

MARYLAND SWIMMING LSC, INC.

2015 MARYLAND LSC 14 & UNDER CHAMPIONSHIPS
Hosted by MARYLAND SWIMMING, INC. AND ALL PARTICIPATING CLUBS
MARCH 5 – 8, 2015
@
THE UNITED STATES NAVAL ACADEMY
LEJEUNE HALL
ANNAPOLIS, MARYLAND 21401

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD14/15 – 029

ENTRY DEADLINE: WEDNESDAY FEBRUARY 18, 2015 @ 6:00 PM
ENTRY FEE DEADLINE: WEDNESDAY FEBRUARY 25, 2015 @ 6:00 PM

The 2015 Maryland LSC 14 & Under Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.

MEET DIRECTOR	MEET ENTRY COORDINATOR
Anna Summerfield - Administrative Summ1333@verizon.net Raymond Brown - Operations	MEADOWBROOK AQUATIC CENTER ATTN: TOM HIMES 5700 COTTONWORTH AVENUE BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREES	MEET MARSHALL
ZUZANA CHAMROVA zchamrova@hotmail.com Shana Carella S.Carella@comcast.net	ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT	ADMIN REFEREE
Linda Sue Lottes lsmdswim@gmail.com	Jamie Cahn jemcahn@comcast.net

FACILITY

The US Naval Academy's Lejeune Hall features an indoor 10 lane 50 meter pool, non-turbulent lane lines, continuous flow through gutters and Colorado Timing System. The competition course shall consist of 10 - 25 yard lanes established between the end of the pool and a moveable bulkhead. The remainder of the pool will be set up in 25 meter lanes and will be available for continuous warm-up / warm-down during the meet.

The competition course has not been certified in accordance with 104.2.2c(4). The minimum water depth, measured in accordance with Article 103.2.3, is 8'0".

At the request of the United States Naval Academy, swimmers are not to leave the pool deck without appropriate attire consisting of shirt, short and shoes.

All teams are required to maintain a clean and safe team area throughout the meet.

PARKING:

Vehicles without Department of Defense identification stickers are not allowed to drive onto the Academy grounds. You may use public parking areas and walk thru Gate 1 or Gate 3.

PARKING PASSES:

Information on Temporary Parking Passes will be distributed via email to all Head Coaches and Officials as soon as it becomes available. We do expect there to be strict limitations on the number of passes available on Thursday evening and Friday morning. In addition, there may also be limitations for the remainder of the meet.

GATE ENTRY:

Every civilian visitor, over the age of 16, entering the academy should be prepared to show a photograph identification card and have his/her bags searched. All swimmers must be accompanied by an adult thru the entrance process.

MEET FORMAT

The Meet will be conducted as a Trials & Finals Meet for all age groups. The 13 – 14 & 11 - 12 age groups will have an A and B finals (Top 20 swimmers from prelims) for the prelim/final events. The 10 & Under age group will have an A final (Top 10 swimmers from prelims) for the prelim/final events.

The following events will be conducted as Timed Finals events with the fastest seeded heats swimming in the finals sessions: 13 & 14 1000 Free (Thur), 1650 Free (Sun) / 11 & 12 500 FREE (Thur) / 10 & Under 500 Free (Thur) / ALL Relays (Thur, Fri, Sat, Sun).

All events in the Thursday Session 1 will be swum in event order and seeded slowest to fastest by event.

The 13 - 14 1650 FR will be conducted as Timed Finals with the fastest seeded heat (10 swimmers), after positive check-in, swimming with the finals in event order. The remaining heats will be conducted during the regular prelims session. The 1650 Free heats swum in the prelim session will be swum fastest to slowest alternating Girls and Boys.

Thursday Session 1 Relays: All relays will swim in event order and seeded slowest to fastest.

Fri, Sat, Sun Relays: The top 10 seeded relays, after positive check-in, will swim in the finals session. All remaining relays will swim in the prelim session. All relays who end up in the Top 10 must swim in the finals session or scratch the event. There will be no option to choose AM or PM relays.

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mds swim.org for any changes to warmup and start times. The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

BREAKS: After entries are received, breaks between events may be applied to ensure swimmers receive a minimum of 20 minutes between events. These breaks will be applied at the discretion of the meet referee.

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	THURSDAY	4:30 PM	5:30 PM	ALL AGE GROUPS
2	FRIDAY	6:50 AM	8:00 AM	ALL AGE GROUPS
3	FRIDAY	4:30 PM	5:30 PM	ALL AGE GROUPS
4	SATURDAY	6:50 AM	8:00 AM	ALL AGE GROUPS
5	SATURDAY	4:30 PM	5:30 PM	ALL AGE GROUPS
6	SUNDAY	6:50 AM	8:00 AM	ALL AGE GROUPS
7	SUNDAY	4:30 PM	5:30 PM	ALL AGE GROUPS

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday February 18, 2015	6:00 PM	ENTRY DEADLINE
Wednesday February 25, 2015	6:00 PM	ENTRY FEE DEADLINE
Thursday March 5, 2015	4:45 PM	Officials Briefing
FR, SA, SUN March 6 – 8, 2015	7:15 AM	Officials Briefings
Friday March 6, 2015	7:30 AM	Coaches Meeting / If Needed

SAFETY

The 2015 USA Swimming & MSI warm-up and safety guidelines shall be in effect for the meet. Those guidelines may be accessed through the MSI website (mdswim.org). Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. 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. Maryland LSC Rules shall also apply.

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 and administrative staff assisting with the conduct of the meet.

Swimmers entering the meet must be registered with MSI by the entry deadline date. Per MSI 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, is not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.

Videotaping or picture taking, on deck by meet volunteers will not be permitted. Volunteers wishing to tape or photograph their swimmer shall do so from the spectator stands. 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 Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.

The practice of Deck Changing is prohibited. Swimmer must use locker rooms to change into and out of their swimsuits. 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.

HEALTH GUIDELINES

All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Staff has the authority to inform and protect coaches and swimmers from a potential outbreak of illness. Any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event are encouraged to withdraw from the competition and/or leave the venue as a safety precaution.

ELIGIBILITY

Open to ALL 2015 USA Swimming Inc. / Maryland Swimming Inc. registered swimmers of the Maryland Swimming LSC Teams and unattached Maryland LSC registered swimmers ONLY who meet the listed qualifying times. The meet is closed to ALL outside the LSC teams and swimmers.

Swimmers must be registered prior to entry deadline. Per MSI rules any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. 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.

Age as of March 5, 2015 shall apply for the entire meet.

Swimmers must be equal to or faster than the Qualifying Times for the meet. The qualifying times must have been achieved, in a short course yard pool, between March 6, 2014 and the entry deadline for this meet (February 18, 2015). No times achieved outside of this time period may be used to qualify for this meet. The qualifying times must have been achieved in a short course yard pool. Converted times will not be accepted. Qualifying times must have been achieved in a USA Swimming sanctioned/approved/observed meet.

Relay Eligibility: The qualifying times may either be met by an actual relay time within the qualifying period or by aggregate time. If the time is entered using an actual time swum in a sanctioned meet, the swimmers actually swimming the event in the meet do not have to be the same swimmers. Times used to prove aggregate times must be times from swimmers who are eligible for the meet in the age group whose relay time is being proved by aggregate times. Swimmers who actually swim the relay in the meet do not have to be the same.

Qualifying times exception 1: If a swimmer qualifies for either the 1000 Free or the 1650 Free they may enter the other (1000 Free or 1650 Free) event if they have not achieved the qualifying time for the event within the qualifying period. The time entered for that event should be at the qualifying time if never swum or a verifiable time outside of the qualifying period if swum before.

Qualifying time's exception 2: Swimmers that have achieved USA Swimming National Qualifying Times may enter any events they have not swum within the qualifying period assuming they have met the qualifying time.

SWIMMERS WITH DISABILITIES

Maryland Swimming Inc. 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 Maryland Swimming's ability to accommodate all requests.

ENTRY LIMITATIONS

All Swimmers are limited to 9 Individual Events and 5 Relays for the meet not to exceed 3 Individual Events on any day or 2 relay events on Thursday and 1 relay event on Friday, Saturday & Sunday. Each Team is limited to one (1) relay team per event.

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.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. If the meet becomes oversubscribed, the meet will be reduced in the following manner:

1. Bonus events will be eliminated
2. Events will be limited to 8 per swimmer
3. Events will be limited to 6 heats
4. Any heats not full (10 swimmers) WILL BE ELIMINATED
5. Entry times furthest away from AAA times will be cut

NO LATE ENTRIES WILL BE ACCEPTED.

NO DECK ENTRIES WILL BE ACCEPTED (INDIVIDUAL OR RELAY)

We reserve the right to change the warmup and start times based on entries received.

BONUS EVENTS

Bonus events will be offered using the following guidelines:

- Qualify for 1 or more events, you get 2 bonus events
- The bonus events may be used on any day of the meet
- Events 400 yards or longer are not eligible as bonus events. (400 IM, 500 FREE, 1000 FREE, 1650 FREE)
- The bonus events must meet the following time standards:
50 YD bonus events must be within .50 seconds of the qualifying time for the meet.
100 YD bonus events must be within 1 second of the qualifying time for the meet.
200 YD bonus events must be within 2 seconds of the qualifying time for the meet.
- If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet.

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).

PROOF OF TIMES: Times will be proven through the SWIMS database. Coaches should be prepared to submit proof of times (in addition to the proof of times – entry report required with entries) upon request by the Meet director or referee for those times rejected by the SWIMS database. Failure to prove a time will result in the swimmer being scratched from that event. Any swimmer entered with a falsified or non-provable time will be subject to a \$100.00 fine per occurrence.

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.

The Meet Entry Coordinator must receive entries by WEDNESDAY FEBRUARY 18, 2015 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than WEDNESDAY FEBRUARY 25, 2015 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by WEDNESDAY FEBRUARY 25, 2015 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

ENTRY PROCEDURE

ALL ENTRIES SHOULD BE EMAILED OR MAILED TO THE MEET ENTRY CHAIRMAN TO THE EMAIL ADDRESS OR MAILING ADDRESS ON PAGE 1.

The email / mailing should include the following:

- Entry file compatible with HY-TEK meet manager.
- Team entries in a word/PDF document with the proof of times option included. This should include Individual and Relay Entries. Proof of times for both Individual and relay events (actual or aggregate) must be included.
- Entry Fee report in a word/PDF document
- Entry Summary / Release form contained in the last page of this notice.
- Relay only swimmers must be included on your roster. This can be done by adding names to your relay entries (including alternates). As always, those names can be changed up until the time of the event. No swimmers can be added to your roster after the deadline of the meet.
- Bonus events should be marked with a * .

For entries to be officially accepted, the following must be received by the Meet Entry Director:

- Entry File / Paper Entries and all information included above by Wednesday February 18, 2015.
- Check for all entry fees by Wednesday February 25, 2015.
- Completed Entry Summary / Release Form / Team Communication Form contained as the last page of the meet notice.
- ALL should be emailed to thimes@nbac.net or coachtom@comcast.net .
- OR mailed to:
Meadowbrook Aquatic Center
ATTN: Tom Himes
5700 Cottonworth Avenue
Baltimore, Maryland 21209

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 WEDNESDAY FEBRUARY 18, 2015 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than WEDNESDAY FEBRUARY 25, 2015 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by WEDNESDAY FEBRUARY 25, 2015 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

ENTRY FEES

Make checks payable to: NORTH BALTIMORE AQUATIC CLUB	
Individual Event	\$7.00 per individual event
Ind. Event / Paper Entry	\$10.00 per individual event
Relays	\$14.00 per relay event
Relays / Paper Entry	\$20.00 per relay event

Entry Fees should be sent to:

Meadowbrook Aquatic Center
ATTN: Tom Himes
5700 Cottonworth Avenue
Baltimore, Maryland 21209

SEEDING

ALL Entry times must be submitted in SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Converted times or no time entries will not be accepted.

CHECK-IN

The following events require positive check-in:

- All Thursday Events: Closes at 4:45 PM on Thursday
- Relays for Friday Finals: Closes at 9:00 am on Friday
- Relays for Saturday Finals: Closes at 9:00 am on Saturday
- 13-14 1650 FR: Closes at 8:00 am on Sunday
- Relays for Sunday Finals: Closes at 9:00 am on Sunday

Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCRATCHES

The Maryland Swimming (MSI) scratch rule, found at www.mdswim.org, will be enforced at the meet for all preliminary and finals events. For Timed Final / 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. There will be no penalties for scratching a pre-seeded preliminary event.

SCORING

Team Scoring is as follows:

Individual Events: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 5, 4, 3, 2, 1

Relay Events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

AWARDS

Individual Events: 1st – 3rd Distinctive Awards / 4th – 10th Medals

Relay Events: 1st – 3rd Distinctive Awards / 4th – 10th Medals

Team Awards: 1st – 5th

Participation awards will be given to all swimmers entered in individual events.

Jackets: Awarded to individual event winners in every age group. 2nd and 3rd place individual event winners will have the option to purchase the jacket. Only 1 jacket per swimmer will be awarded.

RESULTS

Live Results will be available via the Maryland Swimming website (mdswim.org). The meet will also be available via meet mobile. Final Results will be posted on the MSI website within 48 hours of the meet's conclusion.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and shall prominently display their registration cards at all times while on deck. 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.

OFFICIALS

There will be a need for officials. Maryland Swimming welcomes and encourages anyone willing to volunteer to complete an application to officiate via the link below. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck.

This is a National Certification Meet. If you wish to apply for National Certification (N2), you must be certified for one year in the position for which you are applying. You also must submit a Request for N2 Evaluation by February 25, 2015. To be evaluated at an OQM you must work at least 4 sessions (Including official's briefings) as an official at the meet. Not all session worked need to be evaluated positions. Please see National Official Certification Summary and National Official Re-Certification Summary on the USA Swimming Web Page (www.usaswimming.org). Preference for assigned positions will be given to those working the majority of the sessions.

Officials wishing to volunteer should sign up using the following link:
[2015 Maryland LSC 14 & Under Championships - Application to Officiate](#)

WORKERS

This meet is hosted by ALL TEAMS of the Maryland Swimming LSC. Any Team with swimmers entered in the meet will be required to provide workers.

Each Team needs to provide the name, phone number and email address of a Team Manager. In addition the name, phone number and email address of a coach. This info is to be submitted via the form at the end of the meet notice.

The Team Manager should be available during all sessions of the meet.

Each Team will be sent their worker assignments once entries have been received. Worker assignments will also be posted on the Maryland Swimming website (www.mdswim.org).

Each Club/Swimmer is responsible for supplying your own timers and counters for the following events:

- All Thursday Events
- 13-14 1650 FREE (Sunday)
- 11-12 400 IM (Sunday)
- All AM relay events (Friday, Saturday & Sunday)

**HOSPITALITY/
CONCESSIONS**

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

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 and should be monitored by each teams coaching staff.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. NAAC, The US Naval Academy, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

MARYLAND SWIMMING
2015 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS
MARCH 5 - 8, 2015

2015 QUALIFYING TIMES - BOYS

EVENT	10 & U BOYS	11 & 12 BOYS	13 & 14 BOYS
50 FREE	32.39	28.29	25.29
100 FREE	1:11.99	1:02.29	54.49
200 FREE	2:36.39	2:15.69	1:58.99
500 FREE	6:48.39	5:53.89	5:19.99
1000 FREE			10:47.29
1650 FREE			18:29.69
50 BACK	38.19	32.89	
100 BACK	1:21.59	1:11.89	1:03.29
200 BACK		2:35.29	2:15.99
50 BREAST	42.49	37.19	
100 BREAST	1:33.39	1:20.59	1:10.79
200 BREAST		2:56.29	2:33.09
50 FLY	37.29	31.89	
100 FLY	1:26.69	1:11.59	1:02.09
200 FLY		2:38.29	2:17.99
100 IM	1:21.49	1:11.69	
200 IM	2:55.99	2:33.99	2:16.99
400 IM		5:28.09	4:53.99

NOTE: QUALIFICATION PERIOD - March 6, 2014 UNTIL THE ENTRY DEADLINE FOR THIS MEET

2015 QUALIFYING TIMES - GIRLS

EVENT	10 & U GIRLS	11 & 12 GIRLS	13 & 14 GIRLS
50 FREE	32.29	28.19	26.79
100 FREE	1:11.99	1:01.59	58.09
200 FREE	2:36.39	2:13.89	2:03.99
500 FREE	6:48.39	5:53.89	5:29.99
1000 FREE			11:13.99
1650 FREE			18:39.69
50 BACK	37.79	32.99	
100 BACK	1:21.49	1:11.39	1:05.89
200 BACK		2:32.99	2:20.79
50 BREAST	42.49	37.19	
100 BREAST	1:33.39	1:20.59	1:14.79
200 BREAST		2:56.29	2:40.99
50 FLY	36.69	31.39	
100 FLY	1:26.69	1:11.59	1:05.09
200 FLY		2:38.29	2:22.39
100 IM	1:21.49	1:10.99	
200 IM	2:55.99	2:31.69	2:21.99
400 IM		5:28.09	4:59.99

NOTE: QUALIFICATION PERIOD - March 6, 2014 UNTIL THE ENTRY DEADLINE FOR THIS MEET

MARYLAND SWIMMING
2015 MARYLAND LSC 14 & Under SHORT COURSE CHAMPIONSHIPS
MARCH 5 - 8, 2015

2015 QUALIFYING TIMES - BOYS RELAYS

EVENT	10 & U BOYS	11 & 12 BOYS	13 & 14 BOYS	
200 FREE RELAY	2:11.59	1:55.19	1:43.19	
400 FREE RELAY	4:51.99	4:13.19	3:41.99	
800 FREE RELAY			8:03.99	
200 MEDLEY RELAY	2:32.39	2:12.29	4:11.29*	
400 MEDLEY RELAY			4:11.29	

NOTE: QUALIFICATION PERIOD - March 6, 2014 UNTIL THE ENTRY DEADLINE FOR THIS MEET

***13-14 200 Medley relay should be entered with a qualifying 400 Medley Relay time.**

2015 QUALIFYING TIMES - GIRLS RELAYS

EVENT	10 & U GIRLS	11 & 12 GIRLS	13 & 14 GIRLS	
200 FREE RELAY	2:11.19	1:54.79	1:49.19	
400 FREE RELAY	4:51.99	4:10.36	3:56.39	
800 FREE RELAY			8:23.99	
200 MEDLEY RELAY	2:31.29	2:11.79	4:27.89*	
400 MEDLEY RELAY			4:27.89	

NOTE: QUALIFICATION PERIOD - March 6, 2014 UNTIL THE ENTRY DEADLINE FOR THIS MEET

***13-14 200 Medley relay should be entered with a qualifying 400 Medley Relay time.**

2015 MARYLAND LSC 14 & UNDER CHAMPIONSHIPS
THURSDAY MARCH 5, 2015
ORDER OF EVENTS

THURSDAY MARCH 5, 2015

SESSION 1

Warm-up: 4:30 PM Meet Start: 5:30 PM

GIRLS	Event	BOYS
1	13-14 200 FREE RELAY	2
3	10 & U 500 FREE	4
5	11 – 12 500 FREE	6
7	13 – 14 1000 FREE	8
9	10 & U 200 FREE RELAY	10
11	11 – 12 200 FREE RELAY	12
13	13 – 14 800 FREE RELAY	14

NOTE: Swimmers must supply their own timers and counters for ALL Session 1 events.

2015 MARYLAND LSC 14 & UNDER CHAMPIONSHIPS

ORDER OF EVENTS

FRIDAY MARCH 6, 2015

SESSION 2

PRELIMINARY / TIMED FINAL EVENTS

Warm-up: 6:50 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
15	11-12 200 BACKSTROKE	16
17	13 – 14 100 BREASTSTROKE	18
19	10 & U 50 BREASTSTROKE	20
21	11 - 12 50 BREASTSTROKE	22
23	13 – 14 200 FREESTYLE	24
25	10 & U 100 FREESTYLE	26
27	11 – 12 100 FREESTYLE	28
29	13 – 14 100 BUTTERFLY	30
31	10 & U 50 BUTTERFLY	32
33	11 – 12 50 BUTTERFLY	34
35	13 – 14 400 IM	36
37	10 & U 200 IM	38
39	11 – 12 200 IM	40
41	13 – 14 200 MEDLEY RELAY*	42
43	10 & U 400 MEDLEY RELAY*	44
45	11 – 12 400 MEDLEY RELAY*	46

*Top 10 seeded relays, after positive check-in, will swim in the Finals Session 3.

FRIDAY MARCH 6, 2015

SESSION 3

FINALS / TIMED FINALS EVENTS

Warm-up: 4:30 PM Meet Start: 5:30 PM

GIRLS	Event	BOYS
15	11-12 200 BACKSTROKE	16
17	13 – 14 100 BREASTSTROKE	18
19	10 & U 50 BREASTSTROKE	20
21	11-12 50 BREASTSTROKE	22
23	13 – 14 200 FREESTYLE	24
25	10 & U 100 FREESTYLE	26
27	11 – 12 100 FREESTYLE	28
29	13 – 14 100 BUTTERFLY	30
31	10 & U 50 BUTTERFLY	32
33	11 – 12 50 BUTTERFLY	34
35	13 – 14 400 IM	36
37	10 & U 200 IM	38
39	11 – 12 200 IM	40
41	13 – 14 200 MEDLEY RELAY	42
43	10 & U 400 MEDLEY RELAY	44
45	11 – 12 400 MEDLEY RELAY	46

**2015 MARYLAND LSC 14 & UNDER CHAMPIONSHIPS
ORDER OF EVENTS**

SATURDAY MARCH 7, 2015

SESSION 4

PRELIMINARY / TIMED FINAL EVENTS

Warm-up: 6:50 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
47	11 – 12 200 BUTTERFLY	48
49	13 – 14 200 IM	50
51	10 & U 100 IM	52
53	11 – 12 100 IM	54
55	13 – 14 50 FREESTYLE	56
57	10 & U 50 BACKSTROKE	58
59	11 – 12 50 BACKSTROKE	60
61	13 – 14 200 BREASTSTROKE	62
63	10 & U 100 BREASTSTROKE	64
65	11 – 12 100 BREASTSTROKE	66
67	13 – 14 100 BREASTSTROKE	68
69	10 & U 200 FREESTYLE	70
71	11 – 12 200 FREESTYLE	72
73	13 – 14 500 FREESTYLE	74
75	10 & U 400 FREESTYLE RELAY*	76
77	11 – 12 400 FREESTYLE RELAY*	78
79	13 – 14 400 FREESTYLE RELAY*	80

***Top 10 seeded relays, after positive check-in, will swim in the Finals Session 5.**

SATURDAY MARCH 7, 2015

SESSION 5

FINALS / TIMED FINALS EVENTS

Warm-up: 4:30 PM Meet Start: 5:30 PM

GIRLS	Event	BOYS
47	11-12 200 BUTTERFLY	48
49	13 – 14 200 IM	50
51	10 & U 100 IM	52
53	11 – 12 100 IM	54
55	13 – 14 50 FREESTYLE	56
57	10 & U 50 BACKSTROKE	58
59	11-12 50 BACKSTROKE	60
61	13 – 14 200 BREASTSTROKE	62
63	10 & U 100 BREASTSTROKE	64
65	11 – 12 100 BREASTSTROKE	66
67	13 – 14 100 BREASTSTROKE	68
69	10 & U 200 FREESTYLE	70
71	11 – 12 200 FREESTYLE	72
73	13 – 14 500 FREESTYLE	74
75	10 & U 400 FREESTYLE RELAY	76
77	11 – 12 400 FREESTYLE RELAY	78
79	13 – 14 400 FREESTYLE RELAY	80

2015 MARYLAND LSC 14 & UNDER CHAMPIONSHIPS

SUNDAY MARCH 8, 2015

ORDER OF EVENTS

SUNDAY MARCH 8, 2015

SESSION 6

PRELIMINARY / TIMED FINAL EVENTS

Warm-up: 6:50 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
81	11-12 200 BREASTSTROKE	82
83	13-14 200 BACKSTROKE	84
85	10 & U 100 BACKSTROKE	86
87	11 – 12 100 BACKSTROKE	88
89	13 – 14 100 FREESTYLE	90
91	10 & U 50 FREESTYLE	92
93	11 – 12 50 FREESTYLE	94
95	13 – 14 200 BUTTERFLY	96
97	10 & U 100 BUTTERFLY	98
99	11 – 12 100 BUTTERFLY	100
101	13 – 14 1650 FREESTYLE*	102
103	11 – 12 400 IM*	104
105	10 & U 200 MEDLEY RELAY**	106
107	13 – 14 400 MEDLEY RELAY**	108
109	11 – 12 200 MEDLEY RELAY**	110

***Events 103 & 104 will run after the first two heats of the 1650 free (Events 101 & 102)**

****Top 10 seeded relays, after positive check-in, will swim in the Finals Session 7.**

SUNDAY MARCH 8, 2015

SESSION 7

FINALS / TIMED FINALS EVENTS

Warm-up: 4:30 PM Meet Start: 5:30 PM

GIRLS	Event	BOYS
81	11-12 200 BREASTSTROKE	82
83	13-14 200 BACKSTROKE	84
85	10 & U 100 BACKSTROKE	86
87	11 – 12 100 BACKSTROKE	88
89	13 – 14 100 FREESTYLE	90
91	10 & U 50 FREESTYLE	92
93	11 – 12 50 FREESTYLE	94
95	13 – 14 200 BUTTERFLY	96
97	10 & U 100 BUTTERFLY	98
99	11 – 12 100 BUTTERFLY	100
101	13 – 14 1650 FREESTYLE*	102
103	11 – 12 400 IM*	104
105	10 & U 200 MEDLEY RELAY	106
107	13 – 14 400 MEDLEY RELAY	108
109	11 – 12 200 MEDLEY RELAY	110

**2015 MARYLAND LSC 14 & U CHAMPIONSHIPS
ENTRY SUMMARY / RELEASE FORM / TEAM COMMUNICATION FORM**

Complete mail this form along with entry fees to (checks payable to **MARYLAND SWIMMING, INC.**):

Tom Himes

C/O MEADOWBROOK AQUATIC CENTER

5700 Cottonworth Avenue

Baltimore, Maryland 21209

Email to: thimes@nbac.net / coachtom@comcast.net

TEAM NAME	
TEAM CODE	
COACH	
COACH PHONE	
COACH EMAIL	
MANAGER	
MGR PHONE	
MGR EMAIL	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Individual Entries/Paper		\$10.00 per event	
Relay Entries		\$14.00 per relay	
Relay Entries / Paper		\$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 _____