



2023 NAAC Holiday Blast

Hosted by Naval Academy Aquatic Club

December 2-3, 2023

Held at United States Naval Academy, Annapolis, MD

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

Sanction # 23/24-021

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
Jill Mahoney 443-534-8130 Mahoneyj1877@gmail.com	Caren Gallaudet 619-977-0179 navalaacmeetdirector@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
Jerilyn Deitch 410-746-5917 jerilynjoy75@gmail.com	Laura Baxter 410-507-2603 lbbcollegeadvising@gmail.com
Officials Contact	Administrative Official
Adrian Hanes navalaac.officials@gmail.com https://forms.gle/cY48Bnjc4zaSWdUz8	Hussain Zaidi 443-653-6748 Hzaidi3@gmail.com

Deadline and Meeting Summary		
Nov 17, 2023	8 pm	Entry Deadline
Each day of meet	30 minutes before each session start	Timer's Briefing Upstairs hallway

Each day of meet	45 minutes before each session start	Official's Briefing Upstairs classroom
Facility Information		
Facility Address	Lejeune Hall, United States Naval Academy, Annapolis, MD 21409	
Pool Information	Indoor, 10-lane, 50 meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system with button plungers and stop watches as back-ups. ● Competition Pool: ○ 10 25-yard lanes ○ Competition lanes are a minimum of 8' wide. ○ Water depth is 8'0". ● Warm-up Pool: ○ 10-25 SCM lanes ○ Warm-up lanes are a minimum of 8' wide. ○ Water depth is 8'0". ● 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 timing system will be used.	
Facility Information	● 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 on the upper level of Lejeune Hall. ● Athlete and non-athlete entrance points can enter Lejeune Hall in the ground floor doors under the upper deck ramp. Athletes will turn right to go to the Locker Rooms, and non-athletes will turn to the left and go up the stairs to the stands. ● Athletes may enter the facility 15 minutes prior to warm ups.	
Medical Assistance and Supervision	Lifeguards will be providing medical supervision to athletes participating in the meet. An AED device is available on deck.	
Parking	NAAC is no longer processing parking passes for visiting Officials and Coaches. Every civilian visitor 16 years and older entering the Academy should be prepared to show a photograph identification card and have his/her bags searched. Arrive early and/or use Gate 3 which is a foot-traffic only gate located off the intersection of King George St and Maryland Ave. You may drop off a swimmer at the Gate 1 Visitor parking area	

	(an adult must accompany anyone under 18 through the security check-point). The Annapolis downtown garages are a short walk to Gates 1 and 3. Parking downtown on the street or in the lots are metered or by permit only, with enforcement beginning at 10 am by the City of Annapolis.
Hospitality	There will be a hospitality area open to all coaches and officials in the upstairs classroom.
Concessions	There will be no concessions.
Vendor	There will be no vendor.

Meet Fees: Checks payable to _____	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	\$x.xx per relay 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. • No scratch rules. • 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 Announcer's Table. • 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. NAAC 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. • https://forms.gle/cY48Bnjc4zaSWdUz8
Volunteers	• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.

Meet Information	
Format	• Timed Finals • Events will be swum slowest to fastest unless otherwise indicated. • No events require positive check-in. • 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. • 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 aged 9-14 must be entered with SCY BB Times or Slower. Swimmers 15 & over must be entered with 15-16 SCY Times BB or Slower. No Times are accepted.
Swimmers with Disabilities	• NAAC 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 Nov 17, 2023 at 8 pm. ● 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. ● 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	● Swimmers may enter a maximum of 4 individual events per session and a total of 8 individual events for the meet. ● If the meet is oversubscribed, the 200-yard events will be reduced to three (3) heats of the fastest 30 swimmers. Coaches will be contacted before the meet if entries will be limited in certain events.
Entry Verification	● An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.
Proof of Times	● Enter SCY times that follow the attached table.

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.
Positive Check-in	● No positive check in required.
Scoring	● There will be no team or individual scores kept for this meet.
Awards	● Ribbons will be awarded for the top 8 finishers for 12 & Under events.

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. • NAAC will be posting results to Meet Mobile.

ORDER OF EVENTS & QUALIFYING TIMES

Saturday, December 2

Session 1

Warm up: 7:00am Meet start: 8:00am

* 15 & up use 15-16 time standards

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
1	1:03.99	100 Back 15 & up	58:39	2
3	1:19.29	100 Back 9-10	1:18.79	4
5	1:03.99	100 Fly 15 & up	57.89	6
7	36.19	50 Fly 9-10	35.39	8
9	58.99	100 Free 15 & up	53.49	10
11	1:10.49	100 Free 9-10	1:09.69	12
13	2:39.49	200 Breast 15 & up	2:24.19	14
15	1:31.89	100 Breast 9-10	1:29.99	16
17	2:22.99	200 IM 15 & up	2:10.09	18
19	2:52.69	200 IM 9-10	2:50.99	20

Saturday, December 2

Session 2

Warm up: 12:00pm Meet start: 1:00pm

#	Girls/Women SLOWER THAN	Event	Boys/Men SLOWER THAN	#
21	1:11.39	100 Back 11- 12	1:09.19	22
23	1:05.69	100 Back 13-14	1:01.29	24
25	31.29	50 Fly 11-12	31.19	26
27	1:05.49	100 Fly 13-14	1:00.99	28
29	1:03.09	100 Free 11-12	1:00.89	30
31	1:00.49	100 Free 13-14	56.29	32
33	1:20.19	100 Breast 11- 12	1:17.49	34
35	2:43.69	200 Breast 13- 14	2:31.39	36
37	2:34.49	200 IM 11-12	2:30.69	38
39	2:25.49	200 IM 13-14	2:17.09	40

Sunday, December 3

Session 3

Warm up: 7:00 am Meet start: 8:00 am

#	Girls/Women	Event	Boys/Men	#
41	1:20.79	100 IM 9-10	1:18.99	42
43	2:19.69	200 Back 15 & up	2:06.89	44
45	36.69	50 Back 9-10	36.99	46
47	1:13.59	100 Breast 15 & up	1:05.59	48
49	41.69	50 Breast 9-10	40.99	50
51	27.19	50 Free 15 & up	24.39	52
53	31.39	50 Free 9-10	30.99	54
55	2:21.69	200 Fly 15 & up	2:09.69	56
57	1:24.09	100 Fly 9-10	1:22.79	58
59	2:08.09	200 Free 15 & up	1:56.99	60
61	2:35.39	200 Free 9-10	2:29.39	62

Session 4

Warm up: 12:00 pm Meet start: 1:00 pm

#	Girls/Women	Event	Boys/Men	#
63	1:12.09	100 IM 11-12	1:09.09	64
65	2:22.99	200 Back 13-14	2:13.99	66
67	32.69	50 Back 11-12	32.09	68
69	1:15.39	100 Breast 13-14	1:09.69	70
71	36.89	50 Breast 11-12	36.09	72
73	27.89	50 Free 13-14	25.69	74
75	28.99	50 Free 11-12	27.89	76
77	2:24.89	200 Fly 13-14	2:15.59	78
79	1:10.89	100 Fly 11-12	1:09.29	80
81	2:10.39	200 Free 13-14	2:02.59	82
83	2:17.49	200 Free 11-12	2:12.49	84

2023 NAAC HOLIDAY BLAST

Summary of Fees/Release Form

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

Caren Gallaudet
PO Box 633
North Beach, MD 20714
navalaacmeetdirector@gmail.com

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		\$10.00 per event	
Swimmer Surcharge		\$25.00 per swimmer	
Relay Entries		\$x.xx 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. NAAC, United States Naval Academy, Lejeune Hall, 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