

# **CBAC MD JUNIOR CHAMPS SWIM MEET MARCH 9 - 11, 2012**

## **HOSTED BY THE CHESAPEAKE BAY AQUATIC CLUB**

Sanctioned by Maryland Swimming, Inc.  
Sanction # MD11/12 - 022

[ "In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event." ]

### **LOCATION:**

Michael P. O'Brien Athletics and Recreation Center  
St. Mary's College of Maryland  
18952 E. Fisher Rd  
St. Mary's City, MD 20686  
Phone: 240-895-4798

### **FACILITY:**

St. Mary's College features an indoor eight-lane 50 meter pool, non-turbulent lane lines, and continuous flow through gutters. The competition course shall consist of eight 25-yard long lanes established between the end of the pool and a movable bulkhead. The remainder of the pool will be set up in 25 yard lanes and will be available for continuous warm-up/warm-down during the meet. The meet will be conducted using the Daktronics Omni Sport 2000 electronic timing system with touchpads.

- The minimum depth of the competition pool, within 5 meters of either end, is 7 feet (2.1 meters).
- The competition course has not been certified in accordance with USA Swimming Rules Article 104.2.2c(4): *American and United States Open Records - Pool Measurement*.

Notes: (1) Chairs are not permitted in the stands area.  
(2) **Parking is authorized in designated parking areas only. Vehicles parked in unauthorized spaces or on the grass are subject to citation and towing.**  
(3) No glass containers of any kind are permitted in the pool complex.

### **Schedule:**

Date	Session	Warm Ups	Start Time	Notes
Fri - 3/9	1	4:00 pm	5:00 pm	<ul style="list-style-type: none"><li>• 11 &amp; Over (All)</li><li>• 400 IM/500 FR [Positive Check-in required NLT 4:15 p.m.]</li></ul>
Sat - 3/10	2	7:00 am	8:00 am	11-12 (All), 13-14 (Boys)
Sat - 3/10	3	12:00 pm	1:00 pm	13-14 (Girls), 15 & Over (All)
Sun - 3/11	4	7:00 am	8:00 am	11-12 (All), 13-14 (Boys)
Sun - 3/11	5	12:00 pm	1:00 pm	13-14 (Girls), 15 & Over (All)

Note: The meet director reserves the right to adjust the above warm-up/meet start times based on entries received.

**INCLEMENT WEATHER:**

In the event that inclement weather, please consult the CBAC website ( [www.cbacswim.org](http://www.cbacswim.org) ) for information and instructions. As a general rule, the meet will proceed as long as St Mary's college of MD is OPEN.

**MEET POINTS OF CONTACT:**

MEET DIRECTOR: Tina Flood, 301-997-1057(h), 301-481-7642 (m), Email: [cbac.swim.meets@gmail.com](mailto:cbac.swim.meets@gmail.com)

MEET ENTRY DIRECTOR: Chris Flood, 301-997-1057 (h), 301-481-7643 (m), Email: [cbac.swim.meets@gmail.com](mailto:cbac.swim.meets@gmail.com)

SAFETY DIRECTOR: Julio Zarate, 301-717-3462, Email: [jlzarate@smcm.edu](mailto:jlzarate@smcm.edu)

MEET REFEREE: Penny Branaman, 301-481-5826, Email: [cbacmeetref@gmail.com](mailto:cbacmeetref@gmail.com)

**ELIGIBILITY:**

- This meet is open swimmers in age groups 11-12, 13-14, and 15 & Over (Note: By decision of MD Swimming, the 9-10 age group will not be permitted to compete in this event). All swimmers must be registered with USA & Maryland Swimming. This meet is closed to swimmers outside the Maryland Swimming LSC.
- Age is determined as of the first day of the meet.
- Swimmers must meet the time standards for each event listed.
- 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. MD Swimming may impose a fine of up to \$100.00 **per event** against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not properly registered (USA Swimming, Article 302.4).
- There will be no "on-deck" registration or deck entries during this meet.
- Swimmers with disabilities are welcome in USA/MD Swimming meets. Competition provides the swimmer with opportunities to assess progress toward goals, receive coaching and officiating in a meet environment, and socialize with friends.

**QUALIFYING TIMES:**

For all age groups, entry times must be faster than or equal to 2012 "BB" times but slower than 2012 Maryland LSC Swimming Championships Qualifying Times. Qualifying Times must have been achieved in a short course yard pool. Non-conforming or converted times will **NOT** be accepted.

***Swimmers who achieve a Maryland Championship Qualification Standard while swimming a BONUS EVENT at the Maryland Swimming Championship Meet ( 2-4 Mar 2012) must be scratched by their coach from that event in this meet*** (the entry fee for that event shall be refunded). Coaches must notify the Meet Entry Director no later than Monday March 5, 2012.

**Time Standard Exception:** Swimmers with best times faster than the 2012 Maryland LSC Swimming Championships time standards but have not achieved that time during the past year (since March 2nd,

2011) may swim that event in this meet. In this case the swimmers entry time shall be the fastest time achieved since March 2, 2011 (must fall w/in qualifying time limits).

#### **PROOF OF TIMES:**

Times will be verified through the USA Swimming SWIMS database. Coaches should be prepared to submit proof of times achieved upon request by the meet entry director; for those times rejected by SWIMS. Note: Official split times may be used but must exist in SWIMS. **Failure to prove a time will result in the swimmer being scratched from that event.**

#### **RULES:**

- All applicable [USA Swimming Rules](#) shall govern this competition.
- [Maryland Swimming Rules and Regulations](#) shall also apply.
- Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms. [[USA Swimming, Article 305.3](#)]
- The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing would be in violation of the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.
- USA SWIMMING / MD SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. Use of stretch cords, paddles, fins, kick boards, etc are not permitted. Coaches and swimmers are asked to review [MD Swimming Rules, Section 14.8](#).
- Only entered swimmers, officials working the meet, meet workers, and current USA swimming coach members are eligible to be on deck. Coaches will be required to display their credentials at all times while on deck. Coaches without current USA swimming credentials will be asked to leave the pool deck. [[MD Swimming Rules, Section 14.4](#)]
- USA Swimming athlete-members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director will assist swimmers w/out their own coach in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [[USA Swimming, Article 202.3.2](#)]
- Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Article 101.1. All swimmers and coaches are encouraged to re-familiarize themselves with the starting signals [[USA Swimming, Article 101.1.2](#)] and False Start rules [[USA Swimming, Article 101.1.3](#)].
- 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 [[USA Swimming, Article 202.3.3](#)].
- Overhead (dive-over) starts will be used during the meet. Coaches are asked to make sure your swimmers understand how overhead starts are done.
- Swimmers with disabilities (or their Coaches) should notify the Meet Director and Referee of any special accommodations that may be need (In accordance with [USA Swimming regulations, Article 105](#)). Advance notice of any special accommodations, at the time of meet entry, will allow

the Meet Director to make any necessary adjustments when the events are seeded and would be greatly appreciated.

- **The 400 IM and 500 Freestyle events (Friday evening) will require positive check-in no later than 4:15 pm. Each swimmer must provide their own timer (1). Swimmers in the 500 Free must also provide their own counter.**
- The Meet director reserves the right to combine or otherwise adjust the order of events to meet session time constraints.

#### ENTRY INFORMATION:

- An events file formatted for Hy-Tek's Team Manager® will be posted on the Maryland Swimming website ( [www.mdswim.org](http://www.mdswim.org) ) and may also be downloaded at [www.cbacswimming.org](http://www.cbacswimming.org).
- Team's must submit entries electronically in Hy-Tek Meet Manager format. Email entry files to the Meet Entry Director at [cbac.swim.meets@gmail.com](mailto:cbac.swim.meets@gmail.com). Individual Unattached swimmers may submit written entries via email or US Postal Service.
- Times: Entry times must be submitted in short course yards. Converted times and/or "No time" entries are not acceptable.
- Swimmers are limited to four (4) individual events per session. In the event that the meet is over-subscribed, the meet director reserves the right to limit entries to stay within the applicable session time constraints.

- **400 Individual Medley**

- Positive check-in required on Friday, no later than 4:15 pm.
- Each swimmer in the 400 IM must provide their own timer (1).
- Events 1 and 2 will be swum as Consolidated Events (multi-age groups). Events 1 and 2 will be seeded slowest to fastest and will be swum alternating boys and girls heats.
- Separate awards will be given for each age group/gender.

- **500 Freestyle**

- Positive check-in required on Friday, no later than 4:15 pm.
- Each swimmer in the 500 FR must provide their own timer (1) and counter.
- Events 3 and 4 will be swum as Consolidated Events (multi-age groups). Events 3 and 4 will be seeded slowest to fastest and will be swum alternating boys and girls heats.
- Separate awards will be given for each age group/gender.

- **Bonus Events**

Bonus events will be offered for the 11-12 age group. The following guidelines will be used for the bonus events:

- 11-12 year old swimmers who meet the entry time standards in at least one event may enter four (4) bonus events.
- The bonus events may be swum on either Saturday or Sunday.
- Total number of events entered must not exceed the 4 event per day limit.
- The 400 IM and 500 Freestyle may not be used as a bonus event.

**Bonus Event Time Standard:** Entry times for Bonus events must be within two (2) seconds of the qualifying time for the event (faster than "BB" time plus 2 seconds).

If the meet becomes oversubscribed the bonus events will be the first entries removed from the meet. The 200 YD bonus events will be eliminated first with the 100 YD and 50 YD bonus events next if necessary.

- **Deck-entries:**

All entries must be received by the entry deadline. No Deck Entries will be permitted in this meet.

- **OVER SUBSCRIPTION:**

In the event the meet is oversubscribed, 200 Yard events will be limited to a maximum of 32 swimmers (4 heats), starting in reverse order with the 200 IM on Saturday and the 200 Free on Sunday. Refunds will be given for swimmers scratched because of oversubscription.

**ENTRY DEADLINE:**

- All entries must be received no later than 5:00 PM on February 29, 2012 (yes, it is a leap year). Entries received after the deadline will be returned.
- Entries are not considered received until the meet entry fees have been received.
- Entries will be accepted in the order received.

**ENTRY FEES:**

- The fees for this meet will be \$6.50 per event.
- Entry fee checks should be made payable to the “Chesapeake Bay Aquatic Club”.
- Mail entry fee checks to:

Chris Flood  
21928 Society Hill Rd  
Leonardtown, MD 20650  
(H) 301-997-1057  
[cbac.swim.meets@gmail.com](mailto:cbac.swim.meets@gmail.com)

- **No swimmer will be permitted to swim until his or her team’s meet fees have been paid in full.**

**OFFICIALS:** Any USA Swimming-certified official willing to volunteer his/her services for this meet are asked to fill out the form at this link: [Officials Registration Form](#) . If you have questions or difficulty please contact the Meet referee (Penny Branaman) at (301) 481-5826 (mobile) or [cbacmeetref@gmail.com](mailto:cbacmeetref@gmail.com) .

**AWARDS:** Ribbons will be awarded for first through eighth (1-8) place.

**RESULTS:**

- “Real-Time Results” will be available at [www.cbacswimming.org/results](http://www.cbacswimming.org/results) and [www.cbacswim.org](http://www.cbacswim.org) after the completion of each heat/event.
- Printed results will be posted outside concessions and the locker rooms throughout the meet.

- Additionally, results reports and Hy-tek files will be available for downloading from the MD Swimming web site at [mdswim.org](http://mdswim.org) and the CBAC Meet Web Site (at [www.cbacswimming.org](http://www.cbacswimming.org)) within 48 hours of the conclusion of the meet.

**CONCESSIONS:** Food and a full line of swim apparel and accessories will be available for sale during the meet.

**PROGRAMS:** Programs will be for sale at the cost of \$ 10.00 each.

**DIRECTIONS:**

- 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.**
- 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.
- 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.
- 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.

View [mapquest map](#). View [campus map](#). (park in lot Z and follow College Dr to the Athletic Center (between building 28 and parking lot Y)

<b>HOTELS: (Listed nearest to furthest from pool.)</b>		
<p><b>Hampton Inn</b> 22211 Three Notch Rd Lexington Park, MD 301-863-3200 <a href="#">View hotel information</a> (8.6 mi/15 min)</p>	<p><b>Fairfield Inn</b> 22119 Three Notch Road Lexington Park, MD 301-863-0203 <a href="#">View hotel information</a> (8.8 mi/15 min)</p>	<p><b>Extended Stay America</b> 46565 Expedition Dr Lexington Park, MD (240) 725-0100 <a href="#">View Hotel Information</a> (9.4 mi/17 min)</p>
<p><b>TownPlace Suites</b> 22520 Three Notch Rd Lexington Park, MD 301-863-1111 <a href="#">View Hotel Information</a> (10.3 mi/18 min)</p>	<p><b>La Quinta Inn &amp; Suites</b> 22769 Three Notch Rd California, MD 301-862 4100 <a href="#">View Hotel Information</a> (11.0 mi/18 min)</p>	<p><b>Super 8, California</b> 22801 Three Notch Road California, MD 301-862-9822 <a href="#">View Hotel Information</a> (11.1 mi/18 min)</p>

<b>HOTELS: (Listed nearest to furthest from pool.)</b>		
<b>Country Inn &amp; Suites</b> 44941 Worth Ln California, MD 301-737-5227 <a href="#">View Hotel Information</a> (12.8 mi/21 min)	<b>Sleep Inn &amp; Suites</b> 23428 Three Notch Rd. California, MD, 301-737-0000 <a href="#">View Hotel Information</a> (13.7 mi/22 min)	<b>Executive Inn &amp; Suites</b> 41655 Park Avenue Leonardtown, MD 301-475-3000 <a href="#">View Hotel Information</a> (16.4 mi/27 min)
<b>Comfort Inn – Solomons</b> 255 Lore Rd. Solomons, MD 410-326-6303 <a href="#">View hotel information</a> (16.8 mi/27 min)	<b>Holiday Inn – Solomons</b> 155 Holiday Drive Solomons, MD 410-326-6311 <a href="#">View hotel information</a> (17 mi/28 min)	<b>Hilton Garden Inn – Solomons</b> 13100 Dowell Rd. Dowell, MD 20629 410-326-0303 <a href="#">View Hotel Information</a> (19.1 mi/35 min)

## ORDER OF EVENTS:

### Friday – March 9, 2012 (Session 1)

4:00 p.m. - Warm Ups start

4:15 p.m. - Positive Check-in closes for 400 IM and 500 Free.

5:00 p.m. - Meet Starts

Event	Event	Faster than (or equal to)	Slower than
1	11-12 GIRLS 400 IM	6:04.19	5:28.09
	13-14 GIRLS 400 IM	5:44.29	4:59.99
	15 & OVER GIRLS 400 IM	5:35.69	4:50.49
2	11-12 BOYS 400 IM	5:56.29	5:28.09
	13-14 BOYS 400 IM	5:25.49	4:53.99
	15 & OVER BOYS 400 IM	5:11.79	4:30.99
3	11-12 GIRLS 500 FREE	6:40.09	5:53.89
	13-14 GIRLS 500 FREE	6:22.39	5:29.99
	15 & OVER GIRLS 500 FREE	6:16.29	5:21.99
4	11-12 BOYS 500 FREE	6:35.09	5:53.89
	13-14 BOYS 500 FREE	6:03.19	5:19.99
	15 & OVER BOYS 500 FREE	5:51.29	4:59.99

- Notes:
- (1) Competitors in the 400 IM and 500 Free must provide their own timer.
  - (2) Competitors in the 500 Free must provide their own counter.
  - (3) Session 1 events will be swum as consolidated events (multi-age groups/seeded slowest to fastest). Separate awards will be given for each age group/gender.
  - (4) Evt 1/2 and 3/4 will be swum alternating boys and girls heats.

**Saturday – March 10, 2012 (Session 2)**

7:00 a.m. - Warm Ups start

8:00 a.m. - Meet Starts

Event	Event	Bonus Event (faster than)	Faster than (or equal to)	Slower than
5	11-12 GIRLS 50 BACK	38.79	36.79	33.29
6	11-12 BOYS 50 BACK	38.49	36.49	33.49
7	13-14 BOYS 200 FLY		2:31.99	2:17.99
8	11-12 GIRLS 200 FLY	2:53.79	2:51.79	2:38.29
9	11-12 BOYS 200 FLY	2:50.29	2:48.29	2:38.29
10	13-14 BOYS 100 BACK		1:09.59	1:03.29
11	11-12 GIRLS 100 BACK	1:23.09	1:21.09	1:11.79
12	11-12 BOYS 100 BACK	1:21.09	1:19.09	1:11.99
13	13-14 BOYS 200 BREAST		2:49.39	2:33.09
14	11-12 GIRLS 200 BREAST	3:13.69	3:11.69	2:56.29
15	11-12 BOYS 200 BREAST	3:09.29	3:07.29	2:56.29
16	13-14 BOYS 100 FREE		1:02.19	55.29
17	11-12 GIRLS 100 FREE	1:10.29	1:08.29	1:01.99
18	11-12 BOYS 100 FREE	1:09.89	1:07.89	1:02.29
19	13-14 BOYS 200 IM		2:31.99	2:16.99
20	11-12 GIRLS 200 IM	2:52.69	2:50.69	2:32.99
21	11-12 BOYS 200 IM	2:51.39	2:49.39	2:33.99
22	11-12 GIRLS 50 FLY	37.09	35.09	31.89
23	11-12 BOYS 50 FLY	37.19	35.19	31.89

**Saturday – March 10, 2012 (Session 3)**

12:00 p.m. - Warm Ups start

1:00 p.m. - Meet Starts

Event	Event	Faster than	Slower than
24	13-14 GIRLS 200 FLY	2:40.99	2:22.39
25	15 & Over GIRLS 200 FLY	2:36.49	2:20.49
26	15 & Over BOYS 200 FLY	2:24.49	2:08.99
27	13-14 GIRLS 100 BACK	1:14.19	1:05.89

Event	Event	Faster than	Slower than
28	15 & Over GIRLS 100 BACK	1:12.09	1:03.89
29	15 & Over BOYS 100 BACK	1:06.19	58.09
30	13-14 GIRLS 200 BREAST	3:00.69	2:40.99
31	15 & Over GIRLS 200 BREAST	2:56.39	2:35.79
32	15 & Over BOYS 200 BREAST	2:42.59	2:23.89
33	13-14 GIRLS 100 FREE	1:07.39	58.09
34	15 & Over GIRLS 100 FREE	1:05.79	55.69
35	15 & Over BOYS 100 FREE	59.79	50.99
36	13-14 GIRLS 200 IM	2:42.99	2:21.99
37	15 & Over GIRLS 200 IM	2:39.29	2:15.99
38	15 & Over BOYS 200 IM	2:26.39	2:04.90

### Sunday – March 11, 2012 (Session 4)

7:00 a.m. - Warm Ups start

8:00 a.m. - Meet Starts

Event	Event	Bonus time	Faster than	Slower than
39	11-12 GIRLS 50 BREAST	42.89	40.89	37.19
40	11-12 BOYS 50 BREAST	42.79	40.79	37.19
41	13-14 BOYS 100 FLY		1:08.09	1:02.09
42	11-12 GIRLS 100 FLY	1:22.19	1:20.19	1:11.59
43	11-12 BOYS 100 FLY	1:20.69	1:18.69	1:11.59
44	13-14 BOYS 200 BACK		2:29.79	2:15.99
45	11-12 GIRLS 200 BACK	2:50.89	2:48.89	2:32.99
46	11-12 BOYS 200 BACK	2:47.59	2:45.59	2:35.29
47	13-14 BOYS 100 BREAST		1:18.09	1:10.79
48	11-12 GIRLS 100 BREAST	1:31.29	1:29.29	1:20.59
49	11-12 BOYS 100 BREAST	1:29.79	1:27.79	1:20.59
50	13-14 BOYS 50 FREE		28.49	25.49
51	11-12 GIRLS 50 FREE	33.89	31.89	28.29
52	11-12 BOYS 50 FREE	32.99	30.99	28.49
53	11-12 GIRLS 100 IM	1:22.09	1:20.09	1:10.99
54	11-12 BOYS 100 IM	1:19.59	1:17.59	1:11.69

Event	Event	Bonus time	Faster than	Slower than
55	13-14 BOYS 200 FREE		2:15.69	1:58.99
56	11-12 GIRLS 200 FREE	2:33.49	2:31.49	2:15.69
57	11-12 BOYS 200 FREE	2:29.49	2:27.49	2:15.69

### Sunday – March 11, 2012 (Session 5)

12:00 p.m. - Warm Ups start

1:00 p.m. - Meet Starts

Event	Event	Faster than	Slower than
58	13-14 GIRLS 100 FLY	1:13.49	1:05.09
59	15 & Over GIRLS 100 FLY	1:11.79	1:02.09
60	15 & Over BOYS 100 FLY	1:05.09	56.59
61	13-14 GIRLS 200 BACK	2:39.59	2:20.79
62	15 & Over GIRLS 200 BACK	2:35.89	2:15.99
63	15 & Over BOYS 200 BACK	2:23.39	2:05.59
64	13-14 GIRLS 100 BREAST	1:24.09	1:14.79
65	15 & Over GIRLS 100 BREAST	1:21.99	1:13.19
66	15 & Over BOYS 100 BREAST	1:14.69	1:06.29
67	13-14 GIRLS 50 FREE	30.99	26.89
68	15 & Over GIRLS 50 FREE	30.39	26.19
69	15 & Over BOYS 50 FREE	27.39	23.39
70	13-14 GIRLS 200 FREE	2:24.99	2:03.99
71	15 & Over GIRLS 200 FREE	2:21.19	2:00.49
72	15 & Over BOYS 200 FREE	2:10.09	1:50.09

#### Revision History:

Revision (1) – corrected the listed entry times for events 41 and 43. Corrected 70, 71, and 72 to read 200 FREE vice 200 IM. – 3 Feb 2012