



2023 MARYLAND 8 & UNDER CHAMPIONSHIP MEET



Hosted by Fox Swim Club & Fox Swim Club II

Sponsored by Speedo

March 25-26, 2023

Held at Rosenburg Aquatic Center, 8600 McDonogh Road, Owings Mills 21117

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

Sanction # MD 22/23 - 053

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 the Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP”), and the MD Swimming Code of Conduct (www.mdswim.org) will govern this meet.

ENTRY DEADLINE IS MARCH 7, 2023 AT 8 PM

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY COORDINATOR
Rob Fox 240-529-5774 rob@foxswimming.com	Rob Fox 448 W South Street Frederick, MD 21701 240-529-5774 rob@foxswimming.com
MEET REFEREE	USA Registered MEET RISK DIRECTOR
Brian Montgomery Meet Notice read & approved by Referee: Yes	Kathy Capron kathy@foxswimming.com
OFFICIALS CONTACT	ADMIN OFFICIALS
Officials Sign Up Link	Rob Fox rob@foxswimming.com Carron Dunker carron@foxswimming.com

FACILITY

McDonogh has an indoor eight lane, 25-yard competition pool. In addition, opposite the competition area is a nine lane, 20-yard warm-up pool. The meet will be run using a semi-automated timing system (Dolphin Timing System), scoreboard and horn. The minimum water depth measured in accordance with Article 103.2.3 is: 6’ at the turn end to 8’ at the start end. The competition course

has not been certified in accordance with 104.2.2c(4). Parking is allowed in the main lot. There is no parking allowed in the circle in front of the pool building or in non-designated spaces. Spectators will not be allowed in the pool area. Spectators will be permitted in the spectator gallery. Video streaming will be provided through Aquatic Training & Consulting Service YouTube channel and Fox Swim Club Facebook Live. There will be lifeguards and an AED available.

MEET FORMAT

This is a timed finals event. Events will be swum slowest to fastest. The Host Team reserves the right to require positive check-in for some or all of the events. Upon request by the Meet Director, Technical Planning may split or combine sessions in order to run a more effective meet. Order of events may not be changed.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30 AM	8:30 AM	8 & Under Female
2	Saturday	11:30 AM	12:30 AM	8 & Under Male
3	Sunday	7:30 AM	8:30 AM	8 & Under Female
4	Sunday	11:30 AM	12:30 AM	8 & Under Male

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 3/07/23	8:00 PM	Entry deadline
Saturday, 3/25/23	8:00 AM	Coaches/General Meeting if needed
All Sessions	Start of warm ups	Official Briefings
All Sessions	½ hour before meet starts	200 Check In

SAFETY

The MDSI Safety Program are in effect for this meet.

Coaches are advised to closely supervise their swimmers.

NO running or horseplay will be tolerated.

Upon approval by the facility, swimmers can 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 unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RULES

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 variables in order 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.

There is no penalty for missing an event.

USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition.

Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.

No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing 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.

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 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 are recommended to arrive and leave in 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.

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.

Adult volunteers and spectators are to use the designated restrooms in the entry level lobby or on deck. Adults are not permitted to use the locker rooms.

Swimmers are encouraged to wear their swimsuit to and from the facility.

Tech Suits are banned for all 12 & under swimmers.

Attending this meet is voluntary. DO NOT COME TO THE MEET IF YOU ARE SICK.

Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation

Swim Meets held under a MDSI sanction will adhere to the venue capacity limitations of the local health authority. When there are venue capacity limitations, participation of athletes will be prioritized over spectators.

ELIGIBILITY

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.

8&U Swimmers are allowed to swim a maximum of 4 individual events and 1 relay event per session and 10 total events for the meet. One event must be a 25 if swimming the maximum number of events in a session.

There are no qualifying times for this meet. NT's will be accepted.

SWIMMERS WITH DISABILITIES

USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The

Meet Director will assist swimmers w/out their own coach in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [USA Swimming, Article 202.3.2] Fox Swim Club and Fox Swim Club II 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 FSC and FOX'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.

COVID and Social Distancing Guidelines

- Swim Meets held under an MDSI sanction will adhere to the venue capacity limitations of the facility and the local health authority. When there are venue capacity limitations, participation of athletes will be prioritized over spectators.
- Host Teams are responsible for following and enforcing all COVID regulations, social distancing guidelines, Health Dept. guidelines, and facility guidelines.

ENTRIES

Entries should be submitted in Hy-Tek format and require no hard copy entry forms. Email is preferred for electronic entries; however, disks are also acceptable. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. FSC's & FOX's entries will be entered first and then accept teams/entries in the order received, until the four/five-hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events plus 1 relay per day. If a swimmer elects to swim 4 individual events on the same day one of those events must be a 25.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt. If you have not received email confirmation within this time period, please email rob@foxswimming.com or text Rob Fox at 240-529-5774 to confirm receipt.

ENTRY DEADLINES The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. No late entries will be accepted. There will be no on deck registrations, but deck entries will be allowed for swimmers of invited teams provided proof of registration can be provided upon approval of the meet director and space in the meet. This meet is only open to teams in Maryland Swimming.

ENTRY FEES

Make checks payable to: FOX SWIM CLUB	
Athlete Surcharge	\$14.00 per swimmer
Event Fee	\$7.00 per event
Relay Event	\$20.00 per relay
Deck Entries	\$10.00 per event (provided there is space in the meet)

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times should be converted. **NT's will be accepted.**

CHECK-IN All swimmers participating in 200 events will be asked to check-in by the Administrative Table. Swimmers failing to check-in for the 200 events will be scratched from the event. There will be a clerk of course and heats will be escorted to the blocks.

If the timeline requires it, a positive check-in list and scratch back list may be given to each team at the administrative table at the beginning of warm-up. All scratches are due within the first fifteen minutes of warm-up for that session and

the session will be seeded during warm-up. Teams will still be responsible for all entries regardless of scratches. Swimmers that fail to check in will be scratched from the event and not seeded.

There is no penalty for a missed event. Check in for event will be as stated in the Deadline and Meeting Summary. Coaches will be informed prior to the meet if this is required.

SCRATCHES

There will be no penalty for scratching pre-seeded events at the block. Teams are financially responsible for all entries at the time of submission regardless of if the swimmer scratches.

SCORING

No team scoring will be kept.

AWARDS

Individual Events for 1st – 12th place. Medals for 1st-3rd and Ribbons for 4th-12th. Relay Events for 1st - 3rd place. Speedo will be providing special awards. Information will be emailed to coaches prior to the meet. Special awards will be given to the highest scoring 6&U, 7 & 8-year-old for both boys and girls

RESULTS

Results will be posted on Fox Swim Club's and MSI's website within 24 hours of the meet's conclusion. Within 24 hours of the conclusion of the meet, teams will be given results via email attachment. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.

COACHES /OFFICIALS

POSITIVE CHECK WILL BE IN EFFECT FOR COACHES, OFFICIALS and MEET STAFF. There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located at the admin desk. Credentials 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.

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.

There will be a need for officials. Fox Swim Club and Fox Swim Club II 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. All officials on deck must be registered and certified with USA Swimming. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

The officials sign up link is the following: [OFFICIAL'S SIGN UP LINK](#)

Each team will be assigned a specified number of timers based on the percentage of entries in the session. This information will be communicated to participating teams prior to the meet.

**HOSPITALITY &
VENDORS**

There will be a hospitality area open to all coaches and officials.
THERE MAY BE CONCESSIONS OR VENDORS IF SAFETY PROTOCOLS ALLOW.

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 and session start times according to the number of entries. There is to be no diving or horseplay in this area.

CLERK OF COURSE

There will be a clerk of course for this meet. All swimmers must report to the clerk of course. Swimmers are not to report directly to the blocks



ORDER OF EVENTS



Saturday Morning - 8 & Under Girls

WARM-UPS: 7:30 AM MEET STARTS: 8:30 AM

- | | | | | | |
|---|-------|----------------------------|----|-------|----------------------------|
| 1 | Girls | 8 & Under 200 IM | 9 | Girls | 7 & Under 50 Butterfly |
| 2 | Girls | 8-Year-Old 25 Freestyle | 10 | Girls | 8-Year-Old 25 Breaststroke |
| 3 | Girls | 7-Year-Old 25 Freestyle | 11 | Girls | 7-Year-Old 25 Breaststroke |
| 4 | Girls | 6 & Under 25 Freestyle | 12 | Girls | 6 & Under 25 Breaststroke |
| 5 | Girls | 8 & Under 100 Breaststroke | 13 | Girls | 8-Year-Old 100 Freestyle |
| 6 | Girls | 8-Year-Old 50 Backstroke | 14 | Girls | 7 & Under 100 Freestyle |
| 7 | Girls | 7 & Under 50 Backstroke | 15 | Girls | 8 & Under 200 Medley Relay |
| 8 | Girls | 8-Year-Old 50 Butterfly | | | |

Saturday Afternoon - 8 & Under Boys

WARM-UPS: 11:30 AM MEET STARTS: 12:30 PM

- | | | | | | |
|----|------|----------------------------|----|------|----------------------------|
| 16 | Boys | 8 & Under 200 IM | 24 | Boys | 7 & Under 50 Butterfly |
| 17 | Boys | 8-Year-Old 25 Freestyle | 25 | Boys | 8-Year-Old 25 Breaststroke |
| 18 | Boys | 7-Year-Old 25 Freestyle | 26 | Boys | 7-Year-Old 25 Breaststroke |
| 19 | Boys | 6 & Under 25 Freestyle | 27 | Boys | 6 & Under 25 Breaststroke |
| 20 | Boys | 8 & Under 100 Breaststroke | 28 | Boys | 8-Year-Old 100 Freestyle |
| 21 | Boys | 8-Year-Old 50 Backstroke | 29 | Boys | 7 & Under 100 Freestyle |
| 22 | Boys | 7 & Under 50 Backstroke | 30 | Boys | 8 & Under 200 Medley Relay |
| 23 | Boys | 8-Year-Old 50 Butterfly | | | |

Sunday Morning - 8 & Under Girls

WARM-UPS: 7:30 AM MEET STARTS: 8:30 AM

31	Girls	8-Year-Old 100 IM	39	Girls	8-Year-Old 50 Breaststroke
32	Girls	7 & Under 100 IM	40	Girls	7 & Under 50 Breaststroke
33	Girls	8-Year-Old 50 Freestyle	41	Girls	8-Year-Old 25 Butterfly
34	Girls	7 & Under 50 Freestyle	42	Girls	7-Year-Old 25 Butterfly
35	Girls	8 & Under 100 Butterfly	43	Girls	6 & Under 25 Butterfly
36	Girls	8-Year-Old 25 Backstroke	44	Girls	8 & Under 100 Back
37	Girls	7-Year-Old 25 Backstroke	45	Girls	8 & Under 200 Free
38	Girls	6 & Under 25 Backstroke	46	Girls	8 & Under 200 Free Relay

Sunday Afternoon - 8 & Under Boys

WARM-UPS: 11:30 AM MEET STARTS: 12:30 PM

47	Boys	8-Year-Old 100 IM	55	Boys	8-Year-Old 50 Breaststroke
48	Boys	7 & Under 100 IM	56	Boys	7 & Under 50 Breaststroke
49	Boys	8-Year-Old 50 Freestyle	57	Boys	8-Year-Old 25 Butterfly
50	Boys	7 & Under 50 Freestyle	58	Boys	7-Year-Old 25 Butterfly
51	Boys	8 & Under 100 Butterfly	59	Boys	6 & Under 25 Butterfly
52	Boys	8-Year-Old 25 Backstroke	60	Boys	8 & Under 100 Back
53	Boys	7-Year-Old 25 Backstroke	61	Boys	8 & Under 200 Free
54	Boys	6 & Under 25 Backstroke	62	Boys	8 & Under 200 Free Relay

PLEASE NOTE: THE MEET DIRECTOR RESERVES THE RIGHT TO MAKE CHANGES WHICH MAY AFFECT THE SAFETY AND/OR EFFICIENCY OF THIS MEET INCLUDING, BUT NOT LIMITED TO, MEET ENTRIES, SESSION START TIMES & SPECTATOR BEHAVIOR.



MEET PROTOCOLS

Here are the guidelines that Fox Swim Club will be using to host their meets:

- All local and state protocols will be followed.
- All meet participants, parents and volunteers are guests of McDonogh School. All rules and guidelines provided by the school will need to be followed. Meet attendees are not permitted in areas of the campus not being used as part of the meet.
- Swimmers and spectators will enter through the front of the building. Parking is not permitted in the circle in front of the pool.
- Coaches, Officials, and volunteers will enter at the front of the building, then proceed to the pool deck.
- Swimmers will be seated in the provided bleachers. Swimmers should not bring chairs to the meet.
- Social distancing is encouraged but will not be enforced.
- Overflow parking can be found in the back of the building.
- In compliance with Safe Sport, the meet will be shown on the YouTube Aquatic Training & Consulting Service channel or on the Fox Swim Club page through Facebook Live.
- Timers and officials can enter through the front of the building. They can report to the training room on deck to check in.
- Swimmers are encouraged to wear their suits to and from the meet.
- Coaches, Officials, and volunteers may use the hallway bathrooms for toilet facilities.
- Locker rooms for the swimmers are located on the pool deck.
- PARENTS ARE NOT ALLOWED IN THE LOCKER ROOMS.
- Swimmers may enter the building for their session 20 minutes prior to their warm-up time.



**2023 Maryland 8 & Under Championships
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to **Fox Swim Club**):

Fox Swim Club, ATTN: Rob Fox
448 W South Street, Frederick, MD 21701
Email to: rob@foxswimming.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Athlete Surcharge		\$14.00 per swimmer	
Individual Entry Fee		\$7.00 per event	
Relay Entry Fee		\$20.00 per event	
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., 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. Fox Swim Club, McDonogh School, 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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

Fox Swim Club, McDonogh School, USA Swimming, Inc., Maryland Swimming, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA/Maryland/ Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to covid-19 and forever release and hold harmless USA swimming, Fox Swim Club, McDonogh School, Maryland Swimming, Inc. and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of covid-19 related to participation in this competition.

SIGNATURE (Coach or Club Representative)

CLUB