

Chesapeake Bay Aquatic Club

Spring Long Course Meet

April 17-18, 2010

St. Mary's College, St. Mary's City, MD

Sanctioned by Maryland Swimming, Inc.
Sanction #MD10-0019

UPDATE 4/2/2010 – All times will be converted to Long Course and then seeded accordingly. The meet will no longer be seeded LSY.

LOCATION:	Athletics and Recreation Center (ARC) Aquatics Center 18952 E. Fisher Rd St. Mary's College of Maryland St. Mary's City, MD 20686 Phone: 240-895-4798		
FACILITY:	St. Mary's College features an Indoor eight-lane 50-meter pool with non-turbulent lane lines and continuous flow through gutters. The meet is run using the Daktronics timing system. Results will be posted continuously throughout the meet. Note: Chairs are not permitted in the stands area. Parking: Please park only in designated parking spaces. Vehicles parked in the grass are subject to towing.		
SCHEDULE:	Saturday Morning	13-14, 15 & Over Girls and Boys	Warm-ups 6:50am, meet starts 8:00am
	Saturday Afternoon	9-10, 11-12 Girls and Boys	Warm-ups 12:30pm, meet starts 1:30pm
	Sunday Morning	13-14, 15 & Over Girls and Boys	Warm-ups 6:50am, meet starts 8:00am
	Sunday Afternoon	9-10, 11-12 Girls and Boys	Warm-ups 12:30pm, meet starts 1:30pm
	Note: The meet director reserves the right to adjust the above warm-up/meet start times based on entries received.		
MEET DIRECTOR:	Tina Flood 21928 Society Hill Rd. Leonardtown, MD 20650 301-997-1057 Email: chflood@msn.com		
MEET ENTRY DIRECTOR:	Linda Davis 41045 Paw Paw Hollow Ln Leonardtown, MD 20650 301-475-2540 Email: davislj@md.metrocast.net		

SAFETY DIRECTOR:	Stan Beall 301-863-7606 Email: beallfs@md.metrocast.net
MEET REFEREE:	Steve Culpepper 40576 Shaker Run Ct. Leonardtown, MD 20650 301-475-6799 Email: cbac@cbacswimming.org
ELIGIBILITY:	<p>This meet is open to all USA Swimming registered swimmers in age groups 9-10, 11-12, 13-14, and 15 & Over.</p> <p>Swimmers must meet the time standards listed for each event.</p> <p>Age is determined as of April 17, 2010.</p> <p>No entrant will be permitted to compete unless that entrant is a member of USA Swimming as provided in Article 302 of the USA Swimming Rules and Regulation. Clubs who enter swimmers who are not registered by October 14th will be fined \$100.00 and the swimmers will not be allowed to compete in accordance to Maryland Swimming rules.</p>
QUALIFYING TIMES:	There are no time standards for this meet. No time entries ARE acceptable. Entry times will all be converted to Long Course times.
RULES:	<p>Applicable USA Swimming rules shall govern this competition. Maryland Swimming rules shall also apply. USA SWIMMING / MD SWIMMING 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 exceptions will be for the timers and administrative staff assisting with the conduct of the meet. Coaches will be required to display their credentials while on deck.</p> <p>Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H.</p> <p>The Meet Director reserves the right to combine or otherwise adjust the order of events.</p> <p>If the meet becomes over subscribed, the Meet Director reserves the right to limit the number of relays to 1 relay per event per team or eliminate the relays.</p>
ENTRY INFORMATION:	<p>An events file exported for Team Manager will be available on the Maryland Swimming website.</p> <p>Swimmers are limited to (4) individual events per session. The meet director reserves the right to limit entries to stay within the applicable time constraints of the meet.</p> <p>Deck seeds will only be accepted prior to forty-five minutes before the scheduled start time and must be paid at the time of the deck seed. Deck seeds will only be added where events have open lanes. No heats will be added.</p> <p>Deck-seeded athletes not entered prior to the meet must show proof of USS registration by showing the swimmer's current registration card.</p>
ENTRY DEADLINE:	<p>All entries must be received by the Meet Entry Director by 5:00 PM on Wednesday, April 7, 2010. Maryland LSC teams whose entries are received by the entry deadline will have first priority.</p> <p>Email entries with the Hy-Tek file attached, will be accepted for this meet if</p>

	<p>received by the April 7th deadline. Meet fees and a printout of the entries must be received by Friday, April 9th.</p> <p>Mail entries with required signature waived (meaning do not require a signature for delivery) to:</p> <p style="padding-left: 40px;">Linda Davis 41045 Paw Paw Hollow Ln Leonardtown, MD 20650 (H) 301-475-2540 E-mail - davislj@md.metrocast.net</p> <p>Note: Entries may be emailed but payment must be made by the start of the meet.</p>
ENTRY FEES:	<p>The fees for this meet will be \$6.00 per individual event and \$10.00 per relay. Deck seeds will be \$7.00 per individual event and \$12.00 per relay. Entry fees must be mailed with the entries and checks should be made payable to the Chesapeake Bay Aquatic Club.</p>
OFFICIALS:	<p>All certified USA officials willing to volunteer their services should contact Steve Culpepper (301) 475-6799 or at cbac@cbacswimming.org.</p>
AWARDS:	<p>Ribbons will be awarded for first through eighth place for individual events and first through third for relays.</p>
RESULTS:	<p>Results will be posted continuously throughout the meet. Additionally, results will be available for downloading from the MD swimming web site at mdswim.org within 48 hours after the conclusion of the meet. Real-time results will be posted at www.cbacswimming.org during the meet.</p>
CONCESSIONS:	<p>Food and a full line of swim apparel and accessories will be available for sale.</p>
PROGRAMS:	<p>Programs will be for sale at the cost of \$ 10.00 each.</p>
DIRECTIONS:	<p>From the Washington Beltway, take Rt. 5 south to Waldorf. Turn left/south on Rt. 235 / Rt. 5 in Waldorf and stay straight on Rt. 235 to Lexington Park. After reaching Lexington Park, you will pass the main gate at the Patuxent River Naval Air Station. Continue past Lexington Park for six (6) miles and make a right onto Mattapany Road. Go approximately 1.8 miles and turn right onto E. Fisher Rd. The Aquatics Center is the large brick building on the right.</p> <p>You may also take Rt. 4 south from the Washington Beltway to Solomon's Island. Cross the bridge and proceed to the intersection of Rt. 4 and Rt. 235. Make a left on Rt. 235 south to Lexington Park and follow the highlighted directions to the pool.</p> <p>From Baltimore take Rt. 301 south to Rt. 4 in Upper Marlboro. Take Rt. 4 south to Solomon's Island and follow the highlighted directions above.</p> <p>From Annapolis take Rt. 2/4 south to the intersection in Sunderland. Turn left/south to Solomon's Island and follow the highlighted directions to the pool.</p> <p>View mapquest map. View campus map. (park in lot Z and follow College Dr to recreation center (between building 28 and parking lot Y)</p>

HOTELS:	<p>Hampton Inn 22211 Three Notch Road Lexington Park, MD 301-863-3200 View hotel information</p> <p>Fairfield Inn</p>	<p>Marriott TownePlace Suites (new) 22520Three Notch Road Lexington Park, MD 301-863-1110 View Hotel Information</p> <p>Sleep Inn</p>
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	<p>22119 Three Notch Road Lexington Park, MD 301-863-0203 View hotel information</p> <p>Country Inns & Suites (New) 44941 Worth Lane California, MD 301-737-5227 View Hotel Information</p> <p>La Quinta Inns & Suites 22769 Three Notch Road California, MD 301-862-4100 View Hotel Information</p> <p>Comfort Inn 255 Lore Rd. Solomons, MD 410-326-6303 View hotel information</p>	<p>23428 Three Notch Rd. California, MD, 301-737-0000 View Hotel Information</p> <p>Patuxent Inn 22769 Three Notch Road California, MD 301-862-4100 View Hotel Information</p> <p>Hilton Garden Inn 13100 Dowell Rd. Dowell, MD 20629 410-326-0303 View Hotel Information</p> <p>Holiday Inn 155 Holiday Drive Solomons, MD 410-326-6311 View hotel information</p>
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ORDER OF EVENTS

SESSION ONE: SATURDAY MORNING		
EVENT # Girls	EVENT	EVENT # Boys
1	13-14 200 Free Relay	2
3	15 & Over 200 Free Relay	4
5	13-14 200 Fly	6
7	15 & Over 200 Fly	8
9	13-14 200 Breast	10
11	15 & Over 200 Breast	12
13	13-14 100 Free	14
15	15 & Over 100 Free	16
17	13-14 100 Back	18
19	15 & Over 100 Back	20
21	13-14 200 IM	22
23	15 & Over 200 IM	24
25	13-14 400 Free	26
27	15 & Over 400 Free	28
29	13-14 200 Medley Relay	30
31	15 & Over 200 Medley Relay	32
SESSION TWO: SATURDAY AFTERNOON		
EVENT # Girls	EVENT	EVENT# Boys
33	9-10 200 IM	34
35	11-12 200 IM	36
37	9-10 50 Back	38
39	11-12 50 Back	40
41	9-10 100 Breast	42
43	11-12 100 Breast	44
45	9-10 50 Free	46
47	11-12 50 Free	48
49	9-10 100 Fly	50
51	11-12 100 Fly	52
53	9-10 200 Medley Relay	54
55	11-12 200 Medley Relay	56

ORDER OF EVENTS

SESSION THREE: SUNDAY MORNING		
EVENT #Girls	EVENT	EVENT # Boys
57	13-14 400 IM	58
59	15 & Over 400 IM	60
61	13-14 100 Fly	62
63	15 & Over 100 Fly	64
65	13-14 100 Breast	66
67	15 & Over 100 Breast	68
69	13-14 200 Free	70
71	15 & Over 200 Free	72
73	13-14 200 Back	74
75	15 & Over 200 Back	76
77	13-14 400 Free Relay	78
79	15 & Over 400 Free Relay	80
SESSION FOUR: SUNDAY AFTERNOON		
EVENT #Girls	EVENT	EVENT # Boys
81	11-12 200 Breast	82
83	9-10 200 Free	84
85	11-12 200 Free	86
87	9-10 50 Fly	88
89	11-12 50 Fly	90
91	9-10 100 Back	92
93	11-12 100 Back	94
95	9-10 50 Breast	96
97	11-12 50 Breast	98
99	9-10 100 Free	100
101	11-12 100 Free	102
103	9-10 200 Free Relay	104
105	11-12 200 Free Relay	106

**Chesapeake Bay Aquatic Club Spring Long Course Meet
APRIL 17-18, 2010**

Team Summary Sheet

Mail, postal express, or federal express this form with your entries and fees with
SIGNATURE WAIVED (signature not required) to:

**Linda Davis
41045 Paw Paw Hollow Ln
Leonardtwn, MD 20650**

(H) 301-475-2540

E-mail - davislj@md.metrocast.net

Make checks payable to "**Chesapeake Bay Aquatic Club**"

Club Name: _____

Club Code: _____

Coach: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Total Individual Entries: _____ x \$6.00 = _____ (paper entries \$7.00)

Total Relay Entries: _____ x \$10.00 = _____ (paper entries \$12.00)

Grand Total: _____

Entries must be received by Wednesday, April 7, 2010 @ 5:00 PM.