



**CAC Summer Out of School LCM Swim Meet “BB & Faster”**

Hosted by Calvert Aquatics Club

June 14-16, 2024

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

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

Sanction # 23/24-070

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](http://www.mdswim.org)) will govern this meet.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Natika White <a href="mailto:cacmeet@calvertaquaticsclub.org">cacmeet@calvertaquaticsclub.org</a>	Jeff Rivas <a href="mailto:meetentries@calvertaquaticsclub.org">meetentries@calvertaquaticsclub.org</a> 136 West Dares Beach Road, #125 Prince Frederick, MD 20678
Meet Referee	USA Swimming Registered Operational Risk Director
Tom Schmidt <a href="mailto:tschmidt@calvertaquaticsclub.org">tschmidt@calvertaquaticsclub.org</a>	Staci Lagana <a href="mailto:slagana@calvertaquaticsclub.org">slagana@calvertaquaticsclub.org</a>
Officials Contact	Administrative Official
Tom Schmidt <a href="mailto:tschmidt@calvertaquaticsclub.org">tschmidt@calvertaquaticsclub.org</a> Officials sign up link: <a href="https://forms.gle/3yvCjSiHyyhgLryy6">https://forms.gle/3yvCjSiHyyhgLryy6</a>	Jeff Rivas Amber Bryant <a href="mailto:cacao@calvertaquaticsclub.org">cacao@calvertaquaticsclub.org</a>



Deadline and Meeting Summary		
Monday, June 3rd	8:00 p.m.	Entry Deadline
Saturday, June 15th	7:45 a.m.	Coaches Meeting, if needed
Friday, June 14 <sup>th</sup> (Session 1)	40 minutes hour prior to session start	Positive Check-in
All sessions	45 minutes hour prior to session start	Officials' Briefing Hospitality Room
All sessions	½ hour prior to session start	Timers' Briefing In front of Hospitality Room
Facility Information		
Facility Address	Edward T. Hall Aquatic Center 130 Auto Drive Prince Frederick, MD 20678 <a href="#">Google Maps Link</a>	
Pool Information	<p>The Edward T. Hall Aquatic facility features an indoor eight (8) lane 50-Meter pool with a movable bulkhead, with non-turbulent lane lines and continuous flow through gutters.</p> <ul style="list-style-type: none"> <li>• Competition Pool:               <ul style="list-style-type: none"> <li>○ 8 50-meter lanes</li> <li>○ Competition lanes are a minimum of 7' 3" wide.</li> <li>○ The depth of the competition pool varies from 12'9" starting point to 4'0" at the turning point end of the swim course.</li> </ul> </li> <li>• The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming</li> <li>• The meet will be swum in a 50 meter course. Lane configurations for competition will be determined upon receipt of entries. One lane will be available for continuous warm-up/down.</li> <li>• The meet will be conducted using the Colorado electronic timing system with the 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>• Chairs are not permitted in the stand area</li> <li>• Swimmers leaving the pool area are required to wear shirts, shorts or pants and shoes at all times.</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	Concessions will be available in the 'conference room' located to the left after the entrance to the facility. Cash only.
Vendor	Vendors will be available in the parking lot for the duration of the meet.

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"> <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> <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> </ul>



	<ul style="list-style-type: none"> <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> <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</li> </ul>



	<p>the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness.</p> <ul style="list-style-type: none"> <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 in the 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. 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.</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="https://forms.gle/3yvCjSiHyyhgLryy6">https://forms.gle/3yvCjSiHyyhgLryy6</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>Timed Finals (pre-seeded) swim meet, unless otherwise noted.</li> <li>Session 1 on Friday night will be swum fastest to slowest and will be positive check-in. All other sessions 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 p.m. on Friday, June 14<sup>th</sup>.</li> <li>400 IM and 400 Free events: Each swimmer will need to provide their own timer</li> <li>1500 Free events: 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> </ul>



	<ul style="list-style-type: none"> <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 10 &amp; U, 11-12, 13-14, 15 &amp; O USA Registered Swimmers.</li> <li>• The time standards are BB &amp; Faster 2021-2024 LCM &amp; SCY times. SCY times will be seeded last.</li> <li>• 15 &amp; O will use 15-16 time standards</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>• Monday, June 3, 2024 at 8:00 p.m.</li> <li>• No Times (NT) will be accepted.</li> <li>• The conforming time standard will be LCM times.</li> <li>• Non-conforming times will be accepted.</li> <li>• Converted times will not be accepted. Please do not convert times.</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> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>• Swimmers may swim a maximum of two (2) events for Session 1, a maximum of 4 individual events for all other sessions, and a max of one (1) relay per session for a total of 10 individual events and two (2) relay events for the meet.</li> <li>• No more than 3 relay teams per team per relay</li> <li>• Swimmers who are entered in two (2) qualified events may swim additional 'Bonus' events up to the max entry limit of four (4) per session. Events over 200M are not eligible for bonus swims.</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>



Meet Procedures	
Seeding	<ul style="list-style-type: none"> <li>• The conforming time standard for this meet is long course meters.</li> <li>• Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.</li> <li>• All non-conforming times will be seeded last.</li> </ul>
Positive Check-in	<ul style="list-style-type: none"> <li>• Check-in will be located at the admin table near the starting end of the pool and will be required for the following events.               <ul style="list-style-type: none"> <li>○ 9 &amp; O: 400 IM</li> <li>○ 9 &amp; O: 400 Free</li> <li>○ 9 &amp; O: 1500 Free</li> </ul> </li> <li>• In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event.</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 1<sup>st</sup> through 8<sup>th</sup> 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>• The meet results will be made available on Meet Mobile during and after the meet.</li> </ul>



## ORDER OF EVENTS

Friday, June 14, 2024

### Session 1

Warm-up: 4:00PM Meet Start: 5:00PM

**\*\*All swimmers must be entered with BB & Faster SCY/LCM times.\*\***

#	Events	#
1	9 & O 400 IM	2
3	9 & O 400 FREE	4
5	9 & O 1500 FREE	6

Saturday, June 15, 2024

### Session 2

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

**\*\*All swimmers must be entered with BB & Faster SCY/LCM times.\*\***

#	Events	#
7	10 & U 200 IM	8
9	11-12 200 IM	10
11	10 & U 50 FLY	12
13	11-12 50 FLY	14
15	10 & U 100 FREE	16
17	11-12 100 FREE	18
19	10 & U 200 FLY	20
21	11-12 200 FLY	22
23	10 & U 50 BACK	24
25	11-12 50 BACK	26
27	10 & U 100 BREAST	28
29	11-12 100 BREAST	30
31	10 & U 200 BACK	32
33	11-12 200 BACK	34
35	10 & U 400 MEDLEY RELAY	36
37	11-12 400 MEDLEY RELAY	38





**Saturday, June 15, 2024**

**Session 3**

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

**\*\*All swimmers must be entered with BB & Faster SCY/LCM times.\*\***

GIRLS #	EVENTS	BOYS #
39	13-14 200 FREE	40
41	15 & O 200 FREE	42
43	13-14 50 BACK	44
45	15 & O 50 BACK	46
47	13-14 100 FREE	48
49	15 & O 100 FREE	50
51	13-14 200 FLY	52
53	15 & O 200 FLY	54
55	13-14 100 BACK	56
57	15 & O 100 BACK	58
59	13-14 50 BREAST	60
61	15 & O 50 BREAST	62
63	13-14 200 BACK	64
65	15 & O 200 BACK	66
67	13-14 400 FREE RELAY	68
69	15 & O 400 FREE RELAY	70

**Sunday, June 16, 2024**

**Session 4**

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

**\*\*All swimmers must be entered with BB & Faster SCY/LCM times.\*\***

GIRLS #	EVENTS	BOYS #
71	10 & U 200 FREE	72
73	11-12 200 FREE	74
75	10 & U 50 BREAST	76
77	11-12 50 BREAST	78
79	10 & U 100 BACK	80
81	11-12 100 BACK	82
83	10 & U 200 BEAST	84
85	11-12 200 BREAST	86
87	10 & U 50 FREE	88
89	11-12 50 FREE	90
91	10 & U 100 FLY	92
93	11-12 100 FLY	94
95	10 & U 400 FREE RELAY	96
97	11-12 400 FREE RELAY	98



**Sunday, June 16, 2024**

**Session 5**

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

**\*\*All swimmers must be entered with BB & Faster SCY/LCM times.\*\***

GIRLS #	EVENTS	BOYS #
99	13-14 200 IM	100
101	15 & O 200 IM	102
103	13-14 50 FREE	104
105	15 & O 50 FREE	106
107	13-14 100 FLY	108
109	15 & O 100 FLY	110
111	13-14 200 BREAST	112
113	15 & O 200 BREAST	114
115	13-14 50 FLY	116
117	15 & O 50 FLY	118
119	13-14 100 BREAST	120
121	15 & O 100 BREAST	122
123	13-14 400 MEDLEY RELAY	124
125	15 & O 400 MEDLEY RELAY	126



### CAC Summer Out of School LCM Swim Meet “BB & Faster”

#### 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 20678-3120

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**