



**2025 MAC/FSC 10 & U PENTATHLON**

Hosted by  
**MONOCACY AQUATIC CLUB**

**SEPTEMBER 21, 2025**

**Held at the Monocacy Aquatic Club Pool at Hood College  
561 Hodson Drive  
Frederick, MD, 21701**

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

Sanction # 25/26-002

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](http://www.mdswim.org)) will govern this meet.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Chris Kaplan <a href="mailto:coachchris@macswim.net">coachchris@macswim.net</a>	Chris Kaplan <a href="mailto:coachchris@macswim.net">coachchris@macswim.net</a>
Meet Referee	USA Swimming Registered Operational Risk Director
Michael Cleary <a href="mailto:mcmacswim@gmail.com">mcmacswim@gmail.com</a>	Kathleen Jacobs <a href="mailto:volunteer@macswim.net">volunteer@macswim.net</a>
Officials Contact	Administrative Official
Michael Cleary <a href="mailto:mcmacswim@gmail.com">mcmacswim@gmail.com</a> <a href="#">Officials Sign Up Link</a>	Carron Dunker <a href="mailto:carron@foxswimming.com">carron@foxswimming.com</a> Alan Miner <a href="mailto:alan.miner.email@gmail.com">alan.miner.email@gmail.com</a>

Deadline and Meeting Summary		
Monday, September 15, 2025	9:00 PM	Entry Deadline
Sunday, September 21, 2025	9:10 AM	Coaches Meeting
Sunday, September 21, 2025	8:30 AM	Officials' Briefing
Sunday, September 21, 2025	8:50 AM	Timers' Briefing
Facility Information		
Facility Address	<b>Held at the Monocacy Aquatic Club Pool at Hood College</b> <b>561 Hodson Drive</b> <b>Frederick, MD, 21701</b>	
Pool Information	<ul style="list-style-type: none"> <li>• Competition Pool: <ul style="list-style-type: none"> <li>○ 8 25-yard lanes</li> <li>○ Competition lanes are a minimum of 7' wide.</li> <li>○ Water depth is 10'0" at the start end and 4'0" at the turn end</li> </ul> </li> <li>• The competition course has not been certified in accordance with 104.2.2C(4).</li> <li>• The meet will be swum in a 25-yard course. Lanes will not be available for continuous warm-up/down.</li> <li>• Colorado starting systems and stopwatches will be used.</li> </ul>	
Facility Information	<ul style="list-style-type: none"> <li>• All swimmers and meet personnel on deck must have credentials to be on deck.</li> <li>• Locker rooms are located in the hallway adjacent to the pool area and will be clearly marked. There is only one male and one female locker room/restroom in the facility. This is a shared space with other Hood College personnel and events. There are lockable stalls and private changing areas within the locker rooms. Meet Marshals will periodically monitor the locker rooms.</li> <li>• Restrooms are located inside the locker rooms in the hallway adjacent to the pool area.</li> <li>• All coaches, swimmers, and families MUST enter the facility through the lobby of the aquatic center.</li> <li>• The facility will not be open to swimmers and families until 8:10 a.m.</li> </ul>	
Medical Assistance and Supervision	Lifeguards, EMT, AED device	
Parking	Attendees should park on streets near and around the pool, but MAY NOT park on campus. Street parking on Belmont Ave, Magnolia Ave, and others.	
Hospitality	Drinks will be available during the meet. Coaches and officials are invited to the pizza party at the conclusion of the meet.	
Concessions	There will be no concessions during the meet but PIZZA and drinks will be provided to all participating swimmers at the conclusion of the meet.	

Meet Fees: Checks payable to <u>Monocacy Aquatic Club</u>	
Athlete Surcharge	<b>\$15.00</b> per swimmer – This may be adjusted. Surcharge is only charged to cover meet expenses including: facility rental, awards, and pizza party.
Individual Event Fee	<b>\$0.00</b> per event entry
Relay Event Fee	<b>\$0.00</b> per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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</li> </ul>

	<p>MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Tech Suits are banned for all 12 &amp; Under swimmers (USA Swimming Rule 102.8.1.F).</li> <li>• Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.</li> </ul>
Safety	<ul style="list-style-type: none"> <li>• The Maryland Swimming, Inc. safety program is in effect for this meet.</li> <li>• 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.</li> <li>• No running or horseplay will be tolerated.</li> <li>• Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.</li> </ul>
Racing Starts	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
Health Guidelines	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> </ul>
Deck Access	<ul style="list-style-type: none"> <li>• There will be a check-in process for all coaches, officials, and approved meet staff.</li> <li>• The check-in table will be located in the lobby of the aquatic center.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• No one without proper clearance may be allowed in the competition areas without approval of the meet host.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• There will be a need for officials. MAC 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.</li> <li>• The Maryland Swimming Officials uniform policies, available at <a href="http://www.mdswim.org">www.mdswim.org</a>, shall apply to this meet.</li> <li>• Official briefings will be held at the date and time listed in the Deadline and Meeting Summary.</li> <li>• Sign-up link</li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.</li> </ul>
<b>Meet Information</b>	
Format	<ul style="list-style-type: none"> <li>• All Events are Timed Finals Events.</li> <li>• We reserve the right to change the warmup and start times based on entries received.</li> <li>• Events will be swum slowest to fastest unless otherwise indicated.</li> <li>• The meet entry director reserves the right to limit entries to ensure that the sessions fall within the Maryland LSC Swimming Rules.</li> <li>• 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.</li> <li>• Please check on <a href="http://www.mdswim.org">www.mdswim.org</a> and <a href="http://www.macswim.net">www.macswim.net</a> for any changes to warm up and start times.</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• All swimmers must be registered with USA Swimming, Inc.</li> <li>• Swimmers must be registered prior to the entry deadline.</li> <li>• There will be no on-deck registration available at this meet.</li> <li>• A swimmer's age on the first day of the meet will determine their age for the entire meet.</li> <li>• Open to all MAC/FSC USA Swimming Inc. registered 10 &amp; U swimmers.</li> <li>• There are no qualifying time standards for this meet.</li> </ul>
Swimmers with Disabilities	<ul style="list-style-type: none"> <li>• MAC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.</li> <li>• 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.</li> <li>• Failure to provide advance notice may limit the ability to accommodate all requests.</li> </ul>
Entry Procedures	<ul style="list-style-type: none"> <li>• Entry deadline is Monday, September 15, 2025 by 9:00PM</li> <li>• No Times (NT) <b>will</b> be accepted. Coach times are preferred over NT if possible.</li> </ul>

	<ul style="list-style-type: none"> <li>• The conforming time standard will be SCY times.</li> <li>• Non-conforming times will not be accepted.</li> <li>• Converted times will not be accepted.</li> <li>• This is a Pentathlon Meet and swimmers should enter the following sets of events listed below. Times will be added up to come up with an aggregate time.</li> <li>• Swimmers do not have to enter every event to be eligible for an award</li> <li>• Swimmers who do not compete in an event or who are disqualified in an event will be given the following times for award purposes: <ul style="list-style-type: none"> <li>○ 25 yard event: 1:00.00</li> <li>○ 50 yard event: 2:00.00</li> <li>○ 100 yard event: 4:00.00</li> </ul> </li> <li>• Track 1 (8, 7, or 6&amp;U swimmers): <ul style="list-style-type: none"> <li>○ 25's of FR, BK, BR, FL, &amp; 100 IM</li> </ul> </li> <li>• Track 2 (9-10 swimmers): <ul style="list-style-type: none"> <li>○ 50's of FR, BK, BR, FL, &amp; 100 IM</li> </ul> </li> <li>• A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline.</li> <li>• 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.</li> <li>• Deck entries may be allowed based on the timeline and empty lanes.</li> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 5 individual events for the meet.</li> </ul>
Entry Verification	<ul style="list-style-type: none"> <li>• An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.</li> </ul>

Meet Procedures	
Seeding	<ul style="list-style-type: none"> <li>• The conforming time standard for this meet is short course yards.</li> <li>• Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.</li> <li>• No Time Entries <b>will</b> be accepted.</li> </ul>
Scoring	<ul style="list-style-type: none"> <li>• There will be no team or individual scores kept for this meet.</li> </ul>
Awards	<ul style="list-style-type: none"> <li>• All swimmers participating in the meet will receive distinctive medals.</li> <li>• Awards will be given based on aggregate times.</li> </ul>
Warm-Ups	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.</li> </ul>
Results	<ul style="list-style-type: none"> <li>• Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet.</li> </ul>

## Order of Events

Session 1			
Sunday, September 22, 2024			
Warm-up: 8:30 AM		Session Start: 9:20 AM	
GIRLS	Event		BOYS
1	6 & U 25 Free		2
3	7 YR OLD 25 Free		4
5	8 YR OLD 25 Free		6
7	9-10 50 Free		8
9	6 & U 25 Fly		10
11	7 YR OLD 25 Fly		12
13	8 YR OLD 25 Fly		14
15	9-10 50 Fly		16
17	6 & U 25 Breast		18
19	7 YR OLD 25 Breast		20
21	8 YR OLD 25 Breast		22
23	9-10 50 Breast		24
25	6 & U 25 Back		26
27	7 YR OLD 25 Back		28
29	8 YR OLD 25 Back		30
31	9-10 50 Back		32
33	6 & U 100 IM		34
35	7 YR OLD 100 IM		36
37	8 YR OLD 100 IM		38
39	9-10 100 IM		40

**ENTRY LIMIT: SWIMMERS MAY SWIM UP TO 5 EVENTS PLUS 1 RELAY**

**ENTRY DEADLINE: MONDAY SEPTEMBER 15, 2025**

**MAC reserves the right to change the warmup and start times based on entries received.**

**2025 MAC/FSC 10 & U PENTATHLON**

**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **MAC**):

Chris Kaplan  
P.O. BOX 1682  
Frederick, MD 21701  
Email to: coachchris@macswim.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	-----	N/A	-----
Swimmer Surcharge	-----	\$15	-----
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. **Monocacy Aquatic Club, Hood College**, 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.

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**SIGNATURE (Coach or Club Representative)**

**CLUB**

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**TITLE**

**DATE**