

2025 MBK/LBA Long Course Dual Meet

Hosted by MBK & LBA

June 28-29, 2025

Held at Coppermine Meadowbrook, 5700 Cottonworth Avenue, Baltimore, MD 21209

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

Sanction # 24/25-105

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 A CLOSED INVITATIONAL. Any interested teams should contact Bridgette Acchione at Bridgette.schertle@gmail.com for an invitation.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
<i>Bridgette Acchione</i> 443-286-7088 Bridgette.schertle@gmail.com	<i>Bridgette Acchione</i> 443-286-7088 Bridgette.schertle@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
Tommy Acchione 410-598-5004 acchionester@gmail.com	<i>Gordon Amato</i> 4432867088 gamato@loyolablakefield.org
Officials Contact	Administrative Official
<i>Bridgette Acchione</i> Bridgette.schertle@gmail.com Sign Up Link	<i>Mike Saulo</i> April Perich 443-286-7088 Bridgette.schertle@gmail.com

Deadline and Meeting Summary		
June 14, 2025	5:00pm	Entry Deadline
Saturday, June 28, 2025	7:00am	Coaches Meeting
Saturday, Sunday June 28- 29, 2025	45 minutes prior to session start	Officials' Briefing
Saturday, Sunday June 28- 29, 2025	½ hour prior to session start	Timers' Briefing Main Lobby
Facility Information		
Facility Address	Coppermine Meadowbrook 5700 Cottonworth Avenue Baltimore, MD 21209	

Pool Information	• Competition Pool: ○ 6 50-meter lanes ○ Competition lanes are a minimum of 7.5' wide. ○ Water depth is 4 -8 feet • The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. • The meet will be swum in a 50-meter course. Lane configurations for competition will be determined upon receipt of entries. Lanes in the outdoor pool will be available for continuous warm-up/down. • Colorado timing system will be used.
Facility Information	• All swimmers and meet personnel on deck must have credentials to be on deck. • Locker rooms are located directly off of the pool deck. No adults will be allowed in these locker rooms. • Restrooms for spectators and volunteers are located in outside trailer • Restrooms for official and coaches will be upstairs
Medical Assistance and Supervision	Lifeguards, CPR certified personnel, and AED devices on site throughout the meet.
Parking	Please adhere to all parking signs posted on property.
Hospitality	There will be a hospitality area open to all coaches and officials.
Concessions	TBD
Vendor	N/A

Meet Fees: Checks payable to Loyola Blakefield Aquatics	
Athlete Surcharge	\$20.00 per swimmer
Individual Event Fee	\$8.00 per event entry

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). • 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 at the pool entrance from the main lobby. - 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. MBK and LBA welcome and encourage 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	- Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet. - MBK will provide meet marshalls, parking assistance, and hospitality. LBA will provide timers and officials

Meet Information	
Format	• Timed Finals • 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	• 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. •
Swimmers with Disabilities	• MBK and LBA welcome 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	• Entry deadline is Saturday June 14, 2025 at 5:00pm • 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 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 swim a maximum of 4 individual events per session for sessions 1 and 3 each. Swimmers may swim a maximum of 1 event per session for sessions 2 and 4 each.
Entry Verification	• 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	• N/A

Meet Procedures	
Seeding	• The conforming time standard for this meet is short course yards. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.

Positive Check-in	N/A
Scoring	There will be no team or individual scores kept for this meet.
Awards	There will be no awards given for this meet.
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. - Results will be posted to Meet Mobile.

Order of Events & Qualifying Times

Session 1	
Saturday, June 28, 2025	
Warm-up: 7:00	Session Start: 8:00
#	Event
1	Mixed OPEN 200 IM
2	Mixed OPEN 50 Free
3	Mixed OPEN 200 Fly
4	Mixed OPEN 50 Fly
5	Mixed OPEN 100 Breast
6	Mixed OPEN 200 Back
7	Mixed OPEN 50 Back
8	Mixed OPEN 400 Free

Session 2	
Saturday, February 8, 2025	
Warm-up: Immediately following Session 4	Session Start: 20 minutes after Session 1
#	Event
9	Mixed OPEN 1500 Free

Session 3	
Sunday, June 29, 2025	
Warm-up: 7:00am	Session Start: 8:00am
#	Event
10	Mixed OPEN 100 Free
11	Mixed OPEN 200 Breast
12	Mixed OPEN 100 Back
13	Mixed OPEN 50 Breast

14	Mixed OPEN 100 Fly
15	Mixed OPEN 200 Free
16	Mixed OPEN 400 IM

Session 4	
Sunday, February 9, 2025	
Warm-up: Immediately following Session 3	Session Start: 20 minutes after Session 3
#	Event
17	Mixed OPEN 800 Free

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Summary of Fees/Release Form

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

Loyola Blakefield Aquatics
1119 Ryegate Road
Towson, MD 21286

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		\$8.00 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. LBA, Loyola Blakefield, 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