



2024 MARYLAND LSC 11 & over 'B' CHAMPIONSHIPS
Hosted by NORTH BALTIMORE AQUATIC CLUB

MARCH 16 - 17, 2024

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THE MANGIONE AQUATIC CENTER / LOYOLA UNIVERSITY OF MARYLAND
4900 N. CHARLES STREET
BALTIMORE, MARYLAND 21210

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD23/24 – 052

In granting this approval it is understood and agreed that USA Swimming and MD Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the MD Swimming Code of Conduct (www.mdswim.org) will govern this meet.

ENTRY DEADLINE: MONDAY MARCH 4, 2024 @ 8:00 PM

THIS MEET IS OPEN ONLY TO MARYLAND SWIMMING LSC REGISTERED TEAMS

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Tom Himes thimes@nbac.net / coachtom@comcast.net John Chandler / Bill Wade	Tom Himes thimes@nbac.net / coachtom@comcast.net
Meet Referee	USA Swimming Registered Operational Risk Director
Brad Shedwick brad@shedwick.com Dalila Shkolnik deshkolnik@gmail.com	Lisa Morgan
Officials Contact	Administrative Official
SignUp BChamps 11&O	Carron Dunker

Deadline and Meeting Summary		
Monday, March 5, 2024	8:00 pm	Entry Deadline
Saturday, March 16, 2024	8:00 am	Coaches Meeting, if needed
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	LOYOLA UNIVERSITY FITNESS AND AQUATIC CENTER 4900 N CHARLES STREET BALTIMORE, MARYLAND 21210
Pool Information	<ul style="list-style-type: none"> Loyola University is an indoor fourteen lane, 25 yard pool with bulkhead. 4 Lanes (separated by a bulkhead) will be used for continuous warmup/warm down and 8 – 9 lanes will be used for competition. The facility has a Colorado timing system, touchpads, scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth, measured in accordance with Article 103.2.3 is 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).Daktronics timing system will be used.

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 • No one is permitted on the basketball courts or fitness rooms at any time. • Swimmers leaving the pool area are required to wear shirts, shorts or pants and shoes at all times. • Teams will be assigned a seating area after entries are received. Athletes will be seated on the pool deck as well as in the stands. Spectators are not permitted in the areas assigned to teams.
Medical Assistance and Supervision	<ul style="list-style-type: none"> • The pool will be equipped with all required Medical supplies as well as Lifeguards for the duration of the meet. North Baltimore Aquatic Club will be providing Safety Marshalls to ensure proper supervision of the athletes and spectators.
Parking	<ul style="list-style-type: none"> • Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces or areas, are subject to citations and towing. Please adhere to all parking signs either on university property or the streets surrounding the facility.
Hospitality	<ul style="list-style-type: none"> • There will be a hospitality area open to all coaches and officials. The hospitality room is located in the second floor classroom next to the fitness rooms.
Concessions	<ul style="list-style-type: none"> • There will not be concessions available.
Vendor	<ul style="list-style-type: none"> • To Be Determined

Meet Fees: Checks payable to North Baltimore Aquatic Club	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	\$20.00 per 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.

	<ul style="list-style-type: none"> • 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. • 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 Marshal shall be considered a Code of Conduct Violation.
Safety	<ul style="list-style-type: none"> • The Maryland Swimming, Inc. safety programs are 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. <ul style="list-style-type: none"> • 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

	<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"> 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 in the admin office on the pool deck. 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. The North Baltimore Aquatic 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. <ul style="list-style-type: none"> 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. <p style="text-align: center;">SignUp BChamps 11&O</p>
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. Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. Athletes are responsible for providing their own timer and counter for all events in session 1.

Meet Information	
Format	<ul style="list-style-type: none"> • All Events are Timed Finals. • Events will be swum slowest to fastest unless otherwise indicated. • 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.
Eligibility	<ul style="list-style-type: none"> • This meet is open to assigned Maryland Swimming LSC teams only. <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 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 January 1, 2023 and the qualifying deadline (March 5, 2024) for this meet. • Any swimmer who achieves a time faster than the SCY "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. • EXCEPTION: Swimmers with best times faster than the "slower than times" but have not achieved the time since March 10, 2022 may swim that event in this meet. In that case the swimmer shall have achieved the 2023 Maryland LSC Junior Championship Qualifying time in the Qualifying period (January 1, 2023 – March 5, 2024) and should be entered with that time. • NOTE: Swimmers MAY NOT swim an event that was swum in the 2024 Speedo Maryland Senior Championship or the 2024 Speedo Maryland 14 & Under Championship, including bonus swims. Additionally, swimmers MAY NOT swim an event that was swum in the 2024 Speedo Maryland Junior Championship, including bonus swims, at any 2024 Maryland B Championship.
Swimmers with Disabilities	<ul style="list-style-type: none"> • The North Baltimore Aquatic Club welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. <ul style="list-style-type: none"> • 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 Monday, March 5, 2024 at 8:00 pm. <ul style="list-style-type: none"> • No Times (NT) will not be accepted. • The conforming time standard will be SCY times. • Non-conforming times will not be accepted. • Converted times will not be accepted. Please do not convert times.

	<ul style="list-style-type: none"> Relay only swimmers should be listed in each team's entries. Swimmers not listed will not be eligible to compete. A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. <ul style="list-style-type: none"> There will be no deck entries allowed at this meet.
Entry Limitations	<ul style="list-style-type: none"> Swimmers may enter a maximum of 8 individual events and 2 relays for the meet. Swimmers may enter a maximum of 4 individual events and 1 relay event per session on Saturday and Sunday. If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet. Next resolution will be to limit swimmers to 1 event on Friday and 3 events per day on Saturday and Sunday.
Bonus Events	<ul style="list-style-type: none"> Bonus events will be offered in all age groups. <ul style="list-style-type: none"> Qualify for 1 event; may swim up to 5 bonus events. Qualify for 2 events; may swim up to 4 bonus events. Qualify for 3 events; may swim up to 3 bonus events. <ul style="list-style-type: none"> Qualify for 4 events; may swim 2 bonus events. Qualify for 5 events; may swim 1 bonus event. Swimmers qualifying in 6 or more events are not eligible to swim bonus events. Events over 200 yards are not eligible for bonus events. <ul style="list-style-type: none"> NT are not accepted for bonus events.
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	
Proof of Times	<ul style="list-style-type: none"> • A times recon will be run prior to the meet to ensure swimmers are within the qualifying times for the meet.
Seeding	<ul style="list-style-type: none"> • No Times (NT) will not be accepted. • The conforming time standard will be SCY times. • Non-conforming times will not be accepted. • Converted times will not be accepted. Please do not convert times. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
Positive Check-in	<ul style="list-style-type: none"> • There are no positive check in events for this meet.
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"> • Awards will be given for all individual events in places 1st-8th. • There will be no awards for relay events. • Awards not picked up at the conclusion of the meet will not be mailed.
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 and emailed to participating teams within 24 hours of the conclusion of the meet. • The meet results will be available on Meet Mobile.



2024 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET
ORDER OF EVENTS & QUALIFYING TIMES
 (Qualifying Times Slower than)

Session 1: Saturday, March 16, 2024

GIRLS

Warm-up: 8:45 AM

Meet Starts: 9:45 AM

GIRLS Event #	SCY Slower Than	Event
1	37.89	15 – 18 50 BREAST
2	40.09	13 – 14 50 BREAST
3	2:51.29	11 – 12 200 IM
4	2:18.69	15 – 18 200 FREE
5	2:21.29	13 – 14 200 FREE
6	35.89	11 – 12 50 FLY
7	1:13.39	15 – 18 100 FLY
8	1:14.89	13 – 14 100 FLY
9	1:12.29	11 – 12 100 FREE
10	1:13.39	15- 18 100 BACK
11	1:15.19	13 – 14 100 BACK
12	37.39	11 – 12 50 BACK
13	2:52.79	15 – 18 200 BREAST
14	2:57.29	13 – 14 200 BREAST
15	1:31.19	11 – 12 100 BREAST
16	31.49	15 – 18 50 FREE
17	32.19	13 – 14 50 FREE
18	NT	11 – 12 200 FR RELAY
19	NT	13 & OVER 200 FR RELAY

2024 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET
ORDER OF EVENTS & QUALIFYING TIMES
(Qualifying Times Slower than)

Session 2: Saturday, March 16, 2024

BOYS

Warm-up: 1:15 PM

Meet Starts: 2:15 PM

BOYS Event #	SCY Slower Than	Event
20	34.09	15 – 18 50 BREAST
21	37.39	13 – 14 50 BREAST
22	2:47.99	11 – 12 200 IM
23	2:06.79	15 – 18 200 FREE
24	2:12.79	13 – 14 200 FREE
25	36.19	11 – 12 50 FLY
26	1:06.69	15 – 18 100 FLY
27	1:10.09	13 – 14 100 FLY
28	1:09.89	11 – 12 100 FREE
29	1:07.19	15- 18 100 BACK
30	1:10.39	13 – 14 100 BACK
31	36.99	11 – 12 50 BACK
32	2:36.19	15 – 18 200 BREAST
33	2:43.99	13 – 14 200 BREAST
34	1:28.49	11 – 12 100 BREAST
35	28.39	15 – 18 50 FREE
36	29.79	13 – 14 50 FREE
37	NT	11 – 12 200 FR RELAY
38	NT	13 & OVER FR RELAY

2024 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET
ORDER OF EVENTS & QUALIFYING TIMES
(Qualifying Times Slower than)

Session 3: Sunday, March 17, 2024

GIRLS

Warm-up: 8:45 AM

Meet Starts: 9:45 AM

GIRLS Event #	SCY Slower Than	Event
39	2:34.89	15 – 18 200 IM
40	2:37.59	13 – 14 200 IM
41	1:22.09	11 – 12 100 IM
42	33.19	15 – 18 50 FLY
43	34.69	13 – 14 50 FLY
44	33.29	11 – 12 50 FREE
45	2:31.39	15 – 18 200 BACK
46	2:34.89	13 – 14 200 BACK
47	1:22.09	11 – 12 100 BACK
48	1:07.99	15 - 18 100 FREE
49	1:09.49	13 – 14 100 FREE
50	1:19.59	11 – 12 100 FLY
51	1:23.69	15 – 18 100 BREAST
52	1:25.69	13 – 14 100 BREAST
53	41.99	11 – 12 50 BREAST
54	33.59	15 – 18 50 BACK
55	35.69	13 – 14 50 BACK
56	2:32.99	11 – 12 200 FREE
57	2:33.49	15 – 18 200 FLY
58	2:36.89	13 – 14 200 FLY
59	NT	11 – 12 200 MED RELAY
60	NT	13 & OVER 200 MED RELAY

2024 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET
ORDER OF EVENTS & QUALIFYING TIMES
 (Qualifying Times Slower than)

Session 4: Sunday, March 17, 2024

BOYS

Warm-up: 1:15 PM

Meet Starts: 2:15 PM

BOYS Event #	SCY Slower Than	Event
61	2:20.89	15 – 18 200 IM
62	2:28.49	13 – 14 200 IM
63	1:18.99	11 – 12 100 IM
64	29.79	15 – 18 50 FLY
65	32.79	13 – 14 50 FLY
66	32.29	11 – 12 50 FREE
67	2:17.49	15 – 18 200 BACK
68	2:25.09	13 – 14 200 BACK
69	1:19.69	11 – 12 100 BACK
70	1:01.89	15 - 18 100 FREE
71	1:04.89	13 – 14 100 FREE
72	1:20.09	11 – 12 100 FLY
73	1:15.09	15 – 18 100 BREAST
74	1:19.49	13 – 14 100 BREAST
75	41.49	11 – 12 50 BREAST
76	31.59	15 – 18 50 BACK
77	33.79	13 – 14 50 BACK
78	2:27.49	11 – 12 200 FREE
79	2:20.49	15 – 18 200 FLY
80	2:26.89	13 – 14 200 FLY
81	NT	11 – 12 200 MED RELAY
82	NT	13 & OVER 200 MED RELAY

2024 MARYLAND LSC 11 & Over 'B' CHAMPIONSHIP SWIM MEET**ENTRY SUMMARY / RELEASE FORM**

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

NORTH BALTIMORE AQUATIC CLUB

ATTN: Tom Himes

P.O. Box 20801

Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Relay Entries		\$20.00 per relay	
LSC / 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.

NBAC, LOYOLA UNIVERSITY, 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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

NBAC, LOYOLA UNIVERSITY, USA Swimming, Inc. and Maryland Swimming Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA/Maryland Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless NBAC, LOYOLA UNIVERSITY, USA Swimming Inc and Maryland Swimming Inc. and each of their officers, directors, agents, employees or other representatives from liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participation in this competition.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE