

NORTH BALTIMORE AQUATIC CLUB

2019 NBAC SPRING LONG COURSE INVITATIONAL

Hosted by NORTH BALTIMORE AQUATIC CLUB

MAY 17 – 19, 2019

@

ST. MARY'S COLLEGE OF MARYLAND

AQUATIC CENTER AT THE MICHAEL P. O'BRIEN ATHLETICS AND RECREATION CENTER

18952 E. FISHER ROAD

ST. MARY'S CITY, MARYLAND 20686

Held under the Sanction of USA Swimming, Inc., issued by Maryland Swimming, Inc.
Sanction #MD18/19 – 078

In granting this approval it is understood and agreed that USA Swimming and MD Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C

This meet is held under the dictates of the MD Swimming Honor Code/Code of Conduct available at www.mdswim.org. All participants, officials, coaches, meet management and spectators will be held to the standards set within.

ENTRY DEADLINE: THURSDAY MAY 2, 2019 @ 6:00 PM
ENTRY FEE DEADLINE: SATURDAY MAY 11, 2019 @ 6:00 PM

The meet is open to ALL USA SWIMMING registered teams and swimmers. Teams will be accepted on a first come first served basis with a limit of 500 swimmers accepted into the meet. Please contact the MEET ENTRY DIRECTOR, Tom Himes (coachtom@comcast.net) in order to reserve your spot. Please also include the number of swimmers you would like to bring in your email.

MEET DIRECTOR(S) WILL MCKENNA WMCKENNA@ABISCHOOLS.ORG	MEET ENTRY COORDINATOR TOM HIMES NORTH BALTIMORE AQUATIC CLUB P.O. BOX 20801 BALTIMORE, MARYLAND 21209 thimes@nbac.net / coachtom@comcast.net
MEET REFEREE TIM WAIRE DUSTIN JACKSON	OPERATIONAL RISK DIRECTOR ANNA SUMMERFIELD Summ1333@verizon.net
OFFICIALS CONTACT DALILA SHKOLNIK deshkolnik@gmail.com	ADMIN OFFICIAL SHAWN HURLEY / AMY MATTIENI

FACILITY

St. Mary's College features an indoor eight lane 50 meter pool, non-turbulent lane lines and continuous flow through gutters. In addition there is an adjacent 7 lane 25 yard pool also available for continuous war-up / warm-down.

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 7'0" – 7'6". The facility has fully automatic timing (Daktronics Omni Sport 2000), touchpads, scoreboard and horn start.

ALL swimmers and spectators attending this meet are guests of the St. Mary's College of Maryland and are required to adhere to the following:

Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing.

Chairs are not permitted in the stands. Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.

MEET FORMAT

The Friday Evening session will consist of the 800 Free for girls and boys alternating fastest to slowest, the 10 & U 400 Free alternating girls and boys and the 11-12 400 Free alternating girls and boys.

Saturday & Sunday will be conducted as a Trials & Finals Meet for the 13-14 & OPEN age groups. The Open age group will have an A & B finals for each event. The 13-14 age group will have an A & B finals for each event.

EXCEPTION: 13-14 / Open 400 Free and 400 IM will be conducted as timed finals events (slowest to fastest) with the fastest 16 swimmers in 13/14 & OPEN, after positive check in, swimming in the finals session.

There will be a Timed Finals session in the afternoon for 13 YR OLD, 11-12 and 10 & U age groups on Saturday & Sunday. NOTE: 13 & under swimmers have the ability to enter the prelims & finals session provided they meet the qualifying times.

SCHEDULE:

We reserve the right to change the warmup and start times based on entries received. Please check for any changes on www.mdswim.org and www.nbac.net for any changes to warmup and start times.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

Session	Day	Warm-up	Meet Start	Age Group
1	FRIDAY	3:30 PM	4:30 PM	OPEN
2	SATURDAY	7:00 AM	8:00 AM	OPEN
3	SATURDAY	12:00 NOON	1:00 PM	13-14, 11-12, 10&U
4	SATURDAY	5:00 PM	5:45 PM	OPEN
5	SUNDAY	7:00 AM	8:00 AM	OPEN
6	SUNDAY	12:00 NOON	1:00 PM	13-14, 11-12, 10&U
7	SUNDAY	5:00 PM	5:45 PM	OPEN

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday May 2, 2019	6:00 PM	ENTRY DEADLINE
Saturday May 11, 2019	6:00 PM	ENTRY FEE DEADLINE
Friday May 17, 2019	4:15 PM	Officials Briefings
SA, SU May 18-19, 2019	7:15 AM	Officials Briefings
SA, SU May 18-19, 2019	12:15 PM	Officials Briefings
SA, SU May 18-19, 2019	5:00 PM	Officials Briefing
Saturday May 18, 2019	7:30 AM	Coaches Meeting / If Needed
Saturday May 18, 2019	12:30 PM	Coaches Meeting / If Needed

SAFETY

The MDSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. Upon approval, by the facility, swimmers are allowed to use only personal kickboards, pull buoys and snorkels in the non-competition warm-up area. No other equipment will be allowed.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete / coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and or/spectators are present. (USA Swimming Rule 103.13/M/Drones)

HEALTH GUIDELINES

All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene as posted on the Maryland Swimming Website. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Staff has the authority to inform and protect coaches and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, any participants or spectators who exhibited symptoms of illness within 24 hours prior and/or during the event may be asked to withdraw from the competition and/or leave the venue as a safety precaution.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. Maryland LSC Rules shall also apply.

No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing and administrative staff assisting with the conduct of the meet.

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

Videotaping or picture taking, on deck by meet volunteers will not be permitted. Volunteers wishing to tape or photograph their swimmer shall do so from the spectator stands. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.

The practice of Deck Changing is prohibited. Swimmer's must use locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing will be in violation of the USA swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.

The meet is held under the dictates of the Maryland Swimming Honor Code/Code of Conduct available at www.mdswim.org. All participants, coaches, officials, management and spectators will be held to the standards set within.

ELIGIBILITY

Open to ALL 2019 USA Swimming Inc. registered swimmers who meet the published qualifying times. Swimmers must be registered prior to entry deadline. Per MSI rules any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. There will be no on deck registration available at this meet. A swimmer's age on the first day of the meet will determine their age for the entire meet.

No Times (NT) will not be accepted.

Age as of May 18, 2018 shall apply for the entire meet.

BONUS EVENTS: Swimmers in the prelims/finals session may enter bonus events as follows:

Qualify in 1 event get 3 bonus event

Qualify in 2 events get 2 bonus events

Qualify in 3, 4 or 5 events get 1 bonus event

No event over 200 meters can be used as a bonus event.

SWIMMERS WITH DISABILITIES

NBAC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit NBAC's ability to accommodate all requests.

ENTRY LIMITATIONS

13-14 & OPEN Session swimmers are limited to 7 Individual Events, for the meet, not to exceed 3 individual events per day.

13 & U Timed Finals Sessions swimmers are limited to 9 Individual Events for the entire meet, not to exceed 4 individual events per day.

Failure of any swimmer to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator.

The meet entry director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.

We reserve the right to change the warmup and start times.

ENTRIES

ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries (Please check the proof of times option).

A completed and signed Entry Summary Sheet (Last page of this meet announcement) should be emailed or mailed in with payment for entries to be considered complete.

ALL entries must be in the hands of the Meet Entry Coordinator no later than Thursday May 2, 2019 at 6:00 PM. Entry fees and completed Entry Summary Sheet must be in the hands of the Meet Entry Coordinator no later than Saturday May 11, 2019 at 6:00 PM. Entries are not considered complete until the Entry File, Entry Summary Sheet and Entry Fees are received. Entry Fees not received by Saturday May 12, 2018 at 6:00 PM may result in entries being removed from the meet or a \$100.00 late fee being applied.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by Thursday May 2, 2019 @ 6:00 PM. No late entries will be accepted.

Entry Fees must be in the hands of the Meet Entry Director no later than Saturday May 11, 2019 @ 6:00 PM. Entries are not considered to be complete until the entry fees are received. If entry fees are not received by Saturday May 11, 2019 @ 6:00 PM your entries may be removed from the meet or subject to a \$100.00 late fee.

ENTRY FEES

Make checks payable to: NORTH BALTIMORE AQUATIC CLUB	
INDIVIDUAL ENTRY	\$10.00 PER INDIVIDUAL EVENT
MD LSC & SWIMMER SURCHARGE	\$15.00 PER SWIMMER
PAPER INDIVIDUAL ENTRY	\$15.00 PER INDIVIDUAL EVENT

Entry Fees should be sent to:

North Baltimore Aquatic Club
ATTN: Tom Himes
P.O. BOX 20801
Baltimore, Maryland 21209

SEEDING

Entry times may be submitted in LCM or SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Non-conforming times (SCY) will be seeded last. Converted times or no time entries will not be accepted.

CHECK-IN

The following events require positive check-in:

- Open 800 free / Closes at 4:15 pm on Friday
- 10 & U 400 Free & 11-12 400 Free / Closes at 4:15 pm on Friday
- 13 – 14 & Open 400 IM / Closes at 7:30 am on Saturday
- 13 YR OLD & 11-12 400 IM / Closes at 12:15 pm on Saturday
- 13 – 14 & Open 500 FR / Closes at 7:30 am on Sunday
- 13 YR OLD / Closes at 12:15 pm on Saturday

Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCRATCHES

Finals scratch procedure: The Maryland Swimming scratch rule (found at www.mdswim.org) and USA Swimming Rules 207.11.6(D) will be followed and enforced. 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 minutes scratch time (and those finishing below the first two alternates) will not be penalized, it is strongly encouraged that all swimmers placing within the top 30 scratch if they 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 207.11.6C will be in effect.

There will be no penalties for scratching a pre-seeded preliminary event.

For Timed Final / Positive Check-in events a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCORING No Team Scoring will be kept.

AWARDS FAST TIMES! BEST TIMES!

RESULTS Live Results will be available via the NBAC website (nbac.net). The meet will also be available via meet mobile. Final Results will be posted on the NBAC and MSI's website within 48 hours of the meet's conclusion. In addition, TM results file, MM locked file & PDF results will be emailed to all participating clubs within 24 hours of the conclusion of the meet.

**COACHES
OFFICIALS
MEET STAFF**

[POSITIVE CHECK IN FOR COACHES, OFFICIALS and MEET STAFF:](#) *There will be a positive check in for all coaches, officials and approved meet staff. The check in table will be located next to the announcer's stand on the pool deck. DECK PASS must be presented showing current fully certified Coach Membership or current fully certified Officials Membership. Meet Staff must be listed on an approved list provided by the host team. Upon verification of credentials, a meet specific wristband will be given that shall be worn at all times while on deck. Failure to comply will result in deck access being denied or immediate removal from the pool deck.*

There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

OFFICIALS There will be a need for officials. NBAC welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of certification/registration. Officials shall prominently display their registration cards at all times while on deck. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

Officials wishing to volunteer should contact the officials contact listed on the front page of this announcement or use the following link:

<http://goo.gl/forms/3ivU7e2m6n>

TIMERS Teams/Swimmers will supply their own timers for the Friday evening session.
All teams attending will be assigned lanes to time based on number of swimmers attending. Watches & clipboards will be provided

HOSPITALITY/ CONCESSIONS There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area and should be monitored by each teams coaching staff.

2019 NBAC SPRING LONG COURSE INVITATIONAL

FRIDAY MAY 17, 2019

ORDER OF EVENTS

FRIDAY MAY 17, 2019

SESSION 1 – TIMED FINALS

Warm-up: 3:30 PM Meet Start: 4:30 PM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
11:21.19	10:08.99	1	OPEN 800 FREE	2	9:35.39	10:34.99
6:27.99	5:50.19	3	10 & U 400 FREE	4	5:44.59	6:20.79
5:52.49	5:15.39	5	11 – 12 400 FREE	6	5:08.49	5:42.79

NOTE: Positive check-in for ALL FRIDAY EVENTS (1-6) closes at 4:15 pm

NOTE: EVENTS 1 AND 2 WILL BE SEEDED FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS.
EVENTS 3 AND 4 WILL BE SEEDED FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS.
EVENTS 5 AND 6 WILL BE SEEDED FASTEST TO SLOWEST ALTERNATING GIRLS THEN BOYS.

ENTRY LIMITS: ALL Friday events may be limited to the TOP 32 entry times should the timeline exceed 3.5 hours.

NOTE: Swimmers must supply their own timers and counters for Events 1 – 6 (Friday Evening).

SATURDAY MAY 18, 2019
SESSION 2 – SATURDAY AM PRELIMS
Warm-up: 7:00 AM Meet Start: 8:00 AM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:11.29	2:30.09	7	13-14 200 FREE	8	2:20.59	2:02.59
2:08.49	2:26.49	9	OPEN 200 FREE	10	2:14.89	1:57.69
1:15.99	1:27.69	11	13-14 100 BREAST	12	1:21.29	1:09.79
1:14.49	1:25.39	13	OPEN 100 BREAST	14	1:16.99	1:06.49
2:23.39	2:45.59	15	13-14 200 BACK	16	2:36.59	2:14.69
2:20.09	2:42.09	17	OPEN 200 BACK	18	2:28.89	2:08.49
1:05.99	1:14.79	19	13-14 100 FLY	20	1:09.69	1:01.29
1:04.59	1:13.39	21	OPEN 100 FLY	22	1:06.29	58.59
27.99	31.99	23	13-14 50 FREE	24	29.49	25.69
27.49	31.19	25	OPEN 50 FREE	26	27.89	24.79
5:00.49	5:42.89	27	13-14 400 IM	28	5:22.69	4:40.79
4:53.69	5:35.09	29	OPEN 400 IM	30	5:07.29	4:30.29

NOTE: Positive check-in for the 13 – 14 & Open 400 IM closes at 7:30 am

NOTE: TOP 16 FROM PRELIM RESULTS QUALIFY FOR OPEN EVENT FINALS.
TOP 16 FROM PRELIM RESULTS QUALIFY FOR 13 – 14 EVENT FINALS.

SATURDAY MAY 18, 2019
SESSION 3 – SATURDAY PM TIMED FINALS
Warm-up: 12:00 NOON Meet Start: 1:00 PM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:31.39	2:55.59	31	11 - 13 200 BACK	32	2:52.19	2:27.99
35.59	41.19	33	11 – 12 50 BACK	34	40.89	35.29
41.89	48.89	35	10 & U 50 BACK	36	49.19	42.39
1:22.39	1:34.99	37	13 YR OLD 100 BREAST	38	1:28.09	1:15.59
1:27.39	1:41.39	39	11 – 12 100 BREAST	40	1:38.49	1:25.49
1:44.99	2:01.49	41	10 & U 100 BREAST	42	1:57.69	1:41.89
2:22.19	2:42.59	43	13 YR OLD 200 FREE	44	2:32.29	2:07.49
2:29.69	2:50.39	45	11 – 12 200 FREE	46	2:45.19	2:24.59
2:57.39	3:20.99	47	10 & U 200 FREE	48	3:12.09	2:47.99
1:09.99	1:21.09	49	13 YR OLD 100 FLY	50	1:15.49	1:11.39
1:18.29	1:28.49	51	11 – 12 100 FLY	52	1:26.29	1:16.49
1:39.09	1:52.99	53	10 & U 100 FLY	54	1:51.39	1:37.99
30.29	34.59	55	13 YR OLD 50 FREE	56	31.99	27.89
31.49	35.79	57	11 – 12 50 FREE	58	34.69	30.29
35.19	39.89	59	10 & U 50 FREE	60	39.49	34.49
5:13.59	5:57.79	61	13 YR OLD 400 IM	62	5:36.59	4:52.99
5:29.29	6:16.89	63	11 - 12 400 IM	64	6:08.69	5:19.79

NOTE: Positive check-in for the 13 YR OLD & 11-12 400 IM closes at 12:15 pm

SATURDAY MAY 18, 2019
SESSION 4 – SATURDAY FINALS
Warm-up: 5:00 PM Meet Start: 5:45 PM

GIRLS	Event	BOYS
7	13-14 200 FREE	8
9	OPEN 200 FREE	10
11	13-14 100 BREAST	12
13	OPEN 100 BREAST	14
15	13-14 200 BACK	16
17	OPEN 200 BACK	18
19	13-14 100 FLY	20
21	OPEN 100 FLY	22
23	13-14 50 FREE	24
25	OPEN 50 FREE	26
27	13-14 400 IM	28
29	OPEN 400 IM	30

SUNDAY MAY 19, 2019
SESSION 5 – SUNDAY AM PRELIMS
Warm-up: 7:00 AM Meet Start: 8:00 AM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:26.99	2:49.19	65	13-14 200 IM	66	2:38.79	2:30.89
2:24.19	2:45.89	67	OPEN 200 IM	68	2:31.39	2:10.89
1:06.19	1:17.09	69	13-14 100 BACK	70	1:12.29	1:01.79
1:04.69	1:15.69	71	OPEN 100 BACK	72	1:08.89	58.59
2:25.79	2:45.69	73	13-14 200 FLY	74	2:36.19	2:15.69
2:22.89	2:41.39	75	OPEN 200 FLY	76	2:27.99	2:09.79
1:00.69	1:09.59	77	13-14 100 FREE	78	1:04.59	56.29
59.59	1:07.99	79	OPEN 100 FREE	80	1:01.89	53.89
2:44.59	3:09.79	81	13-14 200 BREAST	82	2:56.79	2:32.89
2:41.29	3:03.59	83	OPEN 200 BREAST	84	2:48.39	2:24.59
5:36.29	5:01.59	85	13-14 400 FREE	86	4:46.69	5:17.69
5:29.09	4:54.49	87	OPEN 400 FREE	88	4:34.19	5:06.09

NOTE: Positive check-in for the 13 – 14 & Open 400 FREE closes at 7:30 am

NOTE: TOP 16 FROM PRELIM RESULTS QUALIFY FOR OPEN EVENT FINALS.
TOP 16 FROM PRELIM RESULTS QUALIFY FOR 13 – 14 EVENT FINALS.

SUNDAY MAY 19, 2019
SESSION 6 – SUNDAY PM TIMED FINALS
Warm-up: 12:00 NOON Meet Start: 1:00 PM

SCY	LCM	GIRLS	Event	BOYS	LCM	SCY
2:39.19	3:03.39	89	13 YR OLD 200 IM	90	2:51.99	2:28.59
2:47.79	3:11.49	91	11 – 12 200 IM	92	3:09.29	2:44.19
3:15.59	3:43.19	93	10 & U 200 IM	94	3:40.79	3:13.19
1:05.79	1:15.39	95	13 YR OLD 100 FREE	96	1:09.99	1:00.89
1:08.29	1:18.49	97	11 – 12 100 FREE	98	1:15.69	1:05.89
1:19.99	1:31.49	99	10 & U 100 FREE	100	1:30.29	1:18.79
2:25.79	2:55.59	101	11 - 13 200 FLY	102	2:53.19	2:31.39
34.09	38.29	103	11 – 12 50 FLY	104	38.69	34.19
41.79	47.29	105	10 & U 50 FLY	106	45.99	40.49
1:11.69	1:23.59	107	13 YR OLD 100 BACK	108	1:18.29	1:06.89
1:18.49	1:31.09	109	11 – 12 100 BACK	110	1:29.09	1:15.79
1:30.69	1:45.99	111	10 & U 100 BACK	112	1:43.59	1:29.69
2:54.09	3:19.49	113	11 - 13 200 BREAST	114	3:12.59	2:47.09
39.99	45.49	115	11 – 12 50 BREAST	116	45.39	39.59
47.49	53.99	117	10 & U 50 BREAST	118	53.29	46.59
5:50.89	5:14.69	119	13 YR OLD 400 FREE	120	4:59.19	5:31.39

NOTE: Positive check-in for the 13 YR OLD 400 FREE closes at 12:15 pm

SUNDAY MAY 19, 2019
SESSION 7 – SUNDAY FINALS

Warm-up: 5:00 PM Meet Start: 5:45 PM

GIRLS	Event	BOYS
65	13-14 200 IM	66
67	OPEN 200 IM	68
69	13-14 100 BACK	70
71	OPEN 100 BACK	72
73	13-14 200 FLY	74
75	OPEN 200 FLY	76
77	13-14 100 FREE	78
79	OPEN 100 FREE	80
81	13-14 200 BREAST	82
83	OPEN 200 BREAST	84
85	13-14 400 FREE	86
87	OPEN 400 FREE	88

**2019 NBAC SPRING LONG COURSE INVITATIONAL
ENTRY SUMMARY / RELEASE FORM**

Complete and email or mail this form along with entry fees to (checks payable to **NBAC**):
 NORTH BALTIMORE AQUATIC CLUB
 ATTN: Tom Himes
 P.O. BOX 20801
 Baltimore, Maryland 21209
 Email to: thimes@nbac.net / coachtom@comcast.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
INDIVIDUAL ENTRIES		\$10.00 PER EVENT	
MD LSC & SWIMMER SURCHARGE		\$15.00 PER SWIMMER	
PAPER INDIVIDUAL ENTRIES		\$15.00 PER EVENT	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TEAM HOST, FACILITY, Maryland Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE