



Merritt Distance Meet  
Hosted by **Merritt Swimming**

December 21-22, 2024

Held at **Loyola University Aquatic Complex**

4900 N. Charles Street

Baltimore, Md 21220

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

Sanction # 24/25-098

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                                                                                                                                                                                           |
| Andrew Snyder      Jaimi Conley<br>(914)954-5528    (443)791-2361<br><a href="mailto:asnyder@merrittclubs.com">asnyder@merrittclubs.com</a><br><a href="mailto:jconley@merrittclubs.com">jconley@merrittclubs.com</a> | Andrew Snyder<br>8757 Mylander Lane<br>Towson, Md 21286<br>(914)954-5528<br><a href="mailto:asnyder@merrittclubs.com">asnyder@merrittclubs.com</a>                                                                         |
| Meet Referee                                                                                                                                                                                                          | USA Swimming Registered Operational Risk Director                                                                                                                                                                          |
| Matthew Dick<br>(443)465-1971<br><a href="mailto:Matthewdick26@hotmail.com">Matthewdick26@hotmail.com</a>                                                                                                             | Rachel Gracia or Amy Mergerian<br>(443)623-9585 or (443)307-1946<br><a href="mailto:rgracia@merrittclubs.com">rgracia@merrittclubs.com</a><br><a href="mailto:amergerian@merrittclubs.com">amergerian@merrittclubs.com</a> |
| Officials Contact                                                                                                                                                                                                     | Administrative Official                                                                                                                                                                                                    |
| Matthew Dick<br><a href="mailto:Matthewdick26@hotmail.com">Matthewdick26@hotmail.com</a><br>Officials Registration Link:<br><a href="https://forms.gle/F2sf9jRN7Sph65qm7">https://forms.gle/F2sf9jRN7Sph65qm7</a>     | Kimberly Dick<br>(410)925-8095<br><a href="mailto:kimberlyfdick@gmail.com">kimberlyfdick@gmail.com</a>                                                                                                                     |

| Deadline and Meeting Summary                          |                   |                                      |
|-------------------------------------------------------|-------------------|--------------------------------------|
| Monday December 9, 2024                               | 5:00 pm           | Entry Deadline                       |
| Saturday December 21, 2024 & Sunday December 22, 2024 | 3:00 pm           | Officials' Briefing Hospitality Room |
| Saturday December 21, 2024 & Sunday December 22, 2024 | 3:00 pm If needed | Coaches General Meeting              |
| Saturday December 21, 2024 & Sunday December 22, 2024 | 3:10 pm           | Positive Check in Closes             |

| Session | Day                  | Warm-up | Meet Start | Age Group |
|---------|----------------------|---------|------------|-----------|
| 1       | Saturday December 21 | 3:00pm  | 3:30pm     | 11&Over   |
| 2       | Sunday December 22   | 3:00pm  | 3:30pm     | 11&Over   |

| Facility Information |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Facility Address     | <b>Loyola University Aquatic Complex</b><br>4900 N. Charles Street<br>Baltimore, Md 21220                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Pool Information     | <p>Loyola University is an indoor 10 lane, 25-yard facility with non-turbulent lane dividers, and spectator seating. Warm-up lanes will be available for the duration of the meet. The meet will be run on a Colorado Timing System with scoreboard. The minimum water depth measured in accordance with Article 103.2.3 is 5" to 7" at a distance of 1.0-5.0 meters from both the start end of the pool and from the turn end of the pool.</p> <p>Competition Pool:</p> <ul style="list-style-type: none"> <li>○ 10 25-yard lanes</li> <li>○ Competition lanes are a minimum of 8'wide.</li> <li>○ Water depth is 5" to 7"</li> <li>● Warm-up Pool:               <ul style="list-style-type: none"> <li>○ 3, 25-yard lanes</li> <li>○ Warm-up lanes are a minimum of 8'wide.</li> <li>○ Water depth is 9" to 13"</li> </ul> </li> <li>● The competition course has not been certified in accordance with 104.2.2C(4).</li> <li>● 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.</li> </ul> |

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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|                                    | <ul style="list-style-type: none"> <li>The meet will be run on a Colorado Timing System with scoreboard.</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>No Chairs will be allowed on the pool deck by swimmers, only the bleachers are to be used for swimmer seating.</li> <li>Locker rooms are located on the warmup pool side of the pool. No adults will be allowed in these locker rooms.</li> <li>Restrooms for spectators and volunteers are located in the main lobby. Coaches and volunteers may use the rest room located in the office right off the pool deck as well.</li> <li>Athletes may enter the pool area through the locker rooms or the designated stairwell between the Deck and the Spectator area.</li> <li>Warmup pool must be entered from the turn side of the pool</li> </ul> |
| Medical Assistance and Supervision | Lifeguards and an AED will be available if needed in the facility.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Parking                            | Park only in the designated areas. Parking on Charles Street is permitted. Please follow Baltimore City Parking signs. Parking is <b>NOT</b> permitted on Wyndhurst Avenue at any time.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Hospitality                        | There will be a hospitality area open to all coaches and officials located upstairs from the main lobby in a classroom.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Concessions                        | No Concessions will be available                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Vendor                             | No Vendor will be present                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

| Meet Fees: Checks payable to Merritt Athletic Swimming |                        |
|--------------------------------------------------------|------------------------|
| Athlete Surcharge                                      | \$16 per swimmer       |
| Individual Event Fee                                   | \$8.75 per event entry |

| Organization Regulations |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| 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> </ul> |

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|                   | <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>• The MDSI Scratch Rule is in effect for this meet- There will be no penalty for swimmers who No Show after Positive Check-in.</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 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</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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|                                          | <p>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.</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>                                                                                                                                                                                                                    |
| 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 office on the side of 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. Merritt Swimming 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.mdswwm.org">www.mdswwm.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/F2sf9jRN7Sph65qm7">https://forms.gle/F2sf9jRN7Sph65qm7</a></li> </ul>                                                                                           |
| Volunteers                               | <ul style="list-style-type: none"> <li>Swimmers will be required to provide their own Timers and Counters for distance events.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

| Meet Information |                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Format           | <ul style="list-style-type: none"> <li>Timed Finals</li> <li>Events will be swum fastest to slowest.</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> <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. Swimmer must be 11 years old, or older to be eligible</li> </ul> |

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|                            | <ul style="list-style-type: none"> <li>• NT entries will be accepted.</li> <li>• All sessions will be limited to 4 hours. <b>After that limit is reached, entries for that session will no longer be accepted.</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Swimmers with Disabilities | <ul style="list-style-type: none"> <li>• Merritt Swimming 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 December 9<sup>th</sup>, 2024 @5:00pm</li> <li>• No Times (NT) will be accepted.</li> <li>• The conforming time standard will be SCY times.</li> <li>• Non-conforming times will not be accepted.</li> <li>• Converted times will not be accepted.</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 enter a maximum of 2 individual events per session and a total of 4 individual events for the meet. .</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 short course yards.</li> <li>• Swimmers will be seeded and swim from fastest to slowest unless otherwise indicated.</li> </ul>                                                                                      |
| Positive Check-in | <ul style="list-style-type: none"> <li>• Positive Check in will close at 1:10pm both days of the meet. The check-in table will be located on the pool deck by the warmup lanes, right outside the office window.</li> <li>• There will be no penalty for not checking in.</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>• Ribbons will be awarded to the top 8 finishers in each age group and gender. Awards will be split as follows, 11-12, 13-14, 15&amp;Over.</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> </ul> |

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|         | <ul style="list-style-type: none"> <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>• At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment</li> </ul> |

## Order of Events & Qualifying Times

| Session 1                  |                          |
|----------------------------|--------------------------|
| Saturday December 21, 2024 |                          |
| Warm-up:<br>3:00pm         | Session Start:<br>3:30pm |
| Event #                    | Event                    |
| 1                          | 11-18 Mixed 400 IM       |
| 2                          | 11-18 Mixed 1000 Free    |

| Session 2                |                          |
|--------------------------|--------------------------|
| Sunday December 22, 2024 |                          |
| Warm-up:<br>3:00pm       | Session Start:<br>3:30pm |
| Event #                  | Event                    |
| 3                        | 11-18 Mixed 500 Free     |
| 4                        | 11-18 Mixed 1650 Free    |



**Merritt Distance Meet  
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to: (Checks payable to **Merritt Athletic Swimming**)

Merritt Swimming  
ATTN: Andrew Snyder  
8757 Mylander Lane  
Towson, MD 21286  
Email to: asnyder@merrittclubs.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 |              | \$8.75 per event    |       |
| Swimmer Surcharge  |              | \$16.00 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. Merritt Athletic Swimming, 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.

**SIGNATURE (Coach or Club Representative)**

**CLUB**

**TITLE**

**DATE**