



2025 NAAC MOTHER'S DAY MEET

Hosted by NAAC TEAM

May 10-11, 2025

Held at United States Naval Academy, Lejeune Hall, Annapolis, MD

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

Sanction # 24/25-070

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
KIMBERLY VERMERRIS 724-301-9326 kimberlyvermerris@gmail.com	CAREN GALLAUDET 619-977-0179 navalaacmeetdirector@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
JERILYN DEITCH 410-746-5917 jerilynjoy75@gmail.com	OWEN HONDORF 843-860-2228 othondo79@yahoo.com
Officials Contact	Administrative Official
DUSTIN NICHOLAS navalaac.officials@gmail.com https://forms.gle/aexyeKT2LAW3aFZn7	HUSSAIN ZAIDI 443-653-6748 Hzaidi3@gmail.com

Deadline and Meeting Summary		
Friday, April 25, 2025	8 pm	Entry Deadline
Saturday, May 10, 2025	7:15 am	Coaches Meeting If Needed
Each Day of Meet	30 mins prior to all 400s	Positive Check in Closes
Each Day of Meet	45 minutes prior to session start	Officials' Briefing Lejeune Classroom
Each Day of Meet	30 minutes prior to session start	Timers' Briefing Upstairs Hallway
Facility Information		
Facility Address	Lejeune Hall United States Naval Academy Annapolis, MD 21409	
Pool Information	Indoor, 10-lane, 50 meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system with button plungers and stop watches as back-ups. ● Competition Pool: ○ 10 50-meter lanes ○ Competition lanes are a minimum of 8'wide. ○ Water depth is 8'0". ● Warm-up Pool: ○ 5 20-yard lanes ○ Warm-up lanes are a minimum of 8'wide. ○ Water depth is 8'0". ● The competition course has not been certified in accordance with 104.2.2C(4). ● The meet will be swum in a 50 LCM course. Lane configurations for competition will be determined upon receipt of entries. Lanes 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 in the hallway adjacent to the pool area and will be clearly marked. No adults will be allowed in these locker rooms. ● Restrooms for spectators and volunteers are located on the upper level of Lejeune Hall. ● Athlete and non-athletes can enter Lejeune Hall i the ground floor doors under the upper deck ramp. Athletes will turn right to go to the Locker Rooms, and non-athletes will turn to the left and go up the stairs to the stands. ● Athletes may enter the facility 15 minutes prior to warm ups.	
Medical Assistance	Lifeguards will be providing medical supervision to athletes participating in the meet. An AED device is available on deck.	

and Supervision	
Parking	NAAC is processing parking passes for visiting Officials and Coaches. Every civilian visitor 16 years and older entering the Academy should be prepared to show a photograph identification card and have his/her bags searched. Arrive early and/or use Gate 3 which is foot-traffic only gate located off the intersection of King George St and Maryland Ave. You may drop off a swimmer at the Gate 1 Visitor parking area - an adult must accompany anyone under 18 through the security check-point. The Annapolis downtown garages are a short walk to Gates 1 and 3. Parking downtown on the street or in the lots are metered or by permit only, with enforcement beginning at 10 am by the City of Annapolis.
Hospitality	There will be a hospitality area open to all coaches and officials in the upstairs classroom.
Concessions	There will be no concessions.
Vendor	There will be no vendor.

Meet Fees: Checks payable to NAAC.	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 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. • No scratch rules.

	- 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 by the Announcer's table. - 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. NAAC 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. https://forms.gle/aexyeKT2LAW3aFZn7
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. • Events will be swum slowest to fastest unless otherwise indicated. • Positive check-in at the Announcer's Table for Events 19-20,43-44, and 71-72. • 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. • The time standards are BB and slower 2024-2028 LCM times for 12 and under, and A and slower 2024-2028 LCM times for 13 and over.
Swimmers with Disabilities	• NAAC 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	• Entry deadline is April 25, 2025 at 8 pm. • 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 4 individual events for Sat and Sun each, for a total of 8 individual events for the meet. • The 200s and 400s entries may be capped based on the timeline. Coaches will be contacted before the meet if entries will be limited in certain events.

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	• Enter LCM times that follow the attached table of time standards.

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.
Positive Check-in	• Check-in will be located at the Announcer's table and will be required for the following events. ○ 19-20, 43-44, 71-72. • There will not be a penalty for failure to scratch.
Scoring	• There will be no team or individual scores kept for this meet.
Awards	• Ribbons will be awarded for top 8 finishers in 9-10 and 11-12 and 12 and Under age groups.
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. • NAAC will be posting results to Meet Mobile.

Order of Events & Qualifying Times

Session 1				
Saturday, May 10				
Warm-up: 7 am			Session Start: 8 am	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
1	2:58.39	12 and Under 200 backstroke	2:53.99	2
3	33.19	11-12 50 Freestyle	32.09	4
5	36.59	9-10 50 Freestyle	35.69	6
7	1:22.59	11-12 100 fly	1:19.49	8
9	1:37.99	9-10 100 Fly	1:36.19	10
11	42.69	11-12 50 Breaststroke	41.99	12
13	48.79	9-10 50 Breaststroke	47.89	14
15	1:24.79	11-12 100 Backstroke	1:21.89	16
17	1:34.59	9-10 100 Backstroke	1:32.29	18
19	5:36.79	12 and Under 400 Freestyle	5:26.69	20
21	3:22.99	12 and Under 200 Breaststroke	3:15.39	22

Session 2				
Saturday, May 10				
Warm-up: 12 noon			Session Start: 1 pm	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
23	2:36.99	15 and Over 200 IM	2:24.69	25
25	2:41.99	13-14 200 IM	2:30.19	26
27	1:04.39	15 and Over 100 Freestyle	58.99	28
29	1:06.69	13-14 100 Freestyle	1:01.69	30

31	2:34.29	15 and Over 200 Fly	2:21.09	32
33	2:40.79	13-14 200 Fly	2:27.59	34
35	1:20.99	15 and Over 100 Breaststroke	1:13.49	36
37	1:24.09	13-14 100 Breaststroke	1:16.99	38
39	2:33.39	15 and Over 200 Backstroke	2:21.49	40
41	2:38.79	13-14 200 Backstroke	2:29.29	42
43	4:51.79	Open 400 Freestyle	4:34.39	44

Session 3				
Sunday, May 11				
Warm-up: 7 am			Session Start: 8 am	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
45	3:00.59	11-12 200 IM	2:53.69	46
47	3:22.09	9-10 200 IM	3:17.89	48
49	1:13.39	11-12 100 Freestyle	1:10.39	50
51	1:21.89	9-10 100 Freestyle	1:20.19	52
53	35.79	11-12 50 Fly	35.29	54
55	41.59	9-10 50 Fly	40.59	56
57	1:33.99	11-12 100 Breaststroke	1:31.29	58
59	1:48.39	9-10 100 Breaststroke	1:45.49	60
61	38.39	11-12 50 Backstroke	37.69	62
63	43.59	9-10 50 Backstroke	43.09	64
65	2:39.79	11-12 200 Freestyle	2:33.59	66
67	3:00.39	9-10 200 Freestyle	2:53.39	68
69	3:00.89	12 and Under 200 Fly	2:55.59	70

Session 4				
Sunday, May 11				
Warm-up: 12 noon			Session Start: 1 pm	
#	Girls/Women Slower Than	Event	Boys/Men Slower Than	#
71	5:32.49	Open 400 IM	5:07.79	72
73	29.59	15 and Over 50 Freestyle	26.99	74
75	30.59	13-14 50 Freestyle	28.19	76
77	1:09.29	15 and Over 100 Fly	1:03.09	78
79	1:11.69	13-14 100 Fly	1:05.99	80
81	2:54.49	15 and Over 200 Breaststroke	2:39.79	82
83	3:00.99	13-14 200 Breaststroke	2:46.59	84
85	1:11.39	15 and Over 100 Backstroke	1:05.19	86
87	1:13.69	13-14 100 Backstroke	1:08.69	88
89	2:18.99	15 and Over 200 Freestyle	2:08.69	90
91	2:23.99	13-14 200 Freestyle	2:14.69	92

2025 NAAC MOTHER'S DAY MEET

Summary of Fees/Release Form

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

CAREN GALLAUDET
2236 MULBERRY HILL RD, ANNAPOLIS, MD 21409
navalaacmeetdirector@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	
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. NAAC, US NAVAL ACADEMY, LEJEUNE HALL, 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