



MARYLAND SWIMMING LSC, INC.

2023 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS

Hosted by MARYLAND SWIMMING, INC. AND ALL PARTICIPATING CLUBS

MARCH 2-5, 2023

@ ST. MARY'S COLLEGE OF MARYLAND

AQUATIC CENTER AT THE MICHAEL P. O'BRIEN ATHLETICS AND RECREATION CENTER

18952 E. FISHER ROAD ST. MARY'S CITY, MARYLAND 20686

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

Sanction #MDSI 22/23-048

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

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: MONDAY, FEBRUARY 20, 2023 @ 6:00 PM EST

The 2023 MD LSC 14 & Under Short Course Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.

CERTIFIED MEET DIRECTOR	CERTIFIED MEET ENTRY DIRECTOR
MEET DIRECTOR CARRON DUNKER carron@foxswimming.com TOM BARRETT	TOM HIMES THIMES@NBAC.NET COACHTOM@COMCAST.NET P.O. BOX 20801 BALTIMORE, MARYLAND 21209
MEET REFEREE	USA REGISTERED OPERATIONAL RISK DIRECTOR
SATOSHI KATSUMOTO	KATHLEEN JACOBS
OFFICIALS CONTACT	ADMIN REFEREE
BRUCE BATOR LINK TO OFFICIATE	ROBERT JOHNSON

FACILITY

Indoor eight lane 50-meter pool, non-turbulent lane lines and continuous flow through gutters. The timing system is Daktronics with automatic touch pads and semi-automatic plungers. Stop watches as the back-up timing system. The competition course shall consist of eight 25 yard lanes established between the start end of the pool and a moveable bulkhead. The minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". The remainder of the pool will be set up in 25 yard lanes and will be available for continuous warm-up / warm down during the meet. In addition, there is an adjacent 7-lane, 25-yard pool available for continuous warm-up / warm down. The competition course has not been certified in accordance with 104.2.2c(4).

There will be lifeguards, an AED device and a dedicated Operational Risk Director available at the meet for the medical supervision of athletes participating in the meet.

ALL swimmers and spectators attending this meet are guests of the St. Mary's College of Maryland 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.

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

MEET FORMAT

This will be a full scratch meet for both individual events and relay events.

A no-show in preliminary or timed finals events will not incur a penalty.

A no-show in finals will result in the athlete being barred from all further competition.

If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and compete in the bonus, consolation, or championship finals event and it is the swimmer's last event of the meet, the swimmer's team is fined \$50 per the Maryland Swimming Championship Meet (MSCM)

13-14 & 11-12 age-groups will have a B and A Final, in that order, with the top (16) swimmers from Preliminary results after scratches for the Timed Final/Final events.

10 & under age-group will have an A final top (8) swimmers from Preliminary results after scratches for the Timed Final/Final events.

The following events will be conducted as TIMED FINALS only. The top (16) 13-14-year-olds in the 400-yard Individual Medley and the 500-yard Freestyle events, after scratches, will compete during the Finals session. The top (16) 11-12-year-olds in the 400-yard Individual Medley, after scratches, will compete during the Finals session. The remaining swimmers will swim in the Preliminary session and shall be seeded fastest to slowest:

13-14: 400-yard Individual Medley (Friday) and 500-yard Freestyle (Saturday)

11-12: 400-yard Individual Medley (Sunday)

All Individual and Relay events in the Thursday Session 1 will be TIMED FINALS only. All events will be swum in event order and seeded slowest to fastest.

The 13-14 1650-yard Freestyle will be conducted as TIMED FINALS only with the fastest seeded heat (8) swimmers, after scratches, swimming with the Finals session in event order. The remaining heats will be conducted during the Sunday Preliminary session. The 1650-yard Freestyle heats swum in the Preliminary session shall be swum fastest to slowest alternating Girls and Boys.

Friday, Saturday, and Sunday Relays: The top (8) seeded relays, after scratches, will swim in the Finals session. All remaining relays will swim in the Preliminary session. Any relay that wishes to swim with preliminaries during the morning session may do so by indicating their preference with the Administrative Referee.

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	Scratch Deadline	Age Group
1	Thursday	3:00 PM	4:00 PM	3:00 PM Thursday	ALL AGE GROUPS
2	Friday	6:30 AM	8:00 AM	5:00 PM Thursday	ALL AGE GROUPS
3	Friday	4:30 PM	5:30 PM		ALL AGE GROUPS
4	Saturday	6:30 AM	8:00 AM	6:00 PM Friday	ALL AGE GROUPS
5	Saturday	4:00 PM	5:30 PM	5:00 PM MDSI Awards	ALL AGE GROUPS
6	Sunday	6:30 AM	8:00 AM	6:00 PM Saturday	ALL AGE GROUPS
7	Sunday	3:30 PM	4:30 PM		ALL AGE GROUPS

DEADLINE AND MEETING SUMMARY

Day, Date	Time	For:
Monday, February 20, 2023	6:00 PM	Entry deadline
Friday, March 3, 2023	7:30 AM	Coaches Meeting
Fri, Sat, & Sun (Prelims) March 3 - 5, 2023	Begin one hour prior to the start times as listed in the schedule above	Official Briefing
Thur, Fri, Sat, & Sun (Finals) March 2 - 5, 2023	Begin one hour prior to the start times as listed in the schedule above	Official Briefing

SAFETY

The Maryland Swimming LSC, Inc. Safety Program shall be in effect for the duration of this meet.

Coaches are requested and advised to closely supervise their swimmers at all times.

NO running or horseplay will be tolerated.

Upon approval by the facility, swimmers shall be 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

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 Championship 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. Maryland Swimming LSC, Inc. rules shall also apply.

USA Swimming / Maryland Swimming LSC, Inc. Safety Guidelines and warm-up procedures shall 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 shall 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 Maryland Swimming LSC, Inc. by the entry deadline date. Per Maryland Swimming LSC, Inc. rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.

Use of audio or visual recording devices, including a cell phone, are not permitted anywhere 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 Meet Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The Maryland Swimming LSC, Inc. Certified Meet Photographer(s) and anyone else specifically given pre-authorization by the Meet Director or Meet Referee.

Deck changing is prohibited. Swimmers 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.

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 Marshal 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

The 2023 Maryland Swimming LSC, Inc. 14 & Under Short Course Championship shall be open to ALL 2022-2023 USA Swimming Inc. / Maryland Swimming LSC, Inc. registered swimmers from registered Maryland Swimming LSC, Inc. teams and unattached Maryland Swimming LSC, Inc. registered swimmers ONLY who meet the listed qualifying times.

The meet is closed to ALL swimmers and teams outside of Maryland Swimming, Inc..

Swimmers entering the meet must be registered with Maryland Swimming LSC, Inc. and USA Swimming by the meet entry deadline, except for unattached swimmers who must have been a member of Maryland Swimming LSC, Inc. for 6 months prior to the meet entry deadline.

A swimmer's age on **Thursday, March 2, 2023** will determine their age for the duration of the meet

Swimmers must be equal to or faster than the Qualifying Times established for the meet. Qualifying times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between **January 1, 2022** and the entry deadline for this meet (**February 20, 2023**). No times achieved outside of this time period may be used to qualify for this meet. Qualifying times must have been achieved in a short course yard (SCY) pool. Converted times will not be accepted.

Swimmers who qualify for an event and swim that event at the 2023 Maryland Swimming LSC, Inc. Senior Championship Meet may not enter the same event at the 2023 Maryland Swimming LSC, Inc. 14 & Under Championship 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 swam in a sanctioned meet, the swimmers actually swimming the event in the meet do not have to be the same swimmers who swam the qualifying time. 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. Relay times are associated with the club, not the actual swimmers.

Qualifying times exception 1: If a swimmer qualifies for either the 1000-yard Freestyle event or the 1650-yard Freestyle event they may enter the other (1000-yard Freestyle or 1650-yard Freestyle) 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. The swimmer must qualify in one of the two events but may elect to swim only one of the events.

Qualifying times 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.

Qualifying times exception 3: 13-14-year-old swimmers who qualify for the 100-yard Backstroke, 100-yard Breaststroke, or 100-yard Butterfly are also eligible to swim the 50-yard event of the same stroke as one of their eight (8) qualifying events. The time entered shall be the qualifying time achieved in the 100-yard event for that stroke. The swimmer must qualify in the 100-yard event, but may elect to swim only one of the events.

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 Entry 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 the ability to accommodate all requests. Swimmers will still have to meet the time standards set forward for the meet by Maryland Swimming LSC, Inc.

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

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 – an entry report is required with entries) upon request by the Meet Entry Director or Meet 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.

ENTRY LIMITATIONS

12 & Under swimmers are limited to a total of (9) Individual events and (4) Relays for the duration of the meet. 13 & Over swimmers are limited to (8) Individual Events and (5) Relays for the duration of the meet.

Daily limits are (3) Individual events on any day of the meet. Additionally, there is a limit of (2) Relay events for 13 & Older swimmers and (1) Relay event for 12 & Under swimmers on Thursday and (1) Relay event, for all ages, on Friday, Saturday & Sunday.

Each Team is limited to (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 Director.

The Meet Entry Director reserves the right to limit entries to ensure that sessions fall within the Maryland Swimming LSC, Inc. rules. If the meet becomes oversubscribed, the meet will be reduced in the following order:

Bonus events will be eliminated.

Individual events shall be limited to (8) or (7) per swimmer for 12 & Under and 13 & Older swimmers respectively.

Events will be limited to (6) heats.

Any heats not full (8 seeded swimmers) WILL BE ELIMINATED.

Those swimmers with entry times furthest away from AAA times will be removed.

NO LATE ENTRIES WILL BE ACCEPTED.

NO DECK ENTRIES WILL BE ACCEPTED (INDIVIDUAL OR RELAY).

Maryland Swimming LSC, Inc. reserves the right to change the warm-up and start times based on entries received.

BONUS EVENTS

All Bonus Event Qualifying Times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between **January 1, 2022** and the entry deadline for this meet (**February 20, 2023**). 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 yards (SCY) pool. Converted times will not be accepted.

Bonus events will be offered using the following guidelines:

Qualify for 1 event, may have up to 4 bonus swims.

Qualify for 2 events, may have up to 3 bonus swims.

Qualify for 3 events, may have up to 2 bonus swims.

Qualify for 4 events, may have up to 1 bonus swim.

Qualify for 5 or more events, no bonus swims.

The bonus events may be used on any day of the meet.

Entry times for bonus swims shall be BB standard or faster for the swimmer's age group.

Events 400-yards or longer are not eligible as bonus events. (400-yard Individual Medley, 500-yard, 1000-yard, and 1650-yard Freestyle).

If the meet becomes oversubscribed, the bonus events will be the first entries removed from the meet.

ENTRY PROCEDURES

ALL ENTRIES SHOULD BE EMAILED OR MAILED TO THE MEET ENTRY DIRECTOR 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 or paper entries.

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 / Team Communication Form contained in the two last pages 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. Relay-only swimmers will not be charged the Athlete Surcharge if they do not swim in the event.

Bonus events should be marked with a "B" OR AN *.

ENTRY DEADLINES

The Meet Entry Director must receive entries by 6pm EST, Monday, February 20, 2023.

ENTRY VERIFICATION

The Meet Entry Director will acknowledge receipt by return email within 48 hours of receipt. Contact the Meet Director if an acknowledgement has NOT been received.

ENTRY FEE BILLING

Maryland Swimming LSC, Inc. teams will be invoiced by Maryland Swimming LSC, Inc. for all entries following the competition. Checks sent with entries will be returned. Fees are due 30 days after the invoice is received. If not paid in full, 2% of the outstanding balance with a minimum fee of \$25 will be applied for each 30 days the payment due is in arrears.

Any un-attached Maryland Swimming LSC, Inc. registered swimmers, not affiliated with any club and entering on their own, must include the athlete's email address so they may be billed directly by the Maryland Swimming office directly.

ENTRY FEES

Individual Event	\$10.00 per individual event
Individual Event - Paper Entry	\$20.00 per individual event
Relay Event	\$20.00 per relay event
Relay Event - Paper Entry	\$20.00 per relay event
MDSI Surcharge	\$25.00 per athlete

SEEDING

Entry times must be in Short Course Yards (SCY).

Swimmers shall be seeded shall and swim from slowest to fastest except as noted.

Converted times or no time entries will not be accepted.

SCRATCHES

The Maryland Swimming LSC, Inc. scratch rules will be enforced for all Preliminary and Finals events, except as noted.

There will be no penalty for no-shows in Preliminary or Timed Final events.

As noted in USA Swimming rule 207.11.6.D(1), any swimmer qualifying for bonus, consolation, or championship final in an individual event, who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in USA Swimming rule 207.11.6.E.. A declared false start under USA Swimming rule 101.1.3E or deliberate delay of meet under USA Swimming rule 101.1.5 is not permitted and will be regarded as a failure to compete.

The top 2 alternates for finals will be announced with the preliminary results. Those alternates shall follow the scratch procedures. Swimmers beyond the first two alternates are strongly encouraged to follow the scratch procedures to allow for full finals heats, but are excused from responsibility of returning for bonus, consolation, or championship finals heats per the Maryland Swimming Championship Meet (MSCM) Rules.

If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and compete in the bonus, consolation, or championship finals event and it is the swimmer's last event of the meet, the swimmer's team is fined \$50 per the Maryland Swimming Championship Meet (MSCM) Rules.

SCORING

Team Scoring is as follows:

Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

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 - 8th Medals.

Relay Events: 1st - 3rd Distinctive Awards, 4th - 8th Medals.

Team Awards - 1st - 8th

Participation awards will be given to all swimmers entered in Individual events

MARYLAND SWIMMING JACKETS

On behalf of Maryland Swimming, jackets will be presented to each Individual event winner. Second and third place Individual event winners will have the option to purchase the jacket. Only one jacket per swimmer will be awarded.

RESULTS

Live Results will be available via Meet Mobile. Final Results will be posted on the Maryland Swimming LSC, Inc. website (www.mdswim.org) within 48 hours of the meet's conclusion.

COACHES/ OFFICIALS

There will be a positive check in process for all coaches, officials and approved meet staff. The check in table will be located near the Meet Operations Table.

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.

A Coaches Meeting will be held at the date and time listed in the Deadline and Meet Summary above. All athletes must be represented by a coach or representative. Any additional meetings will be at the discretion of the Meet Referee or Meet Director and announced during the meet.

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.

This is a National Certification Meet for all positions except N3 Administrative Referee initial, certification, or recertification. You also must submit a Request for Evaluation by February 19, 2023. 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 sessions need to be in the evaluated positions. Please see the 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 at - [Application to Officiate Maryland Swimming LSC, Inc. 14 & Under Short Course Championships](#).

WORKERS

This meet is hosted by ALL TEAMS of the Maryland Swimming LSC, Inc.

Any team with swimmers entered in the meet shall be required to provide workers.

Each team needs to provide the name, phone number and email address of a Team Manager and a coach who will be present at the meet. This information is to be submitted via the form at the end of the Meet Announcement.

The Team Manager shall 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 LSC, Inc. website (www.mdswim.org).

Each team/swimmer is responsible for supplying timers and counters for the 1650-yard Freestyle preliminary events.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials.

There will be no concessions available.

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

**2023 MARYLAND LSC SHORT COURSE CHAMPIONSHIPS
QUALIFYING TIMES**

EVENT	10 & U BOYS	10 & U GIRLS	11 & 12 BOYS	11 & 12 GIRLS	13 & 14 BOYS	13 & 14 GIRLS
50 FREE	31.49	31.59	27.79	28.19	24.69	26.29
100 FREE	1:10.69	1:10.89	1:01.09	1:01.19	53.59	56.79
200 FREE	2:35.69	2:36.39	2:14.89	2:13.89	1:57.89	2:03.69
500 FREE	6:48.39	6:48.39	5:53.89	5:53.89	5:19.99	5:29.99
1000 FREE					10:47.29	11:13.99
1650 FREE					18:29.69	18:39.69
50 BACK	37.99	37.19	32.79	32.59	1:01.69	1:04.09
100 BACK	1:20.79	1:20.59	1:10.39	1:09.89	1:01.69	1:04.09
200 BACK			2:32.89	2:31.69	2:13.49	2:17.49
50 BREAST	42.49	42.49	37.09	36.89	1:10.39	1:13.89
100 BREAST	1:33.39	1:33.39	1:19.59	1:19.99	1:10.39	1:13.89
200 BREAST			2:56.29	2:54.69	2:33.09	2:40.39
50 FLY	37.09	36.09	31.29	30.99	1:00.49	1:03.59
100 FLY	1:26.69	1:26.69	1:10.99	1:10.29	1:00.49	1:03.59
200 FLY			2:38.29	2:38.29	2:17.99	2:22.39
100 IM	1:21.29	1:20.49	1:10.69	1:09.89		
200 IM	2:55.99	2:55.99	2:31.39	2:31.59	2:13.69	2:19.89
400 IM			5:27.89	5:26.99	4:47.09	4:57.39
200 FREE RELAY	2:07.99	2:08.39	1:53.19	1:54.39	1:40.79	1:47.19
400 FREE RELAY	4:46.79	4:47.59	4:08.39	4:08.79	3:38.39	3:51.19
800 FREE RELAY					7:59.59	8:22.79
200 MEDLEY RELAY	2:31.09	2:29.39	2:10.99	2:10.59	4:10.99	4:22.39
400 MEDLEY RELAY	5:35.59	5:35.59	4:46.09	4:48.79	4:10.99	4:22.39

QUALIFICATION PERIOD – JANUARY 1, 2022 UNTIL THE FEBRUARY 20, 2023 ENTRY DEADLINE FOR THIS MEET.

QUALIFYING AND ENTRY TIMES FOR THE 13-14-YEAR-OLD 200 MEDLEY RELAY SHALL BE THE SAME AS FOR THE 13-14-YEAR-OLD 400 MEDLEY RELAY.

QUALIFYING AND ENTRY TIMES FOR THE 13-14-YEAR-OLD 50-YARD BACKSTROKE, 50-YARD BREASTSTROKE, AND 50-YARD BUTTERFLY SHALL BE THE SAME AS THE CORRESPONDING 100-YARD EVENT.

2023 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS

ORDER OF EVENTS

SESSION 1 - THURSDAY MARCH 2, 2023

TIMED FINAL EVENTS - 3:00 PM WARMUP & 4:00 PM MEET START

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

Scratch Deadline - 3:00 pm Thursday all Session 1 events

*Swimmers must supply their own counters for the 500-yard and 1000-yard Freestyle events.

SESSION 2 - FRIDAY MARCH 3, 2023

PRELIMINARY / TIMED FINAL EVENTS - 6:30 AM WARMUP & 8:00 AM MEET START

GIRLS	Event	BOYS
15	13-14 50 BACKSTROKE	16
17	11-12 200 BACKSTROKE	18
19	10 & U 50 BREASTSTROKE	20
21	13-14 100 BREASTSTROKE	22
23	11-12 50 BREASTSTROKE	24
25	10 & U 100 FREESTYLE	26
27	13-14 200 FREESTYLE	28
29	11-12 100 FREESTYLE	30
31	10 & U 50 BUTTERFLY	32
33	13-14 100 BUTTERFLY	34
35	11-12 50 BUTTERFLY	36
37	10 & U 200 IM	38
39	13-14 400 IM*	40
41	11-12 200 IM	42
43	10 & U 400 MEDLEY RELAY**	44
45	13-14 200 FREE RELAY**	46
47	11-12 400 MEDLEY RELAY**	48

Scratch Deadline 5:00 pm THURSDAY for all FRIDAY Preliminary events

*Events 39 & 40 - Top 16 seeded swimmers, after scratches, will swim in the Finals Session 3.

**Top 8 seeded Relays, after scratches, will swim in the Finals Session 3, unless otherwise declared to the Administrative Referee.

SESSION 3 - FRIDAY MARCH 3, 2023

FINALS / TIMED FINALS EVENTS - 4:30 PM WARMUP & 5:30 PM MEET START

GIRLS	Event	BOYS
15	13-14 50 BACKSTROKE	16
17	11-12 200 BACKSTROKE	18
19	10 & U 50 BREASTSTROKE	20
21	13-14 100 BREASTSTROKE	22
23	11-12 50 BREASTSTROKE	24
25	10 & U 100 FREESTYLE	26
27	13-14 200 FREESTYLE	28
29	11-12 100 FREESTYLE	30
31	10 & U 50 BUTTERFLY	32
33	13-14 100 BUTTERFLY	34
35	11-12 50 BUTTERFLY	36
37	10 & U 200 IM	38
39	13-14 400 IM*	40
41	11-12 200 IM	42
43	10 & U 400 MEDLEY RELAY**	44
45	13-14 200 FREE RELAY**	46
47	11-12 400 MEDLEY RELAY**	48

*Top 16 seeded Relays, after scratches, will swim in the Finals Session 3, unless otherwise declared to the Administrative Referee.

2023 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS

ORDER OF EVENTS

SESSION 4 - SATURDAY MARCH 4, 2023

PRELIMINARY / TIMED FINAL EVENTS - 6:30 AM WARMUP & 8:00 AM MEET START

GIRLS	Event	BOYS
49	13-14 200 IM	50
51	11-12 200 BUTTERFLY	52
53	10 & U 100 IM	54
55	13-14 50 FREESTYLE	56
57	11-12 100 IM	58
59	10 & U 100 BREASTSTROKE	60
61	13-14 200 BREASTSTROKE	62
63	11-12 100 BREASTSTROKE	64
65	10 & U 50 BACKSTROKE	66
67	13-14 100 BACKSTROKE	68
69	11-12 50 BACKSTROKE	70
71	10 & U 200 FREESTYLE	72
73	13-14 50 BUTTERFLY	74
75	11-12 200 FREESTYLE	76
77	13-14 500 FREESTYLE*	78
79	10 & U 200 FREESTYLE RELAY**	80
81	11-12 200 FREESTYLE RELAY**	82
83	13-14 400 MEDLEY RELAY**	84

Scratch Deadline 6:00 pm FRIDAY for all SATURDAY Preliminary events

*Events 77 & 78 - Top 16 seeded swimmers, after scratches, will swim in the Finals Session 5. Swimmers must supply their own counters for the 500-yard Freestyle.

*Top 8 seeded Relays, after scratches, will swim in the Finals Session 5, unless otherwise declared to the Administrative Referee.

SESSION 5 - SATURDAY MARCH 4, 2023

FINALS / TIMED FINALS EVENTS - 4:00 PM WARMUP & 5:30 PM MEET START

5:00 PM MSDI AWARDS CEREMONY

GIRLS	Event	BOYS
49	13-14 200 IM	50
51	11-12 200 BUTTERFLY	52
53	10 & U 100 IM	54
55	13-14 50 FREESTYLE	56
57	11-12 100 IM	58
59	10 & U 100 BREASTSTROKE	60
61	13-14 200 BREASTSTROKE	62
63	11-12 100 BREASTSTROKE	64
65	10 & U 50 BACKSTROKE	66
67	13-14 100 BACKSTROKE	68
69	11-12 50 BACKSTROKE	70
71	10 & U 200 FREESTYLE	72
73	13-14 50 BUTTERFLY	74
75	11-12 200 FREESTYLE	76
77	13-14 500 FREESTYLE*	78
79	10 & U 200 FREESTYLE RELAY**	80
81	11-12 200 FREESTYLE RELAY**	82
83	13-14 400 MEDLEY RELAY**	84

*Top 8 seeded Relays, after scratches, will swim in the Finals Session 5, unless otherwise declared to the Administrative Referee. Swimmers must supply their own counters for the 500-yard Freestyle (events 77 & 78)

2023 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS

ORDER OF EVENTS

SESSION 6 - SUNDAY MARCH 5, 2023

PRELIMINARY / TIMED FINAL EVENTS - 6:30 AM WARMUP & 8:00 AM MEET START

GIRLS	Event	BOYS
85	13-14 200 BACKSTROKE	86
87	11-12 200 BREASTSTROKE	88
89	10 & U 100 BACKSTROKE	90
91	13-14 100 FREESTYLE	92
93	11-12 100 BACKSTROKE	94
95	10 & U 50 FREESTYLE	96
97	13-14 200 BUTTERFLY	98
99	11-12 50 FREESTYLE	100
101	10 & U 100 BUTTERFLY	102
103	13-14 50 BREASTSTROKE	104
105	11-12 100 BUTTERFLY	106
107	13-14 1650 FREESTYLE*	108
109	11-12 400 IM**	110
111	10 & U 400 FREE RELAY***	112
113	13-14 400 FREE RELAY***	114
115	11-12 400 FREE RELAY***	116

Scratch Deadline 6:00 pm SATURDAY for all SUNDAY Preliminary events

*Top 8 seeded 1650-yard Freestyle swimmers in each event, after scratches, will swim in the Finals Session 7. The remaining swimmers will swim in the Preliminary session, fastest to slowest, alternating GIRLS/BOYS.

*Top 16 seeded 400-yard Individual Medley swimmers, after scratches, will swim in the Finals Session 7. Remaining swimmers will swim after the first two heats of the 1650-yard Freestyle (Events 109 & 110). If there is only one combined heat of GIRLS/BOYS 1650-yard Freestyle swum in the Preliminary session, the Meet Referee shall add a break as necessary for recovery time.

***Top 8 seeded Relays, after scratches, will swim in the Finals Session 7, unless otherwise declared to the Administrative Referee. Swimmers must supply their own timers and counters for the 13-14 1650-yard Freestyle, 11-12 400 Individual Medley, and all relay events swum in the Preliminary session.

SESSION 7 - SUNDAY MARCH 5, 2023

FINALS / TIMED FINALS EVENTS - 3:30 PM WARMUP & 4:30 PM MEET START

GIRLS	Event	BOYS
85	13-14 200 BACKSTROKE	86
87	11-12 200 BREASTSTROKE	88
89	10 & U 100 BACKSTROKE	90
91	13-14 100 FREESTYLE	92
93	11-12 100 BACKSTROKE	94
95	10 & U 50 FREESTYLE	96
97	13-14 200 BUTTERFLY	98
99	11-12 50 FREESTYLE	100
101	10 & U 100 BUTTERFLY	102
103	13-14 50 BREASTSTROKE	104
105	11-12 100 BUTTERFLY	106
107	13-14 1650 FREESTYLE*	108
109	11-12 400 IM**	110
111	10 & U 400 FREE RELAY***	112
113	13-14 400 FREE RELAY***	114
115	11-12 400 FREE RELAY***	116

*Top 8 seeded 1650-yard Freestyle swimmers in each event, after scratches, will swim in the Finals Session 7. Swimmers must supply their counters for the 1650-yard Freestyle.

*Top 16 seeded 400-yard Individual Medley swimmers, after scratches, will swim in the Finals Session 7.

***Top 8 seeded Relays, after scratches, will swim in the Finals Session 7, unless otherwise declared to the Administrative Referee.

**2023 MARYLAND LSC 14 & U SHORT COURSE CHAMPIONSHIPS
ENTRY SUMMARY & RELEASE FORM
TEAM COMMUNICATION FORM**

Complete and email this form to:
Tom Himes - thimes@nbac.net or coachtom@comcast.net

AND

Carron Dunker - carron@foxswimming.com

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

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Individual Entries - Paper		\$20.00 per event	
Relay Entries		\$20.00 per relay	
Relay Entries - Paper		\$20.00 per relay	
MDSI Surcharge		\$25.00 per athlete	
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. St. Mary's College, Maryland Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held 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.

St. Mary's College, 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 St. Mary's College, USA Swimming, 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

TITLE

DATE