



Sanctioned by Maryland Swimming, Inc. Sanction # MD10-1030

Hosted By:	The Retriever Aquatic Club and Annapolis Swim Club July 9-11, 2010		
Location:	<i>The UMBC AQUATIC COMPLEX The University of Maryland - Baltimore County (UMBC) 1000 Hilltop Circle Baltimore, MD 21250</i>		
Schedule of Events:	Prelims	All ages	Warm-ups 6:30 a.m. Session Starts: 8:00 a.m.
	Finals	All ages	Warm-ups 4:30 p.m. Session Starts: 5:30 p.m.
Notes:	<ul style="list-style-type: none"> • The above listed starting times may be adjusted once all entries have been received. Coaches will be notified of any changes to starting times. • Open and 13-14 events will run an A & B final. The 11-12 & 9-10 will only run a championship final. • 14 and under & OPEN 400 Free requires a positive check-in. • The 14 and under & OPEN 400 IM requires a positive check-in. • The OPEN 800 and 1500 Free requires a positive check-in. • 14 and under 400 free and IM are timed finals with top eight swimmers swimming at finals • In case of inclement weather, call 410-455-2679 for status of meet. • Each team must provide 3 volunteers for each session they are attending. • 		
Facilities:	<ul style="list-style-type: none"> • UMBC has an outdoor eight lane, 50-meter pool. The eight lane 25-yard indoor pool will be available for continuous warm up and warm down, during the meet, after regular warm up periods are over. The diving well is not to be used. Please inform your swimmers. • The facility has fully automatic timing, scoreboard, horn start, and non-turbulent lane dividers. 		
Eligibility:	<ul style="list-style-type: none"> • This meet is open to all USA Swimming registered clubs. Maryland LSC Registered Clubs have first priority. • Swimmers with 2 Long Course 2007-2008 "BB" times may swim any events up to the maximum allowed in the meet. Qualify for 2 events you may swim any additional events up to the maximum allowed in the meet. • The swimmer's age as of July 09, 2010 shall apply for the entire meet. 		

Entries:	<ul style="list-style-type: none"> • 13-14 & Open swimmers may swim a maximum of Three (3) Individual Events. • 10 & U & 11-12 swimmers may swim a maximum of Three (3) Individual Events. • All entries must be submitted with <u>Long Course Times</u> (converted times are acceptable). • All Individual and Relay Entries must be submitted on disk with accompanying Meet Manager printouts or on entry forms available from the meet director. • Checks for entry fees should be made payable to Annapolis Swim Club and mailed (No signature required) with disk (or Entry Forms) to: • The Meet director reserves the right to limit entries to stay within the time constraints of the meet.
Entry Deadline:	<ul style="list-style-type: none"> • The Entry Director must receive all entries and fees no later than 5:00 p.m. on Thursday July 1, 2010
Rules:	<ul style="list-style-type: none"> • Applicable USA Swimming Rules shall govern this competition. • Maryland Swimming rules shall also apply where appropriate. • USA Swimming/Maryland Swimming Safety Guidelines and warm-up procedures will be in effect for the entire meet. • Spectators will only be permitted in designated areas of the pool deck unless they are registered with USS as an athlete or as a non-athlete and are working at the meet. The only exception is for the timers and volunteers assisting with the conduct of the meet. Coaches: You will be permitted inside the roped off areas of the deck provided you do not interfere with those conducting the meet and you are wearing your coaching credentials • Positive Check-In Events (400 Free, 400 IM,) Swimmers must check-in with the meet official prior to swimming their events by the positive check-in deadline noted in the meet notice. There is no penalty for not checking in for deck seeded timed final events; however if not checked in, the swimmer will be scratched. Once checked in, the swimmer must compete or be scratched from his/her next individual event.
Results:	<ul style="list-style-type: none"> • Meet Results will be available for download or printing from the Maryland Swimming Website (www.mdswim.org) within 48 hours after the meet. • Teams that submit their meet entries on computer disk can receive their disks back with Meet Results in HY-BACKUP.ZIP format. • If a team requires a paper copy of the Meet Results, this will be mailed within 2 weeks of the meet at a cost of \$10.00.
Programs:	<ul style="list-style-type: none"> • Programs will be made available at all sessions at a nominal cost.
Food:	<ul style="list-style-type: none"> • A snack bar will be available during the meet.
Officials:	<p>All USA Swimming certified officials willing to volunteer should contact</p> <p>Contact Linda Sue Lottes at 410-792-4860 or</p> <p>Email: lottesblossom52@verizon.net for any questions.</p>
Directions:	<ul style="list-style-type: none"> •

	<p>From the South:</p> <ul style="list-style-type: none"> • Take I-95 North to 195 West • Take first Exit off 195 West, which will lead you onto the UMBC Campus via UMBC Boulevard. • Turn Right onto Hilltop Circle and then Left onto Administration Drive • The pool is on the right behind the UMBC Fieldhouse. • Parking Lot 10 is in front of the Fieldhouse. To reach Parking Lot 1, continue past Administration Drive, and turn right onto Library Drive, then left into Lot 1.
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Session	Date	Events	Warm-ups Start	Events Start
1	Fri., July 10	All age groups	6:30 a.m.	8:00 a.m
Women	Qualifying Time	Event	Qualifying Time	Men
1	3:15.79	12 & U 200 Back	3:15.29	2
3	1:34.99	Open 100 Breast	1:27.29	4
5	1:36.59	13-14 100 Breast	1:30.49	6
7	45.59	11-12 50 Breast	47.09	8
9	54.89	10 & U 50 Breast	55.09	10
11	2:41.89	Open 200 Free	2:30.89	12
13	2:45.29	13-14 200 Free	2:37.09	14
15	2:52.39	11-12 200 Free	2:48.69	16
17	3:23.79	10 & U 200 Free	3:13.99	18
19	1:22.19	Open 100 Fly	1:17.49	20
21	1:23.69	13-14 100 Fly	1:17.89	22
23	1:30.79	11-12 100 Fly	1:30.79	24
25	1:56.19	10 and U 100 Fly	1:53.99	26
27	6:26.29	Open 400 IM	5:57.49	28
29	6:32.49	*14 & U 400 IM	6:15.09	30
31	11:35.39	Open 800 Free	10:54.99	32
Session	Date	Events	Warm-ups Start	Events Start
3	Sat., July 11	All age Groups	6:30a.m.	8:00a.m.
Women	Qualifying Time	Event	Qualifying Time	Men
33	3:40.59	12 and U 200 Breast	3:37.99	34

35	3:02.09	Open 200 IM	2:50.19	36
37	3:06.79	13-14 200 IM	2:56.39	38
39	3:15.19	11-12 200 IM	3:13.89	40
41	3:47.29	10 & U 200 IM	3:44.79	42
43	34.99	Open 50 Free	31.79	44
45	35.49	13-14 50 Free	33.19	46
47	36.39	11-12 50 Free	35.69	48
49	40.89	10 & U 50 Free	40.39	50
51	2:58.39	Open 200 Fly	2:44.89	52
53	3:03.59	13-14 200 Fly	2:53.29	54
55	39.69	11-12 50 Fly	39.99	56
57	48.59	10 & U 50 Fly	46.89	58
59	1:24.79	Open 100 Back	1:17.59	60
61	1:26.79	13-14 100 Back	1:21.29	62
63	1:34.39	11-12 100 Back	1:31.39	64
65	1:48.89	10 & U 100 Back	1:46.09	66
67	5:38.19	Open 400 Free	5:17.79	68
69	5:42.99	*14 & U 400 Free	5:31.09	70
Session	Date	Events	Warm-ups Start	Event Start
5	Sunday July 12	All Age Groups	6:30 a.m.	8:00 a.m.
Women	Qualifying Time	Event	Qualifying Time	Men
71	3:40.59	12 & U 200 Fly	3:15.89	72
73	3:24.19	Open 200 Breast	3:08.79	74
75	3:27.99	13-14 200 Breast	3:17.99	76
77	1:41.89	11-12 100 Breast	1:41.99	78
79	2:02.39	10 and U 100 Breast	1:59.79	80
81	1:15.29	Open 100 Free	1:09.39	82
83	1:16.99	13-14 100 Free	1:12.19	84
85	1:20.19	11-12 100 Free	1:17.49	86
87	1:32.99	10 and U 100 Free	1:31.09	88
89	3:01.29	Open 200 Back	2:47.19	90
91	3:05.69	13-14 200 Back	2:55.09	92

93	42.49	11-12 50 Back	42.29	94
95	49.89	10 and U 50 Back	50.49	96
97	22:10.69	Open 1500	20:59.89	98

*14 and under 400 free and 400 IM will be timed finals with the top eight swimming **at night**.