

2010 Abby Seeger Memorial Invitational
Retriever Aquatic Club
May 14-16, 2010

Sanctioned by Maryland Swimming, Inc. Sanction # MD10-0022

Hosted By:	The Retriever Aquatic Club		
Location:	<i>The UMBC AQUATIC COMPLEX The University of Maryland - Baltimore County (UMBC) 1000 Hilltop Circle Baltimore, MD 21250</i>		
Schedule of Events:	Friday May 14	All age groups	Open Warm-ups: 3:00–3:50 p.m. Session Starts: 4:00 p.m.
	Sat. & Sun., May 15 & 16 Morning sessions	13-14 & Open	Warm-ups: 6:30-7:50 a.m. Session Starts: 8:00 a.m.
	Sat. & Sun. May 15 & 16 Afternoon session	10+Under & 11-12	Warm-ups: 12:30 – 1:20 p.m. Session Starts: 1:30 p.m.
	Sat. May 15	Open 1500 Free	Warm-ups: Immediately following the conclusion of the Saturday afternoon session. Session Starts: 30 minutes following the conclusion of the Saturday afternoon session.
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. • The 13-14 & OPEN 400 Free requires a positive check-in no later than 3:50 p.m. on Friday, May 14, or be scratched from the event. • The 13-14 & OPEN 400 IM requires a positive check-in no later than 7:30 a.m. on Saturday, May 15, or be scratched from the event. • The OPEN 1500 Free requires a positive check-in no later than 9:00 a.m. on Saturday, May 15, or be scratched from the event. • The 12 & U 400 Free requires a positive check-in no later than 1:30 p.m. on Saturday May 15. • Meet director reserves the right to combine heats or otherwise adjust this order. The 1500 Free events may be limited to the first 32 swimmers entered in each event. Participants in session 4 (12 & U 400 Free and 1500 Free) events must provide their own timer. Participants in the 1500 Free must also provide their own lap counter. • In case of inclement weather, call 410-455-2679 for status of meet. 		

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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 minimum depth, measured in accordance with Article 103.2.3 is 6' and 6'1" at the start end and the turn end of the pool.• 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 2009-2012 "A" times, 10 & U "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.• *10 and under swimmers entering the 12 and under 400 free must have achieved the 10 and under "BB" times of 6:52.69 for boys and 6:51.59 for girls*• *10 & U swimmers entering the 12 & U 200 fly, breast ,and or back must qualify for these events by achieving the "BB" time in the equivalent 100 M event* 10 & U trying to enter these events without having achieved the "BB" time in the equivalent 100M event will be pulled from that event.• NT/No Time entries will not be accepted.• The swimmer's age as of May 14, 2009 shall apply for the entire meet.

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Entries:	<ul style="list-style-type: none"> • 13-14 & Open swimmers may swim a maximum of Three (3) Individual Events, plus relays, per session. • 10 & U & 11-12 swimmers may swim a maximum of Four (4) Individual Events, plus relays, per session. • All entries must be submitted with <u>Long Course Times</u> (converted times are acceptable). • All Individual and Relay Entries must be submitted via email on HyTek Meet Entry File from Team Manger, or on entry forms available from the meet director. • Checks for Entry Fees should be made payable to Retriever Aquatic Club and mailed (No signature required) to: <div style="text-align: center;"> Peggy McKissick – Meet Director 5108 Crestfield Court Ellicott City, MD 21043 Pmckissick5108@verizon.net 410-750-3231 (coaches only, before 9pm) </div> • Please note: Entries received without payment will not be accepted. E-mail entries will not be completed until the Meet Director has received payment for those entries. • The Meet director reserves the right to limit entries to stay within the time constraints of the meet. No DECK ENTRIES will be accepted.
Fees:	<ul style="list-style-type: none"> • \$6.00 for each Individual Event • \$20.00 for each Relay Event • There will be no deck entries allowed
Entry Deadline:	<ul style="list-style-type: none"> • The Meet Director must receive all entries and fees no later than 5:00 p.m. on Tuesday May 4, 2009 • Maryland LSC teams whose entries are received by May 4 will have first priority. • Please submit early to avoid being closed out.

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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, 1500 Free): Swimmers must check-in with the meet official prior to swimming their events by the positive check-in deadline noted in the meet notice. If swimmer does not check in they will be scratched. Once checked in, the swimmer must compete or be scratched from his/her next individual event. • There is no penalty for not checking in for deck seeded timed final events.
Awards:	<ul style="list-style-type: none"> • 1st - 8th Place Custom Ribbons in Individual Events (14 & Under) • 1st - 3rd Place Ribbons in Relay Events (14 & Under) • Abby Seeger Memorial award for the winner of the Women's 200 Backstroke. • Special awards for the top three finishers in both the Women's and Men's 1500 Free.
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. • 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 \$25.00.
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.

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Meet Director:	<p style="text-align: center;"><i>Peggy McKissick</i> 5108 Crestfield Court Ellicott City, MD 21043 <u>pmckissick5108@verizon.net</u> 410-750-3231 (COACHES ONLY PLEASE until 9:00pm)</p>
Safety Director:	<ul style="list-style-type: none"> • Annette Stang <p>USA Swimming/Maryland Swimming Warm-up and Safety Guidelines will be in effect for the entire meet.</p>
Meet Referee	<p>Rob Dobry <u>rwdobry@missi.ncsc.mil</u> or <u>robdobry@yahoo.com</u></p>
Officials:	<p>All USA Swimming certified officials willing to volunteer should contact Rob Dobry at (410) 783-4939. or e-mail: <u>rwdobry@missi.ncsc.mil</u> or <u>robdobry@yahoo.com</u></p>
Directions:	<p>From the North:</p> <ul style="list-style-type: none"> • Take the Baltimore Beltway (I-695 Outer Loop) West/South to Exit 12-C, Wilkens Avenue. • At the traffic light, turn Left onto Wilkens Avenue. • Turn Left again at the first traffic light onto Walker Avenue (~1 Mile). • Turn Right at the Stop Sign onto Hilltop Circle. • The UMBC pool is ~½ mile around the circle. • Turn Left onto Administration Drive. • The UMBC pool is on the right behind the UMBC Field house. • To reach additional parking continue past Administration Drive, and turn left onto Library Drive, then right into additional lots.
	<p>From the South:</p> <ul style="list-style-type: none"> • Take I-95 North to exit 47 B - 195/166 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 Field house. • Parking Lot 10 is in front of the Field house. To reach Parking Lot 1, continue past Administration Drive, and turn right onto Library Drive, then left into Lot 1.

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Hotels	<p>Airport area hotels are about a ten minute drive to the UMBC campus. Other hotels are about a 15 minute drive. Few hotels are located in areas where walking to restaurants or shopping is convenient.</p> <p>Airport Area</p> <p>**BWI Marriott Hotel. 410-691-2967 Ask for UMBC Rate</p> <p>Courtyard BW Airport. 410-859-8850. 1671 W. Nursery Road. Short walk to multiplex movie theater with stadium seating.</p> <p>Extended StayAmerica. 410-850-0400. 1500 Aero Drive.</p> <p>**Hampton Inn BWI Airport. 410-850-0600 Ask for UMBC Rate</p> <p>Hampton Inn Arundel Mills – 12 minute freeway drive from campus. Free continental breakfast. Hotel is a short walk across parking lot from Arundel Mills Mall. 410-540-9225</p>
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Session	Date	Events	Warm-ups Start	Events Start
1	Fri., May 14	All age groups	3:00 p.m.	4:00 p.m.
Women	Qualifying Time	Event	Qualifying Time	Men
1	2:47.29	Open 200 IM	2:35.89	2
3	2:51.49	13 – 14 200 IM	2:42.39	4
5	3:00.19*	12 & U 200 Back	2:56.39*	6
7	5:08.89	Open 400 Free	4:50.19	8
9	5:16.59	13 – 14 400 Free	5:02.79	10
Session	Date	Events	Warm-ups Start	Events Start
2	Sat., May 15	13-14 & Open	6:30a.m.	8:00a.m.
Women	Qualifying Time	Event	Qualifying Time	Men
11	6:00.99	13-14 400 IM	5:44.49	12
13	5:50.59	Open 400 IM	5:27.09	14
15	1:17.79	13-14 100 Back	1:14.49	16
17	1:16.29	Open 100 Back	1:10.59	18
19	1:28.99	13-14 100 Breast	1:21.29	20
21	1:26.69	Open 100 Breast	1:19.69	22
23	1:10.39	13-14 100 Free	1:05.99	24
25	1:08.59	Open 100 Free	1:03.09	26
27	2:48.29	13-14 200 Fly	2:38.79	28
29	2:42.69	Open 200 Fly	2:30.59	30
31	NT	13-14 400 FR RLY	NT	32
33	NT	Open 400 FR RLY	NT	34

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Session	Date	Events	Warm-ups Start	Event Start
3	Sat., May 15	10& U / 11-12	12:30 p.m.	1:30 p.m.
Women	Qualifying Time	Event	Qualifying Time	Men
35	3:23.69*	12 & U 200 Breast	3:20.79*	36
37	1:55.19	10 & U 100 Fly	1:53.19	38
39	1:22.89	11-12 100 Fly	1:21.49	40
41	49.89	10 & U 50 Back	50.09	42
43	38.99	11-12 50 Back	38.69	44
45	54.89	10 & U 50 Breast	55.09	46
47	42.09	11-12 50 Breast	43.09	48
49	1:32.99	10 & U 100 Free	1:31.09	50
51	1:13.49	11-12 100 Free	1:11.39	52
53	3:46.49	10 & U 200 IM	3:44.79	54
55	2:59.79	11-12 200 IM	2:58.09	56
57	NT	10&U 400 FR RLY	NT	58
59	NT	11-12 400 FR RLY	NT	60
Session	Date	Events	Warm-ups Start	Event Start
4	Sat. May 15	Open 1500 Free	Immediately after Session 3	30 Minutes after Session 3
Women	Qualifying time	Event	Qualifying time	Men
61	5:32.39/6:51.59	12 & U 400 Free	5:27.09/6:52.69	62
63	20:28.39	Open 1500 Free	19:13.39	64

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Session	Date	Events	Warm-up Start	Event Start
5	Sun. May 16	13-14 & Open	6:30am	8:00am
Women	Qualifying Time	Event	Qualifying Time	Men
65	3:11.99	13-14 200 Breast	3:01.99	66
67	3:05.69	Open 200 Breast	2:54.29	68
69	32.49	13-14 50 Free	30.29	70
71	31.79	Open 50 Free	28.79	72
73	2:47.39	13-14 200 Back	2:40.69	74
75	2:44.29	Open 200 Back	2:31.29	76
77	1:16.49	13-14 100 Fly	1:11.09	78
79	1:14.19	Open 100 Fly	1:07.69	80
81	2:31.79	13-14 200 Free	2:23.29	82
83	2:27.19	Open 200 Free	2:17.19	84
85	NT	13-14 400 M RLY	NT	86
87	NT	Open 400 M RLY	NT	88

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Session	Date	Events	Warm-ups Start	Event Start
6	Sun., May 16	10&U/ 11-12	12:30 p.m.	1:30 p.m.
Women	Qualifying Time	Event	Qualifying Time	Men
89	2:37.69	11-12 200 Free	2:34.89	90
91	3:23.59	10 & U 200 Free	3:13.99	92
93	36.29	11-12 50 Fly	36.19	94
95	48.59	10 & U 50 Fly	46.89	96
97	1:23.29	11-12 100 Back	1:23.59	98
99	1:48.89	10 & U 100 Back	1:45.69	100
101	33.69	11-12 50 Free	32.59	102
103	40.79	10 & U 50 Free	40.19	104
105	1:33.79	11-12 100 Breast	1:32.49	106
107	2:02.29	10 & U 100 Breast	1:59.79	108
109	2:59.29*	12 & U 200 Fly	2:58.49*	110
111	NT	10 & U 400 M RLY	NT	112
113	NT	11-12 400 M RLY	NT	114

*10 & Under must have swum BB time in the equivalent 100 Meter event (see note on page 2 under eligibility)