



2019 NBAC THANKSGIVING MEET

Hosted by NBAC

NOVEMBER 22 - 24, 2019

Held at THE UMBC AQUATIC CENTER

THE UNIVERSITY OF MARYLAND, BALTIMORE COUNTY (UMBC)

1000 HILLTOP CIRCLE

BALTIMORE, MARYLAND 21250

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

Sanction # MDSI 19-29/082

(The Meet notice has been read and approved by a certified referee)

In granting this Sanction it is understood and agreed that USA Swimming and MD Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C

Current USA Swimming Rules, Including Minor Athlete Abuse Prevention Policy (“MAAPP”), and the MD Swimming Code of Conduct (www.mdswim.org) will govern this meet.

MD LSC TEAMS PRIORITY DEADLINE: TUESDAY NOVEMBER 5, 2019 @ 9:00 PM

ENTRY DEADLINE: TUESDAY NOVEMBER 12, 2019 @ 9:00 PM

CERTIFIED MEET DIRECTOR WILL McKENNA wmckenna@abischools.org	CERTIFIED MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 22129 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE BETSY COE 01andercoe@gmail.com	USA REGISTERED OPERATIONAL RISK DIRECTOR ANNA SUMMERFIELD Alsumm1333@gmail.com
OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com	ADMIN OFFICIAL SHAWN HURLEY / AMY MATTIENI

FACILITY

UMBC is an indoor eight lane, 25 yard pool with separate warmup/down diving well approx. 15 yards wide, which will be open during the meet. Weather permitting there will be a an outdoor 50 meter by 25 yard outdoor pool also open for warmup/down during the meet. The facility has a Daktronics timing system and scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth, measured in accordance with Article 103.2.3 is 4'0" to 4'2" at the start end and 4'8" to 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

ALL swimmers and spectators attending this meet are guests of the University of Maryland at Baltimore County and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

Chairs are not permitted in the stands.

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.

MEET FORMAT

All Events are Timed Finals Events.

All Friday events will require a positive check-in. All Friday events will swim fastest to slowest alternating girls then boys in the following order:
13 & O 400 IM (Fastest to slowest alternating heats of event 1 then event 2)
10 & U 200 FR (Fastest to slowest alternating heats of event3 then event 4)
12 & U 400 IM (Fastest to slowest alternating heats of event 5 then event 6)
13 & O 500 FR (Fastest to slowest alternating heats of event 7 then event 8)
12 & U 500 FR (Fastest to slowest alternating heats of event 9 then event 10)

The 1650 Free will be swum Fastest to slowest alternating event 63 the 64.

All other events on Saturday & Sunday will be Pre-Seeded.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:30 PM	4:30 PM	ALL
2	Saturday	7:30 AM	8:30 AM	13-14 , OPEN
3	Saturday	12:30 PM	1:30 PM	12 & U
4	Saturday	Approx. 5:15 PM	Approx. 5:45 PM	OPEN
5	Sunday	7:30 AM	8:30 AM	13-14, OPEN
6	Sunday	12:00 NOON	1:00 PM	12 & U

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday November 5, 2019	9:00 PM	MD LSC Team – Priority Entry Deadline
Tuesday November 12, 2019	9:00 PM	ENTRY DEADLINE
Saturday November 9, 2019	5:00 PM	ENTRY FEE DEADLINE
Friday November 22, 2019	3:45 PM	400 IM / 500 FR Positive Check-in ends
Friday November 22, 2019	3:45 PM	Officials Briefings
Saturday November 23, 2019	7:45 AM	Officials Briefings
Saturday November 23, 2019	8:00 AM	Coaches Meeting / If Needed
Saturday November 23, 2019	9:00 AM	1650 Free Positive Check-In ends
Saturday November 23, 2019	12:45 PM	Officials Briefings
Saturday November 23, 2019	12:30 PM	Coaches Meeting / If Needed
Sunday November 24, 2019	7:45 AM	Officials Briefings
Sunday November 24, 2019	12:45 PM	Officials Briefings

SAFETY

The MDSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. Upon approval by the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in non-competition warm up areas. 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.

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 un-accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RULES

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.

Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

Tech Suits are Banned for 12 & Under Swimmers

ELIGIBILITY

Open to ALL USA Swimming Inc. registered swimmers who meet the SCY qualifying standards:

The meet is open to ALL USA Swimming Teams regardless of LSC affiliation.

The following Maryland LSC Teams are assigned to the NBAC/UMBC site:

4MSC ASC CAC **CBAC** CSAC **FAST** GTAC HAGY HFY
LBA NBAC OPST RAC ROCK SMDA TCY UN

Swimmers must be registered prior to 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.

13 & Older Swimmers: Must have SCY qualifying times equal to or faster than the 'BB' USA Swimming 2017-2020 Time Standards for the Friday events. Must have SCY qualifying times equal to or faster than the USA Swimming Inc. 2017-2020 SCY 'B' Time Standards for ALL events on Saturday & Sunday. Open/15-O events use SCY 15-16 'B' standards.

12 & Under Swimmers: Must have SCY qualifying times equal to or faster than the 'BB' USA Swimming 2017-2020 Time Standards for the Friday events. Must have SCY qualifying times equal to or faster than the USA Swimming Inc. 2017-2020 SCY 'B' time standards for ALL events on Saturday & Sunday.

1650 FREESTYLE: Must have SCY qualifying times equal to or faster than the modified 'BB' – 'A' USA Swimming 2017-2020 15-16 Time Standards.

No Time (NT) entries will not be accepted.

BONUS EVENTS: Swimmers that qualify for 2 or more events get bonus events as follows:

Qualify for 2 event get 4 bonus events

Qualify for 3 events get 3 bonus events

Qualify for 4 events get 2 bonus events

Qualify for 5 events get 1 bonus event

Bonus events must be of 200 yards or less and on Saturday or Sunday. No bonus events on Friday.

SWIMMERS WITH DISABILITIES

NBAC 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 Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit NBAC'S ability to accommodate all requests.

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 will need to be cleared by the Meet Referee in order to return to competition.

ENTRIES

ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries (Please check the proof of times option).

ALL ENTRY TIMES SHOULD BE IN SCY. NT entries will not be accepted.

BONUS EVENTS: Swimmers that qualify for 2 or more events get bonus events as follows:

Qualify for 2 event get 4 bonus events

Qualify for 3 events get 3 bonus events

Qualify for 4 events get 2 bonus events

Qualify for 5 events get 1 bonus event

Bonus events must be of 200 yards or less and on Saturday or Sunday. No bonus events on Friday.

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

All relay only swimmers including alternates must be listed in the HY-Tek team file submitted.

NBAC entries will be entered first and then accepted teams entries in order they were received, until the four/five hour rule is reached. Maryland LSC teams entries received on and prior to Tuesday November 5, 2019 will receive priority over out of LSC teams. After Tuesday November 5, 2019 thru the entry deadline (November 12, 2019) entries will be accepted on a first come first served basis.

Entries received after the four/five hour timeline, has been reached, will be returned immediately.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

ENTRY LIMITATIONS

ALL Swimmers may enter a maximum of 2 events in the Friday session.

13 & Older swimmers may enter a maximum of 3 events & 1 relay in the Saturday and Sunday AM sessions (This applies to 12 & under swimmers entered in OPEN events).

12 & U swimmers may enter a maximum 4 events and 1 relay in the Saturday and Sunday PM sessions.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net for any changes to warmup and start times.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by Monday November 5, 2018@9:00 PM. (NOTE: MD LSC Teams Priority entry due October 29, 2018). No late entries will be accepted.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Tuesday November 12, 2019 at 9:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Saturday November 16, 2019 at 5:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Saturday November 16, 2019 at 5:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

NBAC entries will be entered first and then accepted teams entries in order they were received, until the four/five hour rule is reached. Maryland LSC teams entries received prior to Tuesday November 5, 2019 will receive priority over out of LSC teams. After Tuesday November 5, 2019 thru the entry deadline(November 12, 2019) entries will be accepted on a first come first served basis regardless of LSC affiliation.

Entries received after the four/five hour timeline, has been reached, will be returned immediately.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

ENTRY FEES

Make checks payable to: NBAC	
LSC & Swimmer Surcharge	\$15.00 per Swimmer
Individual Event	\$8.00 per event
Paper Individual Event	\$10.00 per event
Relays	\$16.00 per relay
Paper Relay Event	\$20.00 per relay

Entry Fees should be sent to:

North Baltimore Aquatic Club
 ATTN: Tom Himes
 P.O. BOX 20801
 Baltimore, Maryland 21209

SEEDING

ALL Entry times must be submitted in SCY. Swimmers will seeded and swim from slowest to fastest unless otherwise indicated. NT entries will not be accepted.

All Friday events will require a positive check-in. All Friday events will swim fastest to slowest alternating girls then boys in the following order:
 13 & O 400 IM (Fastest to slowest alternating heats of event 1 then event 2)
 10 & U 200 FR (Fastest to slowest alternating heats of event3 then event 4)
 12 & U 400 IM (Fastest to slowest alternating heats of event 5 then event 6)
 13 & O 500 FR (Fastest to slowest alternating heats of event 7 then event 8)
 12 & U 500 FR (Fastest to slowest alternating heats of event 9 then event 10)

The 1650 Free will be swum Fastest to slowest alternating event 63 the 64.

All other events on Saturday and Sunday will be pre-seeded.

CHECK-IN	<p>ALL FRIDAY EVENTS (400 IM / 500 FR) REQUIRE POSITIVE CHECK-IN BY 3:45 PM.</p> <p>1650 Positive check in by 9:00 am on Saturday</p> <p>Swimmers that fail to check in will be scratched from the event and not seeded.</p> <p>In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.</p>
SCRATCHES	<p>There will be no penalty for scratching pre-seeded events.</p>
SCORING	<p>There will be no Team or Individual scoring.</p>
AWARDS	<p>12 & U swimmers will receive ribbons for 1st-8th place in individual events. There will be no awards for relays. There will be no awards for 13-14 and OPEN/15-O events. Awards that are not picked up will NOT be mailed.</p>
RESULTS	<p>Results will be posted on NBAC's and MDSI's website within 24 hours of the meet's conclusion. In addition, TM results file, MM locked file & PDF results will be emailed to all participating teams within 24 hours of the conclusion of the meet.</p>
COACHES/OFFICIALS/MEET STAFF	<p><u>POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:</u> <i>There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located next to the announcer's stand on the pool deck. DECK PASS must be presented showing current fully certified Coach Membership or current fully certified Officials Membership. Meet Staff must be listed on an approved list provided by the host team. Upon verification of credentials, a meet specific wristband will be given that shall be worn at all times while on deck. Failure to comply will result in deck access being denied or immediate removal from the pool deck.</i></p> <p>There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.</p>

OFFICIALS

There will be a need for officials. NBAC 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. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

Officials who wish to volunteer should sign-up using the link below:

<https://docs.google.com/spreadsheets/viewform?formkey=dE80WmMwVjR6OWxtaklicjVOOUxKYUE6MQ#gid=0>

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**



2019 NBAC THANKSGIVING MEET
ORDER OF EVENTS & QUALIFYING TIMES
 (Qualifying Times Faster than or Equal to)

FRIDAY NOVEMBER 22, 2019
SESSION 1

Warm-up: 3:30 PM Meet Start: 4:30 PM

#	Girls (Faster than or Equal to)	Event	Boys (Faster than or Equal to)	#
1	5:39.69	13 & O 400 IM	5:17.39	2
3	2:57.39	10 & U 200 FREE	2:47.99	4
5	5:56.79	9 - 12 400 IM	5:46.39	6
7	6:20.09	13 & O 500 FREE	5:58.99	8
9	7:35.49	9 – 10 500 FREE	7:26.99	10
9	6:38.39	11 – 12 500 FREE	6:27.49	10

NOTE: ALL FRIDAY NIGHT EVENTS REQUIRE POSITIVE CHECK-IN BY 3:45 PM

NOTE: 10 & Under swimmers who wish to swim the 9 - 12 400 IM must have the 11-12 USA Swimming 2017-2020 'BB' Time Standard to enter.

**NOTE: EVENT 9 will be 10 & U G & 11-12 G 500 FR combined and seeded by entry time.
 EVENT 10 will be 10 & U B & 11-12 B 500 FR combined and seeded by entry time.**

**NOTE: ALL FRIDAY EVENTS WILL SWIM FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS IN
 EVENT ORDER: (1 & 2, 3 & 4, 4 & 5, 5 & 6, 7 & 8, 9 & 10)**

NOTE: Swimmers must supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION.

SATURDAY NOVEMBER 23, 2019
Warm-up: 7:30 AM Meet Start: 8:30 AM

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
11	1:17.19	13-14 100 BACKSTROKE	1:12.09	12
13	1:15.39	OPEN 100 BACKSTROKE	1:08.39	14
15	2:50.09	13-14 200 BUTTERFLY	2:38.29	16
17	2:46.79	OPEN 200 BUTTERFLY	2:31.39	18
19	1:28.69	13-14 100 BREASTSTROKE	1:21.39	20
21	1:26.89	OPEN 100 BREASTSTROKE	1:17.59	22
23	1:10.79	13-14 100 FREESTYLE	1:05.59	24
25	1:9.59	OPEN 100 FREESTYLE	1:02.89	26
27	2:51.49	13-14 200 IM	2:38.29	28
29	2:48.19	OPEN 200 IM	2:32.69	30
31	NT	13-14 200 FREE RELAY	NT	32
33	NT	OPEN 200 FREE RELAY	NT	34

SATURDAY NOVEMBER 23, 2019
SESSION 3
Warm-up: 12:30 PM Meet Start: 1:30 PM

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
35	2:56.59	9 - 12 200 BACKSTROKE	2:52.69	36
37	46.99	9 - 10 50 BACKSTROKE	47.69	38
39	38.29	11-12 50 BACKSTROKE	38.19	40
41	1:53.99	9 - 10 100 BUTTERFLY	1:52.39	42
43	1:25.09	11-12 100 BUTTERFLY	1:23.29	44
45	3:23.09	9 - 12 200 BREASTSTROKE	3:14.89	46
47	53.29	9 - 10 50 BREASTSTROKE	52.09	48
49	43.09	11-12 50 BREASTSTROKE	42.89	50
51	1:29.59	9 - 10 100 FREESTYLE	1:27.79	52
53	1:13.59	11-12 100 FREESTYLE	1:10.99	54
55	3:38.49	9 - 10 200 IM	3:35.49	56
57	1:24.39	11-12 100 IM	1:20.89	58
59	NT	9 - 10 200 FREE RELAY	NT	60
61	NT	11-12 200 FREE RELAY	NT	62

NOTE: 9 & 10 Year Old Swimmers who wish to swim the 9 - 12 200 Backstroke or 200 Breaststroke must have the 11-12 USA Swimming 2017-2020 'B' Time Standard to enter.

SATURDAY NOVEMBER 23, 2019

SESSION 4

Warm-up: IMMEDIATELY AFTER THE CONCLUSION OF SESSION 3 / APPROX. 5:15 PM

Meet Start: 30 MINUTES AFTER THE BEGINNING OF WARMUPS / APPROX. 5:45 PM

#	Girls/Women	Event	Boys/Men	#
	(Faster than or Equal to)		(Faster than or Equal to)	
63A	19:37.99	14 & U 1650 FREE	18:43.69	64A
63B	19:22.59	15 & O 1650 FREE	18:07.29	64B

NOTE: THE 1650 EVENTS WILL SWIM FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS.

NOTE: Swimmers must supply their own timers and counters for THE 1650 EVENTS.

SUNDAY NOVEMBER 24, 2019**SESSION 5****Warm-up: 7:30 AM Meet Start: 8:30 AM**

#	Girls/Women (Faster than or Equal to)	Event	Boys/Men (Faster than or Equal to)	#
65	2:47.29	13-14 200 BACKSTROKE	2:37.09	66
67	2:44.09	OPEN 200 BACKSTROKE	2:29.89	68
69	32.69	13-14 50 FREESTYLE	29.99	70
71	32.09	OPEN 50 FREESTYLE	28.89	72
73	3:11.99	13-14 200 BREASTSTROKE	2:58.39	74
75	3:08.19	OPEN 200 BREASTSTROKE	2:48.69	76
77	1:16.89	13-14 100 BUTTERFLY	1:11.49	78
79	1:15.39	OPEN 100 BUTTERFLY	1:08.29	80
81	2:33.19	13-14 200 FREESTYLE	2:22.99	82
83	2:29.89	OPEN 200 FREESTYLE	2:17.29	84
85	NT	13-14 200 MEDLEY RELAY	NT	86
87	NT	OPEN 200 MEDLEY RELAY	NT	88

SUNDAY NOVEMBER 24, 2019**SESSION 6****Warm-up: 12:30 PM Meet Start: 1:30 PM**

#	Girls/Women (Faster than or Equal to)	Event	Boys/Men (Faster than or Equal to)	#
89	2:41.19	11-12 200 FREESTYLE	2:35.69	90
91	1:41.99	9 - 10 100 BACKSTROKE	1:40.19	92
93	1:25.19	11 - 12 100 BACKSTROKE	1:22.19	94
95	47.39	9 - 10 50 BUTTERFLY	45.69	96
97	36.69	11- 12 50 BUTTERFLY	37.09	98
99	3:00.89	9 - 12 200 BUTTERFLY	2:56.59	100
101	1:58.09	9 - 10 100 BREASTSTROKE	1:53.59	102
103	1:34.39	11-12 100 BREASTSTROKE	1:32.49	104
105	38.89	9 - 10 50 FREESTYLE	38.09	106
107	33.79	11-12 50 FREESTYLE	32.59	108
109	1:42.59	9 - 10 100 IM	1:39.39	110
111	3:00.69	11-12 200 IM	2:57.59	112
113	NT	9 - 12 200 MEDLEY RELAY	NT	114
115	NT	11-12 200 MEDLEY RELAY	NT	116

NOTE: 9 & 10 Year Old Swimmers who wish to swim the 9 - 12 200 Butterfly must have the 11-12 USA Swimming 2017-2020 'B' Time Standard to enter.

2019 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
Email to: coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
LSC & Swimmer Surcharge		\$15.00 per swimmer	
Individual Entries		\$8.00 per event	
Paper Individual Entries		\$10.00 per event	
Relay Entries		\$16.00 per relay	
Paper Relay Entries		\$20.00 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. TEAM HOST, FACILITY, 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