

# 2010 EST Summer Sizzler Invitational

June 4th – June 6th, 2010

Sponsored by:

Sanctioned by Maryland Swimming, Inc.  
Sanction # MD10dd-0012

<b>Hosted By:</b>	<b>The Eagle Swim Team</b>		
<b>Location:</b>	<i>McDonogh School – Rosenberg Aquatic Center 8600 McDonogh Rd Owings Mills, MD 21117 (410) 998-3501 (410) 998-3527</i>		
<b>Schedule:</b>	Fri. June 4 <sup>th</sup> Timed Finals	12 & Under, Open	Warm-ups: 4:00 – 5:20 p.m. Session Starts: 5:30 p.m.
	Sat. June 5 <sup>th</sup> Prelims	13 & 14, Open	Warm-ups: 7:00-8:20 a.m. Session Starts: 8:30 a.m.
	Sat. June 5 <sup>th</sup> Prelims	10 & Under, 11 & 12	Warm-ups: 12:00-12:50 p.m. Session Starts: 1:00 p.m.
	Sat. June 5 <sup>th</sup> Finals	11 & 12, 13 & 14, Open	Warm-ups: 5:00 – 5:50 p.m. Session Starts: 6:00 p.m.
	Sun. June 6 <sup>th</sup> Prelims	13 & 14, Open	Warm-ups: 7:00-8:20 a.m. Session Starts: 8:30 a.m.
	Sun. June 6 <sup>th</sup> Prelims	10 & Under, 11 & 12	Warm-ups: 12:00-12:50 p.m. Session Starts: 1:00 p.m.
	Sun. June 6 <sup>th</sup> Finals	11 & 12, 13 & 14, Open	Warm-ups: 5:00 – 5:50 p.m. Session Starts: 6:00 p.m.
	<ul style="list-style-type: none"> <li>Please note: The above listed starting times may be adjusted once all entries have been received. Coaches will be notified of any changes to starting times.</li> </ul>		
<b>Facilities:</b>	<ul style="list-style-type: none"> <li>McDonogh has an indoor eight lane, 50-meter pool.</li> <li>Lanes 1-6 will be used for competition.</li> <li>Lane 7 will be a buffer (empty) lane.</li> <li>Lane 8 will be a continuous warmup/warmdown lane throughout the meet.</li> <li>The facility has fully automatic timing, scoreboard, horn start, non-turbulent lane dividers and a separate spectator seating area.</li> <li>"The minimum water depth, measured in accordance with article 103.2.3, is 8'0" at the start end and 3'6" at the turn end."</li> </ul>		
<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>This meet is an Invite only meet for USS registered clubs outside the Maryland LSC as invited by the Eagle Swim Team.</li> <li>There are no qualifying times for this meet.</li> <li>"No Time" (NT) entries are acceptable, but estimated times are strongly encouraged.</li> <li>The swimmer's age as of <b>June 4th, 2010</b> shall apply for the entire meet.</li> </ul>		
<b>Session 1 Info</b>	<ul style="list-style-type: none"> <li>We will take the <u>Fastest 24 entries</u> for Events 1-8. (ie; 4 heats each event)</li> <li>All swimmers in Session 1 must provide their own timer.</li> </ul>		

<b>Rules:</b>	<ul style="list-style-type: none"> <li>• Applicable USS Rules shall govern this competition.</li> <li>• Maryland Swimming rules shall also apply where appropriate.</li> <li>• USS/Maryland Swimming Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> <li>• No one will be permitted in the competition area unless they are registered with USS as an athlete or as a non-athlete working at the meet.</li> <li>• The only exception is for the Timers and Administrative Staff assisting with the conduct of the meet.</li> <li>• Swimmers who do not check in for a positive check in event by the posted deadline will be scratched from that event. Once checked in, the swimmer must compete or be scratched from his/her next individual event.</li> <li>• No-recall Procedure: The no-recall rule will be in effect.</li> </ul>
<b>Positive Check-In:</b>	<ul style="list-style-type: none"> <li>• Friday- All events on Friday are positive check-in timed final events and will be swum Fast to Slow.</li> <li>• Failure to Check-In- Any swimmer who fails to “check-in” for the positive check in events (All 400’s &amp; Above) before the deadline will NOT be seeded into the event and therefore be scratched from the event.</li> <li>• Deadline for Positive Check-In- 45 minutes after the start of each warm-up session.</li> <li>• Any swimmer who “checks-in” for a positive check-in event and fails to compete in said event shall be barred from competing in his/her next individual event.</li> </ul>
<b>Meet Format:</b>	<ul style="list-style-type: none"> <li>• This will be a Prelim/Final Meet for swimmers ages 11 &amp; Older.</li> <li>• All 11-12 age group 50’s &amp; 100’s along with just the 200 IM &amp; 200 Free will swim two heats (top 12) at finals with the exception of the events on Friday and the 200’s of stroke.</li> <li>• All 13-14 events will swim two heats (top 12) at finals with the exceptions of the events on Friday and events 25 &amp; 26 which will be positive check-in timed finals with the top 6 seeded swimming in finals at night.</li> <li>• All Open events will swim three heats (top 15) for each event other than the events on Friday and events 27 &amp; 28 which will be positive check-in timed finals with the top 6 seeded swimming in finals at night, with the following format: <ul style="list-style-type: none"> <li>○ A Final (top 3 swimmers from prelims with open lanes between competitors)</li> <li>○ B Final (swimmers 4-9 from prelims)</li> <li>○ C Final (swimmers 10-15 from prelims).</li> </ul> </li> <li>• 10 &amp; Under events are timed final events.</li> </ul>
<b>Finals Procedure:</b>	<ul style="list-style-type: none"> <li>• Finals Scratch Procedures: USA Swimming Rules 207.12.6(D) will be followed. Although alternates (and those finishing below alternates) will not be penalized it is strongly encouraged that all swimmers finishing below the top 15 for Open age group and top 12 for 11-12 &amp; 13-14 age group finishers in prelims SCRATCH if they do not intend to return for the final session.</li> <li>• Exceptions for Failure to compete: USA Swimming Rules 207.12.6(E) will be in effect.</li> </ul>

<b>Entries:</b>	<ul style="list-style-type: none"> <li>Swimmers are limited to a maximum of Three (3) Individual Events per session with a limit of (8) individual events total for the meet.</li> <li>All entries must be submitted with Long Course Times if "No Time" (NT) please use converted times.</li> <li>All entries must be submitted on disk with accompanying Team Manager printouts or on Entry Forms available from meet director.</li> <li>Each Team <i>must</i> submit a Team Information Sheet.</li> <li>Checks for Entry Fees should be made payable to <u>Eagle Swim Team</u> and mailed with disk (or Entry Forms) to:  <p style="text-align: center;">Sean Marshall, Entry Director  5413 Weywood Drive  Reisterstown, MD 21136  <a href="mailto:Sean.L.Marshall@gmail.com">Sean.L.Marshall@gmail.com</a></p> </li> <li>Please note: Entries received without payment will not be accepted. Email entries in Team Manager format are acceptable. To verify on-time receipt of your entry, please include a stamped, self-addressed postcard or envelope.</li> <li>The Entry Director reserves the right to limit entries or cancel events to stay within the time constraints of the meet.</li> </ul>
<b>Fees:</b>	<ul style="list-style-type: none"> <li>\$5.00 for each Individual Event</li> <li>\$2.00 <i>per swimmer</i> surcharge.</li> <li>There will be no deck entries allowed.</li> </ul>
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>The Entry Director must receive all entries <b>no later than 5:00 p.m. on Monday, May 24th, 2010.</b></li> <li>Please submit early to avoid being closed out.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>1-3 Medals, 4-12 Ribbons for 10 &amp; Under, 11-12, &amp; 13-14 Age Groups</li> <li>1-3 Medals Only for Open Age Groups</li> </ul>
<b>Results:</b>	<ul style="list-style-type: none"> <li>Meet Results will be available for download or printing from the Maryland Swimming Website (<a href="http://www.mdswim.org">http://www.mdswim.org</a>) shortly after the meet.</li> <li>Teams that submit their meet entries on computer disk can receive their disks back with Meet Results in HY-BACKUP.ZIP format unless otherwise specified.</li> <li>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.</li> </ul>
<b>Programs:</b>	<ul style="list-style-type: none"> <li>Programs will be made available at all sessions at a nominal cost.</li> </ul>
<b>Food:</b>	<ul style="list-style-type: none"> <li>A full snack bar will be available during the meet. A Coaches/Officials hospitality room will also be provided.</li> </ul>
<b>T-Shirt:</b>	<ul style="list-style-type: none"> <li>A custom Meet T-shirt and other swim supplies will be available for sale.</li> </ul>
<b>Meet Director:</b>	Head Age Group Coach Sean Marshall
<b>Staffing Director:</b>	Amy Green & Maria Baird
<b>Safety Director:</b>	<ul style="list-style-type: none"> <li>Jeff Taegel</li> <li>USS/Maryland Swimming Warm-up and Safety Guidelines will be in effect for the entire meet.</li> </ul>
<b>Meet Referee:</b>	<ul style="list-style-type: none"> <li>Bruce Edwards</li> </ul>
<b>Officials:</b>	<ul style="list-style-type: none"> <li>USA Swimming certified officials willing to volunteer should contact Holly Chabbott via e-mail: <a href="mailto:hollychabbott@verizon.net">hollychabbott@verizon.net</a>.</li> </ul>

<b>Directions:</b>	<ul style="list-style-type: none"> <li>• Take the Baltimore Beltway (I-695) to Exit 20 Reisterstown Rd (Rt. 140)</li> <li>• Go West on Reisterstown Rd (towards Owings Mills/Reisterstown) for 1.4 miles.</li> <li>• Turn Left onto McDonogh Rd. Go 1.8 miles and pass the Main entrance for McDonogh School.</li> <li>• Turn right at the next entrance (Woods Rd) and go straight until you reach the Athletic Center parking lots.</li> <li>• The pool is located in the R.L. Athletic Center.</li> <li>• PLEASE park in designated parking spots.</li> </ul>
<b>Hotel:</b>	Hilton Garden Inn, 410- 654-0030      (Two miles from pool) Hyatt Place, 410-998-3630      (1.5 miles from pool)

<b>Session</b>	<b>Date</b>	<b>Events</b>	<b>Warm-Ups</b>	<b>Start</b>
1	Fri, June 5 <sup>th</sup>	Open (scored by age groups)	4:00pm-5:20pm	5:30pm

**Fastest 24 times will swim after positive check-in will swim the events.**

**All swimmers need to provide their own timers and counters.**

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	Open 400 IM	2
3	12 & Under 400 IM	4
5	Open 800 Freestyle	6
7	12 & Under 400 Freestyle	8

<b>Session</b>	<b>Date</b>	<b>Events</b>	<b>Warm-Ups</b>	<b>Start</b>
2	Sat, June 6 <sup>th</sup>	13 -14 & Open Prelims	7:00am-8:20am	8:30am

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
9	13-14 100 Freestyle	Prelims 10
11	Open 100 Freestyle	Prelims 12
13	13-14 200 Breastroke	Prelims 14
15	Open 200 Breastroke	Prelims 16
17	13-14 100 Backstroke	Prelims 18
19	Open 100 Backstroke	Prelims 20
21	13-14 200 Butterfly	Prelims 22
23	Open 200 Butterfly	Prelims 24
25	13-14 400 Freestyle (Top 6 at Night)	Finals 26
27	Open 400 Freestyle (Top 6 at Night)	Finals 28

<b>Session</b>	<b>Date</b>	<b>Events</b>	<b>Warm-Ups</b>	<b>Start</b>
3	Sat, June 6 <sup>th</sup>	11-12 Prelims, 10 & Under Finals	12:00pm-12:50pm	1:00pm

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
29	11-12 100 Freestyle	Prelims 30
31	10 & Under 100 Freestyle	Finals 32
33	11-12 200 Butterfly	Finals 34
35	11-12 50 Breastroke	Prelims 36
37	10 & Under 50 Breastroke	Finals 38
39	11-12 200 Freestyle	Prelims 40
41	11-12 100 Backstroke	Prelims 42
43	10 & Under 100 Backstroke	Finals 44
45	11-12 50 Butterfly	Prelims 46
47	10 & Under 50 Butterfly	Finals 48

<b>Session</b>	<b>Date</b>	<b>Events</b>	<b>Warm-Ups</b>	<b>Start</b>
4	Sat, June 6 <sup>th</sup>	Finals	5:00pm-5:50pm	6:00pm

**Girls**

**Events**

**Boys**

Open 400 Freestyle	Finals
13-14 400 Freestyle	Finals
11-12 200 Freestyle	Finals
Open 200 Butterfly	Finals
13-14 200 Butterfly	Finals
11-12 50 Butterfly	Finals
Open 100 Backstroke	Finals
13-14 100 Backstroke	Finals
11-12 100 Backstroke	Finals
Open 200 Breaststroke	Finals
13-14 200 Breaststroke	Finals
11-12 50 Breaststroke	Finals
Open 100 Freestyle	Finals
13-14 100 Freestyle	Finals
11-12 100 Freestyle	Finals

<b>Session</b>	<b>Date</b>	<b>Events</b>	<b>Warm-Ups</b>	<b>Start</b>
5	Sun, June 7 <sup>th</sup>	Prelims	7:00am-8:20am	8:30am

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
49	13-14 200 IM	50
51	Open 200 IM	52
53	13-14 50 Freestyle	54
55	Open 50 Freestyle	56
57	13-14 100 Breaststroke	58
59	Open 100 Breaststroke	60
61	13-14 200 Backstroke	62
63	Open 200 Backstroke	64
65	13-14 100 Butterfly	66
67	Open 100 Butterfly	68
69	13-14 200 Freestyle	70
71	Open 200 Freestyle	72

<b>Session</b>	<b>Date</b>	<b>Events</b>	<b>Warm-Ups</b>	<b>Start</b>
6	Sun, June 7 <sup>th</sup>	11-12 Prelims, 10 & Under Finals	12:00pm-12:50pm	1:00pm

<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
73	11-12 50 Freestyle	74
75	10 & Under 50 Freestyle	76
77	11-12 200 Backstroke	78
79	11-12 100 Breaststroke	80
81	10 & Under 100 Breaststroke	82
83	11-12 200 IM	84
85	11-12 50 Backstroke	86
87	10 & Under 50 Backstroke	88
89	11-12 100 Butterfly	90
91	10 & Under 100 Butterfly	92
93	11-12 200 Breaststroke	94

<b>Session</b>	<b>Date</b>	<b>Events</b>	<b>Warm-Ups</b>	<b>Start</b>
7	Sun, June 7th	Finals	5:00pm-5:50pm	6:00pm

**Girls**

**Events**

**Boys**

Open 200 IM	Finals
13-14 200 IM	Finals
11-12 200 IM	Finals
Open 100 Butterfly	Finals
13-14 100 Butterfly	Finals
11-12 100 Butterfly	Finals
Open 200 Backstroke	Finals
13-14 200 Backstroke	Finals
11-12 50 Backstroke	Finals
Open 100 Breaststroke	Finals
13-14 100 Breaststroke	Finals
11-12 100 Breaststroke	Finals
Open 50 Freestyle	Finals
13-14 50 Freestyle	Finals
11-12 50 Freestyle	Finals
13 -14 200 Freestyle	Finals
Open 200 Freestyle	Finals

# Team Information Sheet

This form must be submitted with Meet Entries

Today's Date:	
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Team Name:			
Team Abbreviation:		LSC Code:	
Head Coach:		Cell #:	
Deck Coach:		Cell #:	
<b>Additional Coaches/Managers:</b>			
1.			
2.			
3.			
4.			
5.			
6.			

<b>Mail All Correspondence to</b>					
Name:					
Street:					
City:		State:		Zip:	
Telephone		E-Mail:			