

NORTH BALTIMORE AQUATIC CLUB

PROUDLY PRESENTS: THE 2009 LONG COURSE CHAMPIONSHIPS

June 5-9, 2009

Sanctioned by the Maryland Swim Committee
USA/MD# MD09-0021

FACILITIES: Meadowbrook Aquatic Center 5700 Cottonworth Ave Baltimore, MD 21209. Two 50 meter pools: One indoor and one outdoor.

OUTDOOR: 50 meter pool, twelve 8 foot wide lanes, average depth of water is 6-7 feet with non turbulent lane lines. Ten lanes will be used for competition. A continuous warm up/down area at the end of the pool (two lanes, 33 meters long) is available for the entire meet.

INDOOR: 50meter pool, six 7.5 foot wide lanes, average depth of water is 6-7 feet with non turbulent lane lines. Pool is located next to the outdoor pool.

*All women's prelim events will be swum in the ten lane outdoor pool. All men's prelim events will be swum in the six lane indoor pool. All final events will be swum in the ten lane outdoor pool.

MEET DIRECTOR:	Raymond Brown raymondmbrown@comcast.net	MEET REFEREE:	John Dunnigan
MEET ENTRY DIRECTOR:	Tom Yetter 5700 Cottonworth Ave Baltimore, MD 21209 410-433-8300 thomasyetter@hotmail.com	OFFICIALS' CONTACT:	John Dunnigan jadtd@comcast.net
		SAFETY DIRECTOR:	Anna Summerfield

ELIGIBILITY:

Open to all USA registered swimmers who meet the qualifying time standards ("A" times long course meters/short course meters/short course yards, except "BB-A" modified times for 10&Unders. The Open age group uses 15-16 time standards.) The list of time standards for 11-12, 13-14, and Open (15-16) can be found at www.usaswimming.org. The modified "BB-A" times for 10&Unders are listed below. Any swimmer who meets two of the qualifying times may swim any additional events up to the entry limit of the meet. Non qualifying swims will be listed as "Bonus" swims. Swimmers' age as of June 5, 2009 shall apply for the entire meet. The North Baltimore Aquatic Club along with the Meadowbrook Aquatic Center reserves the right to limit the number of athletes in the meet to 800 swimmers. Deck entries will not be accepted. On-deck registrations are not permitted.

MEET INFORMATION:

Swimmers may enter three events per day excluding relays. No Conversions will be allowed. US resident entries without USA numbers will not be accepted. USA Swimming athletes seed times must be in USA Swimming SWIMS database. Failure of any swimmer to comply with the three events per day rule will result in the swimmer being scratched from all events after the third entered event of that session at the discretion of the meet director.

Age groups will swim prelims and finals with the exception of the events listed below. Open age groups will have consolation and championship finals heats with the exception of the events listed below.

The 400 Free and the 400 IM will be timed finals using the following rules: The fastest heat of the 13-14 Men and Women and the fastest two heats of the Open Men and Women will swim at finals. All other heats of the 13-14 and Open will swim at prelims in event order. The 12&U 400 Free will be a timed finals event using the following rules: The fastest heat of Men and Women will swim as the second event (after the medley relays and 1500 Free) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday. See the schedule of events for clarification.

The 800 Free on Friday evening will be a timed finals event with all heats swimming in the Friday evening session. This will be swum in event order.

The 1500 Free will be a timed finals event using the following rules: The fastest heat of men and women will swim as the first event (after the medley relays) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday.

All swimmers entered in the 400 IM, 400, 800, and 1500 Freestyle must provide their own timers and counters.

The 12 & Under 200 Backstroke, 200 Breaststroke, and 200 Butterfly will be timed finals with all swimmers swimming in the prelim sessions.

All relays will be timed finals. Relays will be limited to the top twenty seeded relay teams. All relays will swim in the finals sessions.

POSTIVE CHECK IN EVENTS:

Positive check-in will be conducted for the 400 IM, and for the 400, 800 and 1500 Freestyles. Below are the deadlines for check-in.

Friday:	800 Freestyle	Due at 5:15 PM
Saturday:	13-14 and Open 400 IM	Due at 8:30 AM
Sunday:	13-14 and Open 400 Free	Due at 8:30 AM
Monday:	Open 1500 Free and 12&U 400 Free	Due at 8:30 AM

Relays: All relays must be checked in by 10:00 AM on the day of the relay. All teams must fill out a relay card which will have the swimmers names as well as the order of the swimmers.

SEEDING:

All prelim/final events will be circle seeded. All events will be seeded with qualifying LCM times first, qualifying SCM times second, and qualifying SCY times third. Those will be followed by bonus LCM, SCM, and SCY times.

ENTRIES:

**All entries must be received no later than Thursday May 21st at 5:00 PM. MD LSC teams get priority placement. Submit early to avoid being closed out. Entries will be limited at the discretion of the meet director. The meet director has the right to limit entries if the meet becomes over-subscribed according to MD Swimming Rules and Regulations. No phone entries will be accepted. Swimmers entering a meet must be registered with MSI by the meet entry deadline date. Per Maryland Swimming rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete.

*NBAC will accept entries via disk (Hy-Tek file) along with a hard copy print out of the entries (Hy-Tek by name, please check the proof of time option). Entries will not be considered "received" until the entry check is received.

*NBAC will also accept entries via email (Hy-Tek file) along with a file containing the hard copy of the entries (Hy-Tek by name – Microsoft Word or PDF document, please check the proof of time option). The host team will send a confirmation email within 24 hours of receipt. If you do not hear back from NBAC within 24 hours, then assume that your entries have not been received and call the Meet Entry Director or try to contact the Meet Director. Entries will not be considered received/complete until the entry check is received.

*For any team entering 10 or fewer athletes into the meet, paper entries are accepted. Please fill out the Computer Entry Form and the Team Summary Report (both are at the end of the meet notice) and mail them along with the entry fee check (including the \$4.00 per swimmer paper entry surcharge).

*All checks for entry fees should be made payable to the North Baltimore Aquatic Club and sent along with the entries, signature waived, to:
Tom Yetter 5700 Cottonworth Ave. Baltimore, MD 21209

MEET SCHEDULE:

FRIDAY: TIMED FINALS:	WARMUP: 5:00PM	START: 5:45PM
SAT/SUN/MON PRELIMS:	WARMUP: 6:30AM	START: 8:00AM
SAT/SUN/MON FINALS:	WARMUP: 5:00PM	START: 5:45PM

ENTRY FEES: \$5.50 per individual event, \$16.00 per relay. Make all checks payable to NBAC. The meet director reserves the right to limit entries to ensure that prelim sessions end by 1:00 PM

The following seeding rules will be used to seed the applicable events if needed to limit session length:

- The 1500 free events will be limited to the fastest 3 heats (30 swimmers in the girls pool and 22 swimmers in the boys pool) in each event.
- The 800 free events will be limited to the fastest 3 heats (30 swimmers in each event)
- The Open 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 44 swimmers in the boys pool) in each event. The 13-14 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 40 swimmers in the boys pool) in each event. The 12&U 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 40 swimmers in the boys pool) in each event.
- All events 200 meters or less will be limited to the fastest 8 heats (80 swimmers in the girls pool and 48 swimmers in the boys pool) for the 13 & over events and the fastest 6 heats (60 swimmers in the girls pool and 36 swimmers in the boys pool) for the 12 & under events.

Meet entry fees will be refunded to any swimmer who does not swim due to the above limitations.

TIMING: All events will be timed by a Colorado electronic timing system with a two-button backup as well as hand watches.

AWARDS: 10 & Under, 11-12, and 13-14 age groups will receive medals 1st through 10th place. Awards that are not picked up will not be mailed.

RESULTS: Final meet results will be posted on the Maryland Swimming webpage www.mdswim.org and the prelims and finals meet results will be posted on the NBAC webpage www.nbac.net as soon as available.

PROGRAMS/CONCESSIONS/SWIM APPAREL: Programs, concessions, and a full range of swimming apparel and accessories will be available for sale at the meet.

RULES: Applicable 2009 USA Swimming rules shall govern this competition. Maryland Swimming rules shall also apply. USA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. No one will be permitted on the pool deck unless they are registered with USA Swimming as an athlete, or as a non-athlete working the meet. The only exceptions will be for the timers and administrative staff assisting with the conduct of the meet.

OFFICIALS: All USA certified officials are invited to work at this meet and should contact John Dunnigan at jadtbdb@comcast.net for scheduling purposes. USA credentials must be displayed at all times. There are plans for this to be an N2 meet.

SESSION 1 (TIMED FINALS) FRIDAY
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

1	Men 13-14 800 Freestyle	3	Men Open 800 Freestyle
2	Women 13-14 800 Freestyle	4	Women Open 800 Freestyle

SESSION 2 (PRELIMS) SATURDAY
WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

5	Men 12 & Under 200 Backstroke	19	Men Open 200 Freestyle	29	Men 13-14 100 Butterfly
6	Women 12 & Under 200 Backstroke	20	Women Open 200 Freestyle	30	Women 13-14 100 Butterfly
11	Men Open 100 Breaststroke	21	Men 13-14 200 Freestyle	31	Men 11-12 100 Butterfly
12	Women Open 100 Breaststroke	22	Women 13-14 200 Freestyle	32	Women 11-12 100 Butterfly
13	Men 13-14 100 Breaststroke	23	Men 11-12 200 Freestyle	33	Men 10 & Under 100 Butterfly
14	Women 13-14 100 Breaststroke	24	Women 11-12 200 Freestyle	34	Women 10 & Under 100 Butterfly
15	Men 11-12 50 Breaststroke	25	Men 10 & Under 200 Freestyle	35	Men Open 400 IM
16	Women 11-12 50 Breaststroke	26	Women 10 & Under 200 Freestyle	36	Women Open 400 IM
17	Men 10 & Under 50 Breaststroke	27	Men Open 100 Butterfly	37	Men 13-14 400 IM
18	Women 10 & Under 50 Breaststroke	28	Women Open 100 Butterfly	38	Women 13-14 400 IM

SESSION 3 (FINALS) SATURDAY
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

7	Men Open 200 Freestyle Relay	19	Men Open 200 Freestyle	31	Men 11-12 100 Butterfly
8	Women Open 200 Freestyle Relay	20	Women Open 200 Freestyle	32	Women 11-12 100 Butterfly
9	Men 12 & U 200 Freestyle Relay	21	Men 13-14 200 Freestyle	33	Men 10 & Under 100 Butterfly
10	Women 12 & U 200 Freestyle Relay	22	Women 13-14 200 Freestyle	34	Women 10 & Under 100 Butterfly
11	Men Open 100 Breaststroke	23	Men 11-12 200 Freestyle	35	Men Open 400 IM
12	Women Open 100 Breaststroke	24	Women 11-12 200 Freestyle	36	Women Open 400 IM
13	Men 13-14 100 Breaststroke	25	Men 10 & Under 200 Freestyle	37	Men 13-14 400 IM
14	Women 13-14 100 Breaststroke	26	Women 10 & Under 200 Freestyle	38	Women 13-14 400 IM
15	Men 11-12 50 Breaststroke	27	Men Open 100 Butterfly	39	Men 12 & Under 200 Medley Relay
16	Women 11-12 50 Breaststroke	28	Women Open 100 Butterfly	40	Women 12 & Under 200 Medley Relay
17	Men 10 & Under 50 Breaststroke	29	Men 13-14 100 Butterfly	41	Men Open 200 Medley Relay
18	Women 10 & Under 50 Breaststroke	30	Women 13-14 100 Butterfly	42	Women Open 200 Medley Relay

SESSION 4 (PRELIMS) SUNDAY
WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

43	Men 12 & Under 200 Breaststroke	56	Women 13-14 50 Freestyle	69	Men Open 100 Backstroke
44	Women 12 & Under 200 Breaststroke	57	Men 11-12 50 Freestyle	70	Women Open 100 Backstroke
45	Men Open 200 IM	58	Women 11-12 50 Freestyle	71	Men 13-14 100 Backstroke
46	Women Open 200 IM	59	Men 10 & Under 50 Freestyle	72	Women 13-14 100 Backstroke
47	Men 13-14 200 IM	60	Women 10 & Under 50 Freestyle	73	Men 11-12 100 Backstroke
48	Women 13-14 200 IM	61	Men Open 200 Butterfly	74	Women 11-12 100 Backstroke
49	Men 11-12 200 IM	62	Women Open 200 Butterfly	75	Men 10 & Under 100 Backstroke
50	Women 11-12 200 IM	63	Men 13-14 200 Butterfly	76	Women 10 & Under 100 Backstroke
51	Men 10 & Under 200 IM	64	Women 13-14 200 Butterfly	77	Men Open 400 Freestyle
52	Women 10 & Under 200 IM	65	Men 11-12 50 Butterfly	78	Women Open 400 Freestyle
53	Men Open 50 Freestyle	66	Women 11-12 50 Butterfly	79	Men 13-14 400 Freestyle
54	Women Open 50 Freestyle	67	Men 10 & Under 50 Butterfly	80	Women 13-14 400 Freestyle
55	Men 13-14 50 Freestyle	68	Women 10 & Under 50 Butterfly		

SESSION 5 (FINALS) SUNDAY
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

45	Men Open 200 IM	59	Men 10 & Under 50 Freestyle	73	Men 11-12 100 Backstroke
46	Women Open 200 IM	60	Women 10 & Under 50 Freestyle	74	Women 11-12 100 Backstroke
47	Men 13-14 200 IM	61	Men Open 200 Butterfly	75	Men 10 & Under 100 Backstroke
48	Women 13-14 200 IM	62	Women Open 200 Butterfly	76	Women 10 & Under 100 Backstroke
49	Men 11-12 200 IM	63	Men 13-14 200 Butterfly	77	Men Open 400 Freestyle
50	Women 11-12 200 IM	64	Women 13-14 200 Butterfly	78	Women Open 400 Freestyle
51	Men 10 & Under 200 IM	65	Men 11-12 50 Butterfly	79	Men 13-14 400 Freestyle
52	Women 10 & Under 200 IM	66	Women 11-12 50 Butterfly	80	Women 13-14 400 Freestyle
53	Men Open 50 Freestyle	67	Men 10 & Under 50 Butterfly	81	Men 12 & Under 400 Medley Relay
54	Women Open 50 Freestyle	68	Women 10 & Under 50 Butterfly	82	Women 12 & Under 400 Medley Relay
55	Men 13-14 50 Freestyle	69	Men Open 100 Backstroke	83	Men Open 400 Medley Relay
56	Women 13-14 50 Freestyle	70	Women Open 100 Backstroke	84	Women Open 400 Medley Relay
57	Men 11-12 50 Freestyle	71	Men 13-14 100 Backstroke		
58	Women 11-12 50 Freestyle	72	Women 13-14 100 Backstroke		

SESSION 6 (PRELIMS) MONDAY

WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

85	Men 12 & Under 200 Butterfly	100	Women Open 100 Freestyle	111	Men 11-12 50 Backstroke
86	Women 12 & Under 200 Butterfly	101	Men 13-14 100 Freestyle	112	Women 11-12 50 Backstroke
91	Men Open 200 Breaststroke	102	Women 13-14 100 Freestyle	113	Men 10 & Under 50 Backstroke
92	Women Open 200 Breaststroke	103	Men 11-12 100 Freestyle	114	Women 10 & Under 50 Backstroke
93	Men 13-14 200 Breaststroke	104	Women 11-12 100 Freestyle	87	Men Open 1500 Freestyle
94	Women 13-14 200 Breaststroke	105	Men 10 & Under 100 Freestyle	88	Women Open 1500 Freestyle
95	Men 11-12 100 Breaststroke	106	Women 10 & Under 100 Freestyle	89	Men 12 & Under 400 Freestyle
96	Women 11-12 100 Breaststroke	107	Men Open 200 Backstroke	90	Women 12 & Under 400 Freestyle
97	Men 10 & Under 100 Breaststroke	108	Women Open 200 Backstroke		
98	Women 10 & Under 100 Breaststroke	109	Men 13-14 200 Backstroke		
99	Men Open 100 Freestyle	110	Women 13-14 200 Backstroke		

*1500 Free - The fastest heat of men and women will swim as the first event (after the medley relays) at finals on Monday evening.
The remaining heats will swim at the end of prelims on Monday.

*12 & Under 400 Free – The fastest heat of men and women will swim as the second individual event (after the medley relays)
at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday.

SESSION 7 (FINALS) MONDAY

WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

87	Men Open 1500 Freestyle	98	Women 10 & Under 100 Breaststroke	109	Men 13-14 200 Backstroke
88	Women Open 1500 Freestyle	99	Men Open 100 Freestyle	110	Women 13-14 200 Backstroke
89	Men 12 & Under 400 Freestyle	100	Women Open 100 Freestyle	111	Men 11-12 50 Backstroke
90	Women 12 & Under 400 Freestyle	101	Men 13-14 100 Freestyle	112	Women 11-12 50 Backstroke
91	Men Open 200 Breaststroke	102	Women 13-14 100 Freestyle	113	Men 10 & Under 50 Backstroke
92	Women Open 200 Breaststroke	103	Men 11-12 100 Freestyle	114	Women 10 & Under 50 Backstroke
93	Men 13-14 200 Breaststroke	104	Women 11-12 100 Freestyle	115	Men Open 400 Freestyle Relay
94	Women 13-14 200 Breaststroke	105	Men 10 & Under 100 Freestyle	116	Women Open 400 Freestyle Relay
95	Men 11-12 100 Breaststroke	106	Women 10 & Under 100 Freestyle	117	Men 12 & Under 400 Freestyle Relay
96	Women 11-12 100 Breaststroke	107	Men Open 200 Backstroke	118	Women 12 & Under 400 Free Relay
97	Men 10 & Under 100 Breaststroke	108	Women Open 200 Backstroke		