# 2024 SPEEDO MARYLAND LSC JUNIOR CHAMPIONSHIPS – SITE 1
## Hosted by NORTH BALTIMORE AQUATIC CLUB

MARCH 8 – 10, 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 – 050

**(REVISED MARCH 6, 2024)**

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  FEBRUARY 26, 2024 @ 8:00 PM**

**This meet is open to only the assigned MARYLAND SWIMMING LSC TEAMS listed below:
ACA, ASC, CGA, ESA, EST, FAST, FCY, FMSC, GMAC, HFY, JCC, LBA, MAC, MBK, NBAC, RAC, SMDA, YCM**

| Meet Administration | |
|---|---|
| Certified Meet Director | Certified Meet Entry Coordinator |
| Tom Himes<br>thimes@nbac.net / coachtom@comcast.net<br>John Chandler / Bill Wade | Tom Himes<br>thimes@nbac.net / coachtom@comcast.net |
| Meet Referee | USA Swimming Registered<br>Operational Risk Director |
| Brad Shedwick<br>brad@shedwick.com<br>Dalila Shkolnik<br>deshkolnik@gmail.com | Lisa Morgan |
| Officials Contact | Administrative Official |
| SignUp Jr Champs Meet | Liz Belt / Amy Matteini |

| Deadline and Meeting Summary | | |
|---|---|---|
| Monday, February 26, 2024 | 8:00 pm | Entry Deadline |
| Saturday, March 9, 2024 | 7:30 am | Coaches Meeting, if needed |
| Friday, March 8, 2024 | 3:15 pm | Positive Check-in for Friday events closes |
| 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 | |
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| Facility Address | LOYOLA UNIVERSITY<br>FITNESS AND AQUATIC CENTER<br>4900 N CHARLES STREET<br>BALTIMORE, MARYLAND 21210 |
| Pool Information | • Loyola University is an indoor fourteen lane, 25 yard pool with bulkhead.<br>• 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. |

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| Facility Information | • All swimmers and meet personnel on deck must have credentials to be on deck.<br>• 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.<br>• Restrooms for spectators and volunteers are located in the main lobby<br>• No one is permitted on the basketball courts or fitness rooms at any time.<br>• Swimmers leaving the pool area are required to wear shirts, shorts or pants and shoes at all times.<br>• 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 | • 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 | • Parking is authorized in designated areas only.  Vehicles parked in unauthorized parking spaces or areas, aree subject to citations and towing.  Please adhere to all parking signs either on university property or the streets surrounding the facility. |
| Hospitality | • 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 | • There will not be concessions available. |
| Vendor | • 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 | • 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.<br>• 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.<br>• USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.<br>• 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. |

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| | • 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.<br>• 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.<br>• 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.<br>• 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.<br>• 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.<br>• 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.<br>• 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.<br>• Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F).<br>• Failure to comply with any rules and/or the request of a Safety Marshal shall be considered a Code of Conduct Violation. |
| Safety | • The Maryland Swimming, Inc. safety programs are in effect for this meet.<br>• 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.<br>• No running or horseplay will be tolerated.<br>• 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 | • 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.<br>• 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. |
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| Health Guidelines | • 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 |

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| | the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness.<br>• 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 | • There will be a check-in process for all coaches, officials, and approved meet staff.<br>• The check-in table will be located in the admin office on the pool deck.<br>• 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.<br>• No one without proper clearance may be allowed in the competition areas without approval of the meet host. |
| Officials | • 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.<br>• The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet.<br>• Official briefings will be held at the date and time listed in the Deadline and Meeting Summary.<br>SignUp Jr Champs Meet |
| Volunteers | • Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.<br>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.<br>• Athletes are responsible for providing their own timer and counter for all events in session 1. |

| Meet Information | |
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| Format | • All Events are Timed Finals.<br>• Events will be swum slowest to fastest unless otherwise indicated.<br>• 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 | • This meet is open to assigned Maryland Swimming LSC teams only.<br>• All swimmers must be registered with USA Swimming, Inc.<br>• Swimmers must be registered prior to the entry deadline.<br>• There will be no on-deck registration available at this meet.<br>• A swimmer's age on the first day of the meet will determine their age for the entire meet.<br>• 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 (February 26, 2024) for this meet.<br>• 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.<br>• 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 – February 26, 2024) and should be entered with that time.<br>• 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 | • 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.<br>• 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.<br>• Failure to provide advance notice may limit the ability to accommodate all requests. |
| Entry Procedures | • Entry deadline is Monday, February 26, 2024 at 8:00 pm.<br>• No Times (NT) will not be accepted.<br>• The conforming time standard will be SCY times.<br>• Non-conforming times will not be accepted.<br>• Converted times will not be accepted. Please do not convert times. |

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| | • Relay only swimmers should be listed in each team's entries.  Swimmers not listed will not be eligible to compete.<br>• A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline.<br>• There will be no deck entries allowed at this meet. |
| Entry Limitations | • Swimmers may enter a maximum of 9 individual events and 2 relays for the meet.<br>• Swimmers may enter a maximum of 2 events in the Friday evening session.<br>• Swimmers may enter a maximum of 4 individual events and 1 relay event per session on Saturday and Sunday.<br>• 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 | • Bonus events will be offered in all age groups.<br>   o Qualify for 1 event; may swim up to 5 bonus events.<br>   o Qualify for 2 events; may swim up to 4 bonus events.<br>   o Qualify for 3 events; may swim up to 3 bonus events.<br>     o Qualify for 4 events; may swim 2 bonus events.<br>     o Qualify for 5 events; may swim 1 bonus event.<br>   o Swimmers qualifying in 6 or more events are not eligible to swim bonus events.<br>• Events over 200 yards are not eligible for bonus events.<br>• NT are not accepted for bonus events. |
| Entry Verification | • An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt. |

| Meet Procedures | |
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| Proof of Times | • A times recon will be run prior to the meet to ensure swimmers are within the qualifying times for the meet. |
| Seeding | • No Times (NT) will not be accepted.<br>• The conforming time standard will be SCY times.<br>• Non-conforming times will not be accepted.<br>• Converted times will not be accepted. Please do not convert times.<br>• Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. |
| Positive Check-in | • Check-in will be located on the pool deck outside the admin office and will be required for the following events.<br>    ◦ Events 1 – 6: 400-yard Individual Medley<br>    ◦ Events 7-14: 500-yard Freestyle<br>• Swimmers that fail to check-in will not be seeded in the event(s).<br>• In events that require a positive check-in, a swimmer who has checked in, been seeded, and fails to compete in said event shall be barred from their next individual event.  Use of a declared false start will not eliminate this penalty.<br>• All remaining events will not require a positive check-in.<br>• There will be no penalty for failure to compete in events not requiring a positive check-in. |
| Scoring | • There will be no team or individual scores kept for this meet. |
| Awards | • Awards will be given for all individual events in places 1st-8th.<br>• There will be no awards for relay events.<br>• Awards not picked up at the conclusion of the meet will not be mailed. |
| Warm-Ups | • 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.<br>• Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns. |
| Results | • Results will be posted on the Maryland Swimming, Inc. website and emailed to participating teams within 24 hours of the conclusion of the meet.<br>• The meet results will be available on Meet Mobile. |

# 2024 SPEEDO MARYLAND LSC JUNIOR CHAMPIONSHIPS – SITE 1

**Hosted by THE NORTH BALTIMORE AQUATIC CLUB**

## Order of Events & Qualifying Times

| | Session 1: Distance | | | | | |
|---|---|---|---|---|---|---|
| | Friday, March 8, 2024 | | | | | |
| | Warm-Up: 3:00 pm | | | Session Start: 4:00 pm | | |
| | Girls SCY faster than or equal to | Girls SCY slower than | Event | Boys SCY slower than | Boys SCY faster than or equal to | |
| 1 | 6:04.79 | 5:26.99 | 11-12 400 Individual Medley | 5:27.89 | 5:54.39 | 2 |
| 3 | 5:45.59 | 4:57.39 | 13-14 400 Individual Medley | 4:47.09 | 5:25.09 | 4 |
| 5 | 5:38.49 | 4:54.39 | 15 & Over 400 Individual Medley | 4:30.99 | 5:11.69 | 6 |
| 7 | 7:44.89 | 6:48.39 | 9-10 500 Freestyle | 6:48.39 | 7:36.99 | 8 |
| 9 | 6:48.19 | 5:53.89 | 11-12 500 Freestyle | 5:53.89 | 6:37.49 | 10 |
| 11 | 6:28.69 | 5:29.99 | 13-14 500 Freestyle | 5:19.99 | 6:08.99 | 12 |
| 13 | 6:21.99 | 5:29.79 | 15 & Over 500 Freestyle | 5:09.89 | 5:54.09 | 14 |

Positive check-in is required for all events in session 1. Positive check-in is located outside the admin office on the pool deck and will close at 3:15 pm.

Athletes must provide their own timer for the 400-yard Individual Medley and their own timer and counter for the 500-yard Freestyle events.

Heats from events 1, 3, 5 and 2, 4, 6 will be combined, if possible, when there are 4 swimmers or less in a heat after the positive check-in deadline. Heats from events 7, 9, 11, 13 and 8, 10, 12, 14 will be combined, if possible, when there are 4 swimmers or less in a heat after the positive check-in deadline.

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

# 2024 SPEEDO MARYLAND LSC JUNIOR CHAMPIONSHIPS – SITE 1

**Hosted by THE NORTH BALTIMORE AQUATIC CLUB**

## Order of Events & Qualifying Times

| | Session 2: 12 & under swimmers | | | | | |
|---|---|---|---|---|---|---|
| | Saturday March 9, 2024 | | | | | |
| | Warm-Up: 7:00 am | | | | Session Start: 8:00 am | |
| | Girls SCY faster than or equal to | Girls SCY slower than | Event | Boys SCY slower than | Boys SCY faster than or equal to | |
| 15 | 2:51.99 | 2:31.69 | 11-12 200 Backstroke | 2:32.89 | 2:47.69 | 16 |
| 17 | 1:48.99 | 1:33.39 | 9-10 100 Breaststroke | 1:33.39 | 1:45.69 | 18 |
| 19 | 1:31.19 | 1:19.99 | 11-12 100 Breaststroke | 1:19.59 | 1:28.49 | 20 |
| 21 | 43.79 | 36.09 | 9-10 50 Butterfly | 37.09 | 42.49 | 22 |
| 23 | 35.89 | 30.99 | 11-12 50 Butterfly | 31.29 | 36.19 | 24 |
| 25 | 1:23.99 | 1:10.89 | 9-10 100 Freestyle | 1:10.69 | 1:22.79 | 26 |
| 27 | 1:12.29 | 1:01.19 | 11-12 100 Freestyle | 1:01.09 | 1:09.89 | 28 |
| 29 | 3:19.59 | 2:55.99 | 9-10 200 Individual Medley | 2:55.99 | 3:17.19 | 30 |
| 31 | 2:51.29 | 2:31.59 | 11-12 200 Individual Medley | 2:31.39 | 2:47.99 | 32 |
| 33 | 43.99 | 37.19 | 9-10 50 Backstroke | 37.99 | 44.29 | 34 |
| 35 | 37.39 | 32.59 | 11-12 50 Backstroke | 32.79 | 36.99 | 36 |
| | 10 Minute Break | | | | | |
| 37 | 2:55.29 | 2:38.29 | 11-12 200 Butterfly | 2:38.29 | 2:48.79 | 38 |
| | 5 Minute Break | | | | | |
| 39 | NA | | 9-10 200 Freestyle Relay | NA | | 40 |
| 41 | NA | | 11-12 200 Freestyle Relay | NA | | 42 |

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

## 2024 SPEEDO MARYLAND LSC JUNIOR CHAMPIONSHIPS – SITE 1
### Hosted by THE NORTH BALTIMORE AQUATIC CLUB

## Order of Events & Qualifying Times

| | Session 3: 13 & over swimmers | | | | | |
|---|---|---|---|---|---|---|
| | Saturday March 9, 2024 | | | | | |
| | Warm-Up: 12:15 pm | | | | Session Start: 1:15 pm | |
| | Girls SCY faster than or equal to | Girls SCY slower than | Event | Boys SCY slower than | Boys SCY faster than or equal to | |
| 43 | 2:37.59 | 2:19.89 | 13-14 200 Individual Medley | 2:13.69 | 2:28.49 | 44 |
| 45 | 2:34.89 | 2:17.69 | 15 & Over 200 Individual Medley | 2:04.39 | 2:20.89 | 46 |
| 47 | 34.69 | 30.19 | 13-14 50 Butterfly | 28.29 | 32.79 | 48 |
| 49 | 33.19 | 28.69 | 15 & Over 50 Butterfly | 25.29 | 29.79 | 50 |
| 51 | 1:15.19 | 1:04.09 | 13-14 100 Backstroke | 1:01.69 | 1:10.39 | 52 |
| 53 | 1:13.39 | 1:03.89 | 15 & Over 100 Backstroke | 58.49 | 1:07.19 | 54 |
| 55 | 2:57.29 | 2:40.39 | 13-14 200 Breaststroke | 2:33.09 | 2:43.99 | 56 |
| 57 | 2:52.79 | 2:40.29 | 15 & Over 200 Breaststroke | 2:28.09 | 2:36.19 | 58 |
| 59 | 1:09.49 | 56.79 | 13-14 100 Freestyle | 53.59 | 1:04.89 | 60 |
| 61 | 1:07.99 | 56.09 | 15 & Over 100 Freestyle | 50.19 | 1:01.89 | 62 |
| 63 | 40.09 | 35.59 | 13-14 50 Breaststroke | 32.89 | 37.39 | 64 |
| 65 | 37.89 | 33.39 | 15 & Over 50 Breaststroke | 29.59 | 34.09 | 66 |
| 67 | 2:36.89 | 2:22.39 | 13-14 200 Butterfly | 2:17.99 | 2:26.89 | 68 |
| 69 | 2:33.49 | 2:22.29 | 15 & Over 200 Butterfly | 2:11.39 | 2:20.49 | 70 |
| | 5 Minute Break | | | | | |
| 71 | NA | | 13-14 400 Freestyle Relay | NA | | 72 |
| 73 | NA | | 15 & Over 400 Freestyle Relay | NA | | 74 |

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

# 2024 SPEEDO MARYLAND LSC JUNIOR CHAMPIONSHIPS – SITE 1
**Hosted by THE NORTH BALTIMORE AQUATIC CLUB**

## Order of Events & Qualifying Times

| | | | Session 4: 12 & under swimmers | | | |
|---|---|---|---|---|---|---|
| | | | Sunday, March 10, 2024 | | | |
| | Warm-Up: 7:00 am | | | Session Start: 8:00 am | | |
| | Girls SCY faster than or equal to | Girls SCY slower than | Event | Boys SCY slower than | Boys SCY faster than or equal to | |
| 75 | 3:14.59 | 2:54.69 | 11-12 200 Breaststroke | 2:56.29 | 3:08.19 | 76 |
| 77 | 1:34.69 | 1:20.59 | 9-10 100 Backstroke | 1:20.79 | 1:33.29 | 78 |
| 79 | 1:22.09 | 1:09.89 | 11-12 100 Backstroke | 1:10.39 | 1:19.69 | 80 |
| 81 | 37.19 | 31.59 | 9-10 50 Freestyle | 31.49 | 36.59 | 82 |
| 83 | 33.29 | 28.19 | 11-12 50 Freestyle | 27.79 | 32.29 | 84 |
| 85 | 1:43.09 | 1:26.69 | 9-10 100 Butterfly | 1:26.69 | 1:41.09 | 86 |
| 87 | 1:21.59 | 1:10.29 | 11-12 100 Butterfly | 1:10.99 | 1:20.99 | 88 |
| 89 | 1:35.69 | 1:20.49 | 9-10 100 Individual Medley | 1:21.29 | 1:32.89 | 90 |
| 91 | 1:22.09 | 1:09.89 | 11-12 100 Individual Medley | 1:10.69 | 1:18.99 | 92 |
| 93 | 49.49 | 42.49 | 9-10 50 Breaststroke | 42.49 | 48.59 | 94 |
| 95 | 41.99 | 36.89 | 11-12 50 Breaststroke | 37.09 | 41.49 | 96 |
| 97 | 3:01.19 | 2:36.39 | 9-10 200 Freestyle | 2:35.69 | 2:51.99 | 98 |
| 99 | 2:32.99 | 2:13.89 | 11-12 200 Freestyle | 2:14.89 | 2:27.49 | 100 |
| | | | 5 Minute Break | | | |
| 101 | NA | | 9-10 200 Medley Relay | NA | | 102 |
| 103 | NA | | 11-12 200 Medley Relay | NA | | 104 |

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

# 2024 SPEEDO MARYLAND LSC JUNIOR CHAMPIONSHIPS – SITE 1
**Hosted by THE NORTH BALTIMORE AQUATIC CLUB**

## Order of Events & Qualifying Times

| | Session 5: 13 & over swimmers | | | | | |
|---|---|---|---|---|---|---|
| | Sunday, March 10, 2024 | | | | | |
| | Warm-Up: 12:15 pm | | | | Session Start: 1:15 pm | |
| | Girls SCY faster than or equal to | Girls SCY slower than | Event | Boys SCY slower than | Boys SCY faster than or equal to | |
| 105 | 1:14.89 | 1:03.59 | 13-14 100 Butterfly | 1:00.49 | 1:10.09 | 106 |
| 107 | 1:13.39 | 1:02.69 | 15 & Over 100 Butterfly | 56.39 | 1:06.69 | 108 |
| 109 | 2:34.89 | 2:17.49 | 13-14 200 Backstroke | 2:13.49 | 2:25.09 | 110 |
| 111 | 2:31.39 | 2:17.39 | 15 & Over 200 Backstroke | 2:08.79 | 2:17.49 | 112 |
| 113 | 32.19 | 26.29 | 13-14 50 Freestyle | 24.69 | 29.79 | 114 |
| 115 | 31.49 | 25.99 | 15 & Over 50 Freestyle | 23.39 | 28.39 | 116 |
| 117 | 1:25.69 | 1:13.89 | 13-14 100 Breaststroke | 1:10.39 | 1:19.49 | 118 |
| 119 | 1:23.69 | 1:13.79 | 15 & Over 100 Breaststroke | 1:05.99 | 1:15.09 | 120 |
| 121 | 35.69 | 31.19 | 13-14 50 Backstroke | 29.29 | 33.79 | 122 |
| 123 | 33.59 | 29.09 | 15 & Over 50 Backstroke | 27.09 | 31.59 | 124 |
| 125 | 2:21.29 | 2:03.69 | 13-14 200 Freestyle | 1:57.89 | 2:12.79 | 126 |
| 127 | 2:18.69 | 2:01.69 | 15 & Over 200 Freestyle | 1:50.49 | 2:06.79 | 128 |
| | 5 Minute Break128 | | | | | |
| 129 | NA | | 13-14 400 Medley Relay | NA | | 130 |
| 131 | NA | | 15 & Over 400 Medley Relay | NA | | 132 |

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

# NBAC

Summary of Fees/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
thimes@nbac.net

| | |
|---|---|
| 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 | | $10.00 per event entry | |
| Swimmer Surcharge | | $25.00 per swimmer | |
| Relay Entries | | $20.00 per relay entry | |
| 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.  The North Baltimore Aquatic Club, 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**