

Chesapeake Bay Aquatic Club

Fall Warm-Up Meet

October 23-24, 2010

Sanctioned by Maryland Swimming, Inc.
Sanction # MD10/11-005

Event List	Team Summary		
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:	<p>St. Mary's College features an Indoor eight-lane 25-yard pool, non-turbulent lane lines, and continuous flow through gutters. 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. The meet is run using the Daktronics timing system. Results will be posted continuously throughout the meet.</p> <p>Note: Chairs are not permitted in the stands area.</p> <p>Parking: Please park only in designated parking spaces. Vehicles parked in the grass are subject to towing.</p>		
SCHEDULE:	Saturday Morning	14 & Under Girls	Warm-ups 7:30am, meet starts 8:30am
	Saturday Afternoon	Boys and 15 & Over Girls	Warm-ups 12:30pm, meet starts 1:30pm
	Sunday Morning	14 & Under Girls	Warm-ups 7:30am, meet starts 8:30am <i>* Entrants in the 500 must provide own timer and counter.</i>
	Sunday Afternoon	Boys and 15 & Over Girls	Warm-ups 12:30pm, meet starts 1:30pm <i>* Entrants in the 500 must provide own timer and counter.</i>

	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 (H) 301-475-2540 Email: davislj@md.metrocast.net
SAFETY DIRECTOR:	Stan Beall (H) 301-863-7606 Email: beallfs@md.metrocast.net
MEET REFEREE:	Steve Culpepper 40576 Shaker Run Ct. Leonardtown, MD 20650 (H) 301-475-6799 Email: cbac@cbacswimming.org
ELIGIBILITY:	<p>This meet is open to all USA Swimming registered swimmers in age groups 10&U, 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 October 23, 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 15th will be fined \$100.00 and the swimmers will not be allowed to compete in accordance to Maryland Swimming rules.</p>
QUALIFYING TIMES:	Entry times must be slower than "AA" time standards. No time entries are acceptable. Times are listed in the attached order of events.
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>

	Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H.
ENTRY INFORMATION:	<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 (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.</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, October 13, 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 October 13th deadline. Meet fees and a printout of the entries must be received by Friday, October 15th.</p> <p>Mail entries with required signature waived (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 (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:	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 .
OFFICIALS:	All certified USA officials willing to volunteer their services should contact Steve Culpepper (301) 475-6799 or at cbac@cbacswimming.org .
AWARDS:	Ribbons will be awarded for first through eighth place for individual events and first through third for relays.

RESULTS:	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. 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. Email or printed results will be mailed upon request only.	
CONCESSIONS:	Food and a full line of swim apparel and accessories will be available for sale.	
PROGRAMS:	Programs will be for sale at the cost of \$ 10.00 each.	
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, Lexington Park 22211 Three Notch Road Lexington Park, MD 301-863-3200 View hotel information</p> <p>Fairfield Inn, Lexington Park 22119 Three Notch Road Lexington Park, MD 301-863-0203 View hotel information</p> <p>Holiday Inn, Solomons 155 Holiday Drive Solomons, MD 410-326-6311</p>	<p>Sleep Inn, California 23428 Three Notch Rd. California, MD, 301-737-0000 View Hotel Information</p> <p>Super 8, California 22801 Three Notch Road California, MD 301-862-9822 View Hotel Information</p> <p>Patuxent Inn, California 22769 Three Notch Road California, MD 301-862-4100</p>

	View hotel information Comfort Inn, Solomons 255 Lore Rd. Solomons, MD 410-326-6303 View hotel information	View Hotel Information Hilton Garden Inn, Solomons 13100 Dowell Rd. Dowell, MD 20629 410-326-0303 View Hotel Information
--	---	---

Chesapeake Bay Aquatic Club Fall Warm-Up Meet

Order of Events

SESSION ONE - 14 & Under Girls			
SATURDAY MORNING, OCTOBER 23, 2010			
Warm-ups: 7:30 AM Meet Starts: 8:30 AM			
EVENT #	AGE GROUP	EVENT	SLOWER THAN
1	10&U	Girls 100 Free	1:08.69
2	11-12	Girls 100 Free	1:00.49
3	13-14	Girls 100 Free	59.59
4	10&U	Girls 50 Back	36.39
5	11-12	Girls 50 Back	32.49
6	13-14	Girls 200 Back	2:21.19
7	10&U	Girls 100 Fly	1:21.59
8	11-12	Girls 100 Fly	1:09.79
9	13-14	Girls 100 Fly	1:04.99
10	10&U	Girls 100 Breast	1:28.89
11	11-12	Girls 100 Breast	1:18.59
12	13-14	Girls 100 Breast	1:14.39
13	10&U	Girls 200 IM	2:48.19
14	11-12	Girls 200 IM	2:30.99
15	13-14	Girls 400 IM	5:04.59
16	10&U	Girls 200 Medley Relay	
17	11-12	Girls 200 Medley Relay	
18	13-14	Girls 200 Medley Relay	
SESSION TWO - Boys and 15 & Over Girls			
SATURDAY AFTERNOON, OCTOBER 23, 2010			
Warm-ups: 12:30 PM Meet Starts: 1:30 PM			
EVENT #	AGE GROUP	EVENT	SLOWER THAN
19	10&U	Boys 100 Free	1:07.69

20	11-12	Boys 100 Free	59.99
21	13-14	Boys 100 Free	55.09
22	15 & Over	Boys 100 Free	52.89
23	15 & Over	Girls 100 Free	58.19
24	10&U	Boys 50 Back	36.49
25	11-12	Boys 50 Back	31.99
26	13-14	Boys 200 Back	2:12.49
27	15 & Over	Boys 200 Back	2:06.79
28	15 & Over	Girls 200 Back	2:17.89
29	10&U	Boys 100 Fly	1:20.59
30	11-12	Boys 100 Fly	1:08.19
31	13-14	Boys 100 Fly	1:00.29
32	15 & Over	Boys 100 Fly	57.59
33	15 & Over	Girls 100 Fly	1:03.59
34	10&U	Boys 100 Breast	1:27.79
35	11-12	Boys 100 Breast	1:16.89
36	13-14	Boys 100 Breast	1:09.09
37	15 & Over	Boys 100 Breast	1:05.99
38	15 & Over	Girls 100 Breast	1:12.49
39	10&U	Boys 200 IM	2:47.69
40	11-12	Boys 200 IM	2:28.69
41	13-14	Boys 400 IM	4:47.99
42	15 & Over	Boys 400 IM	4:35.79
43	15 & Over	Girls 400 IM	4:56.99
44	10&U	Boys 200 Medley Relay	
45	11-12	Boys 200 Medley Relay	
46	13-14	Boys 200 Medley Relay	
47	15 & Over	Boys 200 Medley Relay	
48	15 & Over	Girls 200 Medley Relay	

SESSION THREE - 14 & Under Girls

SUNDAY MORNING, OCTOBER 24, 2010

Warm-ups: 7:30 AM Meet Starts: 8:30 AM

EVENT #	AGE GROUP	EVENT	SLOWER THAN
* Entrants in the 500 must provide own timer and counter.			
49	10&U	Girls 200 Free	2:29.09
50	11-12	Girls 200 Free	2:14.09
51	13-14	Girls 200 Free	2:08.19
52	10&U	Girls 100 Back	1:18.29
53	11-12	Girls 100 Back	1:10.69
54	13-14	Girls 100 Back	1:05.59

55	10&U	Girls 50 Fly	35.29
56	11-12	Girls 50 Fly	31.09
57	13-14	Girls 200 Fly	2:22.39
58	10&U	Girls 50 Breast	40.09
59	11-12	Girls 50 Breast	36.19
60	13-14	Girls 200 Breast	2:39.79
61	10&U	Girls 100 IM	1:18.89
62	11-12	Girls 100 IM	1:10.89
63	13-14	Girls 200 IM	2:24.19
64	10&U	Girls 50 Free	30.89
65	11-12	Girls 50 Free	28.29
66	13-14	Girls 50 Free	27.49
67	10&U	Girls 200 Free Relay	
68	11-12	Girls 200 Free Relay	
69	13-14	Girls 200 Free Relay	
70	10&U	Girls 500 Free *	6:31.39
	11-12	Girls 500 Free *	5:53.89
	13-14	Girls 500 Free *	5:38.29

*** Note: 500 free will be swum combined but awards will be presented by age group.**

SESSION FOUR - Boys and 15 & Over Girls

SUNDAY AFTERNOON, OCTOBER 24, 2010

Warm-ups: 12:30 PM Meet Starts: 1:30 PM

EVENT #	AGE GROUP	EVENT	SLOWER THAN
* Entrants in the 500 must provide own timer and counter.			
71	10&U	Boys 200 Free	2:25.59
72	11-12	Boys 200 Free	2:10.49
73	13-14	Boys 200 Free	1:59.99
74	15 & Over	Boys 200 Free	1:55.09
75	15 & Over	Girls 200 Free	2:04.89
76	10&U	Boys 100 Back	1:17.69
77	11-12	Boys 100 Back	1:08.89
78	13-14	Boys 100 Back	1:01.49
79	15 & Over	Boys 100 Back	58.59
80	15 & Over	Girls 100 Back	1:03.79
81	10&U	Boys 50 Fly	34.89
82	11-12	Boys 50 Fly	30.59
83	13-14	Boys 200 Fly	2:14.39
84	15 & Over	Boys 200 Fly	2:07.79
85	15 & Over	Girls 200 Fly	2:18.49

86	10&U	Boys 50 Breast	40.29
87	11-12	Boys 50 Breast	35.59
88	13-14	Boys 200 Breast	2:29.79
89	15 & Over	Boys 200 Breast	2:23.89
90	15 & Over	Girls 200 Breast	2:35.99
91	10&U	Boys 100 IM	1:17.69
92	11-12	Boys 100 IM	1:08.49
93	13-14	Boys 200 IM	2:14.39
94	15 & Over	Boys 200 IM	2:09.49
95	15 & Over	Girls 200 IM	2:20.89
96	10&U	Boys 50 Free	30.39
97	11-12	Boys 50 Free	27.39
98	13-14	Boys 50 Free	25.19
99	15 & Over	Boys 50 Free	24.29
100	15 & Over	Girls 50 Free	26.89
101	10&U	Boys 200 Free Relay	
102	11-12	Boys 200 Free Relay	
103	13-14	Boys 200 Free Relay	
104	15 & Over	Boys 200 Free Relay	
105	15 & Over	Girls 200 Free Relay	
106	10&U	Boys 500 Free *	6:27.79
	11-12	Boys 500 Free *	5:49.49
	13-14	Boys 500 Free *	5:21.29
	15 & Over	Boys 500 Free *	5:10.79
107	15 & Over	Girls 500 Free	5:32.89
* Note: 500 free will be swum combined but awards will be presented by age group.			

**Chesapeake Bay Aquatic Club Fall Warm-Up Meet
OCTOBER 23-24, 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
Leonardtown, 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
\$6.00)

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

Grand Total: _____

Entries must be received by Wednesday, October 13th, 2010 @ 5:00 PM.