



CBAC Winter Wake Up Meet

Hosted by Chesapeake Bay Aquatic Club

January 20-21, 2024

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 # 23/24-036

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
Kim Beall Cell: 240-925-7742 cbacmeetdirector@gmail.com Jeff Rivas/Natika White meetdir@calvertaquaticsclub.org	Kim Beall 20555 Brentridge Way Lexington Park, MD 20653 Cell: 240-925-7742 cbacmeetentries@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
Penny Michaels rockfishswmofc@gmail.com	Jana Post 301-536-8499 jpost@calvertaquaticsclub.org Amber Bryant abryant@calvertaquaticsclub.org Jeff Rivas jivas@calvertaquaticsclub.org
Officials Contact	Administrative Official
Penny Michaels rockfishswmofc@gmail.com Sign-up Link	Joe Askins Cell: 240-925-7742 cbacmeetdirector@gmail.com

Deadline and Meeting Summary		
Wednesday, January 10th	11:59pm	Entry Deadline

Each Day	15-30 mins before session as necessary	Coaches Meeting
Each Day	1 hour prior to session start	Officials' Briefing Hospitality / Hayes Room
Each Day	30 mins before session start	Timers' Briefing By Computer Table
Saturday, January 20th	30 mins before start of Session 2	500 Free Positive Check-in closes
Sunday, January 21st	30 mins before start of Session 5	400 IM Positive Check-in closes

Facility Information	
Facility Address	Edward T. Hall Aquatic Center 130 Auto Drive Prince Frederick MD 20678
Pool Information	<p>The Edward T. Hall Aquatic facility features an indoor eight (8) lanes 25 yards pool, with non-turbulent 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 room information: Locker rooms are located on the pool deck near the 25-yard pool area and will be clearly marked. No adults will be allowed in these locker rooms. Men's General and Women's General locker rooms are designated for Swimmers. Men's Varsity and Women's Varsity locker rooms are designated for adults/volunteers/coaches and officials. Restroom information: Restrooms for spectators are located in the main lobby; past the Front Desk area and right down the hallway. Athlete and non-athlete entrance points: Athletes and Spectators should enter the facility from the side or front entrance of the building. Coaches and Officials may enter/exit through the glass doors by the starting blocks. The facility will open to Athletes and Spectators 30 minutes prior to the start of warmups.
Medical Assistance and Supervision	The meet venue will provide the appropriate number of certified lifeguards, AED device(s) and first aid equipment during all sessions of the meet.
Parking	Parking is authorized in designated areas 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	Light concessions will be available for purchase on the left after the entrance to the facility
Vendor	N/A

Meet Fees: Checks payable to Chesapeake Bay Aquatic Club	
Athlete Surcharge	\$15.00 per swimmer
Individual Event Fee	\$8.00 per event entry
Relay Event Fee	n/a

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. • The MDSI Scratch Rule is in effect for positive check-in events in this meet. If a swimmer fails to swim after checking in, the swimmer will be disqualified from hi/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event. Use of a declared false start will not eliminate this penalty. • 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.

	<ul style="list-style-type: none"> ● 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. ● 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 at the 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.

	<ul style="list-style-type: none"> 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. CBAC 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. Great Mills Aquatic Club and Calvert Aquatics Club will be assisting with volunteers.

Meet Information	
Format	<ul style="list-style-type: none"> All events will be swum as Timed Finals. Events will be swum slowest to fastest unless otherwise indicated. Events that require positive check-in: 500 Freestyle and 400 IM 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. There are no time standard restrictions for this meet; NT or "No Time" will be accepted.
Swimmers with Disabilities	<ul style="list-style-type: none"> CBAC 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 Wednesday, January 10th at 11:59pm. No Times (NT) will be accepted. The conforming time standard will be SCY times. Non-conforming times will be accepted. Converted times will be accepted.

	<ul style="list-style-type: none"> • 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 be deck entries allowed for swimmers already registered in the meet, and where availability allows. • 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 and a total of 9 individual events for the 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.
Proof of Times	<ul style="list-style-type: none"> • Not required

Meet Procedures	
Seeding	<ul style="list-style-type: none"> • The conforming time standard for this meet is short course yards (SCY). • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. • The 500-yard Freestyle event will be seeded and swum fastest to slowest by entry time alternating women and men. • All non-conforming times will be seeded last.
Positive Check-in	<ul style="list-style-type: none"> • Check-in will be located at the computer table and will be required for the following events. <ul style="list-style-type: none"> ○ 500 Freestyle ○ 400 IM • The MDSI Scratch Rule is in effect for positive check-in events in this meet. If a swimmer fails to swim after checking in, the swimmer will be disqualified from hi/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event. Use of a declared false start will not eliminate this penalty.
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"> • There will be a Heat Winner prize for every heat. • No ribbons or awards.
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.

	<ul style="list-style-type: none">• Real-time results via Meet Mobile will be available during the meet.
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Order of Events

Session 1		
Saturday, January 20th 2024		
Warm-up: 7:00am		Start: 8:00am
#	Event	#
1	12 & under 200 Free	2
3	10 & u 100 IM	4
5	11-12 100 IM	6
7	8 & under 25 Free	8
9	10 & under 50 Free	10
11	11-12 50 Free	12
13	9-10 100 Back	14
15	11-12 100 Back	16
17	9-10 100 Fly	18
19	11-12 100 Fly	20
21	8 & under 25 Breast	22
23	10 & under 50 Breast	24
25	11-12 50 Breast	26

Session 2		
Saturday, January 20th 2024		
Warm-up: 12:00pm		Start: 12:30pm
#	Event	#
27a	9-10 500 Free	28a
27b	11-12 500 Free	28b
27c	13-14 500 Free	28c
27d	15 & over 500 Free	28d

The 500-yard Freestyle event will be seeded and swum fastest to slowest by entry time alternating women and men.

Session 3		
Saturday, January 20th 2024		
Warm-up: 3:00pm		Start: 4:00pm
#	Event	#
29	13-14 200 IM	30
31	15 & over 200 IM	32
33	13-14 50 Free	34
35	15 & over 50 Free	36
37	13-14 200 Back	38
39	15 & over 200 Back	40
41	13-14 200 Fly	42
43	15 & over 200 Fly	44
45	13-14 100 Breast	46
47	15 & over 100 Breast	48

Session 4		
Sunday, January 21st 2024		
Warm-up: 7:00am		Start: 8:00am
#	Event	#
49	9-10 100 Free	50
51	11-12 100 Free	52
53	8 & under 25 Back	54
55	10 & under 50 Back	56
57	11-12 50 Back	58
59	8 & under 25 Fly	60
61	10 & under 50 Fly	62
63	11-12 50 Fly	64
65	9-10 100 Breast	66
67	11-12 100 Breast	68
69	12 & under 200 IM	70

Session 5		
Sunday, January 21st 2024		
Warm-up: 12:00pm		Start: 1:00pm
#	Event	#
71	13-14 400 IM	72
73	15 & over 400 IM	74
75	13-14 100 Free	76
77	15 & over 100 Free	78
79	13-14 100 Back	80
81	15 & over 100 Back	82
83	13-14 100 Fly	84
85	15 & over 100 Fly	86
87	13-14 200 Breast	88
89	15 & over 200 Breast	90
91	13-14 200 Free	92
93	15 & over 200 Free	94

2024 CBAC Winter Wake Up Meet

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Chesapeake Bay Aquatic Club):

Chesapeake Bay Aquatic Club

Attn: Kim Beall

20555 Brentridge Way, Lexington Park, MD 20653

cbacmeetentries@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		\$8.00 per event	
Swimmer Surcharge		\$15.00 per swimmer	
Relay Entries		na	
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. CBAC, St. Mary's College of Maryland, the Aquatics Center at the Michael P. O'Brien Athletics and Recreation 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