



2025 NBAC THANKSGIVING MEET
Hosted by THE NORTH BALTIMORE AQUATIC CLUB
NOVEMBER 14 - 16, 2025

LOYOLA UNIVERSITY
FITNESS AND AQUATIC CENTER
4900 N. CHARLES STREET
BALTIMORE, MARYLAND 21210

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc.
 Sanction # 25/26-018

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.

ENTRY DEADLINE: TUESDAY NOVEMBER 4, 2025 @ 6:00 PM

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
JOHN CHANDLER / BILL WADE thimes@nbac.net / coachtom@nbac.net	TOM HIMES thimes@nbac.net / coachtom@nbac.net
Meet Referee	USA Swimming Registered Operational Risk Director
DALILA SHKOLNIK / BRAD SHEDWICK deshkolnik@gmail.com / brad@shedwick.com	LISA MORGAN lisapags@aol.com
Officials Contact	Administrative Official
CHRISTOPHER BLEY Christopher.Bley@hcps.org	LIZ BELT / AMY MATTEINI ejfbelt@gmail.com / amymatteini@gmail.com

Deadline and Meeting Summary		
Tuesday November 4, 2025	6:00 pm	Entry Deadline
Friday November 14, 2025	3:30 pm – 3:50 pm	Positive Check-In
Friday November 14, 2025	3:45 pm	Officials' Briefing
Friday November 14, 2025	4:00 pm	Timer's Briefing
Saturday November 15, 2025	7:15 am / 12:15 pm	Officials' Briefing
Saturday November 15, 2025	7:30 am / 12:30 pm	Coaches Meeting
Saturday November 15, 2025	7:30 am / 12:30 am	Timer's Briefing
Saturday November 15, 2025	11:00 am – 12:30 pm (1650 FR)	Positive Check -In
Sunday November 16, 2025	7:15 am / 12:15 pm	Officials' Briefing
Sunday November 16, 2025	7:30 am / 12:30 pm	Timers' Briefing
Facility Information		
Facility Address	LOYOLA UNIVERSITY FITNESS AND AQUATIC CENTER 4900 N. CHARLES STREET BALTIMORE, MARYLAND 21210	
Pool Information	<ul style="list-style-type: none"> Loyola University is an indoor fourteen lane, 25 yard pool with bulkhead. 4 Lanes (separated by a bulkhead) will be used for continuous warmup/warm down and 8 – 9 lanes will be used for competition. The facility has a Colorado timing system, touchpads, scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth, measured in accordance with Article 103.2.3 is 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). 	
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 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 in the main lobby No one is permitted on the basketball courts or fitness rooms at any time. Swimmers leaving the pool area are required to wear shirts, shorts or pants and shoes at all times. Teams will be assigned a seating area after entries are received. Athletes will be seated on the pool deck as well as in the stands. Spectators are not permitted in the areas assigned to teams. 	
Medical Assistance and Supervision	The pool will be equipped with all required Medical supplies as well as Lifeguards for the duration of the meet. North Baltimore Aquatic Club will be providing Safety Marshalls to ensure proper supervision of the athletes and spectators.	
Parking	Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces or areas, are subject to citations and towing. Please adhere to all parking signs either on university property or the streets surrounding the facility.	
Hospitality	There will be a hospitality area open to all coaches and officials. The hospitality room is located in the second floor classroom next to the fitness rooms.	
Concessions	To be determined	
Vendor	To be determined	

Meet Fees: Checks payable to NBAC	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$9.00 per event entry
Relay Event Fee	\$12.00 per relay 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. • 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.

	<ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> • 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. • <p style="text-align: center;">Swimmers with Serious Medical Conditions</p> <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 entrance to the pool area. • 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. The North Baltimore Aquatic 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. Officials Sign up Link: https://docs.google.com/forms/d/e/1FAIpQLSfCkNFpT2SBd0t7Unl4ny1YoWhgpu-0vpS9Hp10vUVhBGYOZg/viewform?usp=header
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"> • ALL events are Timed Finals • Events will be swum slowest to fastest unless otherwise indicated. • ALL Friday events and the 1650 free require positive check-in • 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. There will be no on deck registration available at the meet. • A swimmer's age on the first day of the meet will determine their age for the entire meet. • Qualifying standards are USA Swimming 2024 – 2028 'B' times and faster for events 200 Yards and less. Qualifying standards are USA Swimming 2024 – 2028 'BB' times and faster for the 400 IM, 500 FR and 1650 FR. Swimmers that qualify for 1 individual event or more are eligible for up to 5 Bonus events not to exceed entry limitations. Make 5 or more get up to limit. Events of 100 yards and less are eligible as bonus events.
Swimmers with Disabilities	<ul style="list-style-type: none"> • The NORTH BALTIMORE AQUATIC 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 Tuesday November 4, 2025 • No Times (NT) will not be accepted for any events 200 yards and longer. NT will be accepted for bonus events of 100 yards or shorter. <ul style="list-style-type: none"> • The conforming time standard will be SCY times. <ul style="list-style-type: none"> • 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 with the approval of the meet director and meet referee. <ul style="list-style-type: none"> • 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 enter a maximum of 4 individual events per session and a total of 11 individual events for the meet as well as 1 relay per day.
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.
BONUS ENTRIES	<ul style="list-style-type: none"> • A swimmer that qualifies for a minimum of 1 event is eligible for up to 5 Bonus events for the meet not to exceed the session or meet limitations. Events over 100 yards are NOT eligible for bonus entries.

Meet Procedures	
Seeding	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Check-in will be located at the diving well end of the pool and will be required for the following events. <ul style="list-style-type: none"> ○ ALL Friday Events ○ The 1650 Yard Free on Saturday evening. • Any swimmer who fails to positively check in, will be scratched from the event. Any swimmer who positively checks in and then fails to declare a false start and/or fails to swim the event shall not be permitted to swim their next individual event.
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 for this meet. • FAST TIMES!
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. • Meet results will be available throughout the meet and at the conclusion of the meet on meet mobile.
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2025 NBAC THANKSGIVING MEET
 NOVEMBER 14 - 16, 2025
 @ LOYOLA UNIVERSITY – FITNESS & AQUATIC CENTER

Order of Events & Qualifying Times

Session 1				
Friday November 14, 2025				
Warm-up: 3:30 pm		Session Start: 4:30 pm		
#	Girls/Women Equal to or Faster than	Event	Boys/Men Equal to or Faster than	#
1	6:03.69	11 – 12 400 IM	5:50.09	2
3A	5:39.69	13 – 14 400 IM	5:13.59	4A
3B	5:29.69	15 & O 400 IM	4:59.19	4B
5A	7:45.09	10 & U 500 FREE	7:33.79	6A
5B	6:45.69	11 - 12 500 FREE	6:29.99	6B
7A	6:22.79	13 – 14 500 FREE	5:58.19	8A
7B	6:12.39	15 & O 500 FREE	5:42.09	8B

Session 2				
Saturday November 15, 2025				
Warm-up: 7:00 am		Session Start: 8:00 am		
#	Girls/Women Equal to or Faster than	Event	Boys/Men Equal to or Faster than	#
9	2:59.49	9 – 12 200 BACK	2:52.89	10
11	1:44.29	10 & U 100 IM	1:39.69	12
13	1:25.19	11 - 12 100 IM	1:21.89	14
15	48.39	10 & U 50 FLY	46.49	16
17	36.89	11 – 12 50 FLY	37.09	18
19	1:30.79	10 & U 100 FREE	1:27.99	20
21	1:14.69	11 – 12 100 FREE	1:11.49	22
23	2:00.29	10 & U 100 BREAST	1:54.09	24
25	1:36.49	11 – 12 100 BREAST	1:32.59	26
27	48.59	10 & U 50 BACK	48.29	28
29	38.79	11 – 12 50 BACK	38.49	30
31	3:03.39	9 - 12 200 FLY	2:56.59	32
33	NT	10 & U 200 FREE RELAY	NT	34
35	NT	11 – 12 400 FREE RELAY	NT	36

2025 NBAC FALL FESTIVAL MEET
NOVEMBER 14 - 16, 2025
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Order of Events & Qualifying Times

Session 3				
Saturday November 15, 2025				
Warm-up: 12:15 pm		Session Start: 1:15 pm		
#	Girls/Women Equal to or Faster than	Event	Boys/Men Equal to or Faster than	#
37	2:33.59	13 – 14 200 FREE	2:22.49	38
39	2:28.99	15 & O 200 FREE	2:15.99	40
41	38.39	13 – 14 50 BACK	35.79	42
43	37.39	15 & O 50 BACK	34.09	44
45	1:28.69	13 – 14 100 BREAST	1:20.29	46
47	1:25.89	15 & O 100 BREAST	1:16.89	48
49	1:22.89	13 – 14 100 IM	1:15.99	50
51	1:20.09	15 & O 100 IM	1:12.49	52
53	1:16.79	13 – 14 100 FLY	1:10.49	54
55	1:14.39	15 & O 100 FLY	1:07.19	56
57	32.49	13 – 14 50 FREE	29.89	58
59	31.79	15 & O 50 FREE	28.29	60
61	2:46.39	13 – 14 200 BACK	2:34.69	62
63	2:42.19	15 & O 200 BACK	2:27.59	64
65	NT	13 -14 400 FREE RELAY	NT	66
67	NT	15 & O 400 FREE RELAY	NT	68

*NOTE: If a swimmer qualifies for the 200 IM they also qualify for the 100 IM. The 100 IM may also be used as a bonus event. Entry time should be best estimate if no 100 IM time is available.

Session 4				
Saturday November 15, 2025				
Warm-up: 5:30 pm		Session Start: 6:00 pm		
#	Girls/Women Equal to or Faster than	Event	Boys/Men Equal to or Faster than	#
69	21:36.19	OPEN 1650 FREE	19:54.69	70

2025 NBAC FALL FESTIVAL MEET
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Order of Events & Qualifying Times

Session 5				
Sunday November 16, 2025				
Warm-up: 7:00 am		Session Start: 8:00 am		
#	Girls/Women Equal to or Faster than	Event	Boys/Men Equal to or Faster than	#
71	2:42.59	11 – 12 200 FREE	2:35.99	72
73	3:22.79	10 & U 200 FREE	3:09.49	74
75	43.99	11 – 12 50 BREAST	43.49	76
77	54.59	10 & U 50 BREAST	53.39	78
79	1:26.59	11 – 12 100 BACK	1:22.19	80
81	1:45.79	10 & U 100 BACK	1:40.69	82
83	3:03.89	11 – 12 200 IM	2:59.29	84
85	3:42.09	10 & U 200 IM	3:38.59	86
87	1:25.79	11 – 12 100 FLY	1:22.89	88
89	1:56.69	10 & U 100 FLY	1:53.49	90
91	33.99	11 – 12 50 FREE	32.79	92
93	39.79	10 & U 50 FREE	38.19	94
95	3:25.69	9 – 12 200 BREAST	3:16.39	96
97	NT	10 & U 200 MEDLEY RELAY	NT	98
99	NT	11 – 12 400 MEDLEY RELAY	NT	100

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Order of Events & Qualifying Times

Session 6				
Sunday November 16, 2025				
Warm-up: 12:15 pm		Event	Session Start: 1:15 pm	
#	Girls/Women Equal to or Faster than		Boys/Men Equal to or Faster than	#
101	2:51.79	13 – 14 200 IM	2:37.99	102
103	2:46.19	15 & O 200 IM	2:30.89	104
105	38.19	13 – 14 50 FLY	35.69	106
107	37.39	15 & O 50 FLY	33.79	108
109	3:10.99	13 – 14 200 BREAST	2:54.89	110
111	3:05.99	15 & O 200 BREAST	2:47.09	112
113	1:16.89	13 – 14 100 BACK	1:11.29	114
115	1:14.69	15 & O 100 BACK	1:07.49	116
117	43.99	13 – 14 50 BREAST	40.69	118
119	42.89	15 & O 50 BREAST	38.29	120
121	1:10.99	13 – 14 100 FREE	1:04.99	122
123	1:08.79	15 & O 100 FREE	1:01.99	124
125	2:51.19	13 – 14 200 FLY	2:36.79	126
127	2:45.79	15 & O 200 FLY	2:30.19	128
129	NT	13 – 14 400 MEDLEY RELAY	NT	130
131	NT	15 & O 400 MEDLEY RELAY	NT	132

2025 NBAC THANKSGIVING MEET
Summary of Fees/Release Form
Complete and email or mail this form along with entry fees to (checks payable to NBAC):
NORTH BALTIMORE AQUATIC CLUB
ATTN: Tom Himes
P.O. Box 20801
Baltimore, Maryland 21209
thimes@nbac.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		\$9.00 per event	
Swimmer Surcharge		\$25.00 per swimmer	
Relay Entries		\$12.00 per relay	
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. **THE NORTH BALTIMORE AQUATIC CLUB, THE LOYOLA UNIVERSITY**, 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