



2024 SPEEDO MARYLAND LONG COURSE CHAMPIONSHIP MEET

Hosted by Speedo & Maryland Swimming LSC, Inc.

July 31 – August 3, 2024

@ ST. MARY’S COLLEGE OF MARYLAND
 AQUATIC CENTER AT THE MICHAEL P. O’BRIEN ATHLETICS AND RECREATION CENTER
 18952 E. FISHER ROAD ST. MARY’S CITY, MARYLAND 20686

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

Sanction # 23/24-078

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

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

ENTRY DEADLINE: WEDNESDAY, JULY 17, 2024 @ 8:00 PM

The 2024 Speedo Maryland Long Course Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
MEET DIRECTOR CARRON DUNKER CARRON@FOXSWIMMING.COM TOM BARRETT	TOM HIMES THIMES@NBAC.NET COACHTOM@COMCAST.NET P.O. BOX 20801 BALTIMORE, MARYLAND 21209
Meet Referee	USA Swimming Registered Operational Risk Director
MICHAEL CLEARY 301-712-7965 MCMACSWIM@GMAIL.COM	KATHLEEN JACOBS
Officials Contact	Administrative Referee
YOSHIMI JOHNSON JOHNSONYOSHIMI@GMAIL.COM Sign-up Link	BRYAN SAXTON 410-227-8989 SAXTONBK@GMAIL.COM

Deadline and Meeting Summary		
Wednesday, July 17, 2024	8:00 PM	Entry Deadline
Wednesday July 31, 2024	7:30 AM	Coaches Meeting
All Sessions	1 hour prior to session start	Officials' Briefing Conference Room
All Sessions	45 minutes prior to session start	Timers' Briefing Hallway outside the pool doors

Facility Information	
Facility Address	<p>St. Mary's College of Maryland Aquatic Center at the Michael P. O'Brien Athletics and Recreation Center 18952 East Fisher Road St. Mary's City, Maryland 20686</p> <p>Directions</p>
Pool Information	<p>Indoor eight-lane 50-meter pool with non-turbulent lane lines and continuous flow through gutters.</p> <ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ 8 50-meter lanes ○ Competition lanes are a minimum of 8'wide. ○ Water depth is 4'0"-7'6" • Warm-up Pool: <ul style="list-style-type: none"> ○ 25-meter lanes ○ Warm-up lanes are a minimum of 8'wide. ○ Water depth is 7'0"-7'6" • The competition course has not been certified in accordance with 104.2.2C(4). • The meet will be swum in a 50-meter course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down. • 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. • Swimmers may only use the visiting team locker rooms. They will be clearly marked, and no non-athletes will be allowed in these areas. • The swimmers may not prop open the door between the two locker rooms to access the varsity locker rooms. Swimmers are not to use restrooms in the hallway. • Coaches, officials, and volunteers are to use the Varsity locker rooms on the pool deck. They will be clearly marked, and no athletes will be allowed in these areas. • Spectators may use the restrooms located outside the pool area. • Spectators, volunteers, and athletes must enter the facility through either set of main doors. • Coaches and officials may enter the facility through the doors adjacent to the pool deck. • There are no folding chairs allowed in the spectator stands. • Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

Medical Assistance and Supervision	There will be lifeguards and an AED available at the meet.
Parking	Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing. Spectators and Volunteers are asked not to park in the spaces across from the pool.
Hospitality	There will be a hospitality area open to all coaches and officials located in the Hayes Team Room adjacent to the 25-meter warm-up pool.
Concessions	There will not be concessions available.
Vendor	Metro Swim Shop will be onsite.

Meet Fees: Teams will be billed directly from Maryland Swimming after the meet.	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	\$20.00 per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> • The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc. • This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. MDSI Rules shall also apply. • USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet. • All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP”), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition. • Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races. • No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing, marshal and administrative staff assisting with the conduct of the meet. • The MDSI Scratch Rule is in effect for this meet. This will be a full scratch meet for both individual events and relay events as described under USA Swimming scratch rules 207.11.6, except where noted. A no-show in the preliminary or timed finals events will not incur a penalty. A no-show in finals will result in the athlete being barred from all further competition. If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and

	<p>compete in the bonus, consolation, or championship finals event and it is the swimmer’s last event of the meet, the swimmer’s team is fined \$50 per the Maryland Swimming Championship Meet (MSCM)</p> <ul style="list-style-type: none"> • 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 Marshall shall be considered a Code of Conduct Violation.
Safety	<ul style="list-style-type: none"> • The Maryland Swimming, Inc. safety program is in effect for this meet. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. • No running or horseplay will be tolerated. • Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	<ul style="list-style-type: none"> • Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start, and a backstroke start or must start each race from within the water. • When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
Health Guidelines	<ul style="list-style-type: none"> • All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness. • At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period.

	Swimmers must be cleared, by the Meet Referee, prior to returning to competition.
Deck Access	<ul style="list-style-type: none"> • There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be located at the Meet Operations table near the start end of the pool. • 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. Maryland Swimming welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or signup with the link provided below. • This is a National Certification Meet. You also must submit a Request for Evaluation by July 14, 2024. To be evaluated at an OQM you must work at least 4 sessions (including official’s briefings) as an official at the meet. Not all sessions need to be in the evaluated positions. Please see the National Official Certification Summary and National Official Recertification Summary on the USA Swimming Web Page (www.usaswimming.org). Preference for assigned positions will be given to those working the majority of the sessions. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held at the date and time listed in the Deadline and Meeting Summary. • Sign-up link
Volunteers	<ul style="list-style-type: none"> • This meet is hosted by ALL TEAMS of the Maryland Swimming LSC, Inc. • Any team with swimmers entered in the meet shall be required to provide workers. • Each team needs to provide the name, phone number and email address of a Team Manager and a coach who will be present at the meet. This information is to be submitted via the form at the end of the Meet Announcement. • The Team Manager shall be available during all sessions of the meet. • Each team will be sent their worker assignments once entries have been received. Worker assignments will also be posted on the Maryland Swimming LSC, Inc. website (www.mdswim.org). • Swimmers entered in the 500-yard, 1000-yard, and 1650-yard Freestyle events must provide their own counters. • Swimmers entered in the 1650-yard Freestyle events must provide their own timers.

Meet Information	
Format	<ul style="list-style-type: none"> • Prelims/Finals/Timed Finals • Events will be swum slowest to fastest unless otherwise indicated. • This will be a full scratch meet for both individual events and relay events as described under USA Swimming scratch rules 207.11.6, except where noted.

- A no-show in the preliminary or timed finals heats will not incur a penalty. A no-show in finals will result in the athlete being barred from all further competition.
- If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and compete in the bonus, consolation, or championship finals event and it is the swimmer's last event of the meet, the swimmer's team is fined \$50 per the Maryland Swimming Championship Meet (MSCM)
- Events will be conducted in the 10 & under, 11-12, 13-14, 15 & over & Open (relays only) age groups.
- A no-show in Finals will result in the athlete being barred from all further competition. There will be no penalty for a no-show in Preliminaries or Timed Finals.
- The Meet will be conducted as a Preliminary & Finals Meet for all age groups. Certain events will be swum as Timed Finals events.
 - 13-14 and 15 & over age-groups will have a B and A Final, in that order, with the top 16 swimmers from preliminary results after scratches swimming in finals.
 - No swimmers over the age of 18 are allowed to compete in the B finals unless there are not enough swimmers to fill the B final heat. The top (8) swimmers in the 15 & over age group preliminary results, after scratches, will be seeded in the A Final regardless of age. After the scratch deadline, the next (8) fastest 18 and younger, non-collegiate, swimmers will be seeded in the B Final.
 - EXCEPTION: Swimmers who were enrolled in high school for the 2023-2024 school year, but have turned 19-years-old, may compete in the B final.
 - 10 & under and 11-12 age-group will have an A final with the top 8 swimmers from preliminary results after scratches swimming in finals.
- The following events will be conducted as a TIMED FINALS only.
 - 15 & over & 13-14: 800-meter Freestyle (Wednesday), 400-meter Individual Medley (Thursday), 400-meter Freestyle (Friday), and 1500-meter Freestyle (Saturday)
 - 11-12: 200-meter Backstroke (Wednesday), 400-meter Individual Medley (Wednesday), 200-meter Breaststroke (Thursday), 400-meter Freestyle (Friday) and 200-meter Butterfly (Saturday)
 - 10 & Under: 400-meter Freestyle (Friday)
- For the above timed finals events, the top (8) seeded 12 & under swimmers in each event after scratches will compete during the Finals session. The top (16) 13 & older swimmers in the 400-meter events after scratches and the top (8) swimmers after scratches for events over 400-meters will swim in the Finals session and will be swum slowest to fastest. The remaining swimmers will swim in the Preliminary session and shall be seeded as noted below.
 - Events 5 & 6 (11-12 200-meter Backstroke) will be swum as TIMED FINAL events slowest to fastest in event order. The fastest heat of each event will be swum during Finals Session 2. The remaining heats will be swum during Preliminary Session 1 in event order.

	<ul style="list-style-type: none"> • Events 29 & 30 (11-12 400-meter Individual Medley) will be swum as TIMED FINAL events fastest to slowest alternating Women & Men. The fastest heat of each event will be swum during Finals Session 2. The remaining heats will be swum during Preliminary Session 1 alternating Women & Men. • Events 31 & 32 (15 & Over 800 Freestyle) and Events 33 & 34 (13-14 800 Freestyle) will be swum as TIMED FINAL events fastest to slowest alternating Women & Men as well as age groups. The fastest heats will be swum during Finals Session 2 in event order. The remaining heats will be swum during the Preliminary Session 1 fastest to slowest alternating Women & Men as well as age groups. • Events 35 & 36 (11-12 200-meter Breaststroke) will be swum as TIMED FINAL events slowest to fastest in event order. The fastest heat of each event will be swum during Finals Session 4. The remaining heats will be swum during Preliminary Session 3 in event order. • Events 37 & 38 (13-14 400-meter Individual Medley) and Events 55 & 56 (15 & Over 400-meter Individual Medley) will be swum as TIMED FINAL events slowest to fastest in event order. The fastest (2) heats (16 swimmers) of each event will be swum during Finals Session 4. The remaining heats will be swum during Preliminary Session 3 in event order. • Events 95 & 96 (10 & Under 400-meter Freestyle) and Events 97 & 98 (11-12 400-meter Freestyle) during Preliminary Session 5 will be swum as TIMED FINAL events. The fastest heat of each event will be swum during Finals Session 6. The remaining heats will be swum during Preliminary Session 5 slowest to fastest in event order. • Events 99 & 100 (13-14 400-meter Freestyle) and Events 101 & 102 (15 & Over 400-meter Freestyle) will be swum as TIMED FINAL events slowest to fastest in event order. The fastest (2) heats (16 swimmers) of each event will be swum during Finals Session 4. The remaining heats will be swum during Preliminary Session 3 in event order. • Events 111 & 112 (11-12 200-meter Butterfly) will be swum as TIMED FINAL events slowest to fastest in event order. The fastest heat of each event will be swum during Finals Session 9. The remaining heats will be swum during Preliminary Session 7 in event order. • Events 133 & 134 (15 & Over 1500-meter Freestyle) and Events 135 & 136 (13-14 1500-meter Freestyle) will be swum as TIMED FINAL events. The fastest heat of each event will be swum during Finals Session 8. The remaining heats will be swum at the end of Preliminary Session 7, fastest to slowest alternating Women & Men as well as events. <ul style="list-style-type: none"> • All Relay events will swim in the Finals sessions. • BREAKS: After entries are received, breaks between events may be applied to ensure swimmers receive a minimum of 20 minutes between events. These breaks will be applied at the discretion of the Meet Referee.
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	<ul style="list-style-type: none"> • Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. The order of events may not be changed.
Eligibility	<ul style="list-style-type: none"> • All swimmers must be registered with USA Swimming, Inc. • Swimmers must be registered prior to the entry deadline. • There will be no on-deck registration available at this meet. • A swimmer’s age on the first day of the meet will determine their age for the entire meet. • The 2024 Speedo Maryland Long Course Championship shall be open to ALL 2024 USA Swimming Inc. / Maryland Swimming LSC, Inc. registered swimmers from registered Maryland Swimming LSC, Inc. teams and unattached Maryland Swimming LSC, Inc. registered swimmers ONLY who meet the listed qualifying times. • The meet is closed to ALL swimmers and teams outside of Maryland Swimming, Inc. • Swimmers entering the meet must be registered with Maryland Swimming LSC, Inc. and USA Swimming by the meet entry deadline, except for unattached swimmers who must have been a member of Maryland Swimming LSC, Inc. for 6 months prior to the meet entry deadline. • A swimmer’s age on Wednesday July 31, 2024 will determine their age for the duration of the meet • Swimmers must be equal to or faster than the Qualifying Times established for the meet. Qualifying times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between April 1, 2023 and the entry deadline for this meet (July 17, 2024). No times achieved outside of this time period may be used to qualify for this meet. Qualifying times must have been achieved in a long course meter (LCM) pool. Converted times will not be accepted. • Swimmers who qualify for an event and swim that event at the 2024 Speedo Maryland Long Course Championship Meet may not enter the same event at the 2024 Maryland Junior Long Course Championship Meet. • Relays: The entry times may either be determined by an actual relay time within the qualifying period or by aggregate time. If the time is entered using an actual time swam in a sanctioned meet, the swimmers actually swimming the event in the meet do not have to be the same swimmers who swam the qualifying time. Times used to prove aggregate times must be times from swimmers who are eligible for the meet in the age group whose relay time is being proved by aggregate times. Swimmers who actually swim the relay in the meet do not have to be the same. Relay times are associated with the club, not the actual swimmers. • Qualifying times exception 1: If a swimmer qualifies for either the 800-meter Freestyle event or the 1500-meter Freestyle event they may enter the other (800-meter Freestyle or 1500-meter Freestyle) event if they have not achieved the qualifying time for the event within the qualifying period. The time entered for that event should be at the qualifying time if never swum or a verifiable time outside of the qualifying period if swum before. The

	<p>swimmer must qualify in one of the two events but may elect to swim only one of the events.</p> <ul style="list-style-type: none"> • Qualifying times exception 2: Swimmers that have achieved USA Swimming National Qualifying Times may enter any events they have not swum within the qualifying period assuming they have met the qualifying time.
Swimmers with Disabilities	<ul style="list-style-type: none"> • Maryland Swimming welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. • Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals. • Failure to provide advance notice may limit the ability to accommodate all requests.
Entry Procedures	<ul style="list-style-type: none"> • Wednesday, July 17, 2024, at 8:00 pm. • No Times (NT) will not be accepted. • The conforming time standard will be LCM times. • Non-conforming times will not be accepted. • Converted times will not be accepted. • No late entries will be accepted. • No individual or relay event deck entries will be accepted. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator and Meet Director prior to the entry deadline. • Submissions must also include an entry fee report and team entry report with proof of times for both individual and relay event entries. • Relay-only swimmers must be included on your roster. This can be done by adding names to your Relay entries (including alternates). Those names can be changed up until the time of the event. No swimmers can be added to your roster after the deadline of the meet. • Relay-only swimmers will not be charged the Athlete Surcharge if they do not swim in the event. • Bonus events should be marked with a "B" OR AN *.
Entry Limitations	<ul style="list-style-type: none"> • Swimmers 12 & under may enter a maximum of 3 individual events per day and a total of 9 individual events for the meet. • Swimmers 13 & over may enter a maximum of 3 individual events per day and a total of 8 individual events for the meet. • Swimmers may enter a maximum of 1 relay per day. Swimmers may enter a maximum of 2 relays for the meet. • The Meet Entry Director reserves the right to limit entries to ensure that sessions fall within the Maryland Swimming LSC, Inc. rules. If the meet becomes oversubscribed, the meet will be reduced in the following order: <ul style="list-style-type: none"> ○ Bonus events will be eliminated. ○ Individual events shall be limited to (8) or (7) per swimmer. ○ Events will be limited to (6) heats. ○ Any heats not full (8 seeded swimmers) WILL BE ELIMINATED.

	<ul style="list-style-type: none"> ○ Those swimmers with entry times furthest away from AAA times will be removed.
Bonus Events	<ul style="list-style-type: none"> ● All Bonus Event Qualifying Times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between April 1, 2023 and the entry deadline for this meet (July 17, 2024). No times achieved outside of this time period may be used to qualify for this meet. The qualifying times must have been achieved in a long course meter (LCM) pool. Converted times will not be accepted. ● Bonus events will be offered using the following guidelines: <ul style="list-style-type: none"> ○ Qualify for 1 event, may have up to 5 bonus swims. ○ Qualify for 2 events, may have up to 4 bonus swims. ○ Qualify for 3 events, may have up to 3 bonus swims. ○ Qualify for 4 events, may have up to 2 bonus swims. ○ Qualify for 5 events, may have up to 1 bonus swim. ○ Qualify for 6 or more events, no bonus swims. ● The bonus events may be used on any day of the meet. ● Swimmers must enter an event with a qualifying time in order to be eligible for bonus events. ● Entry times for bonus swims shall be the 2021-2024 USA Motivational Time Standards BB standard or faster for the age group. ● Events 400-meters or longer are not eligible as bonus events. (400-meter Individual Medley, 400-meter, 800-meter, and 1500-meter Freestyle). ● If the meet becomes oversubscribed, the bonus events will be the first entries removed from the meet.
Entry Verification	<ul style="list-style-type: none"> ● An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt. Please contact the Meet Director if an acknowledgement has not been received.
Proof of Times	<ul style="list-style-type: none"> ● Must be submitted with the entry file to the Meet Entry Coordinator and the Meet Director. ● A times recon will be run prior to the meet to ensure swimmers are within the qualifying times for the meet.

Meet Procedures	
Seeding	<ul style="list-style-type: none"> ● The conforming time standard for this meet is long course meters. ● Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
Preliminary Scratches	<ul style="list-style-type: none"> ● This will be a full scratch meet for both individual events and relay events as described under USA Swimming scratch rules 207.11.6, except where noted. ● A no-show in the preliminary heats will not incur a penalty. A no-show in finals will result in the athlete being barred from all further competition. ● If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and compete in the bonus, consolation, or championship finals event and it is the swimmer's last event of the meet, the swimmer's team is fined \$50 per the Maryland Swimming Championship Meet (MSCM) ● Deadlines for individual and relay event scratches are as follows: <ul style="list-style-type: none"> ○ 7:00 am on Wednesday for Wednesday preliminary events.

	<ul style="list-style-type: none"> ○ 6:00 pm on Wednesday for Thursday preliminary events. ○ 6:00 pm on Thursday for Friday preliminary events. ○ 5:30 pm on Friday for Saturday preliminary events. ● The scratch table will be located on the start end of the pool on the lane 1 side.
Scoring	<ul style="list-style-type: none"> ● Team Scoring is as follows: <ul style="list-style-type: none"> ● Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 and ● Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
Awards	<ul style="list-style-type: none"> ● 14 & under age groups as follows: <ul style="list-style-type: none"> ○ Individual Events: Distinctive medals for 1st, 2nd, and 3rd places. Medals for 4th – 8th places. ○ Relay Events: Distinctive medals for 1st, 2nd, 3rd, and 4th places. ● 15 & over age groups as follows: <ul style="list-style-type: none"> ○ Individual Events: Distinctive medals for 1st, 2nd, and 3rd places. ○ No relay awards for Open events. ● Team Awards - 1st- 8th ● On behalf of Maryland Swimming, jackets will be presented to each individual event winner. Second and third place individual event winners will have the option to purchase the jacket. Only one jacket per swimmer will be awarded. Relays are not eligible to receive jackets.
Warm-Ups	<ul style="list-style-type: none"> ● A complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue. ● Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	<ul style="list-style-type: none"> ● Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. ● Results will be posted on Meet Mobile throughout the meet.

**2024 Speedo Maryland Long Course Championship
Qualifying Times**

Event	10 & U Boys	10 & U Girls	11 & 12 Boys	11 & 12 Girls	13 & 14 Boys	13 & 14 Girls	15 & O Boys	15 & O Girls
50 Freestyle	35.19	35.19	31.79	31.69	28.49	30.09	26.49	29.49
100 Freestyle	1:19.09	1:21.19	1:10.29	1:10.09	1:02.29	1:05.49	57.39	1:03.79
200 Freestyle	2:51.89	2:57.49	2:33.39	2:32.39	2:17.49	2:22.79	2:06.29	2:17.59
400 Freestyle	5:59.59	6:05.89	5:21.89	5:23.29	4:52.99	5:01.69	4:31.39	4:53.19
800 Freestyle					10:05.99	10:20.99	9:27.29	9:59.99
1500 Freestyle					19:15.89	19:48.09	18:19.89	19:36.29
50 Backstroke	42.99	43.39	37.69	37.19	33.99	36.19	30.79	33.79
100 Backstroke	1:31.69	1:33.09	1:22.09	1:20.79	1:11.39	1:15.59	1:06.49	1:12.79
200 Backstroke			2:53.79	2:54.29	2:33.59	2:41.99	2:22.69	2:35.49
50 Breaststroke	48.19	48.09	41.99	42.09	37.39	39.19	33.89	38.39
100 Breaststroke	1:44.69	1:46.49	1:31.69	1:32.79	1:19.59	1:26.39	1:15.59	1:23.09
200 Breaststroke			3:17.09	3:21.09	2:55.79	3:06.89	2:42.859	2:57.99
50 Butterfly	40.89	41.49	35.89	34.99	31.89	33.19	27.99	30.89
100 Butterfly	1:36.09	1:36.79	1:20.39	1:21.89	1:08.99	1:13.99	1:03.99	1:10.79
200 Butterfly			2:53.59	2:59.29	2:33.29	2:42.29	2:22.89	2:35.59
200 Individual Medley	3:16.89	3:17.59	2:52.49	2:51.69	2:35.39	2:41.29	2:24.09	2:37.19
400 Individual Medley			6:11.49	6:10.99	5:33.29	5:47.69	5:10.99	5:35.09

QUALIFICATION PERIOD – APRIL 1, 2023, UNTIL THE JULY 17, 2024, ENTRY DEADLINE FOR THIS MEET.

Order of Events

Session 1		
Wednesday, July 31, 2024		
Warm-up: 6:30 am Girls	Preliminary/Timed Finals	Session Start: 8:00 am Boys
1	15 & over 50 Backstroke	2
3	13-14 50 Backstroke	4
5	11-12 200 Backstroke*	6
7	10 & under 100 Freestyle	8
9	15 & over 100 Freestyle	10
11	13-14 100 Freestyle	12
13	11-12 100 Freestyle	14
15	10 & under 50 Breaststroke	16
17	15 & over 100 Breaststroke	18
19	13-14 100 Breaststroke	20
21	11-12 50 Breaststroke	22
23	10 & under 100 Butterfly	24
25	15 & over 200 Butterfly	26
27	13-14 200 Butterfly	28
29	11-12 400 Individual Medley	30
31	15 & over 800 Freestyle*	32
33	13-14 800 Freestyle*	34

Scratch Deadline 7:00 am Wednesday for all Wednesday Preliminary events.

Events 5 & 6 (11-12 200-meter Backstroke), 29 & 30 (11-12 400-meter Individual Medley) & 31-34 (800-meter Freestyle) the top 8 seeded swimmers after scratches will swim in the Final session 2.

Swimmers must provide their own counter for Events 31-34 (800-meter Freestyle).

Order of Events

Session 2		
Wednesday, July 31, 2024		
Warm-up: 4:00 pm	Finals	Session Start: 5:00 pm
Girls		Boys
1	15 & over 50 Backstroke	2
3	13-14 50 Backstroke	4
5	11-12 200 Backstroke	6
7	10 & under 100 Freestyle	8
9	15 & over 100 Freestyle	10
11	13-14 100 Freestyle	12
13	11-12 100 Freestyle	14
15	10 & under 50 Breaststroke	16
17	15 & over 100 Breaststroke	18
19	13-14 100 Breaststroke	20
21	11-12 50 Breaststroke	22
23	10 & under 100 Butterfly	24
25	15 & over 200 Butterfly	26
27	13-14 200 Butterfly	28
29	11-12 400 Individual Medley	30
31	15 & over 800 Freestyle	32
33	13-14 800 Freestyle	34

Scratch Deadline 5:30 pm Wednesday for all Thursday Preliminary events.

Swimmers must provide their own counter for Events 31-34 (800-meter Freestyle).

Order of Events

Session 3		
Thursday August 1, 2024		
Warm-up: 6:30 am	Preliminary/Timed Finals	Session Start: 8:00 am
Girls		Boys
35	11-12 200 Breaststroke*	36
37	13-14 400 Individual Medley**	38
39	15 & over 200 Backstroke	40
41	10 & under 100 Backstroke	42
43	11-12 100 Backstroke	44
45	13-14 200 Backstroke	46
47	15 & over 200 Freestyle	48
49	10 & under 200 Freestyle	50
51	11-12 200 Freestyle	52
53	13-14 200 Freestyle	54
55	15 & over 400 Individual Medley**	56
57	10 & under 50 Butterfly	58
59	11-12 50 Butterfly	60
61	13-14 50 Butterfly	62
63	15 & over 50 Butterfly	64

Scratch Deadline 5:30 pm Wednesday for all Thursday Preliminary events.

*Events 35 & 36 (11-12 200-meter Breaststroke) the top 8 seeded swimmers after scratches will swim in the Final Session 4.

* Events 37, 38, 55 & 56 (400-meter Individual Medley) the top 16 seeded swimmers, after scratches, will swim in the Finals Session 4.

Order of Events

Session 4		
Thursday August 1, 2024		
Warm-up: 4:00 pm Girls	Finals	Session Start: 5:00 pm Boys
35	11-12 200 Breaststroke	36
37	13-14 400 Individual Medley	38
39	15 & over 200 Backstroke	40
41	10 & under 100 Backstroke	42
43	11-12 100 Backstroke	44
45	13-14 200 Backstroke	46
47	15 & over 200 Freestyle	48
49	10 & under 200 Freestyle	50
51	11-12 200 Freestyle	52
53	13-14 200 Freestyle	54
55	15 & over 400 Individual Medley	56
57	10 & under 50 Butterfly	58
59	11-12 50 Butterfly	60
61	13-14 50 Butterfly	62
63	15 & over 50 Butterfly	64
65	10 & under 200 Freestyle Relay	66
67	11-12 400 Freestyle Relay	68
69	13-14 400 Freestyle Relay	70
71	15 & over 400 Freestyle Relay	72

Scratch Deadline 5:30 pm Thursday for all Friday Preliminary events.

Order of Events

Session 5		
Friday August 2, 2024		
Warm-up: 6:30 am Girls	Preliminary/ Timed Finals	Session Start: 8:00 am Boys
73	11-12 100 Butterfly	74
75	13-14 100 Butterfly	76
77	15 & over 100 Butterfly	78
79	10 & under 100 Breaststroke	80
81	11-12 100 Breaststroke	82
83	13-14 200 Breaststroke	84
85	15 & over 200 Breaststroke	86
87	10 & under 50 Backstroke	88
89	11-12 50 Backstroke	90
91	13-14 100 Backstroke	92
93	15 & over 100 Backstroke	94
95	10 & under 400 Freestyle*	96
97	11-12 400 Freestyle*	98
99	13-14 400 Freestyle**	100
101	15 & over 400 Freestyle**	102

Scratch Deadline 5:30 pm Thursday for all Friday Preliminary events.

*Events 95-98 (400-meter Freestyle) the top 8 seeded swimmers, after scratches, will swim in Finals Session 6.

**Events 99-102 (400-meter Freestyle) the top 16 seeded swimmers, after scratches, will swim in the Finals Session 6.

Order of Events

Session 6		
Friday August 2, 2024		
Warm-up: 4:00 pm	Finals	Session Start: 5:00 pm
Girls		Boys
73	11-12 100 Butterfly	74
75	13-14 100 Butterfly	76
77	15 & over 100 Butterfly	78
79	10 & under 100 Breaststroke	80
81	11-12 100 Breaststroke	82
83	13-14 200 Breaststroke	84
85	15 & over 200 Breaststroke	86
87	10 & under 50 Backstroke	88
89	11-12 50 Backstroke	90
91	13-14 100 Backstroke	92
93	15 & over 100 Backstroke	94
95	10 & under 400 Freestyle	96
97	11-12 400 Freestyle	98
99	13-14 400 Freestyle	100
101	15 & over 400 Freestyle	102
103	10 & under 200 Medley Relay	104
105	11-12 400 Medley Relay	106
107	13-14 400 Medley Relay	108
109	15 & over 400 Medley Relay	110

Scratch Deadline 5:30 pm Friday for all Saturday Preliminary events.

Order of Events

Session 7		
Saturday August 3, 2024		
Warm-up: 6:30 am Girls	Preliminary/Timed Finals	Session Start: 8:00 am Boys
111	11-12 200 Butterfly*	112
113	15 & over 50 Freestyle	114
115	13-14 50 Freestyle	116
117	11-12 50 Freestyle	118
119	10 & under 50 Freestyle	120
121	15 & over 200 Individual Medley	122
123	13-14 200 Individual Medley	124
125	11-12 200 Individual Medley	126
127	10 & under 200 Individual Medley	128
129	15 & over 50 Breaststroke	130
131	13-14 50 Breaststroke	132
133	15 & over 1500 Freestyle**	134
135	13-14 1500 Freestyle**	136

Scratch Deadline 5:30 pm Friday for all Saturday Preliminary events.

*Events 111 & 112 (200-meter Butterfly) the top 8 seeded swimmers, after scratches, will swim in the Finals Session 9.

**Events 133-136 (1500-meter Freestyle) the top 8 seeded swimmers, after scratches, will swim in the Finals Session 8.

Swimmers must supply their own timers and counters for events 133-136 (1500-yard Freestyle).

Order of Events

Session 8		
Saturday August 3, 2024		
Finals		
Warm-up: 3:30 pm		Session Start: 4:15 pm
133	15 & over 1500 Freestyle	134
135	13-14 1500 Freestyle	136

Swimmers must supply their own timers and counters for events 133-136 (1500-yard Freestyle).

Session 9		
Saturday August 3, 2024		
Warm-up: 5:30 pm		Session Start: 6:15 pm
Girls	Finals	Boys
111	11-12 200 Butterfly	112
113	15 & over 50 Freestyle	114
115	13-14 50 Freestyle	116
117	11-12 50 Freestyle	118
119	10 & under 50 Freestyle	120
121	15 & over 200 Individual Medley	122
123	13-14 200 Individual Medley	124
125	11-12 200 Individual Medley	126
127	10 & under 200 Individual Medley	128
129	15 & over 50 Breaststroke	130
131	13-14 50 Breaststroke	132

**2024 SPEEDO MARYLAND LONG COURSE CHAMPIONSHIPS
ENTRY SUMMARY & RELEASE FORM
TEAM COMMUNICATION FORM**

Complete and email this form to:
Tom Himes - thimes@nbac.net or coachtom@comcast.net
AND
Carron Dunker - carron@foxswimming.com

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	
Team Manager (must be available for all sessions of the meet)	
Team Manager Cell Phone Number	

Item	Total Number	Cost Per	Total
Individual Entries		\$10.00 per event	
Swimmer Surcharge		\$25.00 per swimmer	
Relay Entries		\$20.00 per relay	
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. St. Mary's College of Maryland, 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