



2025 THANKSGIVING SWIM FEST

Hosted by GBSA

November 14, 15, 16, 2025

Held at

UMBC Aquatic Complex, University of Maryland, Baltimore County
1000 Hilltop Circle, Baltimore, MD 21250

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

Sanction # 25/26-017

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.

Invited Teams: ASC, CAA, CBAC, CUY, FAST, FCY, FSC, GBSA, GMAC, MAC, RAC, SMDA, SPRC, TCY, YCM

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Patrick Underwood (410) 241-9292 swimgbas@verizon.net	Afzal Chowdhury (301) 325-6983 afzalchow@comcast.net
Meet Referee	USA Swimming Registered Operational Risk Director
Rob Neff swimming@rneff.net	John Wiggins (240) 674-2287 john.david.wiggins@gmail.com
Officials Contact	Administrative Official
Rob Neff https://forms.gle/cPTyusmN5wYPBCh16	Mike Obara jmka2429@gmail.com

Deadline and Meeting Summary		
Friday, Oct 31, 2025 Monday, Nov 10, 2025	6:00 PM	Entry Deadline Event changes will be accepted up until 11/10/ 2025, 6:00PM (No New swimmer allowed but event swaps allowed)

Friday, Nov 14, 2025	4:00 PM (if necessary) Meet management requests that at least one coach representative from each team attend all coaches' meetings.	Coaches/General Meeting
Prior to Session Start	60 Min Prior to Session Start	Officials' Briefing Rm 50
Prior to Session Start	45 Min Prior to Session Start	Timers' Briefing Outside Rm 50
Facility Information		
Facility Address	UMBC Aquatic Complex University of Maryland Baltimore County 1000 Hilltop Circle Baltimore, MD 21250 UMBC Campus Map	
Pool Information	<ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ 8 25-yard lanes ○ Non-turbulent lane lines ○ Competition lanes are a minimum of 8' wide ○ The minimum water depth, measured in accordance with USA Swimming Article 103.2.3, is 4'0" to 4'1.5" at the start end and 5'0" and 4'8" at the turn end • Warm-up Pool: <ul style="list-style-type: none"> ○ The diving well will be open for continuous warm up and warm down after regular warmup periods are over ○ 5 15-yard lanes ○ Warm-up lanes are a minimum of 8' wide. • 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. • The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with 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 accessed from the pool deck and will be clearly marked. No adults will be allowed in these locker rooms. • Restrooms for spectators and volunteers are located in the track area • Athletes, coaches, officials and volunteers enter via the outdoor pool doors, spectators please enter through the MAIN RAC entrance or the doors on the Sondheim side of the building. • Athletes may enter the facility 30 minutes prior to the start of warm ups. • Chairs are not permitted in the stands. • ALL swimmers and spectators attending this meet are guests of the University of Maryland Baltimore County and are required to adhere to the following: 	

	<ul style="list-style-type: none"> ○ Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times. ○ NO ONE is permitted on the basketball courts AT ANY TIME. ○ Use of the indoor track for seating, vendor sales and concessions is at the discretion of UMBC. Coaches will be notified of availability prior to the start of the meet.
Medical Assistance and Supervision	<ul style="list-style-type: none"> ● Lifeguards will be on duty. UMBC is equipped with AED devices. Swimmers will be supervised by their coaches.
Parking	<ul style="list-style-type: none"> ● Parking is authorized in designated areas only. ● Vehicles parked in unauthorized spaces are subject to citation and towing. ● Parking is available in the Administrative Drive Garage.
Hospitality	<ul style="list-style-type: none"> ● There will be a hospitality area open to all coaches and officials in Rm 50.
Concessions	<ul style="list-style-type: none"> ● Refreshments may be available at the UMBC concession stand for spectators. Coaches will be notified of concessions availability prior to the start of the meet.

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

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

	<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 hallway. The check-in table for the officials will be located in the pool office. 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. GBSA 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 for officials: https://forms.gle/cPTyusmN5wYPBCh16
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.
Timers / Counters	<ul style="list-style-type: none"> Swimmers will need to provide their own counters and timers for the Friday night session. Timers will be provided for all Saturday and Sunday sessions.

Meet Information	
Format	<ul style="list-style-type: none"> • This meet is a Timed Finals Meet. • Events will be swum slowest to fastest unless otherwise indicated. • No events 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 this meet. • A swimmer's age on the first day of the meet will determine their age for the entire meet. • Time standards for the meet are 2024-2028 USA Swimming "B" SCY Times and faster unless specified otherwise. • 13-14 and 15&O 100 IM will have no time standards. • Time standards for 15&O 50 Back, 50 Breast, and 50 Fly will be 1/2 the respective 100 times without rounding. • Open to all USA registered swimmers from the following MD LSC Teams ONLY: ASC, CAA, CBAC, CUY, FAST, FCY, FSC, GBSA, GMAC, MAC, RAC, SMDA, SPRC, TCY, YCM
Swimmers with Disabilities	<ul style="list-style-type: none"> • GBSA 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 Friday, October 31, 2025 at 6:00 PM. • No Times (NT) will not be accepted except for 13-14 and 15&O 100 IM. • The conforming time standard will be SCY 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.
Entry Limitations	<ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events plus 1 relay per day, and a total of 11 individual events, and 2 relays for the meet.

	<ul style="list-style-type: none"> • A swimmer who 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 limits. • Only events 200 yards and shorter are eligible for bonus entries. • Must achieve a qualifying time in an event with a time standard to be eligible for bonus swims (i.e. not the 13-14 or 15&O 100 IM events). • No Times (NT) will be accepted for bonus swims • PLEASE NOTE: If session(s) is/are oversubscribed, "BONUS" events will be eliminated as needed, before final seeding.
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	
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.
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 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. • Results will be uploaded to Meet Mobile during the meet.

Order of Events & Qualifying Times

Session 1				
Friday, November 14, 2025				
Warm-up: 4:00 PM			Session Start: 5:00 PM	
#	Girls/Women equal or faster than	Event	Boys/Men equal to or faster than	#
1	6:31.69	11-12 400 IM	6:17.09	2
3	3:42.09	9-10 200 IM	3:38.59	4
5	6:05.79	13-14 400 IM	5:37.69	6
7	3:03.89	11-12 200 IM	2:59.29	8
9	5:54.99	15 & OVER 400 IM	5:22.19	10
11	7:16.89	11-12 500 FREE	6:59.89	12
13	6:52.19	13-14 500 FREE	6:25.69	14
15	6:40.99	15 & OVER 500 FREE	6:08.39	16

Swimmers will need to provide their own timers and counters for the Friday night session.

Session 2				
Saturday, November 15, 2025				
Warm-up: 9:30 AM			Session Start: 11:00 AM	
#	Girls/Women equal to or faster than	Event	Boys/Men equal to or faster than	#
17	1:30.79	9-10 100 FREE	1:27.99	18
19	1:14.69	11-12 100 FREE	1:11.49	20
21	3:25.69	9-12 200 BREAST	3:16.39	22
23	48.59	9-10 50 BACK	48.29	24
25	38.79	11-12 50 BACK	38.49	26
27	1:56.69	9-10 100 BUTTERFLY	1:53.49	28
29	1:25.79	11-12 100 BUTTERFLY	1:22.89	30
31	54.59	9-10 50 BREAST	53.39	32
33	43.99	11-12 50 BREAST	43.49	34
35	1:44.29	9-10 100 IM	1:39.69	36
37	1:25.19	11-12 100 IM	1:21.89	38
39	2:59.49	9-12 200 BACK	2:52.89	40
41		9-10 200 FREE RELAY		42
43		11-12 200 FREE RELAY		44

Session 3				
Saturday, Nov 15, 2025				
Warm-up: 3:00 PM				Session Start: 4:30 PM
#	Girls/Women equal to or faster than	Event	Boys/Men equal to or faster than	#
45		13-14 200 FREE RELAY		46
47		15 & OVER 200 FREE RELAY		48
49	3:10.99	13-14 200 BREAST	2:54.89	50
51	3:05.99	15 & OVER 200 BREAST	2:47.09	52
53	35.79	13-14 50 BUTTERFLY	33.19	54
55	37.19	15 & OVER 50 BUTTERFLY	33.59	56
57	1:16.89	13-14 100 BACK	1:11.29	58
59	1:14.69	15 & OVER 100 BACK	1:07.49	60
61	42.09	13-14 50 BREAST	38.59	62
63	42.94	15 & OVER 50 BREAST	38.44	64
65	2:51.19	13-14 200 BUTTERFLY	2:36.79	66
67	2:45.79	15 & OVER 200 BUTTERFLY	2:30.19	68
69	1:10.99	13-14 100 FREE	1:04.99	70
71	1:08.79	15 & OVER 100 FREE	1:01.99	72
73	2:51.79	13-14 200 IM	2:37.99	74
75	2:46.19	15 & OVER 200 IM	2:30.89	76
77		15 & OVER 400 FREE RELAY		78

Session 4				
Sunday, Nov 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	#
79	1:45.79	9-10 100 BACK	1:40.69	80
81	1:26.59	11-12 100 BACK	1:22.19	82
83	39.79	9-10 50 FREE	38.19	84
85	33.99	11-12 50 FREE	32.79	86
87	48.39	9-10 50 FLY	46.49	88
89	36.89	11-12 50 FLY	37.09	90
91	2:00.29	9-10 100 BREAST	1:54.09	92
93	1:36.49	11-12 100 BREAST	1:32.59	94
95	3:22.79	9-10 200 FREE	3:09.49	96
97	2:42.59	11-12 200 FREE	2:35.99	98
99	3:03.39	9-12 200 FLY	2:56.59	100
101		9-10 200 MED RELAY		102
103		11-12 200 MED RELAY		104

Session 5				
Sunday, Nov 16, 2025				
Warm-up: 12:00 pm				Session Start: 1:30 pm
#	Girls/Women equal to or faster than	Event	Boys/Men equal to or faster than	#
105		13-14 200 MED RELAY		106
107		15 & OVER 200 MED RELAY		108
109	2:46.39	13-14 200 BACK	2:34.69	110
111	2:42.19	15 & OVER 200 BACK	2:27.59	112
113	32.49	13-14 50 FREE	29.89	114
115	31.79	15 & OVER 50 FREE	28.29	116
117	1:28.69	13-14 100 BREAST	1:20.49	118
119	1:25.89	15 & OVER 100 BREAST	1:16.89	120
121	36.19	13-14 50 BACK	33.69	122
123	37.34	15 & OVER 50 BACK	33.74	124
125		13-14 100 IM		126
127		15 & OVER 100 IM		128
129	1:16.79	13-14 100 BUTTERFLY	1:10.49	130
131	1:14.39	15 & OVER 100 BUTTERFLY	1:07.19	132
133	2:33.59	13-14 200 FREE	2:22.49	134
135	2:28.99	15 & OVER 200 FREE	2:15.99	136
137		15 & OVER 400 MED RELAY		138



2025 THANKSGIVING SWIMFEST

Summary of Fees/Release Form

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

GBSA ATTN: Patrick Underwood
7383 Brangles Rd. Marriottsville, MD 21104

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		\$25.00 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. GBSA, University of Maryland, University of Maryland Baltimore County, 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