

**NAVAL ACADEMY AQUATIC CLUB OPEN WATER
FALL SPLASH**

September 11, 2010

Sanctioned by Maryland Swimming, Inc.

Sanction #MD10/11-001

Host: Naval Academy Aquatic Club

Location: Bay Ridge Beach
2 Herndon Ave.
Annapolis, MD 21403

Meet Director: Chris Swensen
1811 Harewood Lane
Crofton, MD 21114
410-721-2505
cswensen11@comcast.net

Entries Director: Liz Slear
328 Beach Drive
Annapolis, MD 21403
410-268-4773
eslear@comcast.net

Meet Referee: Doug Colley
410-293-1462
colley@usna.edu

Schedule of Events:

- 7:30 am – Check-in begins. All swimmers must check in at least 30 minutes before their race starts.
- 8:00 am – Race and safety briefing
- 9:00 am - 10 & Under 1/2 mile swim
- 9:45 am - 11-12 and 13-14 1.0 mile swim
- 10:30 am - 15-18 2.0 mile swim

Men and women in each age group will compete on the same course at the same time. If there are a high number of entries in a particular event, the race will be run in heats. If the number of entries for a particular event is large enough to cause it to run more than the time allotted above, the meet director will limit the entries for that event. Swimmers from within the Maryland LSC will have priority based on the date and time their entries are received by the Entries Director.

Weather Delay: If inclement weather causes a delay, a notice will be posted on the Naval Academy Aquatic Club's website (www.naac.ws) along with the adjusted start times for each race. If there appears there will be no break in the weather, the meet will be rescheduled for the next day, September 12.

Facilities: The swimmers will compete in an area of the Chesapeake Bay adjacent to the Bay Ridge Community in Annapolis. The racecourse will be marked with large orange buoys. Water temperature in the fall usually ranges from 77 – 82 degrees F.

The start will take place on a beach in front of the Bay Ridge Pool. The pool includes a clubhouse, which will be open for swimmers to change and shower. An area of the bay adjacent to the race course will be available for warm-ups from 7:30 am until the start of the last race.

Eligibility: All participants must be registered with USA Swimming. A coach must certify on the release form that the swimmer has the ability to complete the race.

Safety: Adequate safety guidelines will be strictly adhered to. Kayakers will be spotting throughout the course and safety craft will be on site and prepared to administer aid should the need arise. The Prince George's County Fire Department Search & Rescue will be the safety authority on the water, and the U.S. Coast Guard will monitor the surrounding area in order to keep boat traffic off the course. Meet swim caps will be provided and must be worn by all competitors.

Awards: Ribbons for the top eight male and female finishers in each age group.

Entry Fee: \$30 per swimmer. Make check payable to NAAC.

Entry Deadline: 5:00 pm, September 6, 2010. E-mail entries are strongly encouraged. The e-mail must include a Hy-Tek entry file, a Word file of the swimmers' names and events, 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 Entries 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 to cover the entry fees must then be mailed to the Entries Director and postmarked within 48 hours of the entry deadline. Entries are not considered complete until the Meet/Entries Director receives the check.

No "deck" entries will be accepted.

Swimmers entering a meet must be registered with USA Swimming by the meet entry deadline date. Per Maryland Swimming rules, clubs will be fined \$100 per unregistered athlete.

Release Form: Coaches are encouraged to include a completed release form (copy follows) for each swimmer when mailing the entry fee check. The Meet Director must have a completed release form for each swimmer no later than 8:00 am the day of the meet.

Directions: Take US 50 east toward Annapolis. Take Exit #22 (Rt. 665/Arts T Allen Blvd.). Go right at the first light (Forest Drive). Stay on Forest Drive for roughly three miles (and nine lights) until you come to the sign marking the Bay Ridge Community. Take the first right, which will put you on to Herndon Avenue. The Bay Ridge Pool and parking are a 1/4-mile on the right. Overflow parking will be at the Chesapeake Bay Foundation. The entrance to that is 200 meters before the entrance to Bay Ridge Pool.

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Name: _____ USA Swimming No.: _____
Sex: M F
Age: _____ Team: _____
Address: _____
City: _____
State: _____
Phone: _____

RELEASE BY PARTICIPANT FROM LIABILITY: I hereby release USA Swimming, the Naval Academy Aquatic Club (NAAC), Bay Ridge Civic Association, Bay Ridge Pool Association, and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. I further attest and verify that I am aware of the risks involved with an open water swim, am physically fit to compete, and have trained for the completion of the race.

Athlete Signature: _____ Date: _____

Parent's Signature: _____ Date: _____
(If under eighteen years of age.)

I certify that the swimmer has the ability to complete the race he (or she) has entered.

Coach's Signature: _____ Date: _____