



2026 CAC Spring "Swimming to the 80's" LCM Swim Meet

Hosted by Calvert Aquatics Club

April 17-19, 2026

Held at Edward T. Hall Aquatic Center, 130 Auto Dr, Prince Frederick, Md 20678

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

Sanction # 25/26-058

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 | |
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| Certified Meet Director | Certified Meet Entry Coordinator |
| Staci Lagana Natika White cacmeet@calvertaquaticsclub.org | Ed Cullen meetentries@calvertaquaticsclub.org |
| Meet Referee | USA Swimming Registered Operational Risk Director |
| Tom Schmidt TSchmidt@calvertaquaticsclub.org | Corey Bhogte cbhogte@calvertaquaticsclub.org |
| Officials Contact | Administrative Official |
| Tom Schmidt TSchmidt@calvertaquaticsclub.org Sign Up Link | Jeff Rivas Amber Bryant Ted Lemieux Tammy Sasscer cacao@calvertaquaticsclub.org |



| Deadline and Meeting Summary | | |
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| Mon, April 6, 2026 | 8:00 PM | Entry Deadline |
| All Sessions | 60 min prior to each session start | Coaches Meeting, if needed |
| Fri, April 17, 2026 | 40 minutes prior to session start | Positive Check-in closes |
| All Sessions | 45 min prior to each session start | Officials' Briefing Breakroom |
| Saturday & Sunday Sessions | 30 min prior to each session start | Timers' Briefing Hallway outside of Breakroom |
| Facility Information | | |
| Facility Address | Edward T. Hall Aquatic Center 130 Auto Drive Prince Frederick, MD 20678 Map Link (📍 130 Auto Dr) | |
| Pool Information | <p>The Edward T. Hall Aquatic Facility features an indoor eight (8) lanes 50 meter pool, with non-turbulent lane lines and continuous flow through gutters.</p> <ul style="list-style-type: none"> Competition Pool: <ul style="list-style-type: none"> 8 - 50 Meters lanes Competition lanes are a minimum of 7' 3" wide. Water depth is 4ft to 13ft 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 will be available for continuous warm-up/down. Colorado electronic timing system with Swiss Timing touchpads. | |
| 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.) Athletes and non-athletes should enter through the main entrance of the Edward T. Hall Aquatics Center. The facility will open 30 minutes before the first warm-up. | |
| Medical Assistance and Supervision | The facility provides Red Cross Certified lifeguard staffing, EMS via quick call, On-Site AED, Plastic Rescue Backboard Kits, and First Aid Care on/off the deck. | |



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| Parking | Parking is authorized in designated parking spaces only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing. |
| Hospitality | There will be a hospitality area open to all coaches and officials in the breakroom on the lower level. |
| Concessions | Refreshments will be available at the concession stand located in the 'conference room' located to the left after the entrance to the facility. |
| Vendor | No |

| Meet Fees: Checks payable to Calvert Aquatics Club | |
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| Athlete Surcharge | \$25.00 per swimmer |
| Individual Event Fee | \$10.00 per event entry |

| Organization Regulations | |
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| 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. • There will be no penalty for scratching pre-seeded events at the block for non-positive check-in events. • For positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event. |



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| | <ul style="list-style-type: none"> • 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 | <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. • 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 |



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| | <p>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.</p> <ul style="list-style-type: none"> 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 | <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. The check-in table will be located in the main facility entrance 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. Calvert Aquatics 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 where at the date and time listed in the Deadline and Meeting Summary. Sign Up Link |
| 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. Swimmers will need to provide their own timers and counters for the Friday evening events. |



| Meet Information | |
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| Format | <ul style="list-style-type: none"> • This is a Timed Finals meet. • Session 1 (Friday, April 17th) will be swum fastest to slowest. All other sessions will be swum slowest to fastest. • Session 1 (Friday, April 17th) will require positive check-ins. Positive check-in is located at the start end of the pool near the announcer's table and will close at 4:20 p.m. • Swimmers must provide their own timers and counters for the Friday night session. • Swimmers ages 10 & Under entering the 800-meter and/or 1500-meter Freestyle events must have a provable 400-meter or 500-yard Freestyle time to enter. • 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 | <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. • Open to all 10 & Under, 11-12, 13-14, 15 & O USA registered swimmers. • NT standards will be accepted with the exception of 8 & Under swimmers who must have a time (SCY or LCM) in events entered. Expected estimate times are encouraged instead of NT. |
| Swimmers with Disabilities | <ul style="list-style-type: none"> • Calvert Aquatics 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. |



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| Entry Procedures | <ul style="list-style-type: none"> • Entry deadline is Monday, April 6, 2026 at 8:00 PM. • No Times (NT) will be accepted with the exception that 8 & Under swimmers must have a time (SCY or LCM) in events entered. • The conforming time standard will be LCM times. • Non-conforming times will 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 | <ul style="list-style-type: none"> • Swimmers may enter a maximum of three (3) individual events per session and a total of eight (8) individual events for the meet. |
| 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. |

| Meet Procedures | |
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| Seeding | <ul style="list-style-type: none"> • The conforming time standard for this meet is long course meters (LCM). • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. • All non-conforming times will be seeded in the appropriate heat. |
| Positive Check-in | <ul style="list-style-type: none"> • Check-in will be located at the admin table near the starting end of the pool and will be required for the following events. <ul style="list-style-type: none"> ○ 400 Free ○ 800 Free ○ 1500 Free • For positive check-in events, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event. • Positive check-in closes 40 minutes prior to the session start. • Swimmers will need to provide their own timers and counters for the Friday evening session. |
| 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. |
| 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 |



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| | <p>participants. This information will be distributed in advance of the meet and posted throughout the venue.</p> <ul style="list-style-type: none">• 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.• Results will also be actively posted on the Meet Mobile App. |



Order of Events

| Session 1: All Ages Girls & Boys | | |
|----------------------------------|-----------|------------------------|
| Friday, April 17, 2026 | | |
| Warm-up: 4:00 PM | | Session Start: 5:00 PM |
| # | Event | # |
| 1 | 400 FREE | 2 |
| 3 | 800 FREE | 4 |
| 5 | 1500 FREE | 6 |

Swimmers will need to provide their own timers and counters for Session 1.

Positive check in closes at 4:20 pm

Friday night events are MIXED gender and age

****Swimmers ages 10 & Under entering the 800-meter and/or 1500 Freestyle events must have a provable 400-meter or 500-yard Freestyle time to enter****



| Session 2: 13 & Over Girls & Boys | | |
|-----------------------------------|------------|------------------------|
| Saturday, April 18, 2026 | | |
| Warm-up: 7:00 AM | | Session Start: 8:00 AM |
| # | Event | # |
| 7 | 200 FREE | 8 |
| 9 | 50 BACK | 10 |
| 11 | 100 BREAST | 12 |
| 13 | 200 FLY | 14 |
| 15 | 200 BACK | 16 |
| 17 | 50 FLY | 18 |
| 19 | 400 IM | 20 |

| Session 3: 12 & Under Girls & Boys | | |
|------------------------------------|------------|------------------------|
| Saturday, April 18, 2026 | | |
| Warm-up: 12:30 PM | | Session Start: 1:30 PM |
| # | Event | # |
| 21 | 200 FREE | 22 |
| 23 | 50 BACK | 24 |
| 25 | 100 BREAST | 26 |
| 27 | 200 FLY | 28 |
| 29 | 200 BACK | 30 |
| 31 | 50 FLY | 32 |
| 33 | 400 IM | 34 |



| Session 4: 13 & Over Girls & Boys | | |
|-----------------------------------|------------|------------------------|
| Sunday, April 19, 2026 | | |
| Warm-up: 7:00 AM | | Session Start: 8:00 AM |
| # | Event | # |
| 35 | 200 IM | 36 |
| 37 | 50 FREE | 38 |
| 39 | 100 FLY | 40 |
| 41 | 200 BREAST | 42 |
| 43 | 100 BACK | 44 |
| 45 | 100 FREE | 46 |
| 47 | 50 BREAST | 48 |

| Session 5: 12 & Under Girls & Boys | | |
|------------------------------------|------------|------------------------|
| Sunday, April 19, 2026 | | |
| Warm-up: 12:30 PM | | Session Start: 1:30 PM |
| # | Event | # |
| 49 | 200 IM | 50 |
| 51 | 50 FREE | 52 |
| 53 | 100 FLY | 54 |
| 55 | 200 BREAST | 56 |
| 57 | 100 BACK | 58 |
| 59 | 100 FREE | 60 |
| 61 | 50 BREAST | 62 |



2026 CAC Spring "Swimming to the 80's" LCM Swim Meet

Summary of Fees/Release Form

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

Calvert Aquatics Club
 ATTN: CAC Treasurer
 136 West Dares Beach Road #125
 Prince Frederick, MD 20678
 Email to: treasurer@calvertaquaticsclub.org

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| 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 | n/a | 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. Calvert Aquatics Club, Edward T. Hall Aquatics Center, 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