

Annapolis SWIM CLUB

2025 ASC Spring Long Course Meet

Hosted by Annapolis Swim Club

April 25, 26 & 27th, 2025

Held at The Arundel Olympic Swim Center, 2690 Riva Road, Annapolis, Maryland 21401

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

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Sanction # 24/25-067

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.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Anne Canaday 734-717-0480 meetdirector@annapolisswimclub.org	Mike Obara 443-310-4845 meetentries@annapolisswimclub.org
Meet Referee	USA Swimming Registered Operational Risk Director
Satoshi Katsumoto katsus@gmail.com	Alex Martin/Jeannine Cosh 443-468-9608 operationalriskdirector@annapolisswimclub.org
Officials Contact	Administrative Official
Satoshi Katsumoto katsus@gmail.com https://bit.ly/2025ASCLC	Mike Obara 443-310-4845 adminofficials@annapolisswimclub.org

Deadline and Meeting Summary		
Tuesday, April 8th	7:00pm	Entry Deadline
Fri April 25th	4:00pm	Coaches Meeting <i>*if needed- email will be sent to notify*</i>
Sat April 26th & Sun April 27th	7:00am 7:00am	
Friday, April 25th	4:50pm	
		Positive Check-in Closes

Fri, Sat & Sun, April 25, 26& 27	1 hour prior to start of the session	Officials' Briefing Hospitality Classroom
Fri, Sat & Sun April 25, 26 & 27	½ hour prior to start of the session	Timers' Briefing start end of the pool deck
Facility Information		
Facility Address	The Arundel Olympic Swim Center 2690 Riva Road Annapolis, Maryland 21401	
Pool Information	<ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> o 7 50-meter lanes o Competition lanes are a minimum of 8' wide. o Water depth is 13 feet at the start end and 4.5 feet at the turn end • Warm-up Pool: One (1) Lane will be available for continuous warm-up/cool-down. • 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. • Colorado automatic timing system will be used for capturing and recording the times. 	
Facility Information	<ul style="list-style-type: none"> • All swimmers and meet personnel on deck must have credentials to be on deck. • Locker rooms are located in the main entry foyer and via the pool deck and will be clearly marked. No adults will be allowed in these locker rooms. • Restrooms for spectators and volunteers are located near the main desk and in the East classroom. • The facility will open 30-minutes prior to the start of warmups for athlete entrance. 	
Medical Assistance and Supervision	There will be lifeguards, an AED device and a dedicated Operational Risk Director available at the meet.	
Parking	Attendees may use the pool and Annapolis High School parking lots.	
Hospitality	There will be a hospitality area open to all coaches and officials in the classroom adjacent to the pool.	
Concessions	Concessions may be available. If offered they will be in the classroom at the spectator entrance to the mezzanine and will include snacks, drinks and coffee.	

Meet Fees: Checks payable to Annapolis Swim Club

Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per 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 ("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. There will be no penalty for scratching pre-seeded events at the block. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event. Declared false starts will be governed by the rules set out in the USA Handbook. • 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

	<p>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.</p> <ul style="list-style-type: none"> • 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.
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> • 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. • 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.

	<ul style="list-style-type: none"> • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.
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 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. Annapolis Swim Club welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held in the hospitality room at the date and time listed in the Deadline and Meeting Summary. • https://bit.ly/2025ASCLC
Volunteers	<ul style="list-style-type: none"> • Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.

Meet Information	
Format	<ul style="list-style-type: none"> • This is a timed finals meet • Events will be swum slowest to fastest, except all Friday events will be swum fastest to slowest. • Positive check-in, located near the start end of the pool, will be required for all Friday evening events. <ul style="list-style-type: none"> Event 1 - 9-12 MIXED 200 IM Event 2 - 13&O MIXED 400 IM Event 3 - 13&O MIXED 400 free Event 4 - 13&O MIXED 800 Free • Positive Check-in will close at 4:20pm • 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.

	<ul style="list-style-type: none"> • A swimmer's age on the first day of the meet will determine their age for the entire meet. • 9-10, 11-12: No Time Standards • • 13-14, 15&over: Use USA SWIMMING 2024-2028 'BB' TIMES & FASTER <ul style="list-style-type: none"> ○ For 15&over use 15-16 'BB' times ○ For 15&over 50m Breast/Back/Fly qualifying times use the 100m of stroke time divided by 2 • • BONUS EVENTS OFFERED for 13&Over <ul style="list-style-type: none"> ○ There is a limit of 4 bonus events for 13 & Older swimmers provided they do not exceed the Daily and/or the Meet maximum entries.
Swimmers with Disabilities	<ul style="list-style-type: none"> • Annapolis Swim Club 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"> • Entry Deadline: Tuesday April 8th at 7:00pm • No Times (NT) will be accepted for 9-10, 11-12 age groups, and also for 13&O Bonus events. • The conforming time standard will be LCM times. • Non-conforming times will be accepted. • Converted times will not be accepted. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. • 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. • There will be deck entries allowed. • Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.
Entry Limitations	<ul style="list-style-type: none"> • 12 and Under Swimmers may enter a maximum of 3 individual events per session and a total of 7 individual events for the meet. • 13& Older swimmers may enter a maximum of 5 events per day and a total of 9 individual events for the meet. • There is a limit of 4 bonus events for 13 & Older swimmers provided they do not exceed the Daily and/or the Meet maximum entries.

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.
Proof of Times	<ul style="list-style-type: none"> Not applicable

Meet Procedures	
Seeding	<ul style="list-style-type: none"> The conforming time standard for this meet is LCM. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All Friday Evening Session #1 events (200 IM, 400 IM, 400 Free, 800 Free) will be seeded Fastest to Slowest All non-conforming times will be seeded last in rank order Bonus entries will be seeded after all qualifying (conforming and non-conforming) entry times
Positive Check-in	<ul style="list-style-type: none"> Check-in will be located at the start end and will be required for the following events (Positive Check-in closes at 4:50pm): <ul style="list-style-type: none"> Event 1 - 9-12 MIXED 200 IM Event 2 - 13&O MIXED 400 IM Event 3 - 13&O MIXED 400 free Event 4 - 13&O MIXED 800 Free In the positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event. Declared false starts will be governed by the rules set out in the USA Handbook. Swimmers who fail to check in will be scratched from the event and not be seeded.
Scoring	<ul style="list-style-type: none"> There will be no team or individual scores kept for this meet.
Awards	<ul style="list-style-type: none"> There will be no awards given for this meet.
Warm-Ups	<ul style="list-style-type: none"> The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue. Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	<ul style="list-style-type: none"> Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. Results will be posted to Meet Mobile

Order of Events & Qualifying Times

Session 1				
Friday April 25, 2025				
Warm-up: 4:30pm			Session Start: 5:30pm	
#	Girls/Women Equal to or faster than...	Event	Boys/Men Equal to or faster than...	#
1	NTS	Mixed 9-12 200 IM	NTS	1
2	6:28.19 (13-14) 6:15.79 (15&o)	Mixed 13 & Over 400 IM	6:02.79 (13-14) 5:47.99 (15&o)	2
3	5:41.79 (13-14) 5:29.89 (15&o)	Mixed 13 & Over 400 Free	5:23.49 (13-14) 5:10.19 (15&o)	3
4	11:50.79 (13-14) 11:25.09 (15&o)	Mixed 13 & Over 800 Free	11:09.19 (13-14) 10:44.39 (15&o)	4
<ul style="list-style-type: none"> All Events will be swum fastest to slowest Swimmers must provide their own counters and timers 				

Session 2		
Saturday April 26, 2025		
Warm-up: 7:00am		Session Start: 8:00am
#	Event	#
5	9-10 50 Free	6
7	11-12 50 Free	8
9	9-10 50 Breast	10
11	11-12 50 Breast	12
13	9-10 50 Fly	14
15	11-12 50 Fly	16
17	9-10 100 Free	18
19	11-12 100 Free	20
21	9-10 100 Back	22
23	11-12 100 Back	24

Session 3				
Saturday April 26, 2025				
Warm-up: 12:00pm		Event	Session Start: 1:00pm	
#	Girls/Women Equal to or faster than...		Boys/Men Equal to or faster than...	#
25	39.49	13-14 50 Back	36.69	26
27	40.34	15&Over 50 Back	36.84	28
29	1:20.99	13-14 100 Fly	1:14.59	30
31	1:18.29	15&Over 100 Fly	1:11.29	32
33	1:15.39	13-14 100 Free	1:09.79	34
35	1:12.79	15&Over 100 Free	1:06.69	36
37	3:03.09	13-14 200 IM	2:49.79	38
39	2:57.49	15&Over 200 IM	2:43.59	40

Session 4				
Saturday April 26, 2025				
Warm-up: 4:00pm		Event	Session Start: 5:00pm	
#	Girls/Women Equal to or faster than...		Boys/Men Equal to or faster than...	#
41	37.09	13-14 50 Fly	34.59	42
43	39.14	15&Over 50 Fly	35.64	44
45	2:42.79	13-14 200 Free	2:32.29	46
47	2:37.09	15&Over 200 Free	2:25.39	48
49	1:23.29	13-14 100 Back	1:17.69	50
51	1:20.69	15&Over 100 Back	1:13.69	52
53	3:24.59	13-14 200 Breast	3:08.29	54
55	3:17.29	15&Over 200 Breast	3:00.59	56

Session 5		
Sunday April 27, 2025		
Warm-up: 7:00am		Session Start: 8:00am
#	Event	#
57	9-10 50 Back	58
59	11-12 50 Back	60
61	9-10 200 Free	62
63	11-12 200 Free	64
65	9-10 100 Breast	66
67	11-12 100 Breast	68
69	9-10 100 Fly	70
71	11-12 100 Fly	72

Session 6				
Sunday April 27, 2025				
Warm-up: 12:30pm			Session Start: 1:30pm	
#	Girls/Women Equal to or faster than...	Event	Boys/Men Equal to or faster than...	#
73	34.59	13-14 50 Free	31.79	74
75	33.49	15&Over 50 Free	30.59	76
77	44.39	13-14 50 Breast	40.89	78
79	45.79	15&Over 50 Breast	41.54	80
81	2:59.49	13-14 200 Back	2:48.79	82
83	2:53.39	15&Over 200 Back	2:39.99	84
85	1:34.99	13-14 100 Breast	1:27.09	86
87	1:31.59	15&Over 100 Breast	1:23.09	88
89	3:01.69	13-14 200 Fly	2:46.79	90
91	2:54.39	15&Over 200 Fly	2:39.49	92

2025 ASC Spring Long Course Meet

Summary of Fees/Release Form

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

Annapolis Swim Club
ATTN: Anne Canaday
P.O. Box 41, Riva, Maryland 21140
Email to: meetentries@annapolisswimclub.org

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	
Swimmer Surcharge		\$25.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Annapolis Swim Club, Arundel Olympic Swim Center, 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