

The Eagle Swim Team Spring Into Long Course

Swim Meet

April 16th – April 17th, 2011

Sanctioned by Maryland Swimming, Inc.
Sanction # MD10/11-026

Hosted By:	The Eagle Swim Team		
Location:	<i>McDonogh School – Rosenberg Aquatic Center 8600 McDonogh Rd Owings Mills, MD 21117 (410) 998-3501 (410) 998-3527</i>		
Schedule:	Sat. April 16 th	13-14 & Open	Warm-ups: 7:00 – 7:50 a.m. Session Starts: 8:00 a.m.
	Sat. April 16 th	12 & Under	Warm-ups: 12:00-12:50 p.m. Session Starts: 1:00 p.m.
	Sat. April 16 th	10 & Over	Warm-ups: 5:00-5:50 p.m. Session Starts: 6:00 p.m.
	Sun. April 17 th	13-14 & Open	Warm-ups: 7:00 – 7:50 a.m. Session Starts: 8:00 a.m.
	Sun. April 17 th	12 & Under	Warm-ups: 12:00-12:50 p.m. Session Starts: 1:00 p.m.
	<ul style="list-style-type: none"> Please note: The above listed starting times may be adjusted once all entries have been received. Coaches will be notified of any changes to starting times. 		
Facilities:	<ul style="list-style-type: none"> McDonogh has an indoor eight lane, 50-meter pool. The facility has fully automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area. "The minimum water depth, measured in accordance with article 103.2.3, is 8'0" at the start end and 3'6" at the turn end." This facility is not certified by USA Swimming 		
Eligibility:	<ul style="list-style-type: none"> This meet is open to all Maryland LSC registered swim clubs and other USS registered clubs outside the LSC as invited by the Eagle Swim Team. Qualifying times for this meet are 2009 'BB' Long Course Time Standards and slower. "No Time" (NT) entries are acceptable, but estimated times are strongly encouraged. The swimmer's age as of April 16th, 2011 shall apply for the entire meet. 		

Rules:	<ul style="list-style-type: none"> • Applicable USS Rules shall govern this competition. • Maryland Swimming rules shall also apply where appropriate. • USS/Maryland Swimming Safety Guidelines and warm-up procedures will be in effect for the entire meet. • No one will be permitted in the competition area unless they are registered with USS as an athlete or as a non-athlete working at the meet. • The only exception is for the Timers and Administrative Staff assisting with the conduct of the meet. • Swimmers who do not check in for a positive check in event by the posted deadline will be scratched from that event. Once checked in, the swimmer must compete or be scratched from his/her next individual event. • No-recall Procedure: The no-recall rule will be in effect. • Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Session 3 Info	<ul style="list-style-type: none"> • We will take the first 40 entries for Events 41-44. • All swimmers in Session 3 must provide their own timer.
Positive Check-In:	<ul style="list-style-type: none"> • The 400 Free & 400 IM along with the 11-12 and 10 & Under 200 Free & 200 IM are positive check-in timed final events and will be swum Fast to Slow. • Failure to Check-In- Any swimmer who fails to "check-in" for the positive check in events before the deadline will NOT be seeded into the event and therefore be scratched from the event. • Deadline for Positive Check-In- 45 minutes after the start of each warm-up session. • Any swimmer who "checks-in" for a positive check-in event and fails to compete in said event shall be barred from competing in his/her next individual event.
Entries:	<ul style="list-style-type: none"> • Swimmers are limited to a maximum of Three (3) Individual Events per session with a limit of (8) individual events total for the meet. • The 400's are limited to 10 & Over swimmers only and the first 40 entries for each event will be accepted based on the order they were submitted in. • All entries must be submitted with Long Course Times you can use "No Time" (NT) but estimated times are strongly encouraged. • All entries must be submitted on disk with accompanying Team Manager printouts or on Entry Forms available from meet director. • Each Team <i>must</i> submit a Team Information Sheet. • Checks for Entry Fees should be made payable to <u>Eagle Swim Team</u> and mailed with disk (or Entry Forms) to: <p style="text-align: center;">Sean Marshall, Entry Director 5413 Weywood Drive Reisterstown, MD 21136 Sean.L.Marshall@gmail.com</p> • Please note: Entries received without payment will not be accepted. Email entries in Team Manager format are acceptable. To verify on-time receipt of your entry, please include a stamped, self-addressed postcard or envelope. • The Entry Director reserves the right to limit entries or cancel events to stay within the time constraints of the meet.

Fees:	<ul style="list-style-type: none"> • \$5.00 for each Individual Event • \$2.00 <i>per swimmer</i> surcharge. • There will be no deck entries allowed.
Entry Deadline:	<ul style="list-style-type: none"> • Entries will be on a first come first serve basis. All entries must be received no later than Monday, April 4th by 5:00 p.m. For MD LSC teams to get priority placement, they must have their entries in by 5:00 p.m. on Monday, March 28th, 2011. 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. Per Maryland Swimming rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. • Maryland LSC Teams whose entries are received by March 28th will have first priority. • Please submit early to avoid being closed out.
Awards:	<ul style="list-style-type: none"> • 1st - 10th Place Custom Ribbons in Individual Events
Results:	<ul style="list-style-type: none"> • Meet Results will be available for download or printing from the Maryland Swimming Website (http://www.mdswim.org) shortly after the meet. • Teams that submit their meet entries on computer disk can receive their disks back with Meet Results in HY-BACKUP.ZIP format unless otherwise specified. • If a team requires a paper copy of the Meet Results, this will be mailed within 2 weeks of the meet at a cost of \$10.00.
Programs:	<ul style="list-style-type: none"> • Programs will be made available at all sessions at a nominal cost.
Food:	<ul style="list-style-type: none"> • A full snack bar will be available during the meet. A Coaches/Officials hospitality room will also be provided.
T-Shirt:	<ul style="list-style-type: none"> • A custom Meet T-shirt and other swim supplies will be available for sale.
Meet Director:	Head Coach Scott Ward (410) 998-3501
Staffing Director:	Maria Baird & Amy Green
Safety Director:	<ul style="list-style-type: none"> • Matt McDonough • USS/Maryland Swimming Warm-up and Safety Guidelines will be in effect for the entire meet.
Meet Referee:	<ul style="list-style-type: none"> • Yiqiang Zhang
Officials:	<ul style="list-style-type: none"> • All USA Swimming certified officials willing to volunteer should contact Holly Chabbott via e-mail: hollychabbott@verizon.net.
Directions:	<ul style="list-style-type: none"> • Take the Baltimore Beltway (I-695) to Exit 20 Reisterstown Rd (Rt. 140) • Go West on Reisterstown Rd (towards Owings Mills/Reisterstown) for 1.4 miles. • Turn Left onto McDonogh Rd. Go 1.8 miles and pass the Main entrance for McDonogh School. • Turn right at the next entrance (Woods Rd) and go straight until you reach the Athletic Center parking lots. • The pool is located in the R.L. Athletic Center. • PLEASE park in designated parking spots.
Hotel:	<p>Hilton Garden Inn, 410- 654-0030 (Two miles from pool)</p> <p>Amerisuites, 410-998-3630 (1.5 miles from pool)</p>

Session	Date	Age	Warm-up	Start
1	Sat. April 16	13-14/Open	6:30am-7:50am	8:00am
Girls	Slower Than	Event	Slower Than	Boys
1	2.44.29	Open 200 Bk	2.31.29	2
3	2.47.39	13-14 200 Bk	2.40.69	4
5	31.79	Open 50 Fr	28.79	6
7	32.49	13-14 50 Fr	30.29	8
9	1.14.19	Open 100 Fly	1.07.69	10
11	1.16.49	13-14 100 Fly	1.11.09	12
13	3.05.69	Open 200 Br	2.54.29	14
15	3.11.99	13-14 200 Br	3.01.99	16
17	2.47.29	Open 200 IM	2.35.89	18
19	2.51.49	13-14 200 IM	2.42.39	20
Session	Date	Age	Warm-up	Start
2	Sat. April 16	10 & U/11-12	12:00pm-12:50pm	1:00pm
Girls	Slower Than	Event	Slower Than	Boys
21	1.21.89	10 & U 100 Fr	1.20.59	22
23	1.13.49	11-12 100 Fr	1.11.39	24
25	43.69	10 & U 50 Bk	43.89	26
27	38.99	11-12 50 Bk	38.69	28
29	1.37.89	10 & U 100 Fly	1.36.49	30
31	1.22.89	11-12 100 Fly	1.21.49	32
33	48.29	10 & U 50 Br	48.49	34
35	42.09	11-12 50 Br	43.09	36
37	3.19.89	10 & U 200 IM	3.18.89	38
39	2.59.79	11-12 200 IM	2.58.09	40

***200 IM's are Positive Check-In Events Swum FAST to SLOW**

Session	Date	Age	Warm-up*	Start*
3	Sat. April 16	10 & Over	5:00pm-5:50pm	6:00pm
Girls	Slower Than	Event	Slower Than	Boys

41	5.08.89	10 & Over 400 IM	4.50.19	42
43	5.50.59	10 & Over 400 Fr	5.27.09	44

***Final Start Time will be determined after all entries are received.**

Session	Date	Age	Warm-up	Start
4	Sun. April 17	13-14/Open	6:30am-7:50am	8:00am
Girls	Slower Than	Event	Slower Than	Boys

45	2.27.19	Open 200 Fr	2.17.19	46
47	2.31.79	13-14 200 Fr	2.23.29	48
49	1.16.29	Open 100 Bk	1.10.59	50
51	1.17.79	13-14 100 Bk	1.14.49	52
53	2.42.69	Open 200 Fly	2.30.59	54
55	2.48.29	13-14 200 Fly	2.38.79	56
57	1.26.69	Open 100 Br	1.19.69	58
59	1.28.99	13-14 100 Br	1.21.29	60
61	1.08.59	Open 100 Fr	1.03.09	62
63	1.10.39	13-14 100 Fr	1.05.99	64

Session	Date	Age	Warm-up	Start
5	Sun. April 17	10 & U/11-12	12:00pm-12:50pm	1:00pm
Girls	Slower Than	Event	Slower Than	Boys

65	1.35.29	10 & U 100 Bk	1.33.29	66
67	1.23.29	11-12 100 Bk	1.23.59	68
69	36.39	10 & U 50 Fr	36.09	70

71	33.69	11-12 50 Fr	32.59	72
73	42.09	10 & U 50 Fly	40.99	74
75	36.29	11-12 50 Fly	36.19	76
77	1.46.99	10 & U 100 Br	1.45.99	78
79	1.33.79	11-12 100 Br	1.32.49	80
81	2.58.49	10 & U 200 Fr	2.52.39	82
83	2.37.69	11-12 200 Fr	2.34.89	84
*200 Free's are Positive Check-In Events Swum FAST to SLOW				

Team Information Sheet

This form must be submitted with Meet Entries

Today's Date:	
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Team Name:			
Team Abbreviation:		LSC Code:	
Head Coach:		Cell #:	
Deck Coach:		Cell #:	
Additional Coaches/Managers:			
1.			
2.			
3.			
4.			
5.			
6.			

Mail All Correspondence to					
Name:					
Street:					
City:		State:		Zip:	
Telephone		E-Mail:			