

Chesapeake Bay Aquatic Club Fall Warm-up Meet

(.Hyv File Zipped)
Saturday and Sunday
October 22 & 23, 2005
Sanction # USA-MD-06-###

- Location:** Somerset Hall Recreation & Athletic Center
18952 E. Fisher Rd
St. Mary's College of Maryland
St. Mary's City, MD 20686
Phone: 240-895-4798
Fax: 240-895-8203
- Facilities:** Indoor eight-lane 25-yard pool, non-turbulent lane lines, and continuous flow through gutters. The meet is run using the Daktronics timing system. Results will be posted continuously throughout the meet.
- Meet Director:** [Alan Hewitt](#)
P.O. Box 898
Hollywood, MD 20636
301-863-1334
E-mail - ahewitt@gmpexpress.net
- Send meet entries to:**
[Linda Davis](#)
41045 Paw Paw Hollow Ln
Leonardtown, MD 20650
E-mail - davisfamily@gmpexpress.net
- Safety Director:** Stephen Schmeiser
- Meet Referee:** [John Lee](#)
515 Sycamore Lane
Owings, MD 20736
301-855-6976
Email - johnlee3@ix.netcom.com
- Eligibility:** Open to all USA Swimming registered swimmers who are registered as of October 14, 2005. Clubs who enter swimmers who are not registered by October 14th will be fined \$100.00 and the swimmers will not be allowed to compete in accordance to Maryland Swimming rules.

Age is determined as of October 22, 2005.

Qualifying Times: Slower than "AA" time standards. No time entries are acceptable. .
Times are listed in the attached order of events.

Rules: Applicable USA Swimming rules shall govern this competition. MD Swimming Rules shall also apply. USA SWIMMING/MD SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. No one will be permitted on the pool deck unless they are registered with USA Swimming as an athlete or as a non-athlete working the meet. The only exception will be for timers and administrative staff assisting with the conduct of the meet.

Entry Information: Times: Entry times must be in short course yards. "No time" entries are acceptable. Swimmers are limited to four events per session. MD teams will have first priority.

Fees: \$4.00 per individual event, \$5.00 per individual event deck seeded

MAKE CHECKS OUT TO "CBAC"

All entries must be submitted on computer disks using Hy-Tek's software with a hard copy printout included. A meet set up file for Team Manager will be available on the Maryland Swimming Website. Teams entering with less than 10 swimmers can submit entries on computer entry forms.

Deck seeds will be accepted on a first come first served basis for open lanes only **prior to 30 minutes** before start of session and must be paid for at the time of the deck seed at \$5.00 per individual.

The Meet Director reserves the right to limit entries.

All entries must be received by 6:00 PM on Friday, October 14, 2005.

Email entries with the Hy-Tek file attached, will be accepted for this meet if received by the October 14th deadline. Meet entries fees and a printout of the entries must be received by Monday, October 17th.

Mail entries with **required signature waived** to:

[Linda Davis](#)

41045 Paw Paw Hollow Ln

Leonardtown, MD 20650

E-mail - davisfamily@gmpexpress.net

Awards: Ribbons will be awarded for first through eighth place for individual.

Officials: All certified officials willing to volunteer please contact [John Lee](#) at 301-855-6976 or email johnlee3@ix.netcom.com

Results: Meet results will be posted on line @ www.mdswwim.org. A disk copy of results will be provided to all teams who send entries on disk or supply a disk if their entries are emailed. Results will be emailed to the teams upon request. Hard copies are available on request and will be mailed to those teams who submitted entries on paper.

Concessions: Food and a full line of swimming apparel will be available during the meet.

Directions: From the Washington Beltway, take Rt. 5 south to Waldorf. Turn left/south on Rt. 235 / Rt. 5 in Waldorf and stay straight on Rt. 235 to Lexington Park. **After reaching Lexington Park, you will pass the main gate at the Patuxent River Naval Air Station. Continue past Lexington Park for six (6) miles and make a right onto Mattapany Road. Go approximately 1.8 miles and turn right onto E. Fisher Rd. Somerset Hall is the large brick building on the right.**

You may also take Rt. 4 south from the Washington Beltway to Solomon's Island. Cross the bridge and proceed to the intersection of Rt. 4 and Rt. 235. Make a left on Rt. 235 south to Lexington Park and follow the highlighted directions to the pool.

From Baltimore take Rt. 301 south to Rt. 4 in Upper Marlboro. Take Rt. 4 south to Solomon's Island and follow the highlighted directions above.

From Annapolis take Rt. 2/4 south to the intersection in Sunderland. Turn left/south to Solomon's Island and follow the highlighted directions to the pool.

Sessions and Order of Events CBAC Fall Warm-up Meet

Saturday – October 22, 2005

SESSION ONE - 14 & Under Girls Warm-ups: 7:30 AM Meet Starts: 8:30 AM			
EVENT #	AGE GROUP	EVENT	SLOWER THAN
1	10&U	Girls 100 Free	1:09.09
2	11-12	Girls 100 Free	1:00.49
3	13-14	Girls 100 Free	59.59
4	10&U	Girls 50 Back	36.39
5	11-12	Girls 50 Back	32.79
6	13-14	Girls 200 Back	2:21.19
7	10&U	Girls 100 Fly	1:21.59
8	11-12	Girls 100 Fly	1:10.09
9	13-14	Girls 100 Fly	1:05.29
10	10&U	Girls 100 Breast	1:28.89
11	11-12	Girls 100 Breast	1:18.59
12	13-14	Girls 100 Breast	1:14.79
13	10&U	Girls 200 IM	2:48.19
14	11-12	Girls 200 IM	2:31.99
15	13-14	Girls 400 IM	5:06.29

Saturday – October 22, 2005

SESSION TWO - Boys & Open Girls Warm-ups: 12:30 PM Meet Starts: 1:30 PM			
EVENT #	AGE GROUP	EVENT	SLOWER THAN
16	10&U	Boys 100 Free	1:07.69
17	11-12	Boys 100 Free	1:00.19
18	13-14	Boys 100 Free	55.59
19	Open	Boys 100 Free	53.09
20	Open	Girls 100 Free	58.59
21	10&U	Boys 50 Back	36.59
22	11-12	Boys 50 Back	32.19
23	13-14	Boys 200 Back	2:13.69
24	Open	Boys 200 Back	2:07.09
25	Open	Girls 200 Back	2:19.79
26	10&U	Boys 100 Fly	1:20.79
27	11-12	Boys 100 Fly	1:08.59
28	13-14	Boys 100 Fly	1:00.79
29	Open	Boys 100 Fly	57.99
30	Open	Girls 100 Fly	1:04.09
31	10&U	Boys 100 Breast	1:28.69
32	11-12	Boys 100 Breast	1:17.39
33	13-14	Boys 100 Breast	1:09.29
34	Open	Boys 100 Breast	1:06.29

35	Open	Girls 100 Breast	1:13.19
36	10&U	Boys 200 IM	2:47.69
37	11-12	Boys 200 IM	2:28.99
38	13-14	Boys 400 IM	4:49.79
39	Open	Boys 400 IM	4:37.09
40	Open	Girls 400 IM	5:00.99

Sunday – October 23, 2005

SESSION THREE - 14 & Under Girls Warm-ups: 7:30 AM Meet Starts: 8:30 AM			
EVENT #	AGE GROUP	EVENT	SLOWER THAN
41	10&U	Girls 200 Free	2:29.09
42	11-12	Girls 200 Free	2:14.29
43	13-14	Girls 200 Free	2:08.59
44	10&U	Girls 100 Back	1:18.29
45	11-12	Girls 100 Back	1:11.39
46	13-14	Girls 100 Back	1:05.89
47	10&U	Girls 50 Fly	35.29
48	11-12	Girls 50 Fly	31.29
49	13-14	Girls 200 Fly	2:22.39
50	10&U	Girls 50 Breast	40.09

51	11-12	Girls 50 Breast	36.39
52	13-14	Girls 200 Breast	2:40.99
53	10&U	Girls 100 IM	1:19.39
54	11-12	Girls 100 IM	1:11.09
55	13-14	Girls 200 IM	2:24.99
56	10&U	Girls 50 Free	31.09
57	11-12	Girls 50 Free	28.59
58	13-14	Girls 50 Free	27.49

Sunday – October 23, 2005

SESSION FOUR - Boys & Open Girls Warm-ups: 12:30 PM Meet Starts: 1:30 PM			
EVENT #	AGE GROUP	EVENT	SLOWER THAN
59	10&U	Boys 200 Free	2:25.59
60	11-12	Boys 200 Free	2:10.89
61	13-14	Boys 200 Free	2:00.59
62	Open	Boys 200 Free	1:55.79
63	Open	Girls 200 Free	2:05.99
64	10&U	Boys 100 Back	1:18.09
65	11-12	Boys 100 Back	1:08.89
66	13-14	Boys 100 Back	1:02.19
67	Open	Boys 100 Back	58.79
68	Open	Girls 100 Back	1:04.89

69	10&U	Boys 50 Fly	34.89
70	11-12	Boys 50 Fly	30.89
71	13-14	Boys 200 Fly	2:14.99
72	Open	Boys 200 Fly	2:08.79
73	Open	Girls 200 Fly	2:20.49
74	10&U	Boys 50 Breast	40.59
75	11-12	Boys 50 Breast	35.79
76	13-14	Boys 200 Breast	2:29.79
77	Open	Boys 200 Breast	2:23.89
78	Open	Girls 200 Breast	2:37.79
79	10&U	Boys 100 IM	1:17.89
80	11-12	Boys 100 IM	1:09.09
81	13-14	Boys 200 IM	2:15.89
82	Open	Boys 200 IM	2:09.99
83	Open	Girls 200 IM	2:22.19
84	10&U	Boys 50 Free	30.69
85	11-12	Boys 50 Free	27.39
86	13-14	Boys 50 Free	25.49
87	Open	Boys 50 Free	24.29
88	Open	Girls 50 Free	26.99

Chesapeake Bay Aquatic Club Fall Warm-Up Meet

Team Summary Sheet

**Mail, postal express, or federal express this form with your entries and fees with
SIGNATURE WAIVED to:**

[Linda Davis](#)

41045 Paw Paw Hollow Ln

Leonardtown, MD 20650

E-mail - davisfamily@gmpexpress.net

Make checks payable to "Chesapeake Bay Aquatic Club"

Club Name: _____

Club Code: _____

Coach: _____ **Phone:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Total Individual Entries: _____ x \$4.00 = _____

Entries must be received by 6:00 PM, October 14, 2005