

NORTH BALTIMORE AQUATIC CLUB

PROUDLY PRESENTS: NBAC LONG COURSE CHAMPIONSHIPS

June 10-13, 2011 @ The Meadowbrook Aquatic Center
Sanctioned by the Maryland Swim Committee USA/MD10/11-032

ENTRY DEADLINE: FRIDAY MAY 20, 2011 @ 6:00 PM

MEET DIRECTOR:	Rick Ewart rtewart@comcast.net	MEET ENTRY DIRECTOR:	Tom Himes Meadowbrook Aquatic Center 5700 Cottonworth Avenue Baltimore, Maryland 21209 thimes@nbac.net coachtom@comcast.net
MEET REFEREE:	Betsy Coe 01andercoe@gmail.com		
SAFETY DIRECTOR:	Anna Summerfield		

FACILITIES: Meadowbrook Aquatic Center 5700 Cottonworth Ave Baltimore, MD 21209 / 410-433-8300
Two 50 meter pools: One indoor and one outdoor.

OUTDOOR: 50 meter pool, twelve 8 foot wide lanes, average depth of water is 6-7 feet with non turbulent lane lines. Ten lanes will be used for competition. A continuous warm up/down area at the end of the pool (two lanes, 33 meters long) is available for the entire meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7'7" to 10'10" at the start end and 4'7" to 4'9" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

INDOOR: 50meter pool, six 7.5 foot wide lanes, average depth of water is 6-7 feet with non turbulent lane lines. Pool is located next to the outdoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 7'0" to 7'4" at the start end and 4'0" to 4'1" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

- *All women's prelim events will be swum in the ten lane outdoor pool.
- *All men's prelim events will be swum in the six lane indoor pool.
- *All final events will be swum in the ten lane outdoor pool.
- *All women's Timed Final events will be swum in the ten lane outdoor pool (exception 12 & U 400 IM will be swum in the 6 lane indoor pool)
- *All men's Timed Finals events will be swum in the six lane indoor pool with the exception of those heats that swim in the finals session which will be swum in the ten lane outdoor pool (exception 13 & 14 / Open 800 Free will be swum in the 10 lane outdoor pool)
- *The courses may be changed at the discretion of the meet director for the Timed Finals events on Friday night as well as those swum in the AM Sessions.

OFFICIALS: This is an **OFFICIALS NATIONAL QUALIFYING MEET**. To apply to officiate and/or request an evaluation for N2 or N3 advancement of recertification go to the link below and submit your information.

<https://spreadsheets.google.com/viewform?formkey=dGRpSnpzWTEyZ3NuNEp3LTN6LVkzVWc6MQ>

Officials Contact: Betsy Coe 01andercoe@gmail.com

ELIGIBILITY: Open to all USA registered swimmers who meet the qualifying time standards ("A" times long course meters/short course meters/short course yards, except "BB-A" modified times for 10&Unders. The Open age group uses 15-16 time standards.) The list of time standards for 11-12, 13-14, and Open (15-16) can be found at www.usaswimming.org. The modified "BB-A" times for 10&Unders are listed below. Swimmers' age as of June 10, 2011 shall apply for the entire meet. The North Baltimore Aquatic Club along with the Meadowbrook Aquatic Center reserves the right to limit the number of athletes in the meet to 800 swimmers. Deck entries will not be accepted. On-deck registrations are not permitted.

Eligibility Note: **Any Maryland Swimming LSC Registered Swimmer who qualifies in two or more events may swim any additional events up to the entry limit of the meet. All out of LSC registered swimmers must meet the qualifying times in each event entered.**

RULES: Applicable 2011 USA Swimming and Maryland Swimming rules shall govern this competition. USA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet.

[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.](#)

MEET SCHEDULE:	FRIDAY: TIMED FINALS:	WARMUP: 5:00PM	START: 5:45PM
	SAT/SUN/MON PRELIMS:	WARMUP: 6:30AM	START: 8:00AM
	SAT/SUN/MON FINALS:	WARMUP: 5:00PM	START: 5:45PM

COACHES MEETING: There will be a coaches meeting on Saturday at 7:30 am. One representative from each team should attend.
MEET INFORMATION: Swimmers may enter three events per day excluding relays. USA residents must be registered with USA Swimming. Failure of any swimmer to comply with the three events per day rule will result in the swimmer being scratched from all events after the third entered event of that session at the discretion of the meet director.

All age groups will swim prelims and finals with the exception of the events listed below. Open age groups will have consolation and championship finals heats with the exception of the events listed below.

The 400 Free and the 400 IM will be timed finals using the following rules: The fastest heat of the 13-14 Men and Women and the fastest two heats of the Open Men and Women will swim at finals. All other heats of the 13-14 and Open will swim at prelims in event order. The 12&U 400 Free will be a timed finals event using the following rules: The fastest heat of Men and Women will swim as the second event (after the medley relays and 1500 Free) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday. See the schedule of events for clarification.

The 800 Free on Friday evening will be a timed finals event with all heats swimming in the Friday evening session. This will be swum in event order, slowest heats to fastest heats. All heats will be swum in the 10 lane outdoor pool.

The 12 & U 400 IM on Friday evening will be a timed finals event with all heats swimming in the Friday evening session. The event will be swum in the 6 lane indoor pool and will be swum at the same time as the 800 Free, which will be swum in the 10 lane outdoor pool.

The 1500 Free will be a timed finals event using the following rules: The fastest heat of men and women will swim as the first event (after the medley relays) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday, fastest to slowest alternating men & women.

All swimmers entered in the 400 IM, 400, 800, and 1500 Freestyle must provide their own timers and counters.

The 12 & Under 200 Backstroke, 200 Breaststroke, and 200 Butterfly will be timed finals with all swimmers swimming in the prelim sessions.

All relays will be timed finals. Relays will be limited to the top twenty seeded relay teams. All relays will swim in the finals sessions.

SEEDING: All prelim/final events will be circle seeded

POSTIVE CHECK IN EVENTS: Positive check-in will be conducted for the 400 IM, and for the 400, 800 and 1500 Freestyles. Below are the deadlines for check-in.

Friday:	800 Freestyle and 12 & U 400 IM	Due at 5:15 PM
Saturday:	13-14 and Open 400 IM	Due at 8:30 AM
	All Relays	Due at 10:00 AM with relay cards including names
Sunday:	13-14 and Open 400 Free	Due at 8:30 AM
	All Relays	Due at 10:00 AM with relay cards including names
Monday:	Open 1500 Free and 12 & U 400 Free	Due at 8:30 AM
	All Relays	Due at 10:00 AM with relay cards including names

Any swimmer who fails to positively check in for the above events by the required time will be scratched from the event. Any swimmer who positively checks in and does not show for the event will be barred from their next individual event.

FINALS SCRATCH PROCEDURES: USA Swimming Rules 207.12.6 (D) will be followed. A swimmer who declares his/her intention to scratch but fails to return to the scratch table within 30 minutes after their last event to declare scratch or swim, **WILL BE SEEDED** into the event.

Although listed alternates, after the 30 minute scratch time (and those finishing below the first 2 alternates) will not be penalized, it is **STRONGLY ENCOURAGED** that all swimmers placing within the top 30 scratch if you do not intend on returning to finals. The relevant **MARYLAND SWIMMING PENALTY of \$50.00** shall be applied to any swimmer failing to show for finals on the final day of the meet.

Exceptions for Failure to compete: USA Swimming Rules 207.12.6 (E) will be in effect.

ENTRY INFORMATION AND DEADLINE: All entries must be received no later than **Friday May 20th at 6:00 PM**. MD LSC teams get priority placement. 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 email (Hy-Tek file) along with a file containing the hard copy of the entries (Hy-Tek by name – Microsoft Word or PDF document). 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 email the Meet Entry Director or the Meet Director. Entries will not be considered received/complete until the entry check is received. Entries should be emailed to:

Tom Himes
thimes@nbac.net OR coachtom@comcast.net

*All teams of 10 or more swimmers are expected to submit entries via Hy-tek file. Teams of less than 10 swimmers may enter by filling out the Computer Entry Form (located at the end of the meet notice) and mail it 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:

Meadowbrook Aquatic Center
 ATTN: Tom Himes
 5700 Cottonworth Avenue
 Baltimore, Maryland 21209

ENTRY FEES: \$6.50 per individual event, \$16.00 per relay. \$5.00 per swimmer surcharge for paper entries and any other entries not submitted via Hy-tek entry file. Make all checks payable to NBAC. The meet director reserves the right to limit entries to ensure that prelim sessions end by 1:00 PM

The following seeding rules will be used to seed the applicable events **IF NEEDED** to limit session length:

- The 12 & U 400 IM will be limited to the fastest 6 women's and fastest 6 men's heats (36 swimmers in each event).
- The 800 free events will be limited to the fastest 3 heats (30 swimmers in each event).
- The Open 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 44 swimmers in the boys pool) in each event. The 13-14 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 40 swimmers in the boys pool) in each event. The 12&U 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 40 swimmers in the boys pool) in each event.
- All events 200 meters or less will be limited to the fastest 8 heats (80 swimmers in the girls pool and 48 swimmers in the boys pool) for the 13 & over events and the fastest 6 heats (60 swimmers in the girls pool and 36 swimmers in the boys pool) for the 12 & under events.
- The 1500 free events will be limited to the fastest 3 heats (30 swimmers in the girls pool and 22 swimmers in the boys pool) in each event.

Meet entry fees will be refunded to any swimmer who does not swim due to the above limitations.

TIMING: All events will be timed by a Colorado electronic timing system with a two-button backup as well as hand watches.

AWARDS: 10 & Under, and 11-12 age groups will receive medals 1st through 10th place for 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.

QUALIFICATION TIMES (LCM / SCM / SCY):

10 & UNDER QUALIFYING TIMES: Equal to or faster than the times listed below.

10&U Girls Modified BB-A Times	LCM		SCY		
	LCM	SCY	LCM	SCY	
50 Free	37.39	33.19	50 Free	36.09	32.59
100 Free	1:23.89	1:13.89	100 Free	1:22.59	1:12.79
200 Free	3:02.49	2:40.39	200 Free	2:56.39	2:33.89
50 Back	44.69	39.09	50 Back	44.89	39.29
100 Back	1:37.29	1:24.19	100 Back	1:35.29	1:23.29
50 Breast	49.29	42.99	50 Breast	49.49	43.19
100 Breast	1:48.99	1:35.39	100 Breast	1:47.99	1:33.79
50 Fly	43.09	38.29	50 Fly	41.99	37.69
100 Fly	1:39.89	1:28.59	100 Fly	1:38.49	1:27.59
200 IM	3:23.89	2:59.99	200 IM	3:22.89	2:59.29

11 & 12 QUALIFYING TIMES: Equal to or faster than USA Swimming 11 & 12 'A' Time Standards.

13 & 14 QUALIFYING TIMES: Equal to or faster than USA Swimming 13 & 14 'A' Time Standards.

OPEN QUALIFYING TIMES: Equal to or faster than USA Swimming 15 & 16 'A' Time Standards.

SESSION 1 (TIMED FINALS) FRIDAY
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

1	Men 13-14 800 Freestyle	5	Men 12 & U 400 IM
2	Women 13-14 800 Freestyle	6	Women 12 & U 400 IM
3	Men Open 800 Freestyle		
4	Women Open 800 Freestyle		

SESSION 2 (PRELIMS) SATURDAY
WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

7	Men 12 & Under 200 Backstroke	21	Men Open 200 Freestyle	31	Men 13-14 100 Butterfly
8	Women 12 & Under 200 Backstroke	22	Women Open 200 Freestyle	32	Women 13-14 100 Butterfly
13	Men Open 100 Breaststroke	23	Men 13-14 200 Freestyle	33	Men 11-12 100 Butterfly
14	Women Open 100 Breaststroke	24	Women 13-14 200 Freestyle	34	Women 11-12 100 Butterfly
15	Men 13-14 100 Breaststroke	25	Men 11-12 200 Freestyle	35	Men 10 & Under 100 Butterfly
16	Women 13-14 100 Breaststroke	26	Women 11-12 200 Freestyle	36	Women 10 & Under 100 Butterfly
17	Men 11-12 50 Breaststroke	27	Men 10 & Under 200 Freestyle	37	Men Open 400 IM
18	Women 11-12 50 Breaststroke	28	Women 10 & Under 200 Freestyle	38	Women Open 400 IM
19	Men 10 & Under 50 Breaststroke	29	Men Open 100 Butterfly	39	Men 13-14 400 IM
20	Women 10 & Under 50 Breaststroke	30	Women Open 100 Butterfly	40	Women 13-14 400 IM

SESSION 3 (FINALS) SATURDAY
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

9	Men Open 200 Freestyle Relay	21	Men Open 200 Freestyle	33	Men 11-12 100 Butterfly
10	Women Open 200 Freestyle Relay	22	Women Open 200 Freestyle	34	Women 11-12 100 Butterfly
11	Men 12 & U 200 Freestyle Relay	23	Men 13-14 200 Freestyle	35	Men 10 & Under 100 Butterfly
12	Women 12 & U 200 Freestyle Relay	24	Women 13-14 200 Freestyle	36	Women 10 & Under 100 Butterfly
13	Men Open 100 Breaststroke	25	Men 11-12 200 Freestyle	37	Men Open 400 IM
14	Women Open 100 Breaststroke	26	Women 11-12 200 Freestyle	38	Women Open 400 IM
15	Men 13-14 100 Breaststroke	27	Men 10 & Under 200 Freestyle	39	Men 13-14 400 IM
16	Women 13-14 100 Breaststroke	28	Women 10 & Under 200 Freestyle	40	Women 13-14 400 IM
17	Men 11-12 50 Breaststroke	29	Men Open 100 Butterfly	41	Men 12 & Under 200 Medley Relay
18	Women 11-12 50 Breaststroke	30	Women Open 100 Butterfly	42	Women 12 & Under 200 Medley Relay
19	Men 10 & Under 50 Breaststroke	31	Men 13-14 100 Butterfly	43	Men Open 200 Medley Relay
20	Women 10 & Under 50 Breaststroke	32	Women 13-14 100 Butterfly	44	Women Open 200 Medley Relay

SESSION 4 (PRELIMS) SUNDAY
WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

45	Men 12 & Under 200 Breaststroke	58	Women 13-14 50 Freestyle	71	Men Open 100 Backstroke
46	Women 12 & Under 200 Breaststroke	59	Men 11-12 50 Freestyle	72	Women Open 100 Backstroke
47	Men Open 200 IM	60	Women 11-12 50 Freestyle	73	Men 13-14 100 Backstroke
48	Women Open 200 IM	61	Men 10 & Under 50 Freestyle	74	Women 13-14 100 Backstroke
49	Men 13-14 200 IM	62	Women 10 & Under 50 Freestyle	75	Men 11-12 100 Backstroke
50	Women 13-14 200 IM	63	Men Open 200 Butterfly	76	Women 11-12 100 Backstroke
51	Men 11-12 200 IM	64	Women Open 200 Butterfly	77	Men 10 & Under 100 Backstroke
52	Women 11-12 200 IM	65	Men 13-14 200 Butterfly	78	Women 10 & Under 100 Backstroke
53	Men 10 & Under 200 IM	66	Women 13-14 200 Butterfly	79	Men Open 400 Freestyle
54	Women 10 & Under 200 IM	67	Men 11-12 50 Butterfly	80	Women Open 400 Freestyle
55	Men Open 50 Freestyle	68	Women 11-12 50 Butterfly	81	Men 13-14 400 Freestyle
56	Women Open 50 Freestyle	69	Men 10 & Under 50 Butterfly	82	Women 13-14 400 Freestyle
57	Men 13-14 50 Freestyle	70	Women 10 & Under 50 Butterfly		

SESSION 5 (FINALS) SUNDAY
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

47	Men Open 200 IM	61	Men 10 & Under 50 Freestyle	75	Men 11-12 100 Backstroke
48	Women Open 200 IM	62	Women 10 & Under 50 Freestyle	76	Women 11-12 100 Backstroke
49	Men 13-14 200 IM	63	Men Open 200 Butterfly	77	Men 10 & Under 100 Backstroke
50	Women 13-14 200 IM	64	Women Open 200 Butterfly	78	Women 10 & Under 100 Backstroke
51	Men 11-12 200 IM	65	Men 13-14 200 Butterfly	79	Men Open 400 Freestyle
52	Women 11-12 200 IM	66	Women 13-14 200 Butterfly	80	Women Open 400 Freestyle
53	Men 10 & Under 200 IM	67	Men 11-12 50 Butterfly	81	Men 13-14 400 Freestyle
54	Women 10 & Under 200 IM	68	Women 11-12 50 Butterfly	82	Women 13-14 400 Freestyle
55	Men Open 50 Freestyle	69	Men 10 & Under 50 Butterfly	83	Men 12 & Under 400 Medley Relay
56	Women Open 50 Freestyle	70	Women 10 & Under 50 Butterfly	84	Women 12 & Under 400 Medley Relay
57	Men 13-14 50 Freestyle	71	Men Open 100 Backstroke	85	Men Open 400 Medley Relay
58	Women 13-14 50 Freestyle	72	Women Open 100 Backstroke	86	Women Open 400 Medley Relay
59	Men 11-12 50 Freestyle	73	Men 13-14 100 Backstroke		
60	Women 11-12 50 Freestyle	74	Women 13-14 100 Backstroke		

SESSION 6 (PRELIMS) MONDAY
WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

87	Men 12 & Under 200 Butterfly	102	Women Open 100 Freestyle	113	Men 11-12 50 Backstroke
88	Women 12 & Under 200 Butterfly	103	Men 13-14 100 Freestyle	114	Women 11-12 50 Backstroke
93	Men Open 200 Breaststroke	104	Women 13-14 100 Freestyle	115	Men 10 & Under 50 Backstroke
94	Women Open 200 Breaststroke	105	Men 11-12 100 Freestyle	116	Women 10 & Under 50 Backstroke
95	Men 13-14 200 Breaststroke	106	Women 11-12 100 Freestyle	89	Men Open 1500 Freestyle
96	Women 13-14 200 Breaststroke	107	Men 10 & Under 100 Freestyle	90	Women Open 1500 Freestyle
97	Men 11-12 100 Breaststroke	108	Women 10 & Under 100 Freestyle	91	Men 12 & Under 400 Freestyle
98	Women 11-12 100 Breaststroke	109	Men Open 200 Backstroke	92	Women 12 & Under 400 Freestyle
99	Men 10 & Under 100 Breaststroke	110	Women Open 200 Backstroke		
100	Women 10 & Under 100 Breaststroke	111	Men 13-14 200 Backstroke		
101	Men Open 100 Freestyle	112	Women 13-14 200 Backstroke		

*1500 Free - The fastest heat of men and women will swim as the first event (after the medley relays) at finals on Monday evening.
The remaining heats will swim at the end of prelims on Monday.

*12 & Under 400 Free – The fastest heat of men and women will swim as the second individual event (after the medley relays)
at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday.

SESSION 7 (FINALS) MONDAY
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

89	Men Open 1500 Freestyle	100	Women 10 & Under 100 Breaststroke	111	Men 13-14 200 Backstroke
90	Women Open 1500 Freestyle	101	Men Open 100 Freestyle	112	Women 13-14 200 Backstroke
91	Men 12 & Under 400 Freestyle	102	Women Open 100 Freestyle	113	Men 11-12 50 Backstroke
92	Women 12 & Under 400 Freestyle	103	Men 13-14 100 Freestyle	114	Women 11-12 50 Backstroke
93	Men Open 200 Breaststroke	104	Women 13-14 100 Freestyle	115	Men 10 & Under 50 Backstroke
94	Women Open 200 Breaststroke	105	Men 11-12 100 Freestyle	116	Women 10 & Under 50 Backstroke
95	Men 13-14 200 Breaststroke	106	Women 11-12 100 Freestyle	117	Men Open 400 Freestyle Relay
96	Women 13-14 200 Breaststroke	107	Men 10 & Under 100 Freestyle	118	Women Open 400 Freestyle Relay
97	Men 11-12 100 Breaststroke	108	Women 10 & Under 100 Freestyle	119	Men 12 & Under 400 Freestyle Relay
98	Women 11-12 100 Breaststroke	109	Men Open 200 Backstroke	120	Women 12 & Under 400 Free Relay
99	Men 10 & Under 100 Breaststroke	110	Women Open 200 Backstroke		

