



Winter Wake Up Meet

Hosted by Rockfish Swimming

January 24-25, 2026

Held at St Mary's College of Maryland, Michael P. O'Brien Athletics and Recreation Center

47645 College Drive, St. Mary's City, MD 20686-3001

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

Sanction # 25/26-037

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
Jessica Lively 410-231-1235 board@rockfishswimming.com	Kristin Wathen (shadowing Carron Dunker) 301-904-8327 registrar@rockfishswimming.com
Meet Referee	USA Swimming Registered Operational Risk Director
Penny Michaels cbacmeetref@gmail.com	Pam Carroll pcarroll@calvertaquaticsclub.org
Officials Contact	Administrative Official
Penny Michaels cbacmeetref@gmail.com	Joe Askins 240-298-7256 Kristin Wathen (apprentice) 301-904-8327 registrar@rockfishswimming.com

Deadline and Meeting Summary		
Wednesday, January 14	11:59pm	Entry Deadline
Each Day	15-30 minutes before session as necessary	Coaches Meeting
Each Day	1 hour prior to session start	Officials' Briefing Hospitality/Hayes Room
Each Day	30 minutes before session start	Timers' Briefing By Computer Table
Saturday, January 24	30 minutes before start of Session 2	500 Free Positive Check-In closes
Sunday, January 25	30 minutes before start of Session 5	400 IM Positive Check-In closes
Facility Information		
Facility Address	St. Mary's College of MD Aquatic Center at the Michael P. O'Brien Athletics and Recreation Center 18952 East Fisher Road, St. Mary's City, Maryland, 20686 Map Link	
Pool Information	Indoor eight-lane 50-meter pool with non-turbulant lane lines and continuous flow through gutters. <ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ 8 25-yard lanes ○ Competition lanes are a minimum of 8'wide. ○ Water depth is 7'0' – 7'6" • Warm-up Pool: <ul style="list-style-type: none"> ○ 25-yard lanes ○ Warm-up lanes are a minimum of 6'6"wide. ○ Water depth is 7'0' – 7'6" • The competition course has not been certified in accordance with 104.2.2C(4). • The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down. • Daktronics timing system will be used. 	
Facility Information	<ul style="list-style-type: none"> • All swimmers and meet personnel on deck must have credentials to be on deck. • Swimmers may only use the visiting team locker rooms. They will be clearly marked, and no non-athletes will be allowed in these areas. • The swimmers may not prop open the door between the two locker rooms to access the varsity locker rooms. Swimmers are not to use the restrooms in the hallway. • Coaches, official and volunteers are to use the Varsity locker rooms on the pool deck. They will be clearly marked, and no athletes will be allowed in these areas. • Spectators may use the restrooms located outside the pool area • Spectators, volunteers and athletes must enter the facility through either set of main doors 	

	<ul style="list-style-type: none"> • Only coaches and officials may enter the facility through the doors adjacent to the pool deck. • There are no folding chairs allowed in the spectator stands • There is to be no alcohol or other prohibited substances or intoxicated behavior in the facility. Those appearing to be intoxicated or found to be in possession of prohibited substances will be removed from the facility for the remainder of the meet. • Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times. • Spectators needing accommodations should contact the Meet Director at board@rockfishswimming.com
Medical Assistance and Supervision	The facility will provide lifeguards and an AED will be available at the meet.
Parking	Parking is authorized in designated parking spaces only. Vehicles parked in unauthorized spaces are subject to citation and towing. Spectators and volunteers are asked not to park in the spaces across from the pool.
Hospitality	There will be a hospitality area open to all coaches and officials in the Hayes Team Room adjacent to the 25-meter warm up pool.
Concessions	TBD
Vendor	No

Meet Fees: Checks payable to Rockfish Swimming	
Athlete Surcharge	\$15.00 per swimmer
Individual Event Fee	\$8.00 per event entry
Relay Event Fee	n/a

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.

	<ul style="list-style-type: none"> ● 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. ● The MDSI Scratch Rule is in effect for positive check-in events in this meet. If a swimmer fails to swim after checking in, the swimmer will be disqualified from his/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event. Use of a declared false start will not eliminate this penalty. ● 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 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	<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 at the meet operations table near the start end of the pool. 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. Rockfish Swimming 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.

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

Meet Information	
Format	<ul style="list-style-type: none"> ● All events will be swim as Timed Finals. ● Events will be swum slowest to fastest unless otherwise indicated. ● Events that require positive check-in: 500 Freestyle and 400 IM ● 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. ● There are no time standard restrictions for this meet; NT or "No Time" will be accepted.
Swimmers with Disabilities	<ul style="list-style-type: none"> ● Rockfish Swimming 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 Wednesday, January 14 at 11:59 pm ● No Times (NT) will be accepted. ● The conforming time standard will be SCY times. ● 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 for swimmers already registered in the meet, and where availability allows. Teams will be billed for the additional event.

	<ul style="list-style-type: none"> ● 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 9 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.
Proof of Times	<ul style="list-style-type: none"> ● Not required

Meet Procedures	
Seeding	<ul style="list-style-type: none"> ● The conforming time standard for this meet is short course yards (SCY). ● Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. ● The 500-yard Freestyle will be seeded and swum fastest to slowest by entry time alternating women and men.
Positive Check-in	<ul style="list-style-type: none"> ● Check-in will be located at the computer table and will be required for the following events. Check-in closes 30 minutes prior to the start of the session. <ul style="list-style-type: none"> ○ 500 Freestyle ○ 400 IM ● The MDSI Scratch Rule is in effect for positive check-in events in this meet. If a swimmer fails to swim after checking in, the swimmer will be disqualified from his/her next individual event. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event. Use of a declared false start will not eliminate this penalty.
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 a Heat Winner prize for every heat. ● No ribbons or awards.
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. ● Real-time results via Meet Mobile will be available during the meet.

Order of Events & Qualifying Times

Session 1			
Saturday, January 24			
Warm-up: 7:00am		Start: 8:00am	
#	Event		#
1	12 & under 200 Free		2
3	10 & under 100 IM		4
5	11-12 100 IM		6
7	8 & under 25 Free		8
9	10 & under 500 Free		10
11	11-12 50 Free		12
13	9-10 100 Back		14
15	11-12 100 Back		16
17	9-10 100 Fly		18
19	11-12 100 Fly		20
21	8 & under 25 Breast		22
23	10 & under 25 Breast		24
25	11-12 50 Breast		26

Session 2			
Saturday, January 24			
Warm-up: 12:00pm		Start: 12:30pm	
#	Event		#
27	9 & Over 500 Free		28

The 500-yard Freestyle event will be seeded and swum fastest to slowest by entry time alternating women and men.

Session 3			
Saturday, January 24			
Warm-up: 3:00pm		Start: 4:00pm	
#	Event		#
29	13-14 200 IM		30
31	15 & over 200 IM		32
33	13-14 50 Free		34
35	15 & over 50 Free		36
37	13-14 200 Back		38
39	15 & over 200 Back		40
41	13-14 200 Fly		42
43	15 & over 200 Fly		44
45	13-14 100 Breast		46
47	15 & over 100 Breast		48

Session 4		
Sunday, January 25		
Warm-up: 7:00am		Start: 8:00am
#	Event	#
49	9-10 100 Free	50
51	11-12 100 Free	52
53	8 & under 25 Back	54
55	10 & under 50 Back	56
57	11-12 50 Back	58
59	8 & under 25 Fly	60
61	10 & under 50 Fly	62
63	11-12 50 Fly	64
65	9-10 100 Breast	66
67	11-12 100 Breast	68
69	12 & under 200 IM	70

Session 5		
Sunday, January 25		
Warm-up: 12:00pm		Start: 1:00pm
#	Event	#
71	13-14 400 IM	72
73	15 & over 400 IM	74
75	13-14 100 Free	76
77	15 & over 100 Free	78
79	13-14 100 Back	80
81	15 & over 100 Back	82
83	13-14 100 Fly	84
85	15 & over 100 Fly	86
87	13-14 200 Breast	88
89	15 & over 200 Breast	90
91	13-14 200 Free	92
93	15 & over 200 Free	94

Rockfish Swimming Winter Wake Up Meet

Summary of Fees/Release Form

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

Rockfish Swimming
Attn: Treasurer
P.O. Box 545, Leonardtown, MD 20650
treasurer@rockfishswimming.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		\$8.00 per event	
Swimmer Surcharge		\$15.00 per swimmer	
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. Rockfish Swimming, St Mary's College of Maryland, the Aquatics Center at the Michael P. O'Brien Athletics and Recreation 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