

ASC/RAC INDEPENDENCE MEET 2010

JUNE 26– 27, 2010

SANCTIONED BY MARYLAND SWIMMING, INC.
SANCTION #: MD10-0026

HOSTED BY: Annapolis swim Club and Retriever Aquatic Club

LOCATION:	THE UMBC OUTDOOR FACILITY THE UNIVERSITY OF MARYLAND- BALTIMORE COUNTY 1000 HILLTOP CIRCLE BALTIMORE, MD 21250
SCHEDULE:	SATURDAY JUNE 26 ALL AGES: WARM-UP 2:00p.m. / MEET START 3:00p.m. SUNDAY JUNE 27: 10-UNDER: WARM-UP 7:30 a.m. MEET START 8:30 a.m. 11-OVER WARM-UP 12:00 p.m. MEET START 1:00 p.m. **PLEASE NOTE: The above warm-up and starting times may be adjusted once all entries have been received. All coaches and/or contact persons will be notified of any changes.
FACILITIES:	UMBC is an outdoors eight lane, 50-meter pool. The indoor pool may be available for continuous warm-up/warm-down after scheduled warm-up times are complete. The facility has non-turbulent lane dividers and fully automatic timing.
MEET DIRECTOR:	Ken DeGruchy and Mark Mangold Mail entries to: Ken DeGruchy 8214 Black Diamond Court Pasadena Maryland 21122 kdegruchy@comcast.net
SAFETY DIRECTOR:	Shane Knipschild
ELIGIBILITY:	This timed finals meet is open to all MD LSC registered swim clubs, and all other swim clubs outside the LSC as invited by the Green Terror Aquatic Club. *Entry times must be slower than the 2010 long-course A times (refer to order of events). 'No time' entries will be accepted. A clerk of course will be available for the 8-under events only. *The swimmer's age as of June 26, 2010 will apply for the entire meet. *Swimmers are limited to a total of four (4)

	<p>individual events plus one relay per day.</p> <p>*All entries should be submitted in long course meters. Converted times using standard conversion methods are acceptable.</p> <p>*All Individual and Relay Entries must be submitted on disk with a hard copy and Meet Manager summary total. Teams with five (5) or fewer individual swimmers may enter using the enclosed entry forms.</p>
ENTRY FEES:	<p>\$6.00 for each individual event \$10.00 for each relay team.</p> <p>*Please note: Entries will not be accepted without payment. Phone entries will not be accepted. Deck entries may be accepted at the discretion of the Meet Director.</p> <p>Checks should be made payable to: Annapolis Swim Club</p>
ENTRY DEADLINE:	<p>*All entries must be in the hands of the meet director by 5:00 p.m. June 18, 2010.</p> <p>Entries may be sent via email. Please include entry list in Word format.</p> <p>MD LSC Teams will have first priority up to the entry deadline.</p> <p>Please submit entries early to avoid being closed out.</p>
MEET REFEREE:	<p>Rob Dobry rwdbry@missi.ncsc.mil or robdobry@yahoo.com</p>
AWARDS:	<p>Custom Ribbons for Individual Events: 1st – 8th place.</p> <p>Relay Events: 1st –3rd place</p>
OFFICIALS:	<p>Any certified or apprenticing official wishing to work should contact the Meet Referee at email above.</p>

INCLEMENT WEATHER:	<p>In case of inclement weather the following procedure will be followed:</p> <p>In case of rain, the session will go on as scheduled unless the rain is so heavy as to interfere with the swimmers performance.</p> <p>In case of thunder, the pool area will be cleared and all will be encouraged to go indoors or into their vehicles. The session will be postponed until 30 minutes after the last thunderclap. If the session is delayed 1-hour discussion will take place and a decision will be made to either include the events not swum in a later session or canceled all together.</p> <p>In case of lightning, the same procedure will be followed for clearing the pool area. The session will be postponed 45 minutes until after the last thunderclap or lightning seen. The procedure for events not swum will be as above.</p>
RULES:	<p>All applicable USA Swimming rules shall govern this competition.</p> <p>Maryland Swimming Rules shall apply where appropriate.</p> <p>USA Swimming /MD Swimming Safety Guidelines and warm-up procedures will be in effect for the entire meet.</p> <p>No one will be allowed in competition area unless they are a USA Swimming registered athlete, official, or coach.</p> <p>The only exceptions will be made regarding timers and Administrative staff working at the meet.</p> <p>The No-Recall rule (USA Swimming Rules and Regulations, section 102.14.4H) will be effect.</p>
CONCESSIONS:	A wide array of food and beverages will be available throughout the course of the meet.
PROGRAMS:	Programs will be available at a nominal cost.
DIRECTIONS:	<p>From the North: Take the Baltimore Beltway (I-695 outer loop) West/South to exit 12c, Wilkens Avenue. At traffic light turn left onto Wilkens Ave. Turn left onto Walker Avenue. At stop sign turn right onto Hilltop Circle. The UMBC Natatorium complex is ½ mile around Hilltop Circle. Turn left onto Administration Drive. The UMBC pool is behind the UMBC Field house. Parking lot 10 is in front of Field house.</p> <p>From the South: Take I-95 North to Route 166 North. Take first Exit onto UMBC Boulevard. Turn right onto Hilltop Circle. At stop sign turn left onto Administration Drive. The UMBC pool is behind the UMBC Field house. Parking lot 10 is in front of the field house.</p>
HOTELS:	<p>Ramada Inn BWI Airport 410 712 4300 Hampton Inn BWI Airport 410 850 0600 Comfort Inn Airport 410 89 9100</p>

RESULTS:		Results will be available on the MD swimming website within 48 hours after completion of the meet. Teams entering on disk will receive their results on disk after the completion of the meet. A hard copy of the results can be mailed within two weeks at a cost of \$10.00		
ORDER OF EVENTS:				
SESSION 1 WARM-UP 2:00 p.m. / MEET START 3:00 p.m.				
GIRLS		BOYS		
	SLOWER THAN	EVENT	SLOWER THAN	
1	1:35.29	10 & U 100 BACK	1:33.29	2
3	1:23.29	11 - 12 100 BACK	1:23.59	4
5	2:44.29	OPEN 200 BACK	2:31.29	6
7	1:37.89	10 & U 100 FLY	1:36.49	8
9	1:22.89	11-12 100 FLY	1:21.49	10
11	2:42.69	OPEN 200 FLY	2:30.59	12
13	1:46.99	10 & U 100 BREAST	1:45.99	14
15	1:33.79	11-12 100 BREAST	1:32.49	16
17	3:05.69	OPEN 200 BREAST	2:54.29	18
19	3:19.89	10 & U 200 IM	3:18.89	20
21	2:59.79	11 - 12 200 IM	2:58.09	22
23	2:47.29	OPEN 200 IM	2:35.89	24
25	NT	10 & U 200 MEDLEY RELAY	NT	26
27	NT	11-12 200 MEDLEY RELAY	NT	28
29	NT	OPEN 200 MEDLEY RELAY	NT	30
SESSION 2 WARM-UP 8:00 a.m. / MEET START 9:00 a.m.				
GIRLS		BOYS		
	SLOWER THAN	EVENT	SLOWER THAN	
31	36.39	9 – 10 50 FREE	36.09	32
33	NT	8 & U 50 FREE	NT	34
35	42.09	9 – 10 50 FLY	40.99	36
37	NT	8 & U 50 FLY	NT	38
39	1:21.89	9 – 10 100 FREE	1:20.59	40
41	NT	8 & U 100 FREE	NT	42
43	48.29	9 – 10 50 BREAST	48.49	44
45	NT	8 & U 50 BREAST	NT	46
47	43.69	9 – 10 50 BACK	43.89	48
49	NT	8 & U 50 BACK	NT	50
51	2:58.49	9 - 10 200 FREE	2:52.39	52
53	NT	8 & U 200 FREE	NT	54
55	NT	10 & U 200 FREE RELAY	NT	56
57	NT	10 & U 200 FREE RELAY	NT	58

SESSION 3 WARM UP 12:00 NOON / MEET START 1:00 p.m.				
GIRLS			BOYS	
	SLOWER THAN	EVENT	SLOWER THAN	
59	1:13.49	11 & 12 100 FREE	1:11.39	60
61	31.79	OPEN 50 FREE	28.79	62
63	36.29	11 – 12 50 FLY	36.19	64
65	1:14.19	OPEN 100 FLY	1:07.69	66
67	42.09	11 – 12 50 BREAST	43.09	68
69	1:26.69	OPEN 100 BREAST	1:19.69	70
71	2:37.69	11 – 12 200 FREE	2:34.89	72
73	2:27.19	OPEN 200 FREE	2:17.19	74
75	38.99	11 – 12 50 BACK	38.69	76
77	1:16.29	OPEN 100 BACK	1:10.59	78
79	33.69	11 – 12 50 FREE	32.59	80
81	1:08.59	OPEN 100 FREE	1:03.09	82
83	NT	12 & U 200 FREE RELAY	NT	84
85	NT	OPEN 200 FREE RELAY	NT	86