

# NORTH BALTIMORE AQUATIC CLUB

## The 2006 NBAC Long Course Championships

June 9-12, 2006

Sanctioned by the Maryland Swim Committee

USA/MD# MD06-033

[Meet Events File](#) (revised file 4/9/06)

Meadowbrook Aquatic Center

5700 Cottonworth Avenue

Baltimore, MD 21209

**FACILITIES:** Two 50-meter pools: One indoor and one outdoors.

**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.

**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.

\*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.

**MEET DIRECTOR:** Raymond Brown  
410-557-0947  
raymondmbrown@comcast.net

**MEET ENTRY DIRECTOR:** Tom Yetter  
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Baltimore, MD 21209  
410-433-8300  
thomasyetter@hotmail.com

**MEET REFEREE:** Debbie Sakell  
nbacmom@comcast.net

**OFFICIALS' CONTACT:** Debbie Sakell  
nbacmom@comcast.net

**SAFETY DIRECTOR:** Cathy Kalisz

**ELIGIBILITY:** Open to all USA registered swimmers who meet the qualifying time standards ("A" times long course meters, except "BB-A" modified times for 10&Unders.) Swimmers' ages as of June 9, 2006 shall apply for the entire meet. Times are listed below on the schedule of events. Any swimmer who meets two of the qualifying times may swim any additional events up to the entry limit of the meet.

## MEET INFORMATION:

Swimmers may enter three events per day excluding relays.

Age groups will swim prelims and finals. Open age groups will have consolation and championship finals heats.

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 11-12 400 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. Positive check in will be conducted. Check in times will be announced at the meet.

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. Positive check in will be conducted. Times will be announced at the meet.

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. Positive check in will be conducted. Check in times will be announced at the meet.

All swimmers entered in the 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 in the prelim sessions.

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

All teams with ten or more swimmers are expected to submit their entries on computer disk in a format recognized by Hy-Tek Meet Manager software. In addition, please supply a printed copy of the entries from your software. Teams submitting paper entries will be assessed an additional \$2.00 per swimmer. Meet results will be delivered in the same format that entries were received. All times must be submitted in Long Course Meter times. "No Time" entries will not be accepted. USA Swimming athlete ID numbers must be present on each swimmer's entry forms. US resident entries without USA numbers will not be accepted.

The entries must be received by the meet entry director by Friday May 26<sup>th</sup>, 2006 by 5:00 PM. All entries must be sent with signature waived. Maryland LSC teams will receive first priority.

This meet usually attracts the maximum number of entries prior to the deadline. Send entries early to avoid being closed out.

## MEET SCHEDULE:

Friday Timed Finals:	Warm Up: 5:00 PM	Start: 5:45 PM
Sat/Sun/Mon Prelims:	Warm Up: 6:30 AM	Start: 8:00 AM
Sat/Sun/Mon Finals:	Warm Up: 5:00 PM	Start: 5:45 PM

**ENTRY FEES:** \$4.50 per individual event, \$12.00 per relay. 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:

- All events 200 meters or less will be limited to the fastest 80 swimmers in the 13 & over events and the fastest 60 swimmers in the 12 & under events.
- The 400-meter events will be limited to the fastest 60 swimmers in each event.
- The 1500 and 800 free events will be limited to the fastest 30 swimmers in each event.

Swimmers who do not fall within the seeding limitation will be listed as alternates. They will be deck seeded by the meet director and be given the chance to swim as scratches create open lanes. Using this procedure in previous years has allowed 90% of the alternates to swim. The meet director will notify each team about swimmers listed as alternates as far in advance as possible. Meet entry fees will be refunded to any swimmer who does not swim due to the above limitations. Swimmers who scratch from the event will not be refunded entry fees. Detailed information about these procedures will be made available to coaches prior to the meet. **NO OTHER DECK SEEDING WILL BE ALLOWED, NO EXCEPTIONS.**

**TIMING:** All events will be timed by a Colorado electronic timing system with a two-button backup.

**AWARDS:** 10 & under, 11-12, and 13-14 age groups will receive medals 1<sup>st</sup> through 10<sup>th</sup> place. Awards that are not picked up will not be mailed. Open age groups will receive travel money for all who swim a senior national time. One thousand dollars will be divided among all swimmers making a senior time in individual events with a maximum award of \$100.00 per swimmer. All monies will be paid by check and sent within two weeks of the last day of the meet. Checks will be sent to the club representative listed on the team entry form.

**RESULTS:** Meet results will be delivered at the end of the meet via 3.5 floppy disk containing a commlink file. Paper entrants will receive a hard copy of their results. In addition, final meet results will be posted on the Maryland Swimming webpage [www.mdswim.org](http://www.mdswim.org) and the prelims and finals meet results will be posted on the NBAC webpage [www.nbac.net](http://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.

**RULES:** Applicable 2006 USA Swimming rules shall govern this competition. Maryland Swimming rules shall also apply. USA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. No one will be permitted on the pool deck unless they are registered with USA Swimming as an athlete, or as a non-athlete working the meet. The only exceptions will be for the timers and administrative staff assisting with the conduct of the meet.

No-Recall Starting Procedures: Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H

### **SCRATCH PROCEDURES:**

MSI follows USA Swimming Rules Section 207.7.9D (1)-(4) and Section 207.7.9E (1)-(3) with modifications and clarification as follows:

Pre-seeded timed final events: There is no penalty for not competing (scratching) in a pre-seeded timed final event.

Positive check-in events: (applies to both timed final and prelims/finals events) In meets with positive check-in events, swimmers have to check-in with a meet official prior to swimming their events. Refer to the information package or meet notice for check-in requirements. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be disqualified from his/her next individual event unless the swimmer declares a false start per Rule 102.15.5D prior to the start of his/her heat. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.

### **Prelims/Finals Events**

- A. There is no penalty for a swimmer not competing in the preliminary heats of individual events.
- B. A swimmer qualifying for (based on the results of preliminaries) and wishing to scratch from a bonus, consolation or championship finals race shall notify the scratch official within 30 minutes of the announcement of the event results.
- C. Alternately, a swimmer may make a declaration of intent to scratch within 30 minutes of the announcement of the preliminary event results with the final decision to scratch or not scratch being reported to the scratch official within 30 minutes of the completion of the swimmer's last individual preliminary event of the session. A swimmer declaring their intention to scratch and failing to

return to the scratch official to make final resolution on the intent to scratch will result in the swimmer being seeded into the respective final heat. This Rule also applies to announced alternates for each of the individual events.

- D. All swimmers finishing below the places of the announced alternates will be excused from the responsibility of returning for bonus, consolation or championship finals heats.
- E. If a swimmer fails to scratch and subsequently does not compete in the bonus, consolation or championship finals events, he/she will be barred from competing in the remainder of the meet, including relays unless such failure to compete is excused by the meet referee. For swimmers registered in the Maryland LSC, if failure to compete occurs at the swimmer's last event of the meet, the swimmer will be fined \$50.00. This fine must be paid in accordance with Maryland Swimming Inc. Rules and Regulations before that swimmer or any swimmer from that club may compete in any other MSI sanctioned or approved meet.
- F. There will be no penalty for not competing in pre-seeded relays.
- G. Per USA Swimming Rule 207.7.9D (1), declared false starts are not allowed in the bonus, consolation or championship finals heats of a prelims/finals event.
- H. In Maryland Swimming non-championship meets, the meet host is responsible for specifying, in the meet notice; any authorized deviations to these procedures.

**ADDITIONAL CLARIFICATION:**

Alternates: The Top 4 alternates for finals will be announced with the preliminary results. Those alternates must follow the scratch procedures listed above in Section IV. Alternates beyond the first four are strongly encouraged to follow the scratch procedures to allow for full finals heats, but will be excused from the responsibility of returning for consolation or championship finals heats. Coaches and/or the announced alternate swimmers are reminded to check the scratch table at the end of each preliminary session to determine which alternate swimmers have been placed into finals. Alternates ultimately not seeded into the finals or who are published as first or second alternates in the finals program shall not be penalized if unavailable to compete in finals.

**OFFICIALS:** All USA certified officials are invited to work at this meet and should contact Debbie Sakell [nbacmom@comcast.net](mailto:nbacmom@comcast.net) or 410-935-4104 for scheduling purposes. USA credentials must be displayed at all times. This is a national certification meet.

**SESSION 1 (TIMED FINALS)**

**FRIDAY JUNE 9, 2006**

**WARM-UPS: 5:00 PM      SESSION STARTS: 5:45 PM**

<u>BOYS</u>	<u>QT</u>	<u>EVENT</u>	<u>QT</u>	<u>GIRLS</u>
1	10:31.29	13-14 800 FREE	10:47.99	2
3	10:04.59	OPEN 800 FREE	10:41.89	4

\*The 800 Free will be a Timed Finals event.

**SESSION 2 (PRELIMS)**

**SATURDAY JUNE 10, 2006**

**WARM-UPS: 6:30 AM      SESSION STARTS: 8:00 AM**

<u>BOYS</u>	<u>QT</u>	<u>EVENT</u>	<u>QT</u>	<u>GIRLS</u>
5	3:00.29	12&U 200 BA*	3:00.69	6
11	1:20.59	OPEN 100 BR	1:27.69	12
13	1:23.59	13-14 100 BR	1:29.09	14
15	43.09	11-12 50 BR	42.09	16
17	49.49	10 & U 50 BR	49.29	18
19	2:18.99	OPEN 200 FR	2:29.29	20
21	2:24.99	13-14 200 FREE	2:32.59	22
23	2:35.69	11-12 200 FREE	2:39.19	24
25	2:56.39	10 & U 200 FREE	3:02.69	26
27	1:09.09	OPEN 100 FLY	1:15.89	28
29	1:11.99	13-14 100 FLY	1:17.29	30
31	1:22.09	11-12 100 FLY	1:22.89	32
33	1:39.19	10 & U 100 FLY	1:40.69	34
35	5:29.99	OPEN 400 IM *	5:56.59	36
37	5:46.19	13-14 400 IM*	6:02.29	38

\*The 12&Under 200 Backstroke will be timed finals with all heats in the prelim session.

\*400 IM - 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.

**SESSION 3 (FINALS)**

**SATURDAY JUNE 10, 2006**

**WARM-UPS: 5:00 PM      SESSION STARTS: 5:45 PM**

<u>BOYS</u>		<u>GIRLS</u>
7	OPEN 200 FREE RELAY*	8
9	12 & U 200 FREE RELAY*	10
11	OPEN 100 BR	12
13	13-14 100 BR	14
15	11-12 50 BR	16

17	10 & U 50 BR	18
19	OPEN 200 FR	20
21	13-14 200 FREE	22
23	11-12 200 FREE	24
25	10 & U 200 FREE	26
27	OPEN 100 FLY	28
29	13-14 100 FLY	30
31	11-12 100 FLY	32
33	10 & U 100 FLY	34
35	OPEN 400 IM	36
37	13-14 400 IM	38
39	11-12 400 FREE RELAY*	40
41	OPEN 400 FREE RELAY*	42

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

#### SESSION 4 (PRELIMS)

SUNDAY JUNE 11, 2006

WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

<u>BOYS</u>	<u>QT</u>	<u>EVENT</u>	<u>QT</u>	<u>GIRLS</u>
43	3:21.19	12&U 200 BR*	3:23.69	44
45	2:37.09	OPEN 200 IM	2:48.09	46
47	2:42.79	13-14 200 IM	2:52.39	48
49	2:58.09	11-12 200 IM	3:00.19	50
51	3:22.89	10 & U 200 IM	3:24.59	52
53	29.39	OPEN 50 FREE	32.29	54
55	30.59	13-14 50 FREE	32.79	56
57	32.99	11-12 50 FREE	33.69	58
59	37.19	10 & U 50 FREE	37.49	60
61	2:32.19	OPEN 200 FLY	2:44.69	62
63	2:39.89	13-14 200 FLY	2:49.49	64
65	36.59	11-12 50 FLY	36.59	66
67	41.99	10 & U 50 FLY	43.09	68
69	1:11.69	OPEN 100 BK	1:18.29	70
71	1:15.09	13-14 100 BK	1:20.09	72
73	1:23.59	11-12 100 BK	1:26.29	74
75	1:35.69	10 & U 100 BK	1:37.29	76
77	4:53.29	OPEN 400 FREE*	5:12.19	78
79	5:05.59	13-14 400 FREE*	5:16.59	80

\*The 12&Under 200 Breaststroke will be timed finals with all heats in the prelim session.

\*400 Free - 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.

**SESSION 5 (FINALS)  
SUNDAY JUNE 11, 2006**

**WARM-UPS: 5:00 PM    SESSION STARTS: 5:45 PM**

<u>BOYS</u>		<u>GIRLS</u>
45	OPEN 200 IM	46
47	13-14 200 IM	48
49	11-12 200 IM	50
51	10 & U 200 IM	52
53	OPEN 50 FREE	54
55	13-14 50 FREE	56
57	11-12 50 FREE	58
59	10 & U 50 FREE	60
61	OPEN 200 FLY	62
63	13-14 200 FLY	64
65	11-12 50 FLY	66
67	10 & U 50 FLY	68
69	OPEN 100 BK	70
71	13-14 100 BK	72
73	11-12 100 BK	74
75	10 & U 100 BK	76
77	OPEN 400 FREE	78
79	13-14 400 FREE	80
81	12 & U 400 MED RELAY*	82
83	OPEN 400 MED RELAY*	84

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

**SESSION 6 (PRELIMS)  
MONDAY JUNE 12, 2006**

**WARM-UPS: 6:30 AM    SESSION STARTS: 8:00 AM**

<u>BOYS</u>	<u>QT</u>	<u>EVENTS</u>	<u>QT</u>	<u>GIRLS</u>
85	3:02.59	12 & U 200 FLY*	3:00.89	86
95	2:54.29	OPEN 200 BR	3:08.49	96
97	3:02.39	13-14 200 BR	3:11.99	98
99	1:33.59	11-12 100 BR	1:33.79	100
101	1:47.99	10 & U 100 BR	1:49.09	102
103	1:04.09	OPEN 100 FR	1:09.59	104
105	1:06.59	13-14 100 FR	1:11.09	106
107	1:11.59	11-12 100 FR	1:14.09	108
109	1:22.59	10 & U 100 FR	1:23.89	110
111	2:34.29	OPEN 200 BA	2:47.29	112
113	2:41.59	13-14 200 BA	2:51.39	114
115	38.79	11-12 50 BA	39.19	116
117	45.19	10 & U 50 BA	44.69	118

91	19:22.99	OPEN 1500 FR*	20:28.39	92
93	5:29.19	12 & U 400 FR*	5:32.39	94

\*The 12&Under 200 Butterfly will be timed finals with all heats in the prelim session.

\*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 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 JUNE 12, 2006**

**WARM-UPS: 5:00 PM    SESSION STARTS: 5:45 PM**

<u>BOYS</u>		<u>GIRLS</u>
87	OPEN 200 MED RELAY*	88
89	12&U 200 MED RELAY*	90
91	OPEN 1500 FR	92
93	12 & U 400 FR	94
95	OPEN 200 BR	96
97	13-14 200 BR	98
99	11-12 100 BR	100
101	10 & U 100 BR	102
103	OPEN 100 FR	104
105	13-14 100 FR	106
107	11-12 100 FR	108
109	10 & U 100 FR	110
111	OPEN 200 BA	112
113	13-14 200 BA	114
115	11-12 50 BA	116
117	10 & U 50 BA	118
119	OPEN 800 FREE RELAY*	120

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

TEAM SUMMARY SHEET

ENTRY FEES:

TOTAL # OF INDIVIDUAL ENTRIES \_\_\_\_\_ X \$4.50 = \_\_\_\_\_

TOTAL # OF RELAY ENTRIES \_\_\_\_\_ X \$12.00 = \_\_\_\_\_

TOTAL=\_\_\_\_\_

CLUB NAME \_\_\_\_\_ CLUB CODE \_\_\_\_\_

REPRESENTATIVE \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

NUMBER OF COACHES ATTENDING \_\_\_\_\_

MAKE ALL CHECKS PAYABLE TO "NBAC".

**DEADLINE FOR ENTRIES: FRIDAY, MAY 26<sup>th</sup>, 2006, 5PM. ALL ENTRIES  
MUST BE SENT WITH SIGNATURE WAIVED.**