



2025 CAC Spring "Swimming to the 80's" LCM Swim Meet "Slower than A times"

Hosted by Calvert Aquatics Club

April 5-6, 2025

Held at 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, MD 20686

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

Sanction # 24/25-061

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
Staci Lagana Natika White cacmeet@calvertaquaticsclub.org	Ed Cullen meetentries@calvertaquaticsclub.org
Meet Referee	USA Swimming Registered Operational Risk Director
Ivan Pinto ipinto@calvertaquaticsclub.org	Pam Carroll pcarroll@calvertaquaticsclub.org Corey Bhogte cbhogte@calvertaquaticsclub.org
Officials Contact	Administrative Official
Ivan Pinto ipinto@calvertaquaticsclub.org Sign Up Link	Amber Bryant Jeff Rivas Ted Lemieux Tammy Sasscer cacao@calvertaquaticsclub.org



Deadline and Meeting Summary		
Mon, March 24th, 2025	8:00 PM	Entry Deadline
All Sessions	60 min prior to each session start	Coaches Meeting, if needed
Sat. April 5, 2025 / Session 2	40 minutes prior to session start	Positive Check-in closes
Sun. April 6, 2025 / Session 5	40 minutes prior to session start	Positive Check-in closes
All Sessions	45 min prior to each session start	Officials' Briefing Conference Room
Sessions 1, 3, 4 & 6	30 min prior to each session start	Timers' Briefing Hallway outside Pool Doors
Facility Information		
Facility Address	St. Mary's College of MD Aquatic Center at the Michael P. O'Brien Athletics and Recreation Center 18952 East Fisher Road, St. Mary's City, Maryland, 20686 Map Link	
Pool Information	Indoor eight-lane 50-meter pool with non-turbulant lane lines and continuous flow through gutters. <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 6'6" 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. Warm-up Pool 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 the restrooms in the hallway. Coaches, official 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 	



	<ul style="list-style-type: none"> • Spectators, volunteers and athletes must enter the facility through either set of main doors • Only 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 • There is to be no alcohol or other prohibited substances or intoxicated behavior in the facility. Those appearing to be intoxicated or found to be in possession of prohibited substances will be removed from the facility for the remainder of the meet. • Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times. • Spectators needing accommodations should contact the Meet Director at meetdirector@calvertaquaticsclub.org.
Medical Assistance and Supervision	The facility will provide lifeguards and an AED will be available at the meet.
Parking	Parking is authorized in designated parking spaces only. Vehicles parked in unauthorized 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 in the Hayes Team Room adjacent to the 25-meter warm up pool.
Concessions	Refreshments will be available. Cash Only.
Vendor	No

Meet Fees: Checks payable to Calvert Aquatics 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.
- There will be no penalty for scratching pre-seeded events at the block for non-positive check-in events.
- In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.
- 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.
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. • 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.



	<ul style="list-style-type: none"> • 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. Calvert Aquatics 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 at the date and time listed in the Deadline and Meeting Summary. • Sign-up link
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. • Swimmers will need to provide their own timers and counters for the Friday evening events.

Meet Information	
Format	<ul style="list-style-type: none"> • This is a Timed Finals meet. • Sessions 2 (Saturday) and 5 (Sunday) will be swum fastest to slowest. All other sessions will be swum slowest to fastest. • Session 2 (Saturday) & 5 (Sunday) will require positive check-ins. Positive check-in is located at the start end of the pool near the announcer's table and will close at 11:20 a.m. for Session 2 (Saturday) and 10:50 a.m. for Session 5 (Sunday). • Swimmers must provide their own timers and counters Sessions 2 and 5. • Swimmers ages 10 & Under entering the 800-meter and/or 1500-meter Freestyle events must have a provable 400-meter or 500-yard Freestyle time to enter. • Events will be swum slowest to fastest unless otherwise indicated. • 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.



	<ul style="list-style-type: none"> • 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. • Open to all 10 & Under, 11-12, 13-14, 15 & O USA registered swimmers. • The time standards are Slower than "A" 2024-2028 LCM times. NT will be accepted with the exception of 8 & Under swimmers must have a time (SCY or LCM) in events entered. Expected estimate times are encouraged instead of NT. • 15/16-time standards will apply to the 15 & over participants.
Swimmers with Disabilities	<ul style="list-style-type: none"> • Calvert Aquatics 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 is Monday, March 24, 2025 at 8:00 PM. • No Times (NT) will be accepted with the exception that 8 & Under swimmers must have a time (SCY or LCM) in events entered. • 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 not 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"> • Swimmers may enter a maximum of four (4) individual events per session and a total of ten (10) individual events for 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.



Meet Procedures	
Seeding	<ul style="list-style-type: none"> • The conforming time standard for this meet is long course meters (LCM). • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. • All non-confirming times will be seeded in the appropriate heat.
Positive Check-in	<ul style="list-style-type: none"> • The check-in table will be located at the meet operations table near the start end of the pool. <ul style="list-style-type: none"> ○ 400 Free ○ 800 Free ○ 1500 Free • For 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. • Positive check-in closes 40 minutes prior to the session start. • Swimmers will need to provide their own timers and counters for Sessions 2 and 5
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 or ribbons 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 also be actively posted on the Meet Mobile App.



Order of Events & Qualifying Times

****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted with the exception of 8 & Under swimmers must have a time in events entered.****

Session 1				
Saturday, April 5, 2025				
Warm-up: 7:00 AM			Session Start: 8:00 AM	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
21	2:30.29	13-14 200 FREE	2:20.59	22
23	2:25.09	15 & O 200 FREE	2:14.29	24
25	1:16.89	13-14 100 BACK	1:11.69	26
27	1:14.49	15 & O 100 BACK	1:07.99	28
29	1:09.59	13-14 100 FREE	1:04.39	30
31	1:07.19	15 & O 100 FREE	1:01.49	32
33	36.49	13-14 50 BACK	33.89	34
35	37.24	15 & O 50 BACK	33.99	36
37	2:47.79	13-14 200 FLY	2:33.99	38
39	2:40.99	15 & O 200 FLY	2:27.19	40
41	2:45.69	13-14 200 BACK	2:35.79	42
43	2:40.09	15 & O 200 BACK	2:27.69	44
45	5:58.29	13-14 400 IM	5:34.89	46
47	5:46.89	15 & O 400 IM	5:21.19	48



****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted with the exception of 8 & Under swimmers must have a time in events entered.****

Session 2 – Mid-day Distance				
Saturday, April 5, 2025				
Warm-up: 11:00 PM		Session Start: 12:00 PM		
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
9	11:44.19	12&U 800 FREE	11:25.89	10
11	10:56.09	13-14 800 FREE	10:17.69	12
13	10:32.39	15&O 800 FREE	9:54.79	14
15	22:22.99	12&U 1500 FREE	22:10.19	16
17	20:58.59	13-14 1500 FREE	19:46.79	18
19	20:11.59	15&O 1500 FREE	18:58.49	20

Swimmers will need to provide their own timers and counters for the Session 2.

Positive check in for Session 2 closes at 11:20 a.m.

****Swimmers ages 10 & Under entering the 800-meter and/or 1500-meter Freestyle events must have a provable 400-meter or 500-yard Freestyle time to enter.****



*****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted with the exception of 8 & Under swimmers must have a time in events entered.****

Session 3				
Saturday, April 5, 2025				
Warm-up: 2:00 PM		Session Start: 3:00 PM		
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
49	3:22.09 3:00.59	10&U 200 IM 11-12 200 IM	3:17.89 2:53.69	50
51	41.59	8 & U 50 FLY	40.59	52
53	41.59	9-10 50 FLY	40.59	54
55	35.79	11-12 50 FLY	35.29	56
57	1:21.89	8 & U 100 FREE	1:20.19	58
59	1:21.89	9-10 100 FREE	1:20.19	60
61	1:13.39	11-12 100 FREE	1:10.39	62
63	3:00.89	12&U 200 FLY	2:55.59	64
65	43.59	8 & U 50 BACK	43.09	66
67	43.59	9-10 50 BACK	43.09	68
69	38.39	11-12 50 BACK	37.69	70
71	1:48.39	8 & U 100 BREAST	1:45.49	72
73	1:48.39	9-10 100 BREAST	1:45.49	74
75	1:33.99	11-12 100 BREAST	1:31.29	76
77	2:58.39	12&U 200 BACK	2:53.99	78
79	6:24.79	12&U 400 IM	6:15.39	80



****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted with the exception of 8 & Under swimmers must have a time in events entered.****

Session 4				
Sunday, April 6, 2025				
Warm-up: 7:00 AM		Session Start: 8:00 AM		
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
81	2:48.99	13-14 200 IM	2:36.69	82
83	2:43.89	15 & O 200 IM	2:30.99	84
85	40.99	13-14 50 BREAST	37.69	86
87	42.24	15 & O 50 BREAST	38.34	88
89	31.89	13-14 50 FREE	29.39	90
91	30.89	15 & O 50 FREE	28.19	92
93	3:08.89	13-14 200 BREAST	2:53.79	94
95	3:02.09	15 & O 200 BREAST	2:46.69	96
97	1:14.79	13-14 100 FLY	1:08.89	98
99	1:12.29	15 & O 100 FLY	1:05.79	100
101	1:27.69	13-14 100 BREAST	1:20.39	102
103	1:24.49	15 & O 100 BREAST	1:16.69	104
105	34.29	13-14 50 FLY	31.89	106
107	36.14	15 & O 50 FLY	32.89	108



****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted with the exception of 8 & Under swimmers must have a time in events entered.****

Session 5 - Mid-day Distance				
Sunday, April 6, 2025				
Warm-up: 10:30 AM		Session Start: 11:30 PM		
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
1	6:14.89	9-10 400 FREE	5:51.39	2
3	5:36.79	11-12 400 FREE	5:26.69	4
5	5:15.49	13-14 400 FREE	4:58.69	6
7	5:04.49	15 & O 400 FREE	4:46.39	8

Swimmers will need to provide their own timers and counters for Session 5

Positive check in for Session 5 closes at 10:50 a.m.

****Swimmers ages 10 & Under entering the 800-meter and/or 1500-meter Freestyle events must have a provable 400-meter or 500-yard Freestyle time to enter.****



****All swimmers must be entered with slower than "A" LCM times. No Times "NT" will be accepted with the exception of 8 & Under swimmers must have a time in events entered.****

Session 6				
Sunday, April 6, 2025				
Warm-up: 1:30 PM		Session Start: 2:30 PM		
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
109	3:00.39	8 & U 200 FREE	2:53.39	110
111	3:00.39	9-10 200 FREE	2:53.39	112
113	2:39.79	11-12 200 FREE	2:33.59	114
115	48.79	8 & U 50 BREAST	47.89	116
117	48.79	9-10 50 BREAST	47.89	118
119	42.69	11-12 50 BREAST	41.99	120
121	1:34.59	8 & U 100 BACK	1:32.29	122
123	1:34.59	9-10 100 BACK	1:32.29	124
125	1:24.79	11-12 100 BACK	1:21.89	126
127	3:22.99	11-12 200 BREAST	3:15.39	128
129	36.59	8 & U 50 FREE	35.69	130
131	36.59	9-10 50 FREE	35.69	132
133	33.19	11-12 50 FREE	32.09	134
135	1:37.99	8 & U 100 FLY	1:36.19	136
137	1:37.99	9-10 100 FLY	1:36.19	138
139	1:22.59	11-12 100 FLY	1:19.49	140



2025 CAC Spring "Swimming to the 80's" LCM Swim Meet "Slower than A times"

Summary of Fees/Release Form

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

Calvert Aquatics Club
ATTN: CAC Treasurer
136 West Dares Beach Road #125
Prince Frederick, MD 20678
Email to: treasurer@calvertaquaticsclub.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	
Relay Entries	n/a	n/a	n/a
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. Calvert Aquatics Club, Edward T. Hall Aquatics 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