

NORTH BALTIMORE AQUATIC CLUB & TIGERFISH AQUATIC CLUB

PROUDLY PRESENT: THE FALL *Warm Up Meet*

November 20-22, 2009

Sanctioned by the Maryland Swim LSC

USA/MD# MD09-0037

FACILITIES: Towson University. Towson University is an indoor eight lane, 25 yard pool. The facility has an automatic timing scoreboard, horn start and non-turbulent lane dividers.

MEET DIRECTOR:	Rick Ewart	MEET REFEREE:	John McDonough
MEET ENTRY:	Tom Yetter	OFFICIALS CONTACT:	Anna Summerfield
	5700 Cottonworth Ave		volunteernbac@comcast.net
	Baltimore, MD 21209	EMERGENCY WEATHER	Meadowbrook
	410-433-8300	CONTACT:	410-433-8300
	tyetter@nbac.net		
		SAFETY COORDINATOR:	Anna Summerfield

ELIGIBILITY:

Open to all USA registered swimmers from the following MD LSC teams:

AJS	FAST	NAAC
ASC	GMAC	NBAC
CAA	HARY	RAID
CAST	HUHU	SPRC
CBAC	MAS	TAC
CCY	MDY	TCY
CGA	MSC	

The meet will be open to out of LSC teams if space is available.

Swimmers age as of November 20, 2009 shall apply for the entire meet. 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 Regulations. Deck entries will not be accepted. On-deck registrations are not permitted.

MEET INFORMATION:

Swimmers may enter four events per day excluding relays. Failure of any swimmer to comply with the four events per day rule will result in the swimmer being scratched from all events after the fourth entered event of that session at the discretion of the meet director. We reserve the right to change the warm up and start times after the entries are received. Please check www.mdswim.org and www.nbac.net for any changes. The meet director reserves the right to limit entries to ensure that sessions fall within MD LSC Swimming Rules.

POSTIVE CHECK IN EVENTS:

Positive check-in will be conducted for the 400 IM, and the 500 Freestyle. If a swimmer fails to check in by the deadline below, they will not be allowed to compete in that event. If a swimmer checks in and then fails to swim in the event, the swimmer will be disqualified from his/her next individual event.

Friday: 400 IM and 500 Free

Due at 4:30 PM

Swimmers are responsible for providing their own timers and lap counters for the 500 Freestyle.

Relays: All coaches must give the relay names and order to the computer staff before each relay swims.

ENTRIES:

**All entries must be received no later than Thursday, November 5, at 5:00 PM. MD LSC Teams who enter by the deadline have priority over out of LSC teams. 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 document, please check the proof of time option). Teams must also include a Microsoft Word or PDF document with the team entry information requested in the Team Summary Report (at the end of the meet notice). 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 \$5.00 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

ENTRY FEES: \$5.00 per individual event, \$16.00 per relay. \$5.00 surcharge per athlete for paper entries. Make all checks payable to NBAC.

AWARDS: Swimmers will receive ribbons for 1st-8th place in individual events. 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.

No-Recall Starting Procedures: Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H

OFFICIALS: All USA certified officials are invited to work at this meet and should contact Anna Summerfield at volunteernbac@comcast.net for scheduling purposes. USA credentials must be displayed at all times.

DIRECTIONS: Take the Baltimore Beltway I-695 east (toward Towson). Take exit 25 (Charles Street) south. Proceed 1.7 miles. Turn left on Towsontown Boulevard and turn right onto University Ave. Burdick Hall is on your right and the Towsontown Parking Garage is on your left. Please park there. The pool is in Burdick Hall.

SESSION 1 FRIDAY**WARMUPS: 4:00 PM MEET STARTS: 5:00 PM**

1	Women 13-14 400 IM	5	Women 12 & Under 500 Freestyle	9	Women 500 Freestyle
2	Men 13-14 400 IM	6	Men 12 & Under 500 Freestyle	10	Men 500 Freestyle
3	Women 400 IM	7	Women 13-14 500 Freestyle		
4	Men 400 IM	8	Men 13-14 500 Freestyle		

SESSION 2 SATURDAY MORNING**WARMUPS: 7:00 AM****MEET STARTS: 8:00 AM**

11	Women 13-14 100 Backstroke	19	Women 13-14 100 Breaststroke	27	Women 13-14 200 IM
12	Men 13-14 100 Backstroke	20	Men 13-14 100 Breaststroke	28	Men 13-14 200 IM
13	Women 100 Backstroke	21	Women 100 Breaststroke	29	Women 200 IM
14	Men 100 Backstroke	22	Men 100 Breaststroke	30	Men 200 IM
15	Women 13-14 200 Butterfly	23	Women 13-14 100 Freestyle	31	Women 13-14 200 Freestyle Relay
16	Men 13-14 200 Butterfly	24	Men 13-14 100 Freestyle	32	Men 13-14 200 Freestyle Relay
17	Women 200 Butterfly	25	Women 100 Freestyle	33	Women 200 Freestyle Relay
18	Men 200 Butterfly	26	Men 100 Freestyle	34	Men 200 Freestyle Relay

SESSION 3 SATURDAY AFTERNOON**WARMUPS: 11:30 PM****MEETS STARTS: 12:40 PM**

35	Women 9-10 50 Backstroke	43	Women 9-10 50 Breaststroke	51	Women 9-10 200 IM
36	Men 9-10 50 Backstroke	44	Men 9-10 50 Breaststroke	52	Men 9-10 200 IM
37	Women 11-12 50 Backstroke	45	Women 11-12 50 Breaststroke	53	Women 11-12 200 IM
38	Men 11-12 50 Backstroke	46	Men 11-12 50 Breaststroke	54	Men 11-12 200 IM
39	Women 9-10 100 Butterfly	47	Women 9-10 100 Freestyle	55	Women 9-10 200 Freestyle Relay
40	Men 9-10 100 Butterfly	48	Men 9-10 100 Freestyle	56	Men 9-10 200 Freestyle Relay
41	Women 11-12 100 Butterfly	49	Women 11-12 100 Freestyle	57	Women 11-12 200 Freestyle Relay
42	Men 11-12 100 Butterfly	50	Men 11-12 100 Freestyle	58	Men 11-12 200 Freestyle Relay

SESSION 5 SUNDAY MORNING**WARMUPS: 7:00 AM****MEET STARTS: 8:00 AM**

59	Women 13-14 200 Backstroke	67	Women 13-14 200 Breaststroke	75	Women 13-14 200 Freestyle
60	Men 13-14 200 Backstroke	68	Men 13-14 200 Breaststroke	76	Men 13-14 200 Freestyle
61	Women 200 Backstroke	69	Women 200 Breaststroke	77	Women 200 Freestyle
62	Men 200 Backstroke	70	Men 200 Breaststroke	78	Men 200 Freestyle
63	Women 13-14 50 Freestyle	71	Women 13-14 100 Butterfly	79	Women 13-14 200 Medley Relay
64	Men 13-14 50 Freestyle	72	Men 13-14 100 Butterfly	80	Men 13-14 200 Medley Relay
65	Women 50 Freestyle	73	Women 100 Butterfly	81	Women 200 Medley Relay
66	Men 50 Freestyle	74	Men 100 Butterfly	82	Men 200 Medley Relay

SESSION 6 SUNDAY AFTERNOON**WARMUPS: 11:30 PM****MEETS STARTS: 12:40 PM**

83	Women 9-10 200 Freestyle	93	Women 11-12 50 Butterfly	103	Women 9-10 100 IM
84	Men 9-10 200 Freestyle	94	Men 11-12 50 Butterfly	104	Men 9-10 100 IM
85	Women 11-12 200 Freestyle	95	Women 9-10 100 Breaststroke	105	Women 11-12 100 IM
86	Men 11-12 200 Freestyle	96	Men 9-10 100 Breaststroke	106	Men 11-12 100 IM
87	Women 9-10 100 Backstroke	97	Women 11-12 100 Breaststroke	107	Women 9-10 200 Medley Relay
88	Men 9-10 100 Backstroke	98	Men 11-12 100 Breaststroke	108	Men 9-10 200 Medley Relay
89	Women 11-12 100 Backstroke	99	Women 9-10 50 Freestyle	109	Women 11-12 200 Medley Relay
90	Men 11-12 100 Backstroke	100	Men 9-10 50 Freestyle	110	Men 11-12 200 Medley Relay
91	Women 9-10 50 Butterfly	101	Women 11-12 50 Freestyle		
92	Men 9-10 50 Butterfly	102	Men 11-12 50 Freestyle		

