



2024 CAC Spring “Swimming to the 80’s” LCM Swim Meet “Slower than A times”

Hosted by Calvert Aquatics Club

April 6-7, 2024

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

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

Sanction # 23/24-055

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 Staci Lagana cacmeet@calvertaquaticsclub.org	Jeff Rivas meetdir@calvertaquaticsclub.org 136 West Dares Beach Road #125 Prince Frederick, MD 20678-3120
Meet Referee	USA Swimming Registered Operational Risk Director
Tom Schmidt tschmidt@calvertaquaticsclub.org	Jana Post jpost@calvertaquaticsclub.org
Officials Contact	Administrative Official
Tom Schmidt tschmidt@calvertaquaticsclub.org Meet Official’s Sign-Up Link: https://forms.gle/Jw9DSXaRe67yEtUN8	Jeff Rivas Ted Lemieux Amber Bryant cacao@calvertaquaticsclub.org



Deadline and Meeting Summary		
Mon. March 25 th , 2024	8:00 PM	Entry Deadline
Sat. April 6 th , 2024	7:45 AM	Coaches Meeting, if needed
All Session	45 Minutes before the start of each session	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 Google Maps Link	
Pool Information	<p>The Edward T. Hall Aquatic facility features an indoor eight (8) lanes 50 meter 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"> ○ 8 - 50 Meters lanes ○ Competition lanes are a minimum of 7' 3" wide. ○ The depth of the competition pool varies from 12'9 starting point to 4'0" at the turning point end of the swim course. ● The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. ● 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. ● The meet will be conducted using the Colorado electronic 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 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"> • 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. • There will be no penalty for scratching pre-seeded events at the block for non-positive check-in events. • 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. • Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete



	<p>will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.</p> <ul style="list-style-type: none"> ● 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. ● 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.



	<ul style="list-style-type: none"> 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. https://forms.gle/Jw9DSXaRe67yEtUN8
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"> This is a Timed Finals meet. 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 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. Open to all 9-10, 11-12, 13-14, 15 & O USA registered swimmers. No 8 & U. The time standards are Slower than "A" 2021-2024 LCM times. NT will be accepted. Expected estimate times are encouraged instead of NT. 15/16-time standards will apply to the 15 & over participants.



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 Weds. March 25th, 2024 at 8:00PM ● No Times (NT) will be accepted. ● The conforming time standard will be LCM times. ● Non-conforming times will be accepted. ● Converted times will not be accepted. Please do not convert times. ● 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 swim a maximum of three (3) individual events and maximum of one (1) relay per session. For a maximum of six (6) total individual events and two (2) relays for the meet. No more than 3 relay teams per team per relay.
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 long course meters. ● Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. ● All non-conforming times will be seeded last.
Positive Check-in	<ul style="list-style-type: none"> ● No check-in required
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"> ● Individual Events: Ribbons 1st through 8th for 12 and younger swimmers.
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. ● The meet results will be made available on Meet Mobile during and after the meet.



ORDER OF EVENTS

Saturday, April 6, 2024

Session 1

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

****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted.****

#	Events	#
1	9-10 200 IM	2
3	11-12 200 IM	4
5	9-10 50 FLY	6
7	11-12 50 FLY	8
9	9-10 100 FREE	10
11	11-12 100 FREE	12
13	9-10 200 FLY	14
15	11-12 200 FLY	16
17	9-10 50 BACK	18
19	11-12 50 BACK	20
21	9-10 100 BREAST	22
23	11-12 100 BREAST	24
25	9-10 200 BACK	26
27	11-12 200 BACK	28
29	9-10 400 MEDLEY RELAY	30
31	11-12 400 MEDLEY RELAY	32



Saturday, April 6, 2024

Session 2

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

****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted.****

GIRLS #	EVENTS	BOYS #
33	13-14 200 FREE	34
35	15 & O 200 FREE	36
37	13-14 50 BACK	38
39	15 & O 50 BACK	40
41	13-14 100 FREE	42
43	15 & O 100 FREE	44
45	13-14 200 FLY	46
47	15 & O 200 FLY	48
49	13-14 100 BACK	50
51	15 & O 100 BACK	52
53	13-14 50 BREAST	54
55	15 & O 50 BREAST	56
57	13-14 200 BACK	58
59	15 & O 200 BACK	60
61	13-14 400 FREE RELAY	62
63	15 & O 400 FREE RELAY	64



Sunday, April 7th, 2024

Session 3

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

****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted.****

GIRLS #	EVENTS	BOYS #
65	9-10 200 FREE	66
67	11-12 200 FREE	68
69	9-10 50 BREAST	70
71	11-12 50 BREAST	72
73	9-10 100 BACK	74
75	11-12 100 BACK	76
77	9-10 200 BEAST	78
79	11-12 200 BREAST	80
81	9-10 50 FREE	82
83	11-12 50 FREE	84
85	9-10 100 FLY	86
87	11-12 100 FLY	88
89	9-10 400 FREE RELAY	90
91	11-12 400 FREE RELAY	92



Sunday, April 7th, 2024

Session 4

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

****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted.****

GIRLS #	EVENTS	BOYS #
93	13-14 200 IM	94
95	15 & O 200 IM	96
97	13-14 50 FREE	98
99	15 & O 50 FREE	100
101	13-14 100 FLY	102
103	15 & O 100 FLY	104
105	13-14 200 BREAST	106
107	15 & O 200 BREAST	108
109	13-14 50 FLY	110
111	15 & O 50 FLY	112
113	13-14 100 BREAST	114
115	15 & O 100 BREAST	116
117	13-14 400 MEDLEY RELAY	118
119	15 & O 400 MEDLEY RELAY	120



2024 CAC Spring “Swimming to the 80’s” LCM Swim Meet “Slower than A times”

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			
Coach			
Coach Phone			
Coach Email			
Team Address			
Item	Total Number	Cost per	Total
Facility Surcharge		\$20.00 per Swimmer	
Individual Events		\$8.00 per Event	
Relays		\$20.00 per Event	
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