



2023 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIP SWIM MEET

Hosted by NORTH BALTIMORE AQUATIC CLUB

MARCH 18 – 19, 2023

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THE MANGIONE AQUATIC CENTER / LOYOLA UNIVERSITY OF MARYLAND

4900 N. CHARLES STREET

BALTIMORE, MARYLAND 21210

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

Sanction #MD22/23 – 051

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

In granting this approval 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.mdswwim.org) will govern this meet.

ENTRY DEADLINE: MONDAY MARCH 6, 2023 @ 8:00 PM

<p>MEET DIRECTOR WILL McKENNA wmckenna@abischools.org JOHN CHANDLER TOM HIMES LISA MORGAN</p>	<p>MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net</p>
<p>MEET REFEREE BRAD SHEDWICK Brad@shedwick.com DALILA SHKOLNIK deshkolnik@gmail.com</p>	<p>SAFETY MARSHALL JASON LEE</p>
<p>OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com</p>	<p>ADMIN OFFICIAL CARRON DUNKER</p>

ASSIGNED TEAMS

Open to all USA Swimming Inc. registered swimmers from ALL Maryland LSC Teams who meet the SCY qualifying standards.

THE MEET IS OPEN TO ONLY THOSE MARYLAND LSC TEAMS.**FACILITY**

Loyola University is an indoor fourteen lane, 25 yard pool with bulkhead. 4 Lanes (separated by a bulkhead) will be used for continuous warmup/down and 1 - 9 lanes will be used for competition. The facility has a Colorado timing system, touchpads and scoreboard, starting blocks and non-turbulent lane dividers. The minimum water depth, measured in accordance with Article 103.2.3 is 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

Teams will be assigned a seating area after entries are received. Athletes will be seated on deck as well as in the stands.

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing. Please adhere to all parking signs either on University property or the streets surrounding the University.

NO ONE is permitted on the basketball courts or fitness rooms at any time.

Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

MEET FORMAT

The meet is OPEN to ALL Maryland LSC Teams ONLY.

All Events are Timed Finals Events. ALL entry times must be achieved and submitted in SCY. NT entries will not be accepted. Qualifying times are slower than the faster than MD LSC JR Champs qualifying times. All times must be achieved and submitted with SCY Times. See the order of events pages for exact qualifying times.

ALL Saturday & Sunday Individual events will be pre-seeded.

Upon request by the Meet Director, MD LSC Technical Planning may split or combine sessions in order to run a more effective meet. In addition, we reserve the right to modify the format into a 3 session, per day meet pending number of swimmers entered and facility restrictions.

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

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.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	8:45 AM	9:45 AM	11 & Over Girls
2	Saturday	1:15 PM	2:15 PM	11 & Over Boys
3	Sunday	8:45 AM	9:45 AM	11 & Over Girls
4	Sunday	1:15 PM	2:15 PM	11 & Over Boys

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday March 6, 2023	8:00 PM	ENTRY DEADLINE
Saturday March 18, 2023	7:15 AM / 12:45 PM	Officials Briefings
Saturday March 18, 2023	7:30 AM / 1:00 PM	Coaches Meeting / If Needed
Sunday March 19, 2023	7:15 AM / 12:45 PM	Officials Briefings
Sunday March 19, 2023	7:30 AM / 1:00 PM	Coaches Meeting/ If Needed

SAFETY

The MSI 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 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 a racing start or must start each race from within the water. When unaccompanied by an USA Swimming 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 issues, health related issues, 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 warmup procedures will be in effect for the entire meet.

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 races.

No one will be allowed on the deck unless they are registered with USA Swimming as an athlete, coach, official, volunteer and/or those who are part of the timing (timers) and administrative staff assisting with the conduct of the meet.

Swimmers entering the meet must be registered with USA Swimming by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete may be fined \$100.00 per unregistered athlete. No deck registrations are 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 area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director and/or Meet Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The MDSI Certified Meet Photographer(s) and anyone else specifically given pre-authorization by the Meet Director or Meet 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 & U Swimmers.

Attending any of the MDSI sanctioned, approved, observed meets is voluntary. DO NOT COME TO THE MEET IF YOU ARE SICK.

Swim Meets held under a MDSI sanction will adhere to the venue capacity limitations of the local health authority and/or the capacity limitations imposed by the venue. When there are venue capacity limitations, participation of the athletes will be prioritized over spectators. Host clubs will be responsible for making that determination.

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

ELIGIBILITY

Open to all USA Swimming Inc. registered swimmers who meet the SCY qualifying standards from ALL Maryland LSC Teams.

ALL QUALIFYING TIMES MUST HAVE BEEN ACHIEVED IN SHORT COURSE YARDS (SCY).

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.

Qualifying times must have been achieved Between March 12, 2022 and the qualifying deadline (March 6, 2023) of the meet.

Any swimmer who achieves a time faster than the SCY "slower than " time at any point prior to the start of the meet, may not swim the event (even if previously entered). Lead off relay splits are also subject to the rule.

EXCEPTION: Swimmers with best times faster than the "slower than times" but have not achieved the time since March 12, 2022 may swim that event in this meet. In that case the swimmer shall have achieved the 2023 Maryland LSC Junior Championship Qualifying time in the Qualifying period (March 12, 2022 – March 6, 2023) and should be entered with that time.

NOTE: Swimmers MAY NOT swim an event that was swum in the 2023 Md LSC SR Champs, 2023 MD LSC 14 & Under Champs or the 2023 MD LSC JR Champs, including swims swum as bonus events at those meets.

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 and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event may be asked to withdraw from the competition and/or leave the venue as a safety precaution.

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

SPECIAL COVID AND SOCIAL DISTANCING GUIDELINES

Swim Meets held under a MDSI sanction will adhere to the venue capacity limitations of the local health authority and/or the capacity limitations imposed by the venue. When there are venue capacity limitations, participation of the athletes will be prioritized over spectators. Host clubs will be responsible for making that determination.

Host teams are responsible for following and enforcing all COVID regulations, social distancing guidelines, Health department guidelines and facility guidelines.

Up to date COVID related restrictions, regulations etc will be forwarded to participating teams prior to the start of 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).

Qualifying times must be achieved in SCY. Entries must be submitted in SCY. No converted times or NT entries will be accepted.

For 13-14 & 15 – 18 50 Back, 50 Breast, 50 Fly events should be entered with their qualifying 100 Back, 100 Breast , 100 Fly times.

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 entries must be in the hands of the Meet Entry Coordinator no later than Monday March 6, 2023, at 8:00 PM.

Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received.

All Relay Only Swimmers should be listed in each teams' entries. Swimmers not listed will not be permitted to compete in the meet.

ENTRY LIMITATIONS

All Swimmers may enter a maximum of 8 Individual events and 2 relays for the meet not to exceed 4 Individual Events and 1 Relay per day.

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.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules. NO LATE ENTRIES WILL BE ACCEPTED.

NOTE: If the meet becomes oversubscribed entries will limited to 3 events per day on Saturday & Sunday.

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 March 6, 2023 @ 8:00 PM. No late entries will be accepted.

Entries are not considered to be complete until the entry fees are received.

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	
Individual Event	\$10.00 per individual event
Relay Event	\$20.00 per relay
LSC / Swimmer Surcharge	\$25.00 per swimmer

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 be seeded and swim from slowest to fastest unless otherwise indicated. Non-Conforming, converted times or no time entries will not be accepted.

CHECK IN NOT APPLICABLE. All events are pre seeded.

SCRATCH There will be no penalty for scratching pre-seeded events.

SCORING No team or individual scoring.

AWARDS All Age Groups will receive awards for 1st – 8th place in individual events. There will be no awards for relay events. Awards not picked up at the conclusion of the meet will not be mailed.

RESULTS Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be posted on the NBAC and MSI's website within 24 hours of the meet's conclusion. Results will also be sent out via email to all teams to the email address the entries were received from, within 24 hours.

**COACHES/
OFFICIALS/
MEET STAFF** [POSITIVE CHECK IN 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 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.*

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. 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. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall always wear their wristbands while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

NOTE: Officials wishing to sign up to officiate the meet should do so by going to the following link:

<https://ttsu.me/2023nbacbchamps>

Each entered team will be assigned a specific number of timers based on each teams' entries. This information will be communicated to each participating team after the entry deadline.

NOTE: Swimmers may be asked to supply their own timers and counters for ALL EVENTS in the FRIDAY EVENING SESSION.

**HOSP. /
CONC.**

There will be a hospitality area open to all coaches and officials. There may be limited concessions TBD.

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 and COVID procedures, if applicable.

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. There is to be no diving or horseplay in this area and should be monitored by each team's coaching staff.



2023 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET

ORDER OF EVENTS & QUALIFYING TIMES

(Qualifying Times Slower than)

Session 1: Saturday, March 18, 2023

GIRLS

Warm-up: 8:45 AM

Meet Starts: 9:45 AM

GIRLS Event #	SCY Slower Than	Event
1	1:21.69	15 – 18 50 BREAST
2	1:23.69	13 – 14 50 BREAST
3	2:47.29	11 – 12 200 IM
4	2:18.69	15 – 18 200 FREE
5	2:21.29	13 – 14 200 FREE
6	34.89	11 – 12 50 FLY
7	1:11.39	15 – 18 100 FLY
8	1:12.89	13 – 14 100 FLY
9	1:10.29	11 – 12 100 FREE
10	1:11.39	15- 18 100 BACK
11	1:13.19	13 – 14 100 BACK
12	36.39	11 – 12 50 BACK
13	2:52.79	15 – 18 200 BREAST
14	2:57.29	13 – 14 200 BREAST
15	1:29.19	11 – 12 100 BREAST
16	30.49	15 – 18 50 FREE
17	31.19	13 – 14 50 FREE
18	NT	11 – 12 200 FR RELAY
19	NT	13 & OVER 200 FR RELAY



2023 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET

ORDER OF EVENTS & QUALIFYING TIMES

(Qualifying Times Slower than)

Session 2: Saturday, March 18, 2023

BOYS

Warm-up: 1:15 PM

Meet Starts: 2:15 PM

BOYS Event #	SCY Slower Than	Event
20	1:13.09	15 – 18 50 BREAST
21	1:17.49	13 – 14 50 BREAST
22	2:43.99	11 – 12 200 IM
23	2:06.79	15 – 18 200 FREE
24	2:12.79	13 – 14 200 FREE
25	35.19	11 – 12 50 FLY
26	1:04.69	15 – 18 100 FLY
27	1:08.09	13 – 14 100 FLY
28	1:07.89	11 – 12 100 FREE
29	1:05.19	15- 18 100 BACK
30	1:08.39	13 – 14 100 BACK
31	35.99	11 – 12 50 BACK
32	2:36.19	15 – 18 200 BREAST
33	2:43.99	13 – 14 200 BREAST
34	1:26.49	11 – 12 100 BREAST
35	27.39	15 – 18 50 FREE
36	28.79	13 – 14 50 FREE
37	NT	11 – 12 200 FR RELAY
38	NT	13 & OVER FR RELAY



2023 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET

ORDER OF EVENTS & QUALIFYING TIMES

(Qualifying Times Slower than)

Session 3: Sunday, March 19, 2023

GIRLS

Warm-up: 8:45 AM

Meet Starts: 9:45 AM

GIRLS Event #	SCY Slower Than	Event
39	2:34.89	15 – 18 200 IM
40	2:37.59	13 – 14 200 IM
41	1:20.09	11 – 12 100 IM
42	1:11.39	15 – 18 50 FLY
43	1:12.89	13 – 14 50 FLY
44	32.29	11 – 12 50 FREE
45	2:31.39	15 – 18 200 BACK
46	2:34.89	13 – 14 200 BACK
47	1:20.09	11 – 12 100 BACK
48	1:05.99	15 - 18 100 FREE
49	1:07.49	13 – 14 100 FREE
50	1:19.59	11 – 12 100 FLY
51	1:21.69	15 – 18 100 BREAST
52	1:23.69	13 – 14 100 BREAST
53	40.99	11 – 12 50 BREAST
54	1:11.39	15 – 18 50 BACK
55	1:13.19	13 – 14 50 BACK
56	2:28.99	11 – 12 200 FREE
57	2:33.49	15 – 18 200 FLY
58	2:36.89	13 – 14 200 FLY
59	NT	11 – 12 200 MED RELAY
60	NT	13 & OVER 200 MED RELAY



2023 MARYLAND LSC 11 & OVER 'B' CHAMPIONSHIPS SWIM MEET

ORDER OF EVENTS & QUALIFYING TIMES

(Qualifying Times Slower than)

Session 4: Sunday, March 19, 2023

BOYS

Warm-up: 1:15 PM

Meet Starts: 2:15 PM

BOYS Event #	SCY Slower Than	Event
61	2:20.89	15 – 18 200 IM
62	2:28.49	13 – 14 200 IM
63	1:16.99	11 – 12 100 IM
64	1:04.69	15 – 18 50 FLY
65	1:08.09	13 – 14 50 FLY
66	31.29	11 – 12 50 FREE
67	2:17.49	15 – 18 200 BACK
68	2:25.09	13 – 14 200 BACK
69	1:17.69	11 – 12 100 BACK
70	59.89	15 - 18 100 FREE
71	1:02.89	13 – 14 100 FREE
72	1:18.09	11 – 12 100 FLY
73	1:13.09	15 – 18 100 BREAST
74	1:17.49	13 – 14 100 BREAST
75	40.49	11 – 12 50 BREAST
76	1:05.19	15 – 18 50 BACK
77	1:08.39	13 – 14 50 BACK
78	2:23.49	11 – 12 200 FREE
79	2:20.49	15 – 18 200 FLY
80	2:26.49	13 – 14 200 FLY
81	NT	11 – 12 200 MED RELAY
82	NT	13 & OVER 200 MED RELAY

2023 MARYLAND LSC 11 & Over 'B' CHAMPIONSHIP SWIM MEET

ENTRY SUMMARY / 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: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Relay Entries		\$20.00 per relay	
LSC / Swimmer Surcharge		\$25.00 per swimmer	
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. NBAC, LOYOLA UNIVERSITY, 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.

NBAC, LOYOLA UNIVERSITY, USA Swimming, Inc. and 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 NBAC, LOYOLA UNIVERSITY, USA Swimming Inc and Maryland Swimming Inc. and each of their officers, directors, agents, employees or other representatives from 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

TITLE

DATE