



2025 Eagle Swim Team Spring Into Long Course

Hosted by Eagle Swim Team

April 12-13, 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 #24/25-064

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
Trevor Rill 443-223-0649 trevorrill0904@gmail.com	Jack Folcarelli PO BOX 215 Glyndon, MD, 21071 443-544-7150 estcoachjack@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
Robert Kwong Districtchamps.official@gmail.com	Anna Schmeckpeper schmeckette@gmail.com
Officials Contact	Administrative Official
Greg Matanoski gmatanoski@gmail.com Google SignUp https://docs.google.com/forms/d/e/1FAIpQLSfjJLJZfaBESVI9RdINfvfDROXaleUlcamlbvgWCsAAhDzP7A/viewform	Stephanie Fang stephanieweifang@gmail.com

Meet Format (Warmup/Start Times Subject to Change)				
Session	Day	Warm-up	Meet Start	Age Group(s)
1	Saturday, April 12, 2025	7:00 AM	8:00 AM	9-12
2	Saturday, April 12, 2025	10:45 AM	11:45 AM	10 & OVER
3	Saturday, April 12, 2025	12:45 PM	1:45 PM	13 & OVER
4	Sunday, April 13, 2025	7:00 AM	8:00 AM	9-12
5	Sunday, April 13, 2025	10:45 AM	11:45 AM	10 & OVER
6	Sunday, April 13, 2025	1:15 PM	2:15 PM	13 & OVER

Deadline and Meeting Summary		
Friday, March 29, 2025	5:00 PM	Entry Deadline
Saturday, April 12, 2025	45 Minutes Before Session Start	Officials briefing- Upper Dryland Room
Saturday, April 12, 2025	45 Minutes Before Meet Start	Coaches Meeting (If Needed)
Saturday, April 12, 2025	30 Minutes After Warm-Ups Start	Timers Meeting
Saturday, April 12, 2025	30 Minutes After Warm-Ups Start	Positive Check-In (400 IM) Closes
Sunday, April 13, 2025	45 Minutes Before Session Start	Officials briefing- Upper Dryland Room
Sunday, April 13, 2025	30 Minutes After Warm-Ups Start	Timers Meeting
Sunday, April 13, 2025	30 Minutes After Warm-Ups Start	Positive Check-In (400 FREE) Closes

Facility Information	
Facility Address	Rosenberg Aquatic Center 8600 McDonogh Road Owings Mills, MD 21117
Pool Information	<ul style="list-style-type: none"> Competition Pool: <ul style="list-style-type: none"> 8 50-Meter Lanes Competition lanes are 7'4" wide Water depth is 3'6" - 8' 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. One lane will be available for continuous warm-up/down throughout the 400 events, and breaks will be taken for warm-up/warm-down throughout the 13 & Over Sessions.

	<ul style="list-style-type: none"> • A 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. • 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 can enter the building through the main entrance. • Athletes may enter the pool either through the pool entrance or the locker room. • Spectators may observe the meet from our spectator balcony located on the second floor.
Medical Assistance and Supervision	<ul style="list-style-type: none"> • All sessions will have at least one lifeguard on duty. We will also have first aid and an AED available for emergencies. For all other instances, please call McDonogh Security (443-544-7111).
Parking	<ul style="list-style-type: none"> • Both parking lots (Woods & Eagle) will be available for parking unless dictated by the Meet Director. Visiting teams are encouraged to park in the Woods parking lot in front of the Rollins-Luetkemeyer Athletics Center.
Hospitality	<ul style="list-style-type: none"> • There will be a hospitality area open to all coaches and officials in our upper dryland room.
Concessions	<ul style="list-style-type: none"> • Concessions will be available in the lobby.
Vendor	<ul style="list-style-type: none"> • There will be no vendors at this meet.

Meet Fees: Checks payable to Eagle Swim Team	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	N/A

Organization Regulations	
Rules	<ul style="list-style-type: none"> • The Meet Referee will oversee 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.

	<ul style="list-style-type: none"> • 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. • The MDSI Scratch Rule is in effect for this meet. If you wish to scratch an athlete, please let the admin table know prior to the start of the session. NOTE: Entry fees for scratched athletes will not be reimbursed. • 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.

	<ul style="list-style-type: none"> ● 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 in the lobby by the pool entrance. ● 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.
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.
Officials	<ul style="list-style-type: none"> ● There will be a need for officials. Eagle Swim Team 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.
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 final meet. • Events will be swum slowest to fastest unless otherwise indicated. • The 400 Free and 400 IM are positive check-in timed final events and will be swum Slow to Fast, with no more than 14 heats total. • Positive Check-In closes 30 minutes after the start of each warm-up session. • Failure to Check-In: Any swimmer who fails to “check-in” for the positive check-in events before the deadline will NOT be seeded into the event and therefore be scratched from the event. • 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 their next individual event. • Sessions 1, 3, 4, and 6 will be No Penalty, Positive Scratch. • Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions 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. • This is a “BB” and slower meet for 12 & Under athletes and an “A” and slower meet for 13 & Over athletes. All 15 & Over events will follow the 15-16 “A” standards and all non-listed 50 events will be approx. half of the 100 time standard. • All entries must be submitted with Long Course Meter Times. You can use “No Time” (NT), but estimated times are strongly encouraged.
Swimmers with Disabilities	<ul style="list-style-type: none"> • Eagle Swim Team 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 March 29, 2025 @ 5:00 PM • No Times (NT) will be accepted, but estimated times are strongly encouraged. • The conforming time standard will be LCM times. • Non-conforming times will not be accepted. • Converted times will be accepted and seeded accordingly.

	<ul style="list-style-type: none"> • 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. • For meets on the open LSC schedule: 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 swim a maximum of 3 individual events per session and a total of 8 individual events for the meet. All events are 9 & Over, there will be no 8 & Under swimmers. The 400's are limited to the first 112 entries (appr. 14 heats) and will be accepted based on the order they were submitted in. The Meet Director reserves the right to limit entries to stay within a 4-hour time limit for each session of the meet. In addition, each session will be limited to 320 athletes or less.
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"> • N/A

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. Converted times will be seeded accordingly.
Positive Check-in	<ul style="list-style-type: none"> • Check-in will be located on deck by the scorer's table and will be required for the following events: <ul style="list-style-type: none"> ○ 400 IM ○ 400 Free • Any swimmer who fails to "check-in" for the positive check-in events before the deadline will NOT be seeded into the event and therefore be scratched from the event. • The deadline for positive check-in will be 30 minutes after the start of each warm-up session. Any swimmer who "checks-in" for a positive check-in event and fails to compete in the event shall be barred from competing in his/her next individual event. • An athlete check-in (scratch sheet) will be in effect for Sessions 1, 3, 4, and 6. Coaches will receive a roster with events and are asked to scratch any absent swimmers. There will be no penalty for no-show scratches in general check-in events.
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
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. • This meet will be posted to Meet Mobile.

Order of Events & Qualifying Times

Session 1		
Saturday, April 12, 2025		
Warm-Up: 7:00 AM	2024 – 2028 “BB” TIMES & SLOWER	Session Start: 8:00 AM
#	Event	#
1	MIXED 9-12 100 BREAST	1
2	MIXED 9-12 50 FREE	2
3	MIXED 9-12 100 FLY	3
4	MIXED 9-12 50 BACK	4
5	MIXED 9-12 200 FREE	5

Session 2		
Saturday, April 12, 2025		
Warm-Up: 10:45 AM		Session Start: 11:45 AM
#	Event	#
6	MIXED 400 IM	6

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

Session 3		
Saturday, April 12, 2025		
Warm-Up: 12:45 PM	2024 – 2028 “A” TIMES & SLOWER	Session Start: 1:45 PM
#	Event	#
7	MIXED 13 & OVRER 200 BACK	7
8	MIXED 13 & OVER 100 FLY	8
9	MIXED 13 & OVER 50 BACK	9
10	MIXED 13 & OVER 200 BREAST	10
11	MIXED 13 & OVER 100 FREE	11
12	MIXED 13 & OVER 50 BREAST	12
13	MIXED 13 & OVER 200 IM	13

Session 4		
Sunday, April 13, 2025		
Warm-Up: 7:00 AM	2024 – 2028 “BB” TIMES & SLOWER	Session Start: 8:00 AM
#	Event	#
14	MIXED 9-12 100 BACK	14
15	MIXED 9-12 50 BREAST	15
16	MIXED 9-12 100 FREE	16
17	MIXED 9-12 50 FLY	17
18	MIXED 9-12 200 IM	18

Session 5		
Sunday, April 13, 2025		
Warm-Up: 10:45 AM		Session Start: 11:45 AM
#	Event	#
19	MIXED OPEN 400 FREE	19

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

Session 6		
Sunday, April 13, 2025		
Warm-Up: 1:15 PM	2024 – 2028 “A” TIMES & SLOWER	Session Start: 2:15 PM
#	Event	#
20	MIXED 13 & OVER 200 FLY	20
21	MIXED 13 & OVER 100 BACK	21
22	MIXED 13 & OVER 50 FLY	22
23	MIXED 13 & OVER 200 FREE	23
24	MIXED 13 & OVER 100 BREAST	24
25	MIXED 13 & OVER 50 FREE	25

2025 EST SPRING INTO LONG COURSE MEET

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **EAGLE SWIM TEAM**)

EAGLE SWIM TEAM

ATTN: MEET ENTRY COORDINATOR

PO BOX 215

Glyndon, MD, 21071

Email to: trevorrill0904@gmail.com

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	
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. Eagle Swim Team, Inc., McDonogh School, Maryland Swimming, Inc. and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from 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 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