

## **Naval Academy Aquatic Club**

**The Chidester  
Spring Long-Course Elite Meet  
(In Memory of Carol Chidester)  
April 30 – May 2, 2010  
United States Naval Academy  
Sanctioned by Maryland Swimming, Inc.  
Sanction #MD100020**

**LOCATION:** Lejeune Hall  
United States Naval Academy  
Annapolis, Maryland

**FACILITY:** Indoor, 10-lane, 50-meter pool with non-turbulent lane lines, continuous flow through gutters, and Colorado timing system. The pool depth throughout is 8'0". A 20-yard x 23-yard diving well will be available throughout the meet for warm-up and warm-down.

**SCHEDULE:** Friday, April 30  
Session 1\* - warm-up: 4:30 pm; session starts: 5:30 pm  
Saturday, May 1 –  
Session 2 – warm-up: 7:00 am; session starts: 8:00 am  
Session 3 -- warm-up: noon; session starts: 1:00 pm  
Session 4\* – warm-up: 5:00 pm; session starts: 5:45 pm  
Sunday, May 2 –  
Session 5 – warm-up: 7:00 am; session starts: 8:00 am  
Session 6 – warm-up: noon, session starts: 1:00 pm

\*Events in these sessions require positive check-in as specified in the sessions breakdown at the end of this meet notice.

The times shown above might be adjusted once the meet entries are compiled. Coaches will be notified promptly of changes. The meet director will attempt to publish a timeline, psych sheet, and warm-up schedule at least 72 hours before the start of the meet.

**MEET DIRECTOR:** Ray Robichaud  
rayrobichaud82@hotmail.com  
301-674-7405

**MEET REFEREE:** Jeff Jorgensen  
jorgensenassociates@gmail.com  
443-454-2275

**ENTRY DIRECTOR:** Liz Slear  
328 Beach Drive  
Annapolis, MD 21403  
[eslear@comcast.net](mailto:eslear@comcast.net)  
410-268-4773

**ELIGIBILITY:** Open to all USA registered swimmers with 2009-2012 long-course meter or short-course yard "A" times or better for 13-and-older swimmers, and BB times or better for 12-and-under swimmers. No converted times will be allowed. NT entries will not be accepted. Heats will be seeded with long-course meter times first and then short-course yard times.

15&Over will use 15/16 long-course meter and short-course yard A times. Swimmers who qualify for 2 events are eligible to swim additional events up to the meet entry limit with the exception of the 800 and 400 freestyle events and the 400 IM's. Swimmers in these events must have A times (or BB times in the case of the 11/12 boys and girls 400 freestyle).

**RULES:** Applicable 2010 USA Swimming and Maryland Swimming rules shall govern this competition, including safety guidelines and warm-up procedures. No one will be permitted on deck except USS registered athletes and officials, and timers and administrative staff who are assisting with the conduct of the meet. All coaches and officials must visibly display current USA Swimming membership identification in order to gain access to the pool deck.

Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H (no-recall starting procedures).

**OFFICIALS:** Officials wishing to volunteer for this meet should contact the Meet Referee.

**ENTRIES:** A swimmer may enter no more than four events per day in addition to the 800-meter freestyle.

Entries must be e-mailed to the Entry Director. The email must include: a Hy-Tek entry file, a Word file of the entries listed by swimmers' names, the amount owed to cover entry fees, and the name, e-mail address, and phone number of a team representative in case of questions regarding the entries.

The Entry Director will promptly acknowledge receipt via e-mail. If you don't hear from her in a day or so, please resend your entries. A check made out to NAAC to cover the entry fees must then be mailed to the Entry Director and postmarked within 48 hours of the entry deadline. Entries are not considered complete until the Entry Director receives the check.

No deck entries will be accepted.

**Fees:** \$5.50 per individual event. Make checks payable to NAAC and mail to the Entry Director, Liz Slear, at 328 Beach Drive, Annapolis, MD 21403. Do not send cash.

**Deadline:** 5:00 pm, April 19, 2010.

**OVERSUBSCRIPTION:** If, after all of the entries are compiled, it appears that one or more sessions will run over the prescribed time limits, swimmers without "A" times (BB times in the case of 12&U swimmers) will be dropped from specific events, starting with the longest events in the session and moving, if necessary, to the shorter events. Swimmers from outside the Maryland LSC will be dropped first, then, if necessary, Maryland LSC swimmers

If that doesn't save enough time, the slowest remaining swimmers in the longest men's and women's events in the session will be dropped until the length of the session is shortened to the prescribed time.

Coaches will be contacted before the meet if entries will be limited in certain events. Refunds for swimmers dropped from events will be mailed to the appropriate team no longer than 48 hours following the conclusion of the meet.

**AWARDS:** 10&U, 11/12 and 13/14 age group events will receive custom ribbons for 1st through 8th place.

**MEET RESULTS:** Complete results will be e-mailed to the coaches shortly after the last event. Also, meet results will be posted on the Maryland Swimming Website ([www.mdswim.org](http://www.mdswim.org)) within 48 hours of conclusion of the meet.

**APPAREL:** A complete line of swimming apparel including swimsuits, goggles, caps, shirts, etc. will be offered by Metro Swim Shop.

**CONCESSIONS:** A wide variety of food and beverages will be available during each session of the meet. The concessions stand will be in the classroom located on the second floor of Lejeune Hall.

**PROGRAMS:** Meet programs covering all sessions will be available at a nominal cost.

**DIRECTIONS:** From Baltimore Beltway (I-695): I-97 South to Rt. 50 East to Annapolis. (See directions from Rt. 50 below

--From Washington Beltway (I-95/495): Rt. 50 East to Annapolis. (See

Directions from Rt. 50 below)

--From Maryland Eastern Shore: Rt. 50 West to Annapolis. (See directions

From Rt. 50 below)

--From Southern MD: Rt. 2 or Rt. 301 North to Rt. 50 East to Annapolis. (See directions from Rt. 50 below)

**Exit Rt. 50** at exit 24, Rt.70 South, Rowe Blvd. At the second traffic light turn left at Taylor Avenue. Stay in the right lane and turn right at the dead end, staying to the right. At the first light, turn right onto King George Street. King George Street will take you to Gate 1 of the Naval Academy. Lejeune Hall is 100 meters past Gate 1 on the left.

**PARKING:** Vehicles without Department of Defense identification stickers or authorized temporary passes are not allowed to drive onto the Academy's grounds.

You may drop off swimmers at the Gate 1 visitor parking area. The swimmers can walk through the Gate 1 entrance. You will need to proceed to public parking. The Downtown Garage is a short walk to Gate 1. An alternative is the Navy-Marine Corps Memorial Stadium on Rowe Boulevard (near Exit 24 off Rt. 50), which is available at a nominal cost and includes a free downtown shuttle bus, though the shuttle service has limited operating hours. Parking downtown on the street is either metered or permit only, with enforcement beginning at 10:00 am by the City. More information on the City of Annapolis, including maps and shuttle schedules, can be found on the following link: <http://www.ci.annapolis.md.us/info.asp?page=7615>

**GATE ENTRY:** Every civilian visitor, 16 or older, entering the Academy should be prepared to show a photograph identification card and have his/her bags searched.

**VEHICLE PASSES:** The Naval Academy does not issue temporary vehicle passes to athlete families. NAAC will obtain temporary vehicle passes for coaches and officials. To obtain a pass, e-mail the meet director no later than April 17, 2010, with your full name, and the make, model, color, license plate number, and state of registration of your vehicle. Include the home address of the coach who will distribute passes to other coaches and officials on the team.

Coaches and officials are requested to park in the East parking lock adjacent to Lejeune Hall. To get this parking lot, drive through Gate 1, proceed past Lejeune Hall to the traffic circle. Take a left at the circle. The parking lot is approximately one block on your left.

## SESSION 1

Friday, April 30, 2010

Warm-up: 4:30 pm, Session starts: 5:30 pm

LCM	SCY	Girls	Event	Boys	SCY	LCM
6:00.99	5:17.79	1	13/14 400 IM	2	5:00.49	5:44.49
5:50.59	5:09.89	3	15&0 400 IM	4	4:47.79	5:27.09

6:00.09	6:40.09	5	11/12 400 free	6	6:35.09	5:54.39
5:16.59	5:52.99	7	13/14 400 free	8	5:35.19	5:02.79
5:08.09	5:47.39	9	15&O 400 free	10	5:24.29	4:50.19

Positive check-in for all events in Session 1: 4:45 pm

**SESSION 2**

Saturday, May 1, 2010

Warm-up: 7:00 am Session starts: 8:00 am

LCM	SCY	Girls	Event	Boys	SCY	LCM
42.29	36.79	11	11/12 50 back	12	36.49	42.19
1:17.79	1:08.49	13	13/14 100 back	14	1:04.19	1:14.49
1:30.79	1:20.19	15	11/12 100 fly	16	1:18.69	1:29.49
2:48.29	2:28.59	17	13/14 200 fly	18	2:20.29	2:38.79
49.09	40.89	19	11/12 50 breast	20	40.79	47.09
1:28.99	1:17.59	21	13/14 100 breast	22	1:12.09	1:21.29
3:14.19	2:50.69	23	11/12 200 IM	24	2:49.39	3:13.89
2:51.49	2:28.59	25	13/14 200 IM	26	2:20.29	2:42.39
1:19.59	1:08.29	27	11/12 100 free	28	1:07.89	1:17.39
1:10.39	1:02.19	29	13/14 100 free	30	57.39	1:05.99

**SESSION 3**

Saturday, May 1, 2010

Warm-up: noon Session starts: 1:00 pm

LCM	SCY	Girls	Event	Boys	SCY	LCM
49.89	43.49	31	10&U 50 back	32	43.69	50.09
1:16.29	1:06.59	33	15&O 100 back	34	1:01.09	1:10.59
1:55.19	1:42.09	35	10&U 100 fly	36	1:40.39	1:53.19
2:42.69	2:24.49	37	15&O 200 fly	38	2:13.39	2:30.59
54.89	47.79	39	10&U 50 breast	40	47.89	55.09
1:26.69	1:15.69	41	15&O 100 breast	42	1:08.89	1:19.69
3:46.49	3:19.39	43	10&U 200 IM	44	3:18.09	3:44.79
2:47.29	2:26.99	45	15&O 200 IM	46	2:15.09	2:35.89
1:32.99	1:21.59	47	10&U 100 free	48	1:19.99	1:31.09
1:08.59	1:00.79	49	15&O 100 free	50	55.19	1:03.09
3:23.59	2:58.29	51	10&U 200 free	52	2:50.89	3:13.99

**SESSION 4**

Saturday, May 1, 2010

Warm-up: 5:00 Session starts: 5:30 pm

LCM	SCY	Girls	Events	Boys	SCY	LCM
10:37.09	11:55.89	53	800 free	54	11:12.19	10:01.89

Positive check-in for both 800 free events: 3:00 pm, May 1

**SESSION 5**

Sunday, May 2, 2010

Warm-up: 7:00 am, Session starts: 8:00 am

LCM	SCY	Girls	Event	Boys	SCY	LCM
2:50.79	2:31.49	55	11/12 200 free	56	2:27.49	2:47.79
2:31.79	2:13.79	57	13/14 200 free	58	2:05.29	2:23.29
39.39	35.09	59	11/12 50 fly	60	35.19	39.59
1:16.49	1:07.79	61	13/14 100 fly	62	1:02.89	1:11.09
1:31.09	1:21.09	63	11/12 100 back	64	1:19.09	1:31.39
2:47.39	2:27.29	65	13/14 200 back	66	2:18.19	2:40.69
36.39	31.89	67	11/12 50 free	68	30.99	35.29
32.49	28.69	69	13/14 50 free	70	26.29	30.29
1:41.89	1:29.29	71	11/12 100 breast	72	1:27.79	1:40.89
3:11.99	2:46.79	73	13/14 200 breast	74	2:36.29	3:01.99

**SESSION 6**

Sunday, May 2, 2010

Warm-up: noon Session starts: 1:00 pm

LCM	SCY	Girls	Event	Boys	SCY	LCM
2:27.19	2:10.39	75	15&O 200 free	76	2:00.09	2:17.19
48.59	42.99	77	10&U 50 fly	78	41.99	46.89
1:14.19	1:06.29	79	15&O 100 fly	80	1:00.09	1:07.69
1:48.89	1:33.99	81	10&U 100 back	82	1:32.09	1:45.69
2:57.99	2:23.89	83	15&O 200 back	84	2:12.39	2:31.29
40.79	35.99	85	10&U 50 free	86	35.19	40.19
31.79	27.99	87	15&O 50 free	88	25.29	28.79
2:02.29	1:46.69	89	10&U 100 breast	90	1:43.69	1:59.79
3:05.69	2:42.79	91	15&O 200 breast	92	2:30.09	2:54.29