



JOHN C. CLEGG MEMORIAL LONG COURSE MEET

Hosted by COLUMBIA AQUATICS ASSOCIATION, INC.

May 2-4, 2025

Held at MCDONOGH SCHOOL, ROSENBERG AQUATIC CENTER - 8600 McDonogh Road, Owings Mills, MD, 21117

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

Sanction # 24/25-069

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.

This meet is open to the following assigned teams: AESC, ASC, BCSC, CAA, CAC, CGA, CUY, EST, FAST, FCY, FMSC, FSC, GTAC, HFY, JCC, LBA, MBK, SMDA, UN

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Lori McArthur 443-474-7986 laura.mcarthur@columbiaassociation.org	Kelsey Lord 410-312-6332 ClippersMeetEntries@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
Casey Otten Caseypotten@gmail.com	Radi Al-Masri Radi.masri@gmail.com Anne Santos Jenny Castellano
Officials Contact	Administrative Official
Casey Otten Caseypotten@gmail.com	Brian Otten bdo79@yahoo.com

Deadline and Meeting Summary		
Tuesday, April 22, 2025	5 PM	Entry Deadline
Friday, May 2, 2025	30 minutes before the session start	Positive Check-in Closes
Fri, Sat., Sun., May 2 - 4	1 hour prior to session start	Officials' Briefing Hospitality Room
Sat and Sun - All Sessions	30 minutes before the session starts	Timers' Briefing Hallway
Facility Information		
Facility Address	Henry A Rosenberg Jr. Aquatic Center McDonogh School 8600 McDonogh Road Owings Mills, Maryland 21117 Directions	
Pool Information	• The pool at McDonogh School is a 50m 8-lane pool with a moveable bulkhead. • Competition will be held in 8 lanes, 50 meters, running from wall to wall. • Competition Pool: • 8 50-meter lanes • Competition lanes are 7'4" wide. • Water depth is 5'6"- 9' deep. • 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. • A Daktronics Timing System will be used • Lanes will not be available for continuous warmup and cool down	
Facility Information	• All swimmers and meet personnel on deck must have credentials to be on deck. • Locker rooms are located near the shallow end of the pool deck. When entering the building, go right, and then left past the Life Fitness Center. No adults will be allowed in the locker rooms. • Restrooms for spectators and volunteers are in the main lobby by the Life Fitness Center. • Athletes and spectators will be allowed to enter the building through the main entrance. • Athletes may enter the pool either through the pool entrance or the locker room and should proceed directly to their team area. • Swimmers will be seated on the deck. Swimmers should not bring chairs to the meet. • Spectators may observe the meet from our spectator balcony located on the second floor.	

	Swimmers may enter the building for their session 20 minutes prior to their warm-up time.
Medical Assistance and Supervision	Lifeguards and AED device are available to athletes participating in the meet.
Parking	Both parking lots (Woods & Eagle) will be available for parking unless indicated by the Meet Director. Visiting teams are encouraged to park in the Woods parking lot located in front of the Rollins-Luetkemeyer Athletics Center.
Hospitality	There will be a hospitality area open to all coaches and officials. The hospitality room is located on the pool deck in the upper dryland training room.
Concessions	There will be concessions available.
Vendor	There will not be a vendor available.

Meet Fees: Checks payable to Columbia Aquatics Association, Inc.	
Athlete Surcharge	\$20.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	No relays at this meet

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. - 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. • 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). • Check-In will be due 30 minutes after warm-up starts. Swimmers that do not check-in for their event will not be seeded. There will be no penalty for missing an event that has been checked-in. • Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
Safety	• 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	● 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	● 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	● 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. ● This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion
Deck Access	● There will be a check-in process for all coaches, officials, and approved meet staff. ● The check-in table will be located in the lobby prior to entering the pool deck. ● Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team. ● No one without proper clearance may be allowed in the competition areas without approval of the meet host.
Officials	● There will be a need for officials. Columbia Aquatics Association 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 at the date and time listed in the Deadline and Meeting Summary. • Official's Sign up link
Volunteers	• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.

Meet Information	
Format	• Timed Finals • 400 IM and 400 Free events will be seeded fastest to slowest. All other events will be seeded slowest to fastest. • 400 IM and 400 Free will require a positive check-in. • 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	• 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. • A' - 'BB' & SLOWER LC MEET (LCM) • *9-10 (BB) / 11-12 (BB) / 13-14 (A) / 15 – O (A) • *USA SWIMMING 'A'/'BB' TIMES & SLOWER • *15 and Older USE 15-16 TIMES • *NT ACCEPTED
Swimmers with Disabilities	• Columbia Aquatics Association 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	• Tuesday April 22, 2025 at 5 PM is the entry deadline.

	• No Times (NT) will be accepted. • The conforming time standard will be LCM times. • Non-conforming times will not 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 not be deck entries allowed. • Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.
Entry Limitations	• Swimmers may enter a maximum of 2 individual events for Session 1 and a maximum of 3 events for all other sessions. A total of 8 individual events for the meet. • Entries will be limited to no more than 250 swimmers total per session due to facility restrictions.
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	
Seeding	• The conforming time standard for this meet is long course meters. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. 400 Free and 400 IM will be seeded fastest to slowest.
Positive Check-in	• Check-in will be located on the pool deck near the admin table and will be required for the following events. ○ 400 Free ○ 400 IM • Check-In will be due 30 minutes after warm-up starts. Swimmers that do not check-in for their event will not be seeded. There will be no penalty for missing an event that has been checked-in.
Scoring	• There will be no team, or individual scores kept for this meet.
Awards	• Ribbons will be awarded 1-8 for each event. All events are swam combined by gender and age group. Awards are distributed by age group (9-10, 11-12, 13-14, 15 and up) and gender (Girls, Boys).
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. • 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 within 24 hours of the conclusion of the meet. • All meet results will be posted to meet mobile.
---------	--

Order of Events

Session 1		
Friday, May 2, 2025		
Warm-up: 4:45 PM		Session Start: 5:45 PM
#	Event	
1	400 Free	Mixed 9 & Older
2	400 IM	Mixed 9 & Older

* ALL SWIMMERS IN THE 400 IM and 400 FREE MUST PROVIDE THEIR OWN TIMER. *

Session 2		
Saturday, May 3, 2025		
Warm-up: 8:30 AM		Session Start: 9:30 AM
#	Event	
3	100 Breaststroke	Mixed 9-12
4	50 Freestyle	Mixed 9-12
5	100 Butterfly	Mixed 9-12
6	50 Backstroke	Mixed 9-12
7	100 Freestyle	Mixed 9-12

Session 3		
Saturday, May 3, 2025		
Warm-up: 1:00 PM		Session Start: 2:00 PM
#	Event	
8	200 IM	Mixed 13 & Older
9	200 Backstroke	Mixed 13 & Older
10	100 Freestyle	Mixed 13 & Older
11	200 Butterfly	Mixed 13 & Older
12	100 Breaststroke	Mixed 13 & Older

Session 4		
Sunday, May 4, 2025		
Warm-up: 8:30 AM		Session Start: 9:30 AM
#	Event	
13	200 Freestyle	Mixed 9 - 12
14	50 Butterfly	Mixed 9 - 12
15	100 Backstroke	Mixed 9 - 12
16	50 Breaststroke	Mixed 9 - 12

Session 5		
Sunday, May 4, 2025		
Warm-up: 1:00 PM		Session Start: 2:00 PM
#	Event	
17	200 Freestyle	Mixed 13 & Older
18	100 Butterfly	Mixed 13 & Older
19	200 Breaststroke	Mixed 13 & Older
20	100 Backstroke	Mixed 13 & Older
21	50 Freestyle	Mixed 13 & Older

*ALL EVENTS ARE MIXED GENDER.

John C. Clegg Memorial Long Course Meet

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Columbia Aquatics Association, Inc.**):

Columbia Association
ATTN: Kelsey Lord
9450 Gerwig Lane, Columbia, MD 21046
Email: Kelsey.Lord@Columbiaassociation.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		\$20.00 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. Columbia Association, Columbia Aquatics Association, INC., McDonogh School, 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