

NORTH BALTIMORE AQUATIC CLUB
2018 NBAC MID SUMMER CLASSIC
@ ST. MARY'S COLLEGE
JULY 5 – 8, 2018

PRE-MEET INFORMATION / REMINDERS

Meet Notice: Please review all information contained in the meet notice. NOTE: **Any information contained in the Pre-Meet Information supersedes the information in the meet notice.**

Meet Schedule:	Thursday July 5, 2018:	Timed Finals	Warmups: 4:00 PM	Meet Starts: 5:00 PM
	Friday July 6, 2018:	Prelims/Timed Finals	Warmups: 6:30 AM	Meet Starts: 8:00 AM
	Friday July 6, 2018:	Prelims/Timed Finals	Warmups: 11:45 AM	Meet Starts: 12:30 PM
	Friday July 6, 2018:	Finals / Timed Finals	Warmups: 4:30 PM	Meet Starts: 5:30 PM
	Saturday July 7, 2018:	Prelims/Timed Finals	Warmups: 6:30 AM	Meet Starts: 8:00 AM
	Saturday July 7, 2018:	Prelims/Timed Finals	Warmups: 12:15 PM	Meet Starts: 1:00 PM
	Saturday July 7, 2018:	Finals / Timed Finals	Warmups: 4:30 PM	Meet Starts: 5:30 PM
	Sunday July 8, 2018:	Prelims/Timed Finals	Warmups: 6:30 AM	Meet Starts: 8:00 AM
	Sunday July 8, 2018:	Prelims/Timed Finals	Warmups: 12:15 PM	Meet Starts: 1:00 PM
	Sunday July 8, 2018:	Finals / Timed Finals	Warmups: 4:00 PM	Meet Starts: 5:00 PM

Coaches Meeting: Friday July 6, 2018 @ 7:30 AM / Each Club should be represented. Location TBD.

Positive Check in:	Thursday: ALL Events	Due at 4:15 PM
	Friday: 13-14 & Open Relays	Due at 7:15 AM
	Friday: 13-14 & Open 400 IM	Due at 7:15 AM
	Friday: 11-12 & 10-U Relays	Due at 11:55 PM
	Friday: 11-12 200 Back	Due at 11:55 PM
	Saturday: 13-14 & Open Relays	Due at 7:15 AM
	Saturday: 13-14 & Open 400 Free	Due at 7:15 AM
	Saturday: 11-12 & 10 – U Relays	Due at 12:25 PM
	Saturday: 11-12 200 Breast	Due at 12:25 PM
	Sunday: 13-14 & Open Relays	Due at 7:15 AM
	Sunday: Open 1500 Free	Due at 7:15 AM
	Sunday: 11-12 & 10-U Relays	Due at 12:25 PM
	Sunday: 11-12 200 Fly	Due at 12:25 PM
	Sunday: 11-12 400 IM	Due at 12:25 PM

Relays: ALL Relays swim in the FINALS sessions. Relay Reminder: ALL relays are mixed relays with 2 Men & 2 Women. They can swim in any order for the Free relays and in any stroke for the Medley Relays.

Thursday July 5, 2018:

Session 1: Thursday Timed Finals (Events: 1-8)

Warmups: 4:00 PM Meet Starts: 5:00 PM Session ends approx. 6:47 PM

Positive Check-In: Thursday: ALL Events Due at 4:15 PM

NOTE: 800 Free will be swum fastest to slowest alternating men & women, with the fastest heat of each event going first in event order then the 2nd fastest heat, etc.

Pending results of the Positive Check-in, 1 swimmers from event #3 will swim the fastest heat of event #1.

NOTE: 400 Free will be swum fastest to slowest alternating men & women, with the fastest heat of each event going first in event order then the 2nd fastest heat, etc.

Pending results of the Positive Check-in, 1 swimmers from event #7 will swim the fastest heat of event #5.

NOTE: Refer to time line for approx.. start times for each heat.

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

Friday July 6, 2018:

Session 2: Friday AM Prelim / Timed Finals (Events: 15-18, 23-26, 31-34, 39-42)
Warmups: 6:30 AM Meet Starts: 8:00 AM Session ends approx. 11:36 AM

Positive Check-In: Friday: 13-14 & Open Relays Due at 7:15 AM
Friday: 13-14 & Open 400 IM Due at 7:15 AM

Events 39-42 (400 IM) are Timed Finals events with the TOP 16 swimmers, in each event after positive check-in, swimming in the finals session.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Session 3: Friday PM Prelim / Timed Finals (Events: 13-14, 19-22, 27-30, 35-38)
Warmups: 11:45 AM Meet Starts: 12:30 PM Session ends approx. 2:40 PM

Positive Check-In: Friday: 11-12 & 10-U Relays Due at 11:55 PM
Friday: 11-12 200 Back Due at 11:55 PM

NOTE: There will be a 10 Minute Break after event 20.

Events 13-14 (200 Back) are Timed Finals events with the TOP 8 swimmers, in each event after positive check-in, swimming in the finals session.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Session 4: Friday Finals (Events 9 – 46)
Warmups: 4:30 PM Meet Starts: 5:30 PM Session ends approx.: 8:06 PM

Top 16 swimmers from prelims & Timed Finals Positive check-in 13-14 & Open events swim in Finals.

Top 8 swimmers from prelims & Timed Finals Positive check-in 11-12 & 10-U events swim in Finals.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Saturday July 7, 2018:

Session 5: Saturday AM Prelim / Timed Finals (Events: 49-52, 57-60, 65-68, 73-76, 81-84)
Warmups: 6:30 AM Meet Starts: 8:00 AM Session ends approx. 12:17 AM

Positive Check-In: Saturday: 13-14 & Open Relays Due at 7:15 AM
Saturday: 13-14 & Open 400 Free Due at 7:15 AM

Events 83-88 (400 Free) are Timed Finals events with the TOP 16 swimmers, in each event after positive check-in, swimming in the finals session.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Session 6: Saturday PM Prelim / Timed Finals (Events: 47-48, 53-56, 61-64, 69-72, 77-80)
Warmups: 12:15 PM Meet Starts: 1:00 PM Session ends approx. 3:24 PM

Positive Check-In: Saturday: 11-12 & 10 – U Relays Due at 12:25 PM
Saturday: 11-12 200 Breast Due at 12:25 PM

NOTE: There will be a 5 minute break after event #64.

NOTE: There will be a 5 minute break after event 72.

Events 47-48 (200 Breast) are Timed Finals events with the TOP 8 swimmers, in each event after positive check-in, swimming in the finals session.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Session 7: Saturday Finals (Events 47-88)
Warmups: 4:30 PM Meet Starts: 5:30 PM Session ends approx.: 8:33 PM

Top 16 swimmers from prelims & Timed Finals Positive check-in 13-14 & Open events swim in Finals.

Top 8 swimmers from prelims & Timed Finals Positive check-in 11-12 & 10-U events swim in Finals.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Sunday July 8, 2018:

Session 8: Sunday AM Prelim / Timed Finals (Events: 97-100, 105-108, 113-116, 91-92)
Warmups: 6:30 AM Meet Starts: 8:00 AM Session ends approx. 12:13 PM

Positive Check-In: Sunday: 13-14 & Open Relays Due at 7:15 AM
Sunday: Open 1500 Free Due at 7:15 AM

NOTE: Swimmers must supply their own timers & counters for the 1500 Free events.

Events 91-92 (1500 Free) are Timed Finals events with the TOP 8 swimmers, in each event after positive check-in, swimming in the finals session.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Session 9: Sunday PM Prelim / Timed Finals (Events: 89-90, 93-96, 101-104, 109-112, 117-118)
Warmups: 12:15 PM Meet Starts: 1:00 PM Session ends approx. 2:48 PM

Positive Check-In: Sunday: 11-12 & 10-U Relays Due at 12:25 PM
Sunday: 11-12 200 Fly Due at 12:25 PM
Sunday: 11-12 400 IM Due at 12:25 PM

Events 89 - 90 (200 Fly) are Timed Finals events. ALL 200 Fly swimmers will swim in the Finals Session.

Events 117-118 (400 IM) are Timed Finals events. ALL 400 IM swimmers will swim in the Finals Session.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

Session 10: Sunday Finals (Events 89-122)
Warmups: 4:00 PM Meet Starts: 5:00 PM Session ends approx.: 7:43 PM

Top 16 swimmers from prelims & Timed Finals Positive check-in 13-14 & Open events swim in Finals.

Top 8 swimmers from prelims & Timed Finals Positive check-in 11-12 & 10-U events swim in Finals.

All Relays will be swum in the Finals Session. Relays are mixed 2 Men and 2 Women.

If you have any officials who would like to officiate at the meet and they have not contacted Dalila Shkolnik , please have them contact Dalila at the email below. Thank You!

NBAC thanks all of you for entering the 2018 NBAC LC Championships and we look forward to a great meet with lots of fast times!

Should you have any questions please direct them to anyone of the following:

Tom Himes, Meet Director: thimes@nbac.net / coachtom@comcast.net

Dalila Shkolnik, Officials Contact: deshkolnik@gmail.com