li> <li>The Maryland Swimming Officials uniform policies, available at <a href="http://www.mdswim.org">www.mdswim.org</a>, shall apply to this meet.</li> <li>Official briefings will be held at the date and time listed in the Deadline and Meeting Summary.</li> <li><a href="#">Sign-up link</a></li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.</li> </ul>

Meet Information	
Format	<ul style="list-style-type: none"> <li>This is a Timed Finals Age-Group swim meet.</li> <li>Session 1 on Friday night will be swum fastest to slowest and will be Positive Check-in. All other events in the meet will be swum slowest to fastest.</li> <li>POSITIVE CHECK-INS: (located at the start end of the pool near the announcer's table) Session 1 – Positive check-ins will close at 4:20 PM on Friday, November 10.</li> <li>Events 1 &amp; 2 (400IM) Each swimmer will need to provide their own timer.</li> <li>Events 3 &amp; 4 (500 Free) Each swimmer will need to provide their own timer and counter.</li> </ul>



	<ul style="list-style-type: none"> <li>• Events 5 &amp; 6 (1650 Free) Each swimmer will need to provide their own timer and counter.</li> <li>• Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. The order of events may not be changed.</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• All swimmers must be registered with USA Swimming, Inc.</li> <li>• Swimmers must be registered prior to the entry deadline.</li> <li>• There will be no on-deck registration available at this meet.</li> <li>• A swimmer's age on the first day of the meet will determine their age for the entire meet.</li> <li>• Open to all <b>10 &amp; U, 11-12, 13-14, 15 &amp; O</b> USA registered swimmers.</li> <li>• The time standards are B and slower 2021-2024 SCY times.</li> <li>• 15/16-time standards will apply to the 15 &amp; Over and Open event</li> </ul>
Swimmers with Disabilities	<ul style="list-style-type: none"> <li>• Calvert Aquatics Club welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.</li> <li>• Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals.</li> <li>• Failure to provide advance notice may limit the ability to accommodate all requests.</li> </ul>
Entry Procedures	<ul style="list-style-type: none"> <li>• Entry deadline is Nov. 1<sup>st</sup>, 2023 at 5:00 PM</li> <li>• The conforming time standard will be (SCY) times.</li> <li>• Non-conforming times will be accepted.</li> <li>• Converted times will be accepted.</li> <li>• A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline.</li> <li>• The host team's entries shall be processed first, then entries will be processed in the order in which they were received until the timeline limit is reached. Entries thereafter shall be returned immediately.</li> <li>• There will not be deck entries allowed.</li> <li>• Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.</li> <li>• No time (NT) entries are acceptable; expected estimate times are encouraged instead of NT.</li> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 4 individual events, 1 relay event per session for a total of 8 individual events, and 2 relay events for this meet.</li> </ul>
Entry Verification	<ul style="list-style-type: none"> <li>• An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.</li> </ul>



<b>Meet Procedures</b>	
Seeding	<ul style="list-style-type: none"> <li>• The conforming time standard for this meet is short course yards.</li> <li>• Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.</li> <li>• If applicable: All non-conforming times will be seeded last.</li> </ul>
Positive Check-in	<ul style="list-style-type: none"> <li>• A positive check-in, located at the admin table near the starting end of the pool will be required for the following events:</li> <li>• Open 400 IM</li> <li>• Open 500 Free</li> <li>• Open 1650 Free</li> <li>• Check-in deadlines for events will be as stated in the Deadline and Meeting Summary.</li> </ul>
Scoring	<ul style="list-style-type: none"> <li>• There will be no team or individual scores kept for this meet.</li> </ul>
Awards	<ul style="list-style-type: none"> <li>• Individual Events: Ribbons 1st through 8th for 12 and younger swimmers.</li> </ul>
Warm-Ups	<ul style="list-style-type: none"> <li>• The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue.</li> <li>• Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.</li> </ul>
Results	<ul style="list-style-type: none"> <li>• Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet.</li> <li>• Results will also be actively posted on Meet Mobile App</li> </ul>



## Order of Events & Qualifying Times

**\*\*All Swimmers must be entered with "B" & Slower SCY times\*\***

Session 1		
Friday, November 10 <sup>th</sup> , 2023		
Warm-up: 4 PM		Session Start: 5 PM
#	Event	#
1	OPEN 400 IM	2
3	OPEN 500 FREE	4
5	OPEN 1650 FREE	6

**\*\*All Swimmers must be entered with "B" & Slower SCY times\*\***

Session 2		
Saturday, November 11 <sup>th</sup> , 2023		
Warm-up: 7 AM		Session Start: 8 AM
#	Event	#
7	12 & U 200 Back	8
9	11-12 50 Free	10
11	10 & U 50 Free	12
13	11-12 100 Fly	14
15	10 & U 100 Fly	16
17	11-12 50 Breast	18
19	10 & U 50 Breast	20
21	11-12 100 Back	22
23	10 & U 100 Back	24
25	11-12 100 IM	26
27	10 & U 100 IM	28
29	12 & U 200 Breast	30





**\*\*All Swimmers must be entered with "B" & Slower SCY times\*\***

Session 3		
Saturday, November 11 <sup>th</sup> , 2023		
Warm-up: 12 PM		Session Start: 1 PM
#	Event	#
31	15 & O 200 IM	32
33	13-14 200 IM	34
35	15 & O 100 Free	36
37	13-14 100 Free	38
39	15 & O 200 Fly	40
41	13-14 200 Fly	42
43	15 & O 100 Breast	44
45	13-14 100 Breast	46
47	15 & O 200 Back	48
49	13-14 200 Back	50

**\*\*All Swimmers must be entered with "B" & Slower SCY times\*\***

Session 4		
Sunday, November 12 <sup>th</sup> , 2023		
Warm-up: 7 AM		Session Start: 8 AM
#	Event	#
51	11-12 200 IM	52
53	10 & U 200 IM	54
55	11-12 100 Free	56
57	10 & U 100 Free	58
59	11-12 50 Fly	60
61	10 & U 50 Fly	62
63	11-12 100 Breast	64
65	10 & U 100 Breast	66
67	11-12 50 Back	68
69	10 & U 50 Back	70
71	11-12 200 Free	72
73	10 & U 200 Free	74
75	12 & U 200 Fly	76



**\*\*All Swimmers must be entered with "B" & Slower SCY times\*\***

Session 5		
Sunday, November 12 <sup>th</sup> , 2023		
Warm-up: 12 PM		Session Start: 1 PM
#	Event	#
77	15 & O 50 Free	78
79	13-14 50 Free	80
81	15 & O 100 Fly	82
83	13-14 100 Fly	84
85	15 & O 200 Breast	86
87	13-14 200 Breast	88
89	15 & O 100 Back	90
91	13-14 100 Back	92
93	15 & O 200 Free	94
95	13-14 200 Free	96



## 2023 CAC 3<sup>rd</sup> Annual Zachary Spain Memorial B & Slower Swim Meet

Hosted by **Calvert Aquatics Club**

Summary of Fees/Release Form

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

**Calvert Aquatics Club**

**ATTN: Jeff Rivas**

**136 West Dares Beach Road #125**

**Prince Frederick, MD, 20678**

**Email to: [cacmeet@calvertaquaticsclub.org](mailto:cacmeet@calvertaquaticsclub.org)**

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	

Item	Total Number	Cost Per	Total
Individual Entries		\$8.00 per event	
Swimmer Surcharge		\$20.00 per 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. Calvert Aquatics Club, Edward T. Hall Aquatics Center, 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.

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**SIGNATURE (Coach or Club Representative)**

**CLUB**

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**TITLE**

**DATE**