



2023 CAC September to Remember 10 & U Swim Meet

Hosted by **Calvert Aquatics Club**

September 23 & 24, 2023

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

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction # MDSI 23\24-002

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.mdswim.org) will govern this meet.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Natika White meetdir@calvertaquaticsclub.org	Jeff Rivas meetentries@calvertaquaticsclub.org
Meet Referee	USA Swimming Registered Operational Risk Director
Satoshi Katsumoto katsus@gmail.com Penelope Michaels cbacmeetref@gmail.com	Jana Post 301-536-8499 jpost@calvertaquaticsclub.org
Officials Contact	Administrative Official
Satoshi Katsumoto katsus@gmail.com Meet Official's Sign-Up Link: Sign-Up	Jeff Rivas Ted Lemieux Amber Bryant cacao@calvertaquaticsclub.org

Deadline and Meeting Summary		
Weds, Sept 13 th , 2023	5:00 PM	Entry Deadline
Sat/Sun, Sept 23/24, 2023	60 min prior to session start	Coaches Meeting
Sat/Sun, Sept 23/24, 2023	45 minutes prior to session start	Officials' Briefing Breakroom
Sat/Sun, Sept 23/24, 2023	30 minutes prior to session start	Timers' Briefing Hallway outside of Breakroom

Facility Information	
Facility Address	Edward T. Hall Aquatic Center 130 Auto Drive Prince Frederick MD 20678 Edward T Hall Aquatic Center Directions
Pool Information	<p>The Edward T. Hall Aquatic facility features an indoor eight (8) lanes 25 yards pool, with non-turbulent lane lines and continuous flow through gutters.</p> <ul style="list-style-type: none"> Competition Pool: <ul style="list-style-type: none"> 25-yard lanes Competition lanes are a minimum of 8' wide. Water depth is 8.6ft to 13ft. The competition course has not been certified in accordance with 104.2.2C(4). 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. Colorado electric timing system with touchpads
Facility Information	<ul style="list-style-type: none"> All swimmers and meet personnel on deck must have credentials to be on deck. 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. Restrooms for spectators and volunteers are located in the main lobby.
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 Calvert Aquatics Club	
Athlete Surcharge	\$20.00 per swimmer
Individual Event Fee	\$8.00 per event entry
Relay Event Fee	\$20.00 per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> 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

	<p>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.</p> <ul style="list-style-type: none"> • 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. • USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet. • 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. • 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. • 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. • There will be no penalty for scratching pre-seeded events at the block. • 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. • 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. • 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. • 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. • 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. • Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F). • Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
Safety	<ul style="list-style-type: none"> • The Maryland Swimming, Inc. safety program is in effect for this meet.

	<ul style="list-style-type: none"> • 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. • No running or horseplay will be tolerated. • Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	<ul style="list-style-type: none"> • 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 unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Health Guidelines	<ul style="list-style-type: none"> • 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 must be cleared, by the Meet Referee, prior to returning to competition.
Deck Access	<ul style="list-style-type: none"> • There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be located main facility entrance area. • 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. • No one without proper clearance may be allowed in the competition areas without approval of the meet host.
Officials	<ul style="list-style-type: none"> • There will be a need for officials. Calvert 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. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held at the date and time listed in the Deadline and Meeting Summary. • Sign-up link
Volunteers	<ul style="list-style-type: none"> • Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.

Meet Information	
Format	<ul style="list-style-type: none"> • Finals/Timed Age Group • Events will be swum slowest to fastest unless otherwise indicated. • 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.
Eligibility	<ul style="list-style-type: none"> • All swimmers 10 & Under must be registered with USA Swimming, Inc. • Swimmers must be registered prior to the entry deadline. • 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.
Swimmers with Disabilities	<ul style="list-style-type: none"> • Calvert Aquatics Club 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 Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals. • Failure to provide advance notice may limit the ability to accommodate all requests.
Entry Procedures	<ul style="list-style-type: none"> • Entry deadline is Sept. 13th, 2023 at 5:00 PM • No time (NT) entries are acceptable; expected estimate times are encouraged instead of NT The conforming time standard will be (SCY) times. • Non-conforming times will be accepted. • Converted times will be accepted. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. • 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. • There will not be deck entries allowed. • Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.
Entry Limitations	<ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events per session, 1 relay event for a total of 8 individual events and 2 relay events for this meet.
Entry Verification	<ul style="list-style-type: none"> • An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.

Meet Procedures	
Seeding	<ul style="list-style-type: none"> • The conforming time standard for this meet is short course yards. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

	<ul style="list-style-type: none"> • All non-conforming times will be seeded last.
Positive Check-in	<ul style="list-style-type: none"> • No check-in is required for this meet.
Scoring	<ul style="list-style-type: none"> • There will be no team or individual scores kept for this meet.
Awards	<ul style="list-style-type: none"> • Ribbons will be awarded to the top 10 finishers in each event.
Warm-Ups	<ul style="list-style-type: none"> • 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. • Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	<ul style="list-style-type: none"> • Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. • Results will also be actively posted on Meet Mobile App

Order of Events & Qualifying Times

Session 1				
Saturday, September 23 rd , 2023				
Warm-up: 8 AM			Session Start: 9 AM	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
1		100 IM (10 & U)		2
3		50 Breast (10 & U)		4
5		25 Breast (8 & U)		6
7		100 Back (10 & U)		8
9		50 Fly (10 & U)		10
11		25 Fly (8 & U)		12
13		100 Free (10 & U)		14
15		200 IM (10 & U)		16
17		100 Free Relay (10 & U)		18

Session 2				
Sunday, September 24 th , 2023				
Warm-up: 8 AM			Session Start: 9 AM	
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
19		100 Breast (10 & U)		20
21		50 Free (10 & U)		22
23		25 Free (8 & U)		24
25		100 Fly (10 & U)		26
27		50 Back (10 & U)		28
29		25 Back (8 & U)		30
31		200 Free (10 & U)		32
33		200 Free Relay (10 & U)		34

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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

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	
Relay Entries		\$20.00 per relay	
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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE