



## 2024 MARYLAND STATE LONG COURSE JUNIOR CHAMPIONSHIPS

Hosted by **FOX SWIM CLUB**

July 26-28, 2024

Held at Claude Moore Recreation Center, 46105 Loudoun Park Ln, Sterling, VA 20164

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

Sanction # 23/24-076 / VS-24-09DS

In granting this sanction it is understood and agreed that USA Swimming, Virginia 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

In applying for this sanction, the host, Fox Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Maryland Swimming, Virginia Swimming, the Commonwealth of Virginia, and Loudoun County.

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
Rob Fox 240-529-5774 <a href="mailto:rob@foxswimming.com">rob@foxswimming.com</a>	Rob Fox 240-529-5774 <a href="mailto:rob@foxswimming.com">rob@foxswimming.com</a>
Meet Referee	USA Swimming Registered Operational Risk Director
Bruce Bator 301-788-9834 <a href="mailto:bbator@comcast.net">bbator@comcast.net</a>	Kathy Capron & Bridgette Guyer
Officials Contact	Administrative Official
<a href="#">Sign Up Link</a>	Carron Dunker 443-690-0019 <a href="mailto:carron@foxswimming.com">carron@foxswimming.com</a>

Deadline and Meeting Summary		
Monday, July 15, 2024	8:00 pm	Entry Deadline
Friday, July 26, 2024	8:15 am	Coaches Meeting, if needed
All Sessions	15-minutes after warmups open	Positive Check-in closes if necessary
All Sessions	1 hour prior to session start	Officials' Briefing Hospitality Room
All Sessions	½ hour prior to session start	Timers' Briefing Hospitality Room

Facility Information	
Facility Address	Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 <u><a href="#">Directions</a></u>
Pool Information	<p>The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 50-meters, running from wall to bulkhead.</p> <ul style="list-style-type: none"> <li>• Competition Pool: <ul style="list-style-type: none"> <li>○ 10 50-meter lanes</li> <li>○ Competition lanes are a minimum of 8' wide.</li> <li>○ Water depth is 12'6" at the starting end and 4'6" at the turning end of the competition 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. Lanes will not be available for continuous warm-up/down. Breaks will be added to the schedule to permit warm-up/down between certain events.</li> <li>• Daktronics timing system will be used.</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 associated with the meet will be allowed in these locker rooms.</li> <li>• Restrooms for spectators and volunteers are located in the main lobby, or they may use the family restrooms in the hallway adjacent to the pool area.</li> <li>• Swimmers and spectators will enter at the back of the building and through the door on the right-hand side. Please do not prop the door at any time. Swimmers will exit the building through the door on the left side of the building.</li> <li>• Coaches, Officials, and volunteers will enter at the back of the building through the center door, they will leave through the same door.</li> </ul>

	<ul style="list-style-type: none"> <li>• Swimmers should enter through the door on the right and walk onto the deck to their team area. Swimmers are encouraged to wear their suits to the meet.</li> <li>• Swimmers will be seated on the deck. Swimmers should not bring chairs to the meet.</li> <li>• Spectators should enter through the door on the right and proceed directly to the spectator gallery. Spectators are not permitted in areas of the facility other than the restrooms and spectator gallery. No folding chairs are allowed in the spectator gallery.</li> <li>• Swimmers may enter the building for their session 20 minutes prior to their warm-up time.</li> </ul>
Medical Assistance and Supervision	<ul style="list-style-type: none"> <li>• Lifeguards and AED device are available to athletes participating in the meet.</li> </ul>
Parking	<ul style="list-style-type: none"> <li>• Parking and entrance are located in the rear of the facility. Overflow parking can be in the Claude Moore Museum parking lot, which is a bit further up the lane from the pool.</li> </ul>
Hospitality	<ul style="list-style-type: none"> <li>• There will be a hospitality area open to all coaches and officials. The hospitality room is located on the pool deck in the dryland training room.</li> </ul>
Concessions	<ul style="list-style-type: none"> <li>• There will not be concessions available.</li> </ul>
Vendor	<ul style="list-style-type: none"> <li>• There will not be an onsite vendor available. Subject to vendor availability there may be an online store. This information will be communicated to attending teams if available.</li> </ul>

Meet Fees: Checks payable to Fox Swim Club	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$7.25 per 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 / VSI 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> </ul>

	<ul style="list-style-type: none"> <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>• If positive check-in is required for Friday events, the MDSI Scratch Rule is in effect for this meet. Swimmers who fail to check-in will not be seeded in the event and will not be able to swim.</li> <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 Marshal shall be considered a Code of Conduct Violation.</li> </ul>
Safety	<ul style="list-style-type: none"> <li>• The Maryland Swimming, Inc. and Virginia Swimming safety programs are 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 the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness.</li> <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>
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> <li>• The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>• If the swimmer has a history of needing assistance exiting the pool at the completion of the race a coach must be in place to provide that assistance.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</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 admin office on the pool deck.</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. Fox Swim 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="#">Sign-up link</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> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• Athletes are responsible for providing their own timer and counter for 13 &amp; over 400-meter events and the 11-12 400-meter individual medley.</li> </ul>

Meet Information	
Format	<ul style="list-style-type: none"> <li>• Timed Finals.</li> <li>• Events will be swum slowest to fastest unless otherwise indicated.</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. Participating teams will be notified of any changes.</li> <li>• If the meet becomes oversubscribed, events 400-meters and above, as well as the 10 &amp; under 200-meter individual medley events, may be run in limited heats to accommodate the timeline. Teams will be notified if this occurs prior to the start of the meet.</li> <li>• If the meet is still oversubscribed after limiting the events 400-meters and above, as well as the 10 &amp; under 200-meter individual medley events, then bonus events will be eliminated.</li> <li>• If the 12 &amp; Under sessions become oversubscribed, the 8 &amp; Under events will be moved to a separate session.</li> <li>• Teams will be notified of any session changes prior to the start of the meet.</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• This meet is open to assigned Maryland Swimming LSC teams only.</li> <li>• All swimmers must be registered with USA Swimming, Inc.</li> <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>• There are qualifying times for this meet as indicated in the order of events and qualifying times section of this announcement. Qualifying times must have been achieved between August 2, 2023 and the qualifying deadline (July 15, 2024) for this meet.</li> <li>• Any swimmer who achieves a time faster than the LCM "slower than" time at any point prior to the start of the meet, may not swim the event (even if previously entered). Lead off relay splits are also subject to the rule.</li> <li>• EXCEPTION: Swimmers with best times faster than the "slower than times" but have not achieved the time since August 2, 2023 may swim that event in this meet. In that case the swimmer shall have achieved the 2024 Maryland LSC Long Course Junior Championship Qualifying time in the Qualifying period (August 2, 2023 – July 15, 2024) and should be entered with that time.</li> <li>• NOTE: Swimmers who age up to another age group between July 27, 2024 and July 31, 2024 may either swim in their current age group for this meet or they may swim up an age group in events they are qualified to swim. Entries of this type should be submitted via email and the athlete shall be included in the entry file without events.</li> <li>• NOTE: Swimmers MAY NOT swim an event that they are entered in for the 2024 Speedo Maryland Long Course Championship, including bonus swims, at the 2024 Maryland Long Course Junior Championship.</li> </ul>

Swimmers with Disabilities	<ul style="list-style-type: none"> <li>• Fox Swim 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>• Entry deadline is Monday, July 15, 2024 at 8:00 pm.</li> <li>• No Times (NT) will not be accepted in the 9 &amp; over events, except for eligible bonus events.</li> <li>• No Times (NT) will be accepted for swimmers 8 &amp; under.</li> <li>• The conforming time standard will be LCM times.</li> <li>• Non-conforming times will not 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>• There will be no deck entries allowed at this meet.</li> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>• Swimmers 12 &amp; under may enter a maximum of 3 individual events per session and a total of 9 events for the meet.</li> <li>• Swimmers 13 &amp; over may enter a maximum of 3 individual events per session and a total of 9 events for the meet.</li> <li>• Swimmers 12 &amp; under may only swim in one session per day.</li> <li>• Qualifying standards for swimmers 9 &amp; over are slower than the 2024 Speedo Maryland Long Course Championship Meet qualifying time and faster than a minimum 'B' standard (<a href="#">USA Swimming 2021-2024 National Age Group Motivational Times</a>).</li> <li>• There are no qualifying standards for swimmers 8 &amp; under.</li> </ul>
Bonus Events	<ul style="list-style-type: none"> <li>• Bonus events will be offered for swimmers ages 9 &amp; over. <ul style="list-style-type: none"> <li>○ Qualify for 1 event; may swim up to 5 bonus events.</li> <li>○ Qualify for 2 events; may swim up to 4 bonus events.</li> <li>○ Qualify for 3 events; may swim up to 3 bonus events.</li> <li>○ Qualify for 4 events; may swim 2 bonus events.</li> <li>○ Qualify for 5 events; may swim 1 bonus event.</li> <li>○ Swimmers qualifying in 6 or more events are not eligible to swim bonus events.</li> </ul> </li> <li>• Swimmers may enter bonus events with a no time (NT) entry.</li> <li>• Events over 100-meters are not eligible for bonus events.</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	
Proof of Times	<ul style="list-style-type: none"> <li>• A times recon will be run prior to the meet to ensure swimmers are within the qualifying times for the meet.</li> </ul>
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> </ul>
Positive Check-in	<ul style="list-style-type: none"> <li>• A positive check-in, if needed, will be located outside of the administrative office on the pool deck, will possibly be required for the following events: <ul style="list-style-type: none"> <li>▪ 10 &amp; Under 400-meter Freestyle</li> <li>▪ 11-12 400-meter Freestyle</li> <li>▪ 13-14 400-meter Freestyle</li> <li>▪ 15 &amp; over 400-meter Freestyle</li> <li>▪ 11-12 400-meter Individual Medley</li> <li>▪ 13-14 400-meter Individual Medley</li> <li>▪ 15 &amp; over 400-meter Individual Medley</li> </ul> </li> <li>• Check-in for events will be as stated in the Deadline and Meeting Summary.</li> <li>• Swimmers that do not check in for their event will not be seeded. Swimmers that check in and fail to compete will be scratched from their next event.</li> <li>• Teams will be notified prior the meet if positive check-in will be required.</li> <li>• There will be no penalty for no shows in pre-seeded events.</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>• Awards will be given for all individual events in places 1<sup>st</sup>-8<sup>th</sup>.</li> <li>• Awards not picked up at the conclusion of the meet will not be mailed.</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 and emailed to participating teams within 24 hours of the conclusion of the meet.</li> <li>• The meet results will be available on Meet Mobile.</li> </ul>





# 2024 MARYLAND STATE LONG COURSE JUNIOR CHAMPIONSHIPS Order of Events & Qualifying Times

Session 1: 13 & Over						
Friday, July 26, 2024						
Warm-Up: 7:30 am			Session Start: 8:30 am			
	Girls LCM faster than or equal to	Girls LCM slower than	Event	Boys LCM slower than	Boys LCM faster than or equal to	
1	37.09	30.09	13-14 50 Freestyle	28.49	34.39	2
3	36.39	29.49	15 & Over 50 Freestyle	26.49	32.59	4
5	3:39.69	3:06.89	13-14 200 Breaststroke	2:55.79	3:25.49	6
7	3:35.89	2:57.99	15 & Over 200 Breaststroke	2:42.89	3:15.39	8
9	1:26.59	1:13.99	13-14 100 Butterfly	1:08.99	1:21.29	10
11	1:25.39	1:10.79	15 & Over 100 Butterfly	1:03.99	1:17.39	12
13	1:29.99	1:15.59	13-14 100 Backstroke	1:11.39	1:23.89	14
15	1:27.29	1:12.79	15 & Over 100 Backstroke	1:06.49	1:20.19	16
17	6:06.79	5:01.69	13-14 400 Freestyle	4:52.99	5:49.09	18
19	5:58.49	4:53.19	15 & Over 400 Freestyle	4:31.39	5:33.69	20

Swimmers must provide their own timers for events 17, 18, 19, & 20.

Session 2: 12 & Under						
Friday, July 26, 2024						
Warm-Up: 1:00 pm			Session Start: 2:00 pm			
	Girls LCM faster than or equal to	Girls LCM slower than	Event	Boys LCM slower than	Boys LCM faster than or equal to	
21	3:52.59	3:21.09	11-12 200 Breaststroke	3:17.09	3:44.69	22
23	NT	NT	8 & Under 50 Freestyle	NT	NT	24
25	44.09	35.19	9-10 50 Freestyle	35.19	43.59	26
27	38.39	31.69	11-12 50 Freestyle	31.79	37.29	28
29	NT	NT	8 & Under 100 Backstroke	NT	NT	30
31	1:59.19	1:33.09	9-10 100 Backstroke	1:31.69	1:55.09	32
33	1:38.69	1:20.79	11-12 100 Backstroke	1:22.09	1:35.49	34
35	NT	NT	8 & Under 50 Butterfly	NT	NT	36
37	53.39	41.49	9-10 50 Butterfly	40.89	51.79	38
39	41.29	34.99	11-12 50 Butterfly	35.89	41.89	40
41	7:36.79	6:05.89	9-10 400 Freestyle	5:59.59	7:29.39	42
	NT	NT	8 & Under 400 Freestyle	NT	NT	
43	6:23.89	5:23.29	11-12 400 Freestyle	5:21.89	6:15.49	44

Swimmers must provide their own timers for events 35 & 36.

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



## 2024 MARYLAND STATE LONG COURSE JUNIOR CHAMPIONSHIPS Order of Events & Qualifying Times

Session 3: 13 & Over						
Saturday, July 27, 2024						
Warm-Up: 7:30 am			Session Start: 8:30 am			
	Girls LCM faster than or equal to	Girls LCM slower than	Event	Boys LCM slower than	Boys LCM faster than or equal to	
45	2:54.29	2:22.79	13-14 200 Freestyle	2:17.49	2:44.09	46
47	2:50.49	2:17.59	15 & Over 200 Freestyle	2:06.29	2:37.39	48
49	1:42.09	1:26.39	13-14 100 Breaststroke	1:19.59	1:34.89	50
51	1:39.49	1:23.09	15 & Over 100 Breaststroke	1:15.59	1:29.89	52
53	3:12.39	2:41.99	13-14 200 Backstroke	2:33.59	3:02.09	54
55	3:08.39	2:35.49	15 & Over 200 Backstroke	2:22.69	2:53.79	56
57	43.29	33.19	13-14 50 Butterfly	31.89	40.64	58
59	42.69	30.89	15 & Over 50 Butterfly	27.99	38.96	60
61	3:15.79	2:41.29	13-14 200 Individual Medley	2:35.39	3:04.59	62
63	3:11.89	2:37.19	15 & Over 200 Individual Medley	2:24.09	2:56.59	64

Session 4: 12 & Under						
Saturday, July 27, 2024						
Warm-Up: 1:00 pm			Session Start: 2:00 pm			
	Girls LCM faster than or equal to	Girls LCM slower than	Event	Boys LCM slower than	Boys LCM faster than or equal to	
65	3:02.29	2:32.39	11-12 200 Freestyle	2:33.39	2:57.49	66
67	NT	NT	8 & Under 200 Freestyle	NT	NT	68
69	3:45.79	2:57.49	9-10 200 Freestyle	2:51.89	3:33.49	70
71	1:48.89	1:32.79	11-12 100 Breaststroke	1:31.69	1:46.59	72
73	NT	NT	8 & Under 100 Breaststroke	NT	NT	74
75	2:14.79	1:46.49	9-10 100 Breaststroke	1:44.69	2:09.09	76
77	1:36.19	1:21.89	11-12 100 Butterfly	1:20.39	1:33.99	78
79	NT	NT	8 & Under 100 Butterfly	NT	NT	80
81	2:09.99	1:36.79	9-10 100 Butterfly	1:36.09	2:07.09	82
83	3:24.49	2:54.29	11-12 200 Backstroke	2:53.79	3:19.49	84
85	4:09.39	3:17.59	9-10 200 Individual Medley	3:16.89	4:06.19	86
87	NT	NT	8 & Under 200 Individual Medley	NT	NT	88
89	7:19.69	6:10.99	11-12 400 Individual Medley	6:11.49	7:09.89	90

Swimmers must provide their own timers for events 89 & 90.

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



## 2024 MARYLAND STATE LONG COURSE JUNIOR CHAMPIONSHIPS Order of Events & Qualifying Times

Session 5: 13 & Over						
Sunday, July 28, 2024						
Warm-Up: 7:30 am			Session Start: 8:30 am			
	Girls LCM faster than or equal to	Girls LCM slower than	Event	Boys LCM slower than	Boys LCM faster than or equal to	
91	1:20.49	1:05.49	13-14 100 Freestyle	1:02.29	1:15.29	92
93	1:19.19	1:03.79	15 & Over 100 Freestyle	57.39	1:11.99	94
95	51.04	39.19	13-14 50 Breaststroke	37.39	47.44	96
97	49.74	38.39	15 & Over 50 Breaststroke	33.89	44.94	98
99	3:12.99	2:42.29	13-14 200 Butterfly	2:33.29	3:00.89	100
101	3:07.29	2:35.59	15 & Over 200 Butterfly	2:22.89	2:52.29	102
103	44.99	36.19	13-14 50 Backstroke	33.99	41.94	104
105	43.64	33.79	15 & Over 50 Backstroke	30.79	40.09	106
107	6:55.49	5:47.69	13-14 400 Individual Medley	5:33.29	6:32.69	108
109	6:47.89	5:35.09	15 & Over 400 Individual Medley	5:10.99	6:14.09	110

Swimmers must provide their own timers for events 107, 108, 109, & 110.

Session 6: 12 & Under						
Sunday, July 28, 2024						
Warm-Up: 1:00 pm			Session Start: 2:00 pm			
	Girls LCM faster than or equal to	Girls LCM slower than	Event	Boys LCM slower than	Boys LCM faster than or equal to	
111	3:26.09	2:51.69	11-12 200 Individual Medley	2:52.49	3:23.79	112
113	1:41.99	1:21.19	9-10 100 Freestyle	1:19.09	1:40.59	114
115	NT	NT	8 & Under 100 Freestyle	NT	NT	116
117	1:24.09	1:10.09	11-12 100 Freestyle	1:10.29	1:21.29	118
119	1:00.49	48.09	9-10 50 Breaststroke	48.19	59.69	120
121	NT	NT	8 & Under 50 Breaststroke	NT	NT	122
123	48.99	42.09	11-12 50 Breaststroke	41.99	48.99	124
125	54.89	43.39	9-10 50 Backstroke	42.99	55.29	126
127	NT	NT	8 & Under 50 Backstroke	NT	NT	128
129	43.99	37.19	11-12 50 Backstroke	37.69	43.69	130
131	3:24.89	2:59.29	11-12 200 Butterfly	2:53.59	3:20.49	132

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



## 2024 MARYLAND STATE LONG COURSE JUNIOR CHAMPIONSHIPS

### Summary of Fees/Release Form

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

Fox Swim Club  
ATTN: Rob Fox  
448 W South Street  
Frederick, MD 21701  
Email to: [rob@foxswimming.com](mailto:rob@foxswimming.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		\$7.25 per event entry	
Swimmer Surcharge		\$25.00 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. Fox Swim Club, Claude Moore Recreation Center, Maryland Swimming, Inc., Virginia Swimming, 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.

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**SIGNATURE (Coach or Club Representative)**

**CLUB**

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**TITLE**

**DATE**