

Chesapeake Bay Aquatic Club  
Winter Wake-Up Age Group Meet

January 29-31, 2010

Sanctioned by Maryland Swimming, Inc.  
Sanction # MD10-0005

**Afternoon Sessions Start Time Change: Warm-ups 12:00pm; Meet starts 1:00pm  
Saturday Evening 500 Free Session to start 10 minutes after end of afternoon session**

[Event List](#)

[Team Summary](#)

[Hytek Events](#)

<b>LOCATION:</b>	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		
<b>FACILITY:</b>	St. Mary's College features an Indoor eight-lane 25-yard pool, non-turbulent lane lines, and continuous flow through gutters. The meet is run using the Daktronics timing system. The competition course has not been certified in accordance with 104.2.2c(4). The depth of the competition pool is 7 feet (2.1 meters) to 7 feet 6 inches (2.3 meters) from both ends of the wall. Results will be posted continuously throughout the meet.  Note: Chairs are not permitted in the stands area.  <b>In the event of inclement weather</b> , please contact Meet Director Tina Flood at 301-481-7642 (cell) or 301-997-1057 (home) for meet status. A message will also be posted at <a href="http://www.cbacswimming.org">www.cbacswimming.org</a> .  <b>Parking: Please park only in designated parking spaces. Vehicles parked in the grass are subject to towing.</b>		
<b>SCHEDULE:</b>	Friday Evening	11-12 200 IM 400 IM	Warm-ups 4:30pm, meet starts 5:30pm  <b>There will be a positive check-in for the 400 IM. Swimmers must be checked in by 4:45pm.</b>
	Saturday Morning	9-10, 11-12	Warm-ups 7:00am, meet starts 8:00am
	Saturday Afternoon	13-14, 15 & Over	Warm-ups 12:30pm, meet starts 1:30pm
	Saturday Evening	500 Free	500 free warm-ups will start when the Saturday afternoon session ends.

			There will be a positive check-in for the 500 free. Swimmers must be checked in by 3:15 pm.
	Sunday Morning	9-10, 11-12	Warm-ups 7:00am, meet starts 8:00am
	Sunday Afternoon	13-14, 15 & Over	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.		
<b>MEET DIRECTOR:</b>	Tina Flood 21928 Society Hill Rd. Leonardtown, MD 20650 301-997-1057 Email: <a href="mailto:chflood@msn.com">chflood@msn.com</a>		
<b>MEET ENTRY DIRECTOR:</b>	Linda Davis 41045 Paw Paw Hollow Ln Leonardtown, MD 20650 301-475-2540 Email: <a href="mailto:davislj@md.metrocast.net">davislj@md.metrocast.net</a>		
<b>SAFETY DIRECTOR:</b>	Stan Beall 301-863-7606 Email: <a href="mailto:beallfs@md.metrocast.net">beallfs@md.metrocast.net</a>		
<b>MEET REFEREE:</b>	Steve Culpepper 40576 Shaker Run Ct. Leonardtown, MD 20650 301-475-6799 Email: <a href="mailto:cbac@cbacswimming.org">cbac@cbacswimming.org</a>		
<b>ELIGIBILITY:</b>	<p>This meet is open to all USA Swimming registered swimmers in age groups 9-10, 11-12, 13-14, 15 &amp; Over.</p> <p>There are no time standards for this meet.</p> <p>Age is determined as of January 29, 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 January 16th will be fined \$100.00 and the swimmers will not be allowed to compete in accordance to Maryland Swimming rules.</p>		
<b>RULES:</b>	<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. 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>If needed, overhead (dive-over) starts may be used during a session. Please make sure your swimmers understand how overhead starts are done.</p> <p><b>No on-deck registrations are permitted.</b></p>
<p><b>QUALIFYING TIMES:</b></p>	<p>There are no time standards for this meet. No time entries are acceptable.</p>
<p><b>ENTRY INFORMATION:</b></p>	<p>An events file exported for Team Manager will be available on the Maryland Swimming website.</p> <p>Times: Entry times must be in short course yards. Converted times and "No time" entries are acceptable.</p> <p>Swimmers are limited to <b>three</b> events per session. The meet director reserves the right to limit entries to stay within the applicable time constraints of the meet.</p> <p><b>The 400 IM on Friday evening will have positive check-in. Swimmers must be checked in by 4:45pm, The 500 free on Saturday evening will also have positive check-in. Swimmers must be checked in by 3:15pm..</b></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.</p> <p><b>NOTE: Per Maryland Swimming Technical Chair, deck seeds will only be permitted for swimmers already entered into the meet. No additional swimmers may be added.</b></p>
<p><b>OVERSUBSCRIPTION:</b></p>	<p>If the meet is oversubscribed, 200 Yard events will be limited to a maximum of 32 swimmers (4 heats). Refunds will be given for entries scratched because of oversubscription.</p>
<p><b>ENTRY DEADLINE:</b></p>	<p>All entries must be received by the <a href="#">Meet Entry Director</a> by 5:00 PM on January 22, 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 received by the January 22nd deadline. Meet fees and a printout of the entries must be received by Monday, January 25th.</p> <p>Mail entries with <b>required signature waived</b> (meaning do not require a signature for delivery) to</p> <p style="text-align: center;">Linda Davis 41045 Paw Paw Hollow Ln Leonardtown, MD 20650 301-475-2540 Email: <a href="mailto:davislj@md.metrocast.net">davislj@md.metrocast.net</a></p> <p>Note: Entries may be emailed but payment must be made by the start of the meet.</p>

<b>ENTRY FEES:</b>	The fees for this meet will be \$5.00 per individual event. Deck seeds will be \$6.00 per individual event. Entry fees must be mailed with the entries and checks should be made payable to the <b>Chesapeake Bay Aquatic Club</b> .	
<b>OFFICIALS:</b>	All certified USA officials willing to volunteer their services should contact Steve Culpepper (301) 475-6799 or at <a href="mailto:cbac@cbacswimming.org">cbac@cbacswimming.org</a> .	
<b>AWARDS:</b>	Ribbons will be awarded for first through eighth place for individual events and first through third for relays.	
<b>RESULTS:</b>	Results will be posted continuously throughout the meet. Additionally, results will be available for downloading from the MD swimming web site at <a href="http://mdswim.org">mdswim.org</a> within 48 hours after the conclusion of the meet. A disk copy of results will be provided to all teams who send entries on disk or supply a disk if their entries are emailed. Results will be emailed to the teams upon request. Printed results will be mailed upon request only.	
<b>CONCESSIONS:</b>	Food and a full line of swim apparel and accessories will be available for sale.	
<b>PROGRAMS:</b>	Programs will be for sale at the cost of \$10.00 each.	
<b>SWIM ACCESSORIES:</b>	A full line of swim apparel and accessories will be available for sale.	
<b>DIRECTIONS:</b>	<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. <b>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 Mattapan Road. Go approximately 1.8 miles and turn right onto E. Fisher Rd. The Aquatics Center is the large brick building on the right.</b></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 <a href="#">mapquest map</a>. View <a href="#">campus map</a>. (park in lot Z and follow College Dr to recreation center (between building 28 and parking lot Y)</p>	
<b>HOTELS:</b>	Fairfield Inn, Lexington Park (see note to the left) 22119 Three Notch Road Lexington Park, MD 301-863-0203 <a href="#">View hotel information</a>	Sleep Inn 23428 Three Notch Road California, MD 20619 301-737-0000 <a href="#">View Hotel Information</a>

<p>Hampton Inn, Lexington Park 22211 Three Notch Road Lexington Park, MD 301-863-3200 <a href="#">View hotel information</a></p>	<p>Super 8, California 22801 Three Notch Road California, MD 301-862-9822 <a href="#">View Hotel Information</a></p>
<p>La Quinta Inns &amp; Suites, California (see note to the left) 22769 Three Notch Road California, MD 301-862-4100 <a href="#">View Hotel Information</a></p>	<p>Hilton Garden Inn, Solomons 13100 Dowell Rd. Dowell, MD 20629 410-326-0303 <a href="#">View Hotel Information</a></p>
<p>Holiday Inn, Solomons 155 Holiday Drive Solomons, MD 410-326-6311 <a href="#">View hotel information</a></p>	<p>Comfort Inn, Solomons 255 Lore Rd. Solomons, MD 410-326-6303 <a href="#">View hotel information</a></p>

### Chesapeake Bay Aquatic Club Winter Wake-Up Age Group Meet

**Order of Events**  
**Friday Afternoon, January 29, 2010**  
**Warm-ups at 4:30 PM, Meet starts 5:30 PM**

#### Session One

Event # Girls	Event	Event # Boys
1	12 & Under 200 IM	2
3	Open 400 IM	4
<p>Note: 400 IM will be swum combined but awards will be presented by age group. 400 IM will be seeded after positive check-in.</p>		

### Chesapeake Bay Aquatic Club Winter Wake-Up Odd Age Group Meet

**Order of Events**  
**Saturday Morning, January 30, 2010**  
**Warm-ups at 7:00 AM, Meet starts 8:00 AM**

**Session Two**

<b>Event # Girls</b>	<b>Event</b>	<b>Event # Boys</b>
5	11-12 200 Free	6
7	9-10 100 IM	8
9	11-12 100 IM	10
11	9-10 50 Free	12
13	11-12 50 Free	14
15	9-10 100 Back	16
17	11-12 100 Back	18
19	9-10 100 Fly	20
21	11-12 100 Fly	22
23	9-10 50 Breast	24
25	11-12 50 Breast	26

**Chesapeake Bay Aquatic Club  
Winter Wake-Up Age Group Meet**

**Order of Events  
Saturday Afternoon, January 30, 2010  
Warm-ups at 12:00 PM, Meet starts 1:00 PM**

**Session Three**

<b>Event # Girls</b>	<b>Event</b>	<b>Event # Boys</b>
27	13-14 200 IM	28
29	15 & Over 200 IM	30
31	13-14 50 Free	32

33	15 & Over 50 Free	34
35	13-14 200 Back	36
37	15 & Over 200 Back	38
39	13-14 200 Fly	40
41	15 & Over 200 Fly	42
43	13-14 100 Breast	44
45	15 & Over 100 Breast	46

**Chesapeake Bay Aquatic Club  
Winter Wake-Up Age Group Meet**

**Order of Events**

**Saturday Evening, January 30, 2010**

**Warm-ups will start immediately after the Saturday afternoon session ends after a 10 minute break**

**Session Four**

Event # Girls	Event	Event # Boys
<b>500 free warm-ups to start when the Saturday afternoon session ends after 10 minute break.</b>		
47	Open 500 Free*	48
<p><i>* Entrants in the 500 must provide own timer and counter. Positive check in by 3:15pm.</i></p> <p>Note: 500 free will be swum combined but awards will be presented by age group.</p>		

**Chesapeake Bay Aquatic Club  
Winter Wake-Up Age Group Meet**

**Order of Events**

**Sunday Morning, January 31, 2010**

**Warm-ups at 7:00 AM, Meet starts 8:00 AM**

**Session Five**

Event #		Event #

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
49	9-10 100 Free	50
51	11-12 100 Free	52
53	9-10 50 Back	54
55	11-12 50 Back	56
57	9-10 50 Fly	58
59	11-12 50 Fly	60
61	9-10 100 Breast	62
63	11-12 100 Breast	64
65	9-10 200 Free	66

**Chesapeake Bay Aquatic Club  
Winter Wake-Up Age Group Meet**

**Order of Events  
Sunday Afternoon, January 31, 2010  
Warm-ups at 12:00 PM, Meet starts 1:00 PM**

**Session Six**

<b>Event # Girls</b>	<b>Event</b>	<b>Event # Boys</b>
67	13-14 100 Free	68
69	15 & Over 100 Free	70
71	13-14 100 Back	72
73	15 & Over 100 Back	74
75	13-14 100 Fly	76
77	15 & Over 100 Fly	78

79	<b>13-14 200 Breast</b>	80
81	<b>15 &amp; Over 200 Breast</b>	82
83	<b>13-14 200 Free</b>	84
85	<b>15 &amp; Over 200 Free</b>	86

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**Chesapeake Bay Aquatic Club Winter Wake-Up Age Group Meet  
Team Summary Sheet**

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

Linda Davis  
41045 Paw Paw Hollow Ln  
Leonardtown, MD 20650

301-475-2540  
Email: [davislj@md.metrocast.net](mailto: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 \$5.00 = \_\_\_\_\_

**Entries must be received by Friday, January 22, 2010 @ 5:00 PM.**

