

**Columbia Aquatics Association
Spring Fling Novice Long Course Meet**

**Saturday and Sunday - May 8 & 9 2010
Sanction # MD10-0021**

Location	Fairland Aquatics Center - 13820 Old Gunpowder Road Laurel, MD 20707 301-362-6060		
Facilities	<p>Indoor eight-lane 50 meter pool with non-turbulent lane lines. The meet is run using the Colorado timing system, scoreboard, and electronic start. The competition course has not been certified in accordance with the USA Swimming Rules and Regulations Article 104.2.2(C). The water depth is 13 feet at the start end of the pool and 5 feet at the turn end of the pool. PLEASE NOTE – there will NOT be a clerk or course for this meet.</p>		
Schedule	Saturday AM	Session 1 - 9-12 year olds	7:30AM Warm Ups & 8:30AM Start
	Saturday PM	Session 2 - 13 & Older	12:30PM Warm Ups & 1:30PM Start
	Sunday PM	Session 3 - 9-12 year olds	7:30AM Warm Ups & 8:30AM Start
	Sunday PM	Session 4 - 13 & Older	12:30PM Warm Ups & 1:30PM Start
	The Warm Up Schedule will be posted in the pool area. THE MEET DIRECTOR RESERVES THE RIGHT TO ALTER THE SESSION START TIMES AS NECESSARY. PLEASE CHECK THE MARYLAND SWIMMING WEBSITE FOR UPDATES.		
Meet Director	Susan McDonald – teamadmin@clipperswim.org		
Meet Entry Coordinator	Bill Arbaugh – caameet@fivedirections.com 4264 Hermitage Drive Ellicott City, MD 21042		
Safety Director	Mary Nakagama		
Meet Referee	Don Smith		
Eligibility	<p>Open to all USA Swimming registered swimmers with 2009-2012 long course meter or short course yard “BB” times AND slower. Age is determined as of May 8, 2010. Clubs that enter swimmer(s) not registered with USA Swimming will be fined \$ 100.00 per swimmer and the swimmer(s) will not be allowed to compete in accordance to Maryland Swimming rules.</p>		
Entries	<p>Entries must be submitted with 2009-2012 long course meter or short course yard “BB” times AND slower - heats will be seeded in the following order: long course meter times, short course yard times, NT (no times). Converted Times are NOT allowed. No Time Entries are permitted. 8 & Unders will NOT be allowed to swim in the OPEN Age Group. Swimmers are limited to THREE events per session. Deck Entries will NOT be accepted for any reason. Events in the afternoon sessions will be swum combined but awards will be presented by age group. The Meet Director & Entry Coordinator reserve the right to limit entries to complete the meet within appropriate time standards set by MD swimming. Coaches will be informed if their entries need to be limited due to number of attendees.</p>		
Entry Fees	<p>Fees: \$5.50 per individual event MAKE CHECKS PAYABLE TO CAA. Entries are NOT considered FINAL until payment has been received by the Meet Entry Coordinator.</p>		

Entry Deadline	<p>All entries must be received by 6:00 PM on Monday, April 26, 2010. Maryland LSC Teams will have first priority.</p> <p>All entries must be submitted by the deadline using the appropriate Hy-tek file by email to the Meet Entry Coordinator. A Word Document file of the Meet Entries and Meet Entry Fees must be included with the Hy-tek file.</p> <p>The Meet Entry Coordinator will acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Entry Coordinator by other than e-mail to confirm receipt.</p> <p>Teams with less than 10 swimmers or Unattached Swimmers not affiliated with a USA Swimming Club, can submit entries on computer entry forms.</p> <p>Mail entries and payment with <u>required signature waived</u> to the MEET ENTRY COORDINATOR</p>
Rules	<p>Applicable USA Swimming and Maryland Swimming rules shall govern this competition. USA SWIMMING/MD SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>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 exception will be for timers and administrative staff assisting with the meet.</p> <p>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.</p>
Awards	<p>Ribbons will be awarded 1-8 for each event. Heat winner and participation ribbons will also be awarded.</p>
Officials	<p>All certified officials interest in working at the meet please contact Don Smith at 410-799-1165 or email to: Don.A.Smith@excite.com or to: mdswimdonsmith@comcast.net.</p>
Results	<p>Meet results will be posted online @ www.mds swim.org within 24 hours of the meet completion. A copy of results will be sent to any team requesting it within 72 business hours after the meet completion. Hard copies are available on request and will be mailed to those teams who submitted entries on paper.</p>
Programs	<p>Programs will be available for sale at a nominal cost for all sessions.</p>
Concessions	<p>Food and a full line of swimming apparel will be available during the meet.</p>
Directions	<p>From I-95 (North of Capital Beltway), exit Route 212 (Powder Mill Road) East. Turn left at first traffic light onto Old Gunpowder Road. Proceed approximately three (3) miles. Pool is on Left.at intersection with Van Dusen Road (on right)</p>

Saturday May 8, 2010
Warm-ups @ 7:30AM & Meet Start @ 8:30AM

Girls			SESSION 1 AM	Boys		Event #
Event #	Slower Than			Slower Than		
	SCY	LCM		SCY	LCM	
1	1:33.39	1:46.99	9-10 100 BR	1:31.79	1:45.99	2
3	1:22.19	1:33.79	11-12 100 BR	1:20.49	1:32.49	4
5	32.19	36.39	9-10 50 FR	31.59	36.09	6
7	29.49	33.69	11-12 50 FR	28.59	32.59	8
9	1:26.69	1:37.89	9-10 100 Fly	1:25.59	1:36.49	10
11	1:13.19	1:22.89	11-12 100 Fly	1:11.69	1:21.49	12
13	38.09	43.69	9-10 50 BK	38.29	43.89	14
15	33.89	38.99	11-12 50 BK	33.49	38.69	16
17	1:11.89	1:21.89	9-10 100 FR	1:10.79	1:20.59	18
19	1:03.09	1:13.49	11-12 100 FR	1:02.69	1:11.39	20

Saturday May 8, 2010
Warm-ups @ 12:30 PM Meet Start @ 1:30 PM

Girls			SESSION 1 PM	Boys		Event #
Event #	Slower Than			Slower Than		
	SCY	LCM		SCY	LCM	
21	2:30.49	2:51.49	Open 200 IM	2:20.29	2:42.39	22
23	2:27.29	2:47.39	13 -14 200 BK	2:18.19	2:40.69	24
	2:23.89	2:44.29	15 & Over 200 BK	2:12.39	2:31.29	
25	1:02.19	1:10.39	13 -14 100 FR	57.39	1:05.99	26
	1:00.79	1:08.59	15 & Over 100 FR	55.19	1:03.09	
27	2:28.59	2:48.29	13 - 14 200 Fly	2:20.29	2:38.79	28
	2:24.49	2:42.69	15 & Over 200 Fly	2:13.39	2:30.59	
29	1:17.59	1:28.99	13 - 14 100 BR	1:12.09	1:21.29	30
	1:00.79	1:26.69	15 & Over 100 BR	1:08.89	1:19.69	
31	5:52.99	5:16.59	Open 400 FR	5:35.19	5:02.79	32

Notes
Events will be swum combined but awards are presented by age group
Open events use the 13-14 Time Standards
The SCY qualification time for the 400 Free uses the 500 Free SCY Time Standards

Sunday May 9, 2010
Warm-ups @ 7:30AM & Meet Start @ 8:30AM

Girls			SESSION 3 AM	Boys		
Event #	Slower Than			Event	Slower Than	
	SCY	LCM	SCY		LCM	
33	2:36.39	2:58.49	9-10 200 FR	2:31.89	2:52.39	34
35	2:19.89	2:37.69	11-12 200 FR	2:16.19	2:34.89	36
37	37.29	42.09	9-10 50 Fly	36.69	40.99	38
39	32.39	36.29	11-12 50 Fly	32.09	36.19	40
41	1:22.19	1:35.29	9-10 100 BK	1:21.29	1:33.29	42
43	1:14.19	1:23.29	11-12 100 BK	1:12.29	1:23.59	44
45	41.99	48.29	9-10 50 BR	42.19	48.49	46
47	37.79	42.09	11-12 50 BR	37.29	43.09	48

Sunday May 9, 2010
Warm-ups @ 12:30 PM Meet Start @ 1:30 PM

Girls			SESSION 4 PM	Boys		
Event #	Slower Than			Event	Slower Than	
	SCY	LCM	SCY		LCM	
49	2:13.79	2:31.79	13 - 14 200 FR	2:05.29	2:23.29	60
	2:10.39	2:27.19	15 & Over 200 FR	2:00.09	2:17.19	
51	1:07.79	1:16.49	13 - 14 100 Fly	1:02.89	1:11.09	62
	1:06.29	1:14.19	15 & Over 100 Fly	1:00.09	1:07.69	
53	2:46.79	3:11.99	13 - 14 200 BR	2:36.29	3:01.99	64
	2:42.79	3:05.69	15 & Over 200 BR	2:30.09	2:54.29	
55	1:08.49	1:17.79	13 - 14 100 BK	1:04.19	1:14.49	66
	1:06.59	1:16.29	15 & Over 100 BK	1:01.09	1:10.59	
57	28.69	32.49	13 - 14 50 FR	26.29	30.29	68
	27.99	31.79	15 & Over 50 FR	25.29	28.79	
59	5:17.79	6:00.99	Open 400 IM	5:00.49	5:44.49	70

Notes

Events will be swum combined but awards are presented by age group
Open events use the 13-14 Time Standards

TEAM SUMMARY SHEET

Please complete this form and send all entries with fees to:

Bill Arbaugh
4264 Hermitage Drive
Ellicott City, MD 21042
caameet@fivedirections.com

CLUB	
CLUB COACH	
COACH ADDRESS	
COACH PHONE:	
COACH EMAIL	

Total Individual Entries	_____	* \$5.50	\$ _____
Total			\$ _____

Entries Due By 6:00 PM On April 26, 2010

Make checks payable to CAA

Computer Entry Sheet

USA Swimming I.D. _____

Swimmer's Name: _____

Club Code: _____

Gender: _____

Date of Birth: _____

Event	Event Number	Seed Time