

# THE NORTH BALTIMORE AQUATIC CLUB

## 38<sup>th</sup> Annual Christmas Invitational Meet

Friday, December 9<sup>th</sup>-Sunday, December 11<sup>th</sup>, 2011

Sanctioned by Maryland Swimming, Inc. Sanction # MD 11/12-CI-003

**MEET DIRECTOR:** Rick Ewart

**MEET ENTRY:** Tom Himes  
5700 Cottonworth Ave  
Baltimore, MD 21209  
410-433-8300  
thimes@nbac.net

**MEET REFEREE:**

Betsy Coe

**OFFICIALS CONTACT:**

Betsy Coe  
01andercoe@gmail.com

**EMERGENCY WEATHER**

Meadowbrook

**CONTACT:**

410-433-8300

**SAFETY COORDINATOR:**

Anna Summerfield

### PARTICIPATING TEAMS:

NORTH BALTIMORE AQUATIC CLUB	BALTIMORE, MD	MONOCACY AQUATIC CLUB	FREDERICK, MD
NAVAL ACADEMY AQUATIC CLUB	ANNAPOLIS, MD	GERMANTOWN AQUATIC CLUB	FT. WASHINGTON, PA
LONG ISLAND AQUATIC CLUB	LONG ISLAND, NY	CARTER CENTER AQUATICS	ROANOKE, VA
RETRIEVER AQUATIC CLUB	BALTIMORE, MD	QUANTICO DEVIL DOLPHINS	MANASSAS, VA

**FACILITIES:** The United States Naval Academy's Lejeune Hall has a 50 by 25 meter pool. Prelims will be conducted in ten 25 yard lanes. Finals will be conducted in eight 25 yard lanes. The competition course has not been certified in accordance with 104.2.2c(4). The minimum water depth, measured in accordance with Article 103.2.3, is 8'0" throughout. Continuous warm up and warm down will be made available during the meet. The facility has an automatic timing scoreboard, horn start, and non-turbulent lane dividers.

### HOTELS:

Sheraton Barcelo  
173 Jennifer Rd.  
Annapolis, MD 21401  
410-266-3131

Loew's Annapolis  
126 West Rd  
Annapolis, MD 21401  
410-263-7777

Days Inn and Suites  
2451 Riva Rd.  
Annapolis, MD 21401  
410-244-4317

Best Western  
2520 Riva Rd  
Cape St. Claire, MD 21401  
410-224-2800

Radisson  
210 Holiday Ct.  
Cape St. Claire, MD 21401  
410-224-3150

Marriott Waterfront  
80 Compromise St.  
Annapolis, MD 21401  
410-268-7555

**ELIGIBILITY:** Entries are limited to USA registered members of the following USA teams. Each team will be limited to 60 swimmers. The swimmers age as of December 9<sup>th</sup>, 2011 shall apply for the entire meet. 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. Swimmers entering a meet must be registered with USA Swimming 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.

**TIME STANDARDS:** 13 and older swimmers must have an "A" time in at least one event in order to compete. 12&U swimmers do not have qualifying times.

**RULES:** Applicable 2011 USA Swimming rules shall govern this meet. Maryland Swimming rules shall also apply. No one will be allowed on deck unless they are registered with USA Swimming as an athlete or coach, or those who are a part of the timing and administrative staff assisting with the conduct of the meet. No on-deck registrations are permitted. If swimmers leave the pool deck they must be dry and wearing shoes, shorts, and a shirt.

The MD Swimming Scratch rule, found at [www.mdswim.org](http://www.mdswim.org), will be enforced at the meet. No-Recall Starting Procedures: Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**SAFETY:** USA/Maryland warm-up and safety guidelines shall be in effect for the meet.



**TIMING:** Each team will be assigned one lane to time in the competition pool. The team will be responsible for maintaining timers for that lane for the duration of the meet. They will also be responsible for assuring that all safety guidelines are observed by all swimmers. Watches and clipboards will be provided. Swimmers in the 500, 1,000 and 1,650 Freestyles need to supply their own counters and timers.

**SCHEDULE:** The following schedule will be followed on Fri, Sat, and Sun:

13-14 & Senior Preliminaries (Friday, Saturday, Sunday)	Warm-ups: 7:00am	Start: 8:00am
10 & Under and 11-12 Preliminaries (Friday, Saturday, Sunday)	Warm-ups: 12:30pm	Start: 1:30pm
Finals (Friday, Saturday, Sunday)	Warm-ups: 4:45pm	Start: 5:30pm

**FORMAT:** All events will be swum prelims and finals except for the 11 – 12 200 Back, 200 Breast , 200 fly, the 13-14 and Open 400 IM, 11-12, 13-14, and Open 500 Free, Open 1000 Free, and Open 1650 Free. All relay events will be timed finals and will be swum in the finals sessions on all three nights.

The 13-14 and Open 400 IM, the 11-12, 13-14, and Open 500 Free, the Open 1000 Free, and the Open 1650 Free along with all relays will be positive check in events. Relay cards will be due at the times listed below. The check in times are also listed below. Check in will be available at finals on the night before the event.

<b>Friday:</b>	Open 1,000 Free	Closes at 8:30 AM	<b>Sunday:</b>	Open 1,650 Free	Closes at 8:30 AM
	Relays for Friday Finals	Closes at 2:00 PM		11-12 500 Free	Closes at 2:00 PM
<b>Saturday:</b>	13-14 and Open 400 IM	Closes at 7:15 AM		Relays for Sunday Finals	Closes at 2:00 PM
	13-14 and Open 500 Free	Closes at 8:30 AM			
	Relays for Saturday Finals	Closes at 2:00 PM			

In the prelim/final events Open will have both an A and B final (top 16 swimmers from prelims). 10&Under, 11-12, and 13-14 prelim/final events will only have one finals race (top 8 swimmers from prelims).

The fastest heat (8) of the **Open 1000 Free and 1650 Free** will be swum as the first event in the Friday Night (1000 Free) finals session and the Sunday night (1650 Free) finals session.. The remaining heats will be conducted at the end of the prelims sessions.

The **11-12 200 Backstroke, Butterfly, and Breaststroke** will be timed finals with all heats in the prelim sessions.

The **11-12 500 Free** will be conducted as timed finals with the fastest heat (8) swimming with finals in event order. The remaining heats will be conducted during the regular prelims session.

The **13-14 400IM and 500 Free** will be conducted as timed finals with the fastest heat (8) swimming with finals in event order. The remaining heats will be conducted during the regular prelims session.

The **Open 400IM and 500 Free** will be conducted as timed finals events with the fastest two heats (16) swimming with the finals session as consolations and finals in event order. The remaining heats will be conducted during the regular prelims session.

The meet director reserves the right to limit subscription in specific events in order to adhere to time requirements of Maryland and USA Swimming. The following seeding rules will be used to seed the applicable events if needed to limit session length:

- The 1,000 and 1,650 Freestyle events will be limited to the fastest 28 swimmers unless time permits.
- The 11-12 500 Freestyle events will be limited to the fastest 38 swimmers unless time permits.
- The 13-14 500 Freestyle events will be limited to the fastest 38 swimmers unless time permits.
- The Open 500 Freestyle events will be limited to the fastest 46 swimmers unless time permits.
- The 13-14 400 IM events will be limited to the fastest 36 swimmers unless time permits.
- The Open 400 IM events will be limited to the fastest 46 swimmers unless time permits.
- The 12&Under 200 Back, 200 Breast, and 200 Fly events will be limited to the fastest 30 swimmers unless time permits.
- All events 200 meters or less will be limited to the fastest 70 swimmers in the 13 & over events and the fastest 60 swimmers in the 12 & under events.



**ENTRIES:** Swimmers may enter three individual events per day, plus relays. Teams are limited to 60 swimmers. Each team will be limited to two relay teams per event. All entries and fees must be received on or before November 23, 2011 5:00pm. Please E-mail a Hy-tek entry file, Hy-Tek printouts as Microsoft Word or PDF, then mail the entry fee check. Please send all overnight/next day letters with signature waived and mail to:

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

Direct all questions to Tom Himes through email: [thimes@nbac.net](mailto:thimes@nbac.net)

**FEES:** \$6.50 per individual event. \$16.00 per relay event. Make all checks payable to the North Baltimore Aquatic Club.

**SCORING:** Team scoring as follows: Individual 9-7-6-5-4-3-2-1 Relays 18-14-12-10-8-6-4-2

**AWARDS:** 12 & Under swimmers in age group events will receive custom medals for 1<sup>st</sup>-8<sup>th</sup> place in individual events.

**RESULTS:** Meet results will be available immediately following the meet. Results will also be posted on [www.nbac.net](http://www.nbac.net)

**CONCESSIONS & PROGRAMS:** Concessions at the meet will be limited. Swimming apparel and accessories will not be available. Teams will be notified about meet shirt pre-orders. Programs will be on sale during all sessions of the meet.

**OFFICIALS:** The North Baltimore Aquatic Club welcomes and encourages the assistance of certified officials from visiting teams. To volunteer, please go to the website below and sign up.

<https://docs.google.com/spreadsheet/viewform?formkey=dE1EQTYMTJJUHJLdXJabH16Xy1QREE6MQ>

**DIRECTIONS:**

- From Baltimore Beltway (I-695): I-97 South to Rt. 50 East to Annapolis. (See directions from Rt. 50 below)
- From Washington Beltway (I-95/495): Rt. 50 East to Annapolis. (See directions from Rt. 50 below)
- From Maryland Eastern Shore: Rt. 50 West to Annapolis. (See directions from Rt. 50 below)
- From Southern MD: Rt. 2 or Rt. 301 North to Rt. 50 East to Annapolis. (See directions from Rt. 50 below)

Exit Rt. 50 at exit 24, Rt.70 South, Rowe Blvd. At the second traffic light turn left at Taylor Avenue. Stay in the right lane and turn right at the dead end, staying to the right. At the first light, turn right again on King George Street. King George Street will take you to Gate 1 of the Naval Academy. Lejeune Hall is 100 meters past Gate 1 on the left.

**GATE ENTRY:** Every civilian visitor, over the age of 16 should be prepared to show a photograph identification card and have his/her bags searched prior to entering Academy grounds.

**PARKING:** Vehicles without Department of Defense identification stickers are not allowed to drive onto the Academy grounds. You may use public parking areas and walk in through Gate 1, or park your vehicle at the Navy-Marine Corps Memorial Stadium Rowe Boulevard (near exit 24 off of RT 50) at a nominal cost and ride the free downtown shuttle bus. More information for the City of Annapolis including maps, parking garages, and shuttle schedules can be found on the following link:  
<http://www.ci.annapolis.md.us/info.asp?page=3319>

**VEHICLE PASSES:** The Naval Academy does not issue temporary vehicle passes to athlete families. NBAC will obtain temporary vehicle passes for coaches and officials. Coaches and Officials should complete the information contained in the link below. The vehicle passes will be available from the meet director on Friday December 9, 2011 at 11:00 am. There will be no parking allowed in the Academy on Friday. Additional Parking Info for Friday will be available prior to the meet.

<https://docs.google.com/spreadsheet/viewform?formkey=dGNTY0IEVUNRR2ZQMFZDZk5Bb0xkZWc6MQ>

Coaches and officials are requested to park in the East parking lot adjacent to Lejeune Hall. To get this parking lot, drive through Gate 1, proceed pass Lejeune Hall on your left to the traffic circle. Take a left at the circle. The parking lot is approximately one block on your left.



## MEET SCHEDULE

### SESSION 1 (PRELIMS) FRIDAY

- 9 Girls 13-14 100 Breaststroke
- 10 Boys 13-14 100 Breaststroke
- 11 Girls Open 100 Breaststroke
- 12 Boys Open 100 Breaststroke
- 17 Girls 13-14 200 Freestyle
- 18 Boys 13-14 200 Freestyle

### SESSION 2 (PRELIMS) FRIDAY

- 3 Girls 12 & Under 200 Back
- 4 Boys 12 & Under 200 Back
- 5 Girls 10 & Under 50 Breast
- 6 Boys 10 & Under 50 Breast
- 7 Girls 11-12 50 Breaststroke
- 8 Boys 11-12 50 Breaststroke

### SESSION 3 (FINALS) FRIDAY

- 1 Girls Open 1000 Freestyle
- 2 Boys Open 1000 Freestyle
- 5 Girls 10 & Under 50 Breast
- 6 Boys 10 & Under 50 Breast
- 7 Girls 11-12 50 Breaststroke
- 8 Boys 11-12 50 Breaststroke
- 9 Girls 13-14 100 Breaststroke
- 10 Boys 13-14 100 Breaststroke
- 11 Girls Open 100 Breaststroke
- 12 Boys Open 100 Breaststroke
- 13 Girls 10 & Under 100 Free
- 14 Boys 10 & Under 100 Free
- 15 Girls 11-12 100 Freestyle
- 16 Boys 11-12 100 Freestyle

### SESSION 4 (PRELIMS) SATURDAY

- 47 Girls 13-14 400 IM
- 48 Boys 13-14 400 IM
- 49 Girls Open 400 IM
- 50 Boys Open 400 IM
- 55 Girls 13-14 50 Freestyle
- 56 Boys 13-14 50 Freestyle
- 57 Girls Open 50 Freestyle

### SESSION 5 (PRELIMS) SATURDAY

- 47 Girls 12 & Under 200 Butterfly
- 48 Boys 12 & Under 200 Butterfly
- 51 Girls 10 & Under 100 IM
- 52 Boys 10 & Under 100 IM
- 53 Girls 11-12 100 IM
- 54 Boys 11-12 100 IM
- 59 Girls 10 & Under 100 Breast

### WARM-UPS: 7:00AM - SESSION STARTS 8:00AM

- 19 Girls Open 200 Freestyle
- 20 Boys Open 200 Freestyle
- 25 Girls 13-14 100 Butterfly
- 26 Boys 13-14 100 Butterfly
- 27 Girls Open 100 Butterfly
- 28 Boys Open 100 Butterfly

### WARM-UPS: 12:30PM - SESSION STARTS: 1:30PM

- 13 Girls 10 & Under 100 Freestyle
- 14 Boys 10 & Under 100 Freestyle
- 15 Girls 11-12 100 Freestyle
- 16 Boys 11-12 100 Freestyle
- 21 Girls 10 & Under 50 Butterfly
- 22 Boys 10 & Under 50 Butterfly

### WARM-UPS: 4:45 - SESSION STARTS: 5:30PM

- 17 Girls 13-14 200 Freestyle
- 18 Boys 13-14 200 Freestyle
- 19 Girls Open 200 Freestyle
- 20 Boys Open 200 Freestyle
- 21 Girls 10 & Under 50 Butterfly
- 22 Boys 10 & Under 50 Butterfly
- 23 Girls 11-12 50 Butterfly
- 24 Boys 11-12 50 Butterfly
- 25 Girls 13-14 100 Butterfly
- 26 Boys 13-14 100 Butterfly
- 27 Girls Open 100 Butterfly
- 28 Boys Open 100 Butterfly
- 29 Girls 10 & Under 200 IM
- 30 Boys 10 & Under 200 IM

### WARM-UPS: 7:00AM - SESSION STARTS 8:00AM

- 58 Boys Open 50 Freestyle
- 63 Girls 13-14 200 Breaststroke
- 64 Boys 13-14 200 Breaststroke
- 65 Girls Open 200 Breaststroke
- 66 Boys Open 200 Breaststroke
- 71 Girls 13-14 100 Backstroke
- 72 Boys 13-14 100 Backstroke

### WARM-UPS: 12:30PM - SESSION STARTS: 1:30PM

- 60 Boys 10 & Under 100 Breast
- 61 Girls 11-12 100 Breaststroke
- 62 Boys 11-12 100 Breaststroke
- 67 Girls 10 & Under 50 Back
- 68 Boys 10 & Under 50 Back
- 69 Girls 11-12 50 Backstroke
- 70 Boys 11-12 50 Backstroke

- 33 Girls 13-14 200 IM
- 34 Boys 13-14 200 IM
- 35 Girls Open 200 IM
- 36 Boys Open 200 IM
- 1 Girls Open 1000 Free
- 2 Boys Open 1000 Free

- 23 Girls 11-12 50 Butterfly
- 24 Boys 11-12 50 Butterfly
- 29 Girls 10 & Under 200 IM
- 30 Boys 10 & Under 200 IM
- 31 Girls 11-12 200 IM
- 32 Boys 11-12 200 IM

- 31 Girls 11-12 200 IM
- 32 Boys 11-12 200 IM
- 33 Girls 13-14 200 IM
- 34 Boys 13-14 200 IM
- 35 Girls Open 200 IM
- 36 Boys Open 200 IM
- 37 Girls 10 & U 200 Medley Relay
- 38 Boys 10 & U 200 Medley Relay
- 39 Girls 11-12 400 Medley Relay
- 40 Boys 11-12 400 Medley Relay
- 41 Girls 13-14 400 Medley Relay
- 42 Boys 13-14 400 Medley Relay
- 43 Girls Open 400 Medley Relay
- 44 Boys Open 400 Medley Relay

- 73 Girls Open 100 Backstroke
- 74 Boys Open 100 Backstroke
- 79 Girls 13-14 500 Freestyle
- 80 Boys 13-14 500 Freestyle
- 81 Girls Open 500 Freestyle
- 82 Boys Open 500 Freestyle

- 75 Girls 10 & Under 200 Freestyle
- 76 Boys 10 & Under 200 Freestyle
- 77 Girls 11-12 200 Freestyle
- 78 Boys 11-12 200 Freestyle



**SESSION 6 (FINALS) SATURDAY****WARM-UPS: 4:45PM - SESSION STARTS: 5:30PM**

47	Girls 13-14 400 IM	62	Boys 11-12 100 Breaststroke	77	Girls 11-12 200 Freestyle
48	Boys 13-14 400 IM	63	Girls 13-14 200 Breaststroke	78	Boys 11-12 200 Freestyle
49	Girls Open 400 IM	64	Boys 13-14 200 Breaststroke	79	Girls 13-14 500 Freestyle
50	Boys Open 400 IM	65	Girls Open 200 Breaststroke	80	Boys 13-14 500 Freestyle
51	Girls 10 & Under 100 IM	66	Boys Open 200 Breaststroke	81	Girls Open 500 Freestyle
52	Boys 10 & Under 100 IM	67	Girls 10 & Under 50 Backstroke	82	Boys Open 500 Freestyle
53	Girls 11-12 100 IM	68	Boys 10 & Under 50 Backstroke	83	Girls 10 & Under 200 Free Relay
54	Boys 11-12 100 IM	69	Girls 11-12 50 Backstroke	84	Boys 10 & Under 200 Free Relay
55	Girls 13-14 50 Freestyle	70	Boys 11-12 50 Backstroke	85	Girls 11-12 200 Medley Relay
56	Boys 13-14 50 Freestyle	71	Girls 13-14 100 Backstroke	86	Boys 11-12 200 Medley Relay
57	Girls Open 50 Freestyle	72	Boys 13-14 100 Backstroke	87	Girls 13-14 200 Medley Relay
58	Boys Open 50 Freestyle	73	Girls Open 100 Backstroke	88	Boys 13-14 200 Medley Relay
59	Girls 10 & Under 100 Breaststroke	74	Boys Open 100 Backstroke	89	Girls Open 800 Freestyle Relay
60	Boys 10 & Under 100 Breaststroke	75	Girls 10 & Under 200 Freestyle	90	Boys Open 800 Freestyle Relay
61	Girls 11-12 100 Breaststroke	76	Boys 10 & Under 200 Freestyle		

**SESSION 7 (PRELIMS) SUNDAY****WARM-UPS: 7:00AM - SESSION STARTS: 8:00AM**

99	Girls 13-14 200 Backstroke	108	Boys 13-14 100 Freestyle	117	Girls Open 200 Butterfly
100	Boys 13-14 200 Backstroke	109	Girls Open 100 Freestyle	118	Boys Open 200 Butterfly
101	Girls Open 200 Backstroke	110	Boys Open 100 Freestyle	91	Girls Open 1650 Freestyle
102	Boys Open 200 Backstroke	115	Girls 13-14 200 Butterfly	92	Boys Open 1650 Freestyle
107	Girls 13-14 100 Freestyle	116	Boys 13-14 200 Butterfly		

**SESSION 8 (PRELIMS) SUNDAY****WARM-UPS: 12:30PM - SESSION STARTS: 1:30PM**

93	Girls 12 & Under 200 Breaststroke	103	Girls 10 & Under 50 Freestyle	113	Girls 11-12 100 Butterfly
94	Boys 12 & Under 200 Breaststroke	104	Boys 10 & Under 50 Freestyle	114	Boys 11-12 100 Butterfly
95	Girls 10 & Under 100 Backstroke	105	Girls 11-12 50 Freestyle	119	Girls 11-12 500 Freestyle
96	Boys 10 & Under 100 Backstroke	106	Boys 11-12 50 Freestyle	120	Boys 11-12 500 Freestyle
97	Girls 11-12 100 Backstroke	111	Girls 10 & Under 100 Butterfly		
98	Boys 11-12 100 Backstroke	112	Boys 10 & Under 100 Butterfly		

**SESSION 9 (FINALS) SUNDAY****WARM-UPS: 4:45 PM - SESSION STARTS: 5:30 PM**

95	Girls 10 & Under 100 Backstroke	107	Girls 13-14 100 Freestyle	119	Girls 11-12 500 Freestyle
96	Boys 10 & Under 100 Backstroke	108	Boys 13-14 100 Freestyle	120	Boys 11-12 500 Freestyle
97	Girls 11-12 100 Backstroke	109	Girls Open 100 Freestyle	121	Girls 10 & Under 400 Free Relay
98	Boys 11-12 100 Backstroke	110	Boys Open 100 Freestyle	122	Boys 10 & Under 400 Free Relay
99	Girls 13-14 200 Backstroke	111	Girls 10 & Under 100 Butterfly	123	Girls 11-12 400 Freestyle Relay
100	Boys 13-14 200 Backstroke	112	Boys 10 & Under 100 Butterfly	124	Boys 11-12 400 Freestyle Relay
101	Girls Open 200 Backstroke	113	Girls 11-12 100 Butterfly	125	Girls 13-14 400 Freestyle Relay
102	Boys Open 200 Backstroke	114	Boys 11-12 100 Butterfly	126	Boys 13-14 400 Freestyle Relay
103	Girls 10 & Under 50 Freestyle	115	Girls 13-14 200 Butterfly	127	Girls Open 400 Freestyle Relay
104	Boys 10 & Under 50 Freestyle	116	Boys 13-14 200 Butterfly	128	Boys Open 400 Freestyle Relay
105	Girls 11-12 50 Freestyle	117	Girls Open 200 Butterfly		
106	Boys 11-12 50 Freestyle	118	Boys Open 200 Butterfly		

