



Bridget Vaché Memorial Fall Frenzy Meet

Hosted by **Monocacy Aquatic Club**

Saturday & Sunday, November 4-5, 2023

Held at **Walkersville High School**

81 West Frederick Street; Walkersville, MD 21793

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

Sanction # 23/24-014

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
Danny Russell 410-707-1977 coachdanny@macswim.net	Chris Kaplan 410-615-5339 coachchris@macswim.net
Meet Referee	USA Swimming Registered Operational Risk Director
Michael Cleary Mcmacswim@gmail.com	Kathleen Jacobs
Officials Contact	Administrative Official
Michael Cleary Mcmacswim@gmail.com	Michael Kokoski kokosmr@gmail.com

Deadline and Meeting Summary		
Wednesday, October 18 th	5:00pm	Entry Deadline
Saturday Only	8:00am & 1:00pm	Coaches Meeting
Sat & Sun	7:40am & 12:40pm	Scratches Due
Sat & Sun	7:30am & 12:30pm	Officials' Briefing in Hospitality Area
Sat & Sun	7:30am & 12:30pm	Timers' Briefing In Hallway

Facility Information	
Facility Address	Walkersville High School; 81 West Frederick Street; Walkersville, MD 21793
Pool Information	• Competition Pool: ○ 6 25-yard lanes ○ Competition lanes are a minimum of 8' wide. ○ Water depth is 3' 2" at the turn end to 12' at the start end. • 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 not be available for continuous warm-up/down. • Daktronics timing system will be used in addition to stopwatches.
Facility Information	• All swimmers and meet personnel on deck must have credentials to be on deck. • Locker rooms are 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 in the cafeteria. Restrooms for Officials and Coaches are in the Hospitality area. • Officials and Coaches should enter and check in through the black door to the pool. • Athletes and spectators should enter the double glass doors past the pool to find their team area to sit in the cafeteria. SPECIAL FREDERICK BOARD OF EDUCATION & WALKERSVILLE HS REQUIREMENTS: • No street shoes will be allowed on the pool deck – please bring appropriate foot covering to walk from the cafeteria to the pool deck. Shoes must be worn when not on the pool deck. Competing swimmers are not allowed in the viewing balcony during the event and must stay on the pool deck or in the cafeteria. No smoking is allowed on FCPS grounds.
Medical Assistance and Supervision	Lifeguards shall be on duty throughout the competition.
Parking	Participants may park in the lots next to the pool and next to the gymnasium/cafeteria. NO PARKING in the drop off lanes, on the grass or basketball courts.
Hospitality	There will be a hospitality area open to all coaches and officials in the small room at the back of the cafeteria.
Concessions	There will be food trucks outside the main entrance. No other concessions will be available.
Vendor	Pools, Patios, and Porches will be in attendance with your swimming needs.

Meet Fees: Checks payable to Monocacy Aquatic Club	
Athlete Surcharge	\$12.00 per swimmer
Individual Event Fee	\$8.50 per event entry

Organization Regulations	
Rules	• 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. • 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. • 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	• The Maryland Swimming, Inc. safety program is in effect for this meet. • 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	• 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	• 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	• There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be located at the entrance to the pool deck. • 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	• There will be a need for officials. Monocacy Aquatic 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	• MAC will provide all volunteers. MAC may open up volunteer spots to other teams for parents who are interested in helping.

Meet Information	
Format	• This is a timed-finals meet. Scratch sheets will be collected before seeding the meet. • There will be a clerk of course. • Events will be swum slowest to fastest unless otherwise indicated. • Breaks will be taken as necessary between events. • After receiving entries, MAC may revise the warm-up and meet start times. • 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	• All swimmers must be registered with USA Swimming, Inc. • Swimmers must be registered prior to the entry deadline of Wednesday, October 18th, 2023. • 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. • Open to all USA Swimming registered 8-under swimmers. • Open to all 9-10 USA Swimming registered swimmers with USA Swimming 2021-2024 BB times and slower. 8-Under swimmers wishing to swim in a 9 and under event must meet the time standard requirement for that event. • NT swims WILL be accepted.
Swimmers with Disabilities	• Monocacy Aquatic 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	• Entry deadline is Wednesday, October 18th by 5:00pm • No Times (NT) will be accepted. • The conforming time standard will be SCY times. • Non-conforming times will not be accepted. • Converted times will not 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. • Deck entries for swimmers already in the meet may be accepted based on the timeline and empty lanes in events. • Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.

Entry Limitations	- Swimmers may enter a maximum of 4 individual events per day (8&U may only enter 1 session per day and a total of 8 individual events for the meet. - Athlete numbers may be limited to ensure facility capacity restrictions are met. - If the meet is oversubscribed, MAC may limit entries to 3 events per day beginning with the teams whose entries were received last to accommodate as many MD Swimming teams/swimmers as possible.
Entry Verification	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	- The conforming time standard for this meet is short course yards. - Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. - Only SCY times will be accepted.
Check-in / Scratch Sheets	- This will be a positive scratch meet. - At the beginning of each session coaches will get a list of all swimmers entered in the meet. - Coaches will scratch any swimmers not competing in a particular event or the entire session. - Heat sheets will then be printed for coaches, published to meet mobile and posted in the facility.
Scoring	There will be no team or individual scores kept for this meet.
Awards	- Ribbons will be awarded to the top 10 finishers in each event. - Heat winner prizes will be awarded for each heat.
Warm-Ups	- 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	- Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. - Results will also be emailed to all coaches/team reps. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment. - Meet Mobile will be utilized for results as well.

Order of Events & Qualifying Times

Session 1				
Saturday, November 4 th , 2023				
Warm-up: 7:00AM			Session Start: 8:15AM	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
1	1:20.79	10 YR OLD 100 IM	1:18.99	2
3		9 & UNDER 100 IM		4
5	41.69	10 YR OLD 50 BREAST	40.99	6
7		9 YR OLD 50 BREAST		8
9	1:19.29	10 YR OLD 100 BACK	1:18.79	10
11		9 YR OLD 100 BACK		12
13	36.19	10 YR OLD 50 FLY	35.39	14
15		9 YR OLD 50 FLY		16
17	1:10.49	10 YR OLD 100 FREE	1:09.69	18
19		9 & UNDER 100 FREE		20

Session 2		
Saturday, November 4 th , 2023		
Warm-up: 12:15 PM		Session Start: 1:30 PM
#	Event	#
21	8 YEAR OLD 100 IM	22
23	7 YEAR OLD 100 IM	24
25	6 & UNDER 100 IM	26
27	8 YEAR OLD 25 BACK	28
29	7 YEAR OLD 25 BACK	30
31	6 & UNDER 25 BACK	32
33	8 YEAR OLD 50 FLY	34
35	7 YEAR OLD 50 FLY	36
37	6 & UNDER 50 FLY	38
39	8 YEAR OLD 25 BREAST	40
41	7 YEAR OLD 25 BREAST	42
43	6 & UNDER 25 BREAST	44
45	8 YEAR OLD 50 FREE	46
47	7 YEAR OLD 50 FREE	48
49	6 & UNDER 50 FREE	50

We reserve the right to change the warmup and start times based on entries received.

Session 3				
Sunday, November 5 th , 2023				
Warm-up: 7:00AM			Session Start: 8:15AM	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
51	1:31.89	10 YR OLD 100 BREAST	1:29.99	52
53		9 & UNDER 100 BREAST		54
55	31.39	10 YR OLD 50 FREE	30.99	56
57		9 YR OLD 50 FREE		58
59	1:24.09	10 YR OLD 100 FLY	1:22.79	60
61		9 & UNDER 100 FLY		62
63	36.69	10 YR OLD 50 BACK	36.99	64
65		9 YR OLD 50 BACK		66
67	2:35.39	10 YR OLD 200 FREE	2:29.39	68
69		9 & UNDER 200 FREE		70

Session 4		
Sunday, November 5 th , 2023		
Warm-up: 12:15 PM		Session Start: 1:30 PM
#	Event	#
71	8 YEAR OLD 50 BREAST	72
73	7 YEAR OLD 50 BREAST	74
75	6 & UNDER 50 BREAST	76
77	8 YEAR OLD 25 FREE	78
79	7 YEAR OLD 25 FREE	80
81	6 & UNDER 25 FREE	82
83	8 YEAR OLD 50 BACK	84
85	7 YEAR OLD 50 BACK	86
87	6 & UNDER 50 BACK	88
89	8 YEAR OLD 25 FLY	90
91	7 YEAR OLD 25 FLY	92
93	6 & UNDER 25 FLY	94
95	8 YEAR OLD 100 FREE	96
97	7 YEAR OLD 100 FREE	98
99	6 & UNDER 100 FREE	100

We reserve the right to change the warmup and start times based on entries received.

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Summary of Fees/Release Form

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

Monocacy Aquatic Club, ATTN: Chris Kaplan
P.O. Box 1682, Frederick, MD 21702
Email to: coachchris@macswim.net

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

Item	Total Number	Cost Per	Total
Individual Entries		\$8.50 per event	
Swimmer Surcharge		\$12.00 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. Monocacy Aquatic Club, Walkersville High School, 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