



2024 SPEEDO MARYLAND 14 & UNDER SHORT COURSE CHAMPIONSHIP MEET

Hosted by Speedo & Maryland Swimming LSC, Inc.

February 29 – March 3, 2024

@ ST. MARY’S COLLEGE OF MARYLAND
 AQUATIC CENTER AT THE MICHAEL P. O’BRIEN ATHLETICS AND RECREATION CENTER
 18952 E. FISHER ROAD ST. MARY’S CITY, MARYLAND 20686

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc.

Sanction # 23/24-049

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP”), and the Maryland Swimming Code of Conduct (www.mdswim.org) will govern this meet.

ENTRY DEADLINE: WEDNESDAY, FEBRUARY 14, 2024 @ 8:00 PM

The 2024 MD LSC 14 & Under Short Course Championships is open only to Maryland Swimming Inc. LSC registered teams and athletes.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
MEET DIRECTOR CARRON DUNKER CARRON@FOXSWIMMING.COM	TOM HIMES THIMES@NBAC.NET COACHTOM@COMCAST.NET P.O. BOX 20801 BALTIMORE, MARYLAND 21209
Meet Referee	USA Swimming Registered Operational Risk Director
PENELOPE MICHAELS CBACMEETREF@GMAIL.COM	KATHLEEN JACOBS
Officials Contact	Administrative Official
SATOSHI KATSUMOTO KATSUS@GMAIL.COM Sign-up Link	PETER LAGOW PETERLAGOW@GMAIL.COM

Deadline and Meeting Summary		
Wednesday, February 14, 2024	8:00 PM	Entry Deadline
Friday, March 2, 2024	7:30 AM	Coaches Meeting
All Sessions	1 hour prior to session start	Officials' Briefing Conference Room
All Sessions	45 minutes prior to session start	Timers' Briefing Hallway outside the pool doors

Facility Information	
Facility Address	<p>St. Mary's College of Maryland Aquatic Center at the Michael P. O'Brien Athletics and Recreation Center 18952 East Fisher Road St. Mary's City, Maryland 20686</p> <p>Directions</p>
Pool Information	<p>Indoor eight-lane 50-meter pool with non-turbulent lane lines and continuous flow through gutters.</p> <ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ 8 25-yard lanes ○ Competition lanes are a minimum of 8'wide. ○ Water depth is 7'0"-7'6" • Warm-up Pools: <ul style="list-style-type: none"> ○ 25-yard lanes ○ Warm-up lanes are a minimum of 8'wide. ○ Water depth is 7'0"-7'6" -and- ○ 25-meter lanes ○ Warm-up lanes are a minimum of 8'wide. ○ Water depth is 7'0"-7'6" • The competition course has not been certified in accordance with 104.2.2C(4). • The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down. • Daktronics timing system will be used.
Facility Information	<ul style="list-style-type: none"> • All swimmers and meet personnel on deck must have credentials to be on deck. • Swimmers may only use the visiting team locker rooms. They will be clearly marked, and no non-athletes will be allowed in these areas. • The swimmers may not prop open the door between the two locker rooms to access the varsity locker rooms. Swimmers are not to use restrooms in the hallway. • Coaches, officials, and volunteers are to use the Varsity locker rooms on the pool deck. They will be clearly marked, and no athletes will be allowed in these areas. • Spectators may use the restrooms located outside the pool area. • Spectators, volunteers, and athletes must enter the facility through either set of main doors.

	<ul style="list-style-type: none"> Coaches and officials may enter the facility through the doors adjacent to the pool deck. There are no folding chairs allowed in the spectator stands. Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.
Medical Assistance and Supervision	There will be lifeguards and an AED available at the meet.
Parking	Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing. Spectators and Volunteers are asked not to park in the spaces across from the pool.
Hospitality	There will be a hospitality area open to all coaches and officials located in the Hayes Team Room adjacent to the 25-meter warm-up pool.
Concessions	There will not be concessions available.
Vendor	Metro Swim Shop will be onsite.

Meet Fees: Teams will be billed directly from Maryland Swimming after the meet.	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	\$20.00 per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc. This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. MDSI Rules shall also apply. USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition. Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races. No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing, marshal and administrative staff assisting with the conduct of the meet.

	<ul style="list-style-type: none"> • The MDSI Scratch Rule is in effect for this meet. This will be a full scratch meet for both individual events and relay events as described under USA Swimming scratch rules 207.11.6, except where noted. A no-show in the preliminary or timed finals events will not incur a penalty. A no-show in finals will result in the athlete being barred from all further competition. If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and compete in the bonus, consolation, or championship finals event and it is the swimmer's last event of the meet, the swimmer's team is fined \$50 per the Maryland Swimming Championship Meet (MSCM) • Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted. • Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee. • Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet. • Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F). • Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
Safety	<ul style="list-style-type: none"> • The Maryland Swimming, Inc. safety program is in effect for this meet. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. • No running or horseplay will be tolerated. • Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	<ul style="list-style-type: none"> • Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start, and a backstroke start or must start each race from within the water. • When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

<p>Health Guidelines</p>	<ul style="list-style-type: none"> • All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness. • At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period. Swimmers must be cleared, by the Meet Referee, prior to returning to competition.
<p>Deck Access</p>	<ul style="list-style-type: none"> • There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be located at the Meet Operations table near the start end of the pool. • Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team. • No one without proper clearance may be allowed in the competition areas without approval of the meet host.
<p>Officials</p>	<ul style="list-style-type: none"> • There will be a need for officials. Maryland Swimming welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. • This is a National Certification Meet. You also must submit a Request for Evaluation by February 11, 2024. To be evaluated at an OQM you must work at least 4 sessions (including official’s briefings) as an official at the meet. Not all sessions need to be in the evaluated positions. Please see the National Official Certification Summary and National Official Recertification Summary on the USA Swimming Web Page (www.usaswimming.org). Preference for assigned positions will be given to those working the majority of the sessions. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held at the date and time listed in the Deadline and Meeting Summary. • Sign-up link
<p>Volunteers</p>	<ul style="list-style-type: none"> • This meet is hosted by ALL TEAMS of the Maryland Swimming LSC, Inc. • Any team with swimmers entered in the meet shall be required to provide workers. • Each team needs to provide the name, phone number and email address of a Team Manager and a coach who will be present at the meet. This information is to be submitted via the form at the end of the Meet Announcement. • The Team Manager shall be available during all sessions of the meet. • Each team will be sent their worker assignments once entries have been received. Worker assignments will also be posted on the Maryland Swimming LSC, Inc. website (www.mdswim.org). • Swimmers entered in the 500-yard, 1000-yard, and 1650-yard Freestyle events must provide their own counters. • Swimmers entered in the 1650-yard Freestyle events must provide their own timers.

Meet Information	
Format	<ul style="list-style-type: none"> • Prelims/Finals/Timed Finals • Events will be swum slowest to fastest unless otherwise indicated. • This will be a full scratch meet for both individual events and relay events as described under USA Swimming scratch rules 207.11.6, except where noted. • A no-show in the preliminary or timed finals heats will not incur a penalty. A no-show in finals will result in the athlete being barred from all further competition. • If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and compete in the bonus, consolation, or championship finals event and it is the swimmer's last event of the meet, the swimmer's team is fined \$50 per the Maryland Swimming Championship Meet (MSCM) <ul style="list-style-type: none"> ○ 13-14 & 11-12 age-groups will have a B and A Final, in that order, with the top (16) swimmers from Preliminary results after scratches for the Timed Final/Final events. ○ 10 & under age-group will have an A final top (8) swimmers from Preliminary results after scratches for the Timed Final/Final events. • The following events will be conducted as TIMED FINALS only. The top (16) 13-14-year-olds in the 400-yard Individual Medley and the 500-yard Freestyle events, after scratches, will compete during the Finals session. • The top (16) 11-12-year-olds in the 400-yard Individual Medley, after scratches, will compete during the Finals session. The remaining swimmers will swim in the Preliminary session and shall be seeded fastest to slowest: <ul style="list-style-type: none"> ○ 13-14: 400-yard Individual Medley (Friday) and 500-yard Freestyle (Saturday) ○ 11-12: 400-yard Individual Medley (Sunday) • All Individual and Relay events in the Thursday Session 1 will be TIMED FINALS only. All events will be swum in event order and seeded slowest to fastest. • The 13-14 1650-yard Freestyle will be conducted as TIMED FINALS only with the fastest seeded heat (8) swimmers, after scratches, swimming with the Finals session 7 in event order. The remaining heats will be conducted during the Sunday Preliminary session. The 1650-yard Freestyle heats swum in the Preliminary session shall be swum fastest to slowest alternating girls and boys. If there is only one combined heat of girls/boys 1650-yard Freestyle swum in the Preliminary session, the Meet Referee shall add a break as necessary for recovery time. • Swimmers must supply their own timers and counters for the 13-14 1650-yard Freestyle and their own timer for the 11-12 400 Individual Medley events swum in the Preliminary session. • All relays will swim in the finals sessions. • BREAKS: After entries are received, breaks between events may be applied to ensure swimmers receive a minimum of 20 minutes between events. These breaks will be applied at the discretion of the Meet Referee.

	<ul style="list-style-type: none"> • Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. The order of events may not be changed.
Eligibility	<ul style="list-style-type: none"> • All swimmers must be registered with USA Swimming, Inc. • Swimmers must be registered prior to the entry deadline. • There will be no on-deck registration available at this meet. • A swimmer’s age on the first day of the meet will determine their age for the entire meet. • The 2024 Maryland Swimming LSC, Inc. 14 & Under Short Course Championship shall be open to ALL 2024 USA Swimming Inc. / Maryland Swimming LSC, Inc. registered swimmers from registered Maryland Swimming LSC, Inc. teams and unattached Maryland Swimming LSC, Inc. registered swimmers ONLY who meet the listed qualifying times. • The meet is closed to ALL swimmers and teams outside of Maryland Swimming, Inc. • Swimmers entering the meet must be registered with Maryland Swimming LSC, Inc. and USA Swimming by the meet entry deadline, except for unattached swimmers who must have been a member of Maryland Swimming LSC, Inc. for 6 months prior to the meet entry deadline. • A swimmer’s age on Thursday, February 29, 2024 will determine their age for the duration of the meet • Swimmers must be equal to or faster than the Qualifying Times established for the meet. Qualifying times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between January 1, 2023 and the entry deadline for this meet (February 14, 2024). No times achieved outside of this time period may be used to qualify for this meet. Qualifying times must have been achieved in a short course yard (SCY) pool. Converted times will not be accepted. • Swimmers who qualify for an event and swim that event at the 2024 Maryland Swimming LSC, Inc. Senior Championship Meet may not enter the same event at the 2024 Maryland Swimming LSC, Inc. 14 & Under Championship Meet. • Relay Eligibility: The qualifying times may either be met by an actual relay time within the qualifying period or by aggregate time. If the time is entered using an actual time swam in a sanctioned meet, the swimmers actually swimming the event in the meet do not have to be the same swimmers who swam the qualifying time. Times used to prove aggregate times must be times from swimmers who are eligible for the meet in the age group whose relay time is being proved by aggregate times. Swimmers who actually swim the relay in the meet do not have to be the same. Relay times are associated with the club, not the actual swimmers. If four individual swimmers in an age group qualify for, and compete in, this meet, they may enter all relays for that age group without meeting the relay qualifying time for the event. • Qualifying times exception 1: If a swimmer qualifies for either the 1000-yard Freestyle event or the 1650-yard Freestyle event they may enter the other (1000-yard Freestyle or 1650-yard Freestyle) event if they have not achieved the qualifying time for the event within the qualifying period. The time

	<p>entered for that event should be at the qualifying time if never swum or a verifiable time outside of the qualifying period if swum before. The swimmer must qualify in one of the two events but may elect to swim only one of the events.</p> <ul style="list-style-type: none"> • Qualifying times exception 2: Swimmers that have achieved USA Swimming National Qualifying Times may enter any events they have not swum within the qualifying period assuming they have met the qualifying time.
Swimmers with Disabilities	<ul style="list-style-type: none"> • Maryland Swimming welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. • Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals. • Failure to provide advance notice may limit the ability to accommodate all requests.
Entry Procedures	<ul style="list-style-type: none"> • Wednesday, February 14, 2024 at 8pm. • No Times (NT) will not be accepted. • The conforming time standard will be SCY times. • Non-conforming times will not be accepted. • Converted times will not be accepted. • No late entries will be accepted. • No individual or relay event deck entries will be accepted. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator and Meet Director prior to the entry deadline. • Submissions must also include an entry fee report and team entry report with proof of times for both individual and relay event entries. • Relay-only swimmers must be included on your roster. This can be done by adding names to your Relay entries (including alternates). Those names can be changed up until the time of the event. No swimmers can be added to your roster after the deadline of the meet. • Relay-only swimmers will not be charged the Athlete Surcharge if they do not swim in the event. • Bonus events should be marked with a "B" OR AN *.
Entry Limitations	<ul style="list-style-type: none"> • Swimmers 12 & under may enter a maximum of 3 individual events per day and a total of 9 individual events for the meet. • Swimmers 13 & over may enter a maximum of 3 individual events per day and a total of 8 individual events for the meet. • Swimmers 12 & under may enter a maximum of 1 relay per day. Swimmers 12 & under may enter a maximum of 4 relays for the meet. • Swimmers 13 & over may enter a maximum of 2 relay events on Thursday and 1 relay event on Friday, Saturday, and Sunday. Swimmers 13 & over may enter a maximum of 5 relays for the meet.

	<ul style="list-style-type: none"> • The Meet Entry Director reserves the right to limit entries to ensure that sessions fall within the Maryland Swimming LSC, Inc. rules. If the meet becomes oversubscribed, the meet will be reduced in the following order: <ul style="list-style-type: none"> ○ Bonus events will be eliminated. ○ Individual events shall be limited to (8) per swimmer. ○ Events will be limited to (6) heats. ○ Any heats not full (8 seeded swimmers) WILL BE ELIMINATED. ○ Those swimmers with entry times furthest away from AAA times will be removed.
Bonus Events	<ul style="list-style-type: none"> • All Bonus Event Qualifying Times must have been achieved in a USA Swimming sanctioned, approved, or observed meet, between January 1, 2023 and the entry deadline for this meet (February 14, 2024). No times achieved outside of this time period may be used to qualify for this meet. The qualifying times must have been achieved in a short course yards (SCY) pool. Converted times will not be accepted. • Bonus events will be offered using the following guidelines: <ul style="list-style-type: none"> ○ Qualify for 1 event, may have up to 5 bonus swims. ○ Qualify for 2 events, may have up to 4 bonus swims. ○ Qualify for 3 events, may have up to 3 bonus swims. ○ Qualify for 4 events, may have up to 2 bonus swims. ○ Qualify for 5 events, may have up to 1 bonus swim. ○ Qualify for 6 or more events, no bonus swims. • The bonus events may be used on any day of the meet. • Entry times for bonus swims shall be the 2021-2024 USA Motivational Time Standards BB standard or faster for the age group. • Events 400-yards or longer are not eligible as bonus events. (400-yard Individual Medley, 500-yard, 1000-yard, and 1650-yard Freestyle). • If the meet becomes oversubscribed, the bonus events will be the first entries removed from the meet.
Entry Verification	<ul style="list-style-type: none"> • An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt. Please contact the Meet Director if an acknowledgement has not been received.
Proof of Times	<ul style="list-style-type: none"> • Must be submitted with the entry file to the Meet Entry Coordinator and the Meet Director. • A times recon will be run prior to the meet to ensure swimmers are within the qualifying times for the meet.

Meet Procedures	
Seeding	<ul style="list-style-type: none"> • The conforming time standard for this meet is short course yards. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
Preliminary Scratches	<ul style="list-style-type: none"> • This will be a full scratch meet for both individual events and relay events as described under USA Swimming scratch rules 207.11.6, except where noted. • A no-show in the preliminary heats will not incur a penalty. A no-show in finals will result in the athlete being barred from all further competition.

	<ul style="list-style-type: none"> • If a swimmer in the Maryland Swimming LSC, Inc. fails to scratch from and compete in the bonus, consolation, or championship finals event and it is the swimmer's last event of the meet, the swimmer's team is fined \$50 per the Maryland Swimming Championship Meet (MSCM) • Deadlines for individual and relay event scratches are as follows: <ul style="list-style-type: none"> ○ 3:00 pm on Thursday for Thursday timed final events. ○ 5:00 pm on Thursday for Friday preliminary events. ○ 6:00 pm on Friday for Saturday preliminary events. ○ 6:00 pm on Saturday for Sunday preliminary events. • The scratch table will be located on the start end of the pool on the lane 1 side.
Scoring	<ul style="list-style-type: none"> • Team Scoring is as follows: <ul style="list-style-type: none"> • Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 and • Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
Awards	<ul style="list-style-type: none"> • Individual Events: Distinctive awards for 1st, 2nd, and 3rd places. Medals for 4th – 8th places. • Relay Events: Distinctive awards for 1st, 2nd, and 3rd places. Medals for 4th – 8th places. • Team Awards - 1st- 8th • Participation awards will be given to all swimmers entered in Individual events. • On behalf of Maryland Swimming, jackets will be presented to each individual event winner. Second and third place individual event winners will have the option to purchase the jacket. Only one jacket per swimmer will be awarded. Relays are not eligible to receive jackets.
Warm-Ups	<ul style="list-style-type: none"> • A complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue. • Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	<ul style="list-style-type: none"> • Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. • Results will be posted on Meet Mobile throughout the meet.

**2024 Speedo Maryland Short Course Championship
Qualifying Times**

Event	10 & U Boys	10 & U Girls	11 & 12 Boys	11 & 12 Girls	13 & 14 Boys	13 & 14 Girls
50 Freestyle	31.49	31.59	27.79	28.19	24.69	26.29
100 Freestyle	1:10.69	1:10.89	1:01.09	1:01.19	53.59	56.79
200 Freestyle	2:35.69	2:36.39	2:14.89	2:13.89	1:57.89	2:03.69
500 Freestyle	6:48.39	6:48.39	5:53.89	5:53.89	5:19.99	5:29.99
1000 Freestyle					10:47.29	11:13.99
1650 Freestyle					18:29.69	18:39.69
50 Backstroke	37.99	37.19	32.79	32.59	29.29	31.19
100 Backstroke	1:20.79	1:20.59	1:10.39	1:09.89	1:01.69	1:04.09
200 Backstroke			2:32.89	2:31.69	2:13.49	2:17.49
50 Breaststroke	42.49	42.49	37.09	36.89	32.89	35.59
100 Breaststroke	1:33.39	1:33.39	1:19.59	1:19.99	1:10.39	1:13.89
200 Breaststroke			2:56.29	2:54.69	2:33.09	2:40.39
50 Butterfly	37.09	36.09	31.29	30.99	28.29	30.19
100 Butterfly	1:26.69	1:26.69	1:10.99	1:10.29	1:00.49	1:03.59
200 Butterfly			2:38.29	2:38.29	2:17.99	2:22.39
100 Individual Medley	1:21.29	1:20.49	1:10.69	1:09.89		
200 Individual Medley	2:55.99	2:55.99	2:31.39	2:31.59	2:13.69	2:19.89
400 Individual Medley			5:27.89	5:26.99	4:47.09	4:57.39
200 Freestyle Relay	2:07.99	2:08.39	1:53.19	1:54.39	1:40.79	1:47.19
400 Freestyle Relay	4:46.79	4:47.59	4:08.39	4:08.79	3:38.39	3:51.19
800 Freestyle Relay					7:59.59	8:22.79
200 Medley Relay	2:31.09	2:29.39	2:10.99	2:10.59	1:57.19	2:05.29
400 Medley Relay	5:35.59	5:35.59	4:46.09	4:48.79	4:10.99	4:22.39

QUALIFICATION PERIOD – JANUARY 1, 2023, UNTIL THE FEBRUARY 14, 2024, ENTRY DEADLINE FOR THIS MEET.

Order of Events

Session 1		
Thursday, February 29, 2024		
Warm-up: 3:00 pm	Timed Finals	Session Start: 4:00 pm
Girls		Boys
1	13-14 200 Medley Relay	2
3	10 & under 500 Freestyle	4
5	11-12 500 Freestyle	6
7	13-14 1000 Freestyle	8
9	10 & under 200 Medley Relay	10
11	11-12 200 Medley Relay	12
13	13-14 800 Freestyle Relay	14

Scratch Deadline - 3:00 pm Thursday all Session 1 events

*Swimmers must supply their own counters for the 500 -yard and 1000-yard Freestyle events.

Order of Events

Session 2		
Friday, March 1, 2024		
Warm-up: 6:30 am	Preliminary/Timed Finals	Session Start: 8:00 am
Girls		Boys
15	13-14 50 Backstroke	16
17	11-12 200 Backstroke	18
19	10 & under 50 Breaststroke	20
21	13-14 100 Breaststroke	22
23	11-12 50 Breaststroke	24
25	10 & under 100 Freestyle	26
27	13-14 200 Freestyle	28
29	11-12 100 Freestyle	30
31	10 & under 50 Butterfly	32
33	13-14 100 Butterfly	34
35	11-12 50 Butterfly	36
37	10 & under 200 Individual Medley	38
39	13-14 400 Individual Medley*	40
41	11-12 200 Individual Medley	42

Scratch Deadline 5:00 pm THURSDAY for all FRIDAY Preliminary events

*Events 39 & 40 – Top 16 seeded swimmers, after scratches, will swim in the Finals session 3.

Session 3		
Friday, March 1, 2024		
Warm-up: 4:30 pm	Finals	Session Start: 5:30 pm
Girls		Boys
15	13-14 50 Backstroke	16
17	11-12 200 Backstroke	18
19	10 & under 50 Breaststroke	20
21	13-14 100 Breaststroke	22
23	11-12 50 Breaststroke	24
25	10 & under 100 Freestyle	26
27	13-14 200 Freestyle	28
29	11-12 100 Freestyle	30
31	10 & under 50 Butterfly	32
33	13-14 100 Butterfly	34
35	11-12 50 Butterfly	36
37	10 & under 200 Individual Medley	38
39	13-14 400 Individual Medley*	40
41	11-12 200 Individual Medley	42
43	10 & under 400 Medley Relay	44
45	13-14 200 Freestyle Relay	46
47	11-12 400 Medley Relay	48

Order of Events

Session 4		
Saturday March 2, 2024		
Warm-up: 6:30 am	Preliminary/Timed Finals	Session Start: 8:00 am
Girls		Boys
49	13-14 200 Individual Medley	50
51	11-12 200 Butterfly	52
53	10 & under 100 Individual Medley	54
55	13-14 50 Freestyle	56
57	11-12 100 Individual Medley	58
59	10 & under 100 Breaststroke	60
61	13-14 200 Breaststroke	62
63	11-12 100 Breaststroke	64
65	10 & under 50 Backstroke	66
67	13-14 100 Backstroke	68
69	11-12 50 Backstroke	70
71	10 & under 200 Freestyle	72
73	13-14 50 Butterfly	74
75	11-12 200 Freestyle	76
77	13-14 500 Freestyle*	78

Scratch Deadline 6:00 pm FRIDAY for all SATURDAY Preliminary events

Swimmers must provide their own counter for the 500-yard Freestyle events.

*Events 77 & 78 – Top 16 seeded swimmers, after scratches, will swim in the Finals session 5.

Session 5		
Saturday March 2, 2024		
Warm-up: 4:00 pm	Awards Ceremony: 4:30 pm	Session Start: 5:30 pm
Girls	Finals	Boys
49	13-14 200 Individual Medley	50
51	11-12 200 Butterfly	52
53	10 & under 100 Individual Medley	54
55	13-14 50 Freestyle	56
57	11-12 100 Individual Medley	58
59	10 & under 100 Breaststroke	60
61	13-14 200 Breaststroke	62
63	11-12 100 Breaststroke	64
65	10 & under 50 Backstroke	66
67	13-14 100 Backstroke	68
69	11-12 50 Backstroke	70
71	10 & under 200 Freestyle	72
73	13-14 50 Butterfly	74
75	11-12 200 Freestyle	76
77	13-14 500 Freestyle*	78
79	10 & under 200 Freestyle Relay	80
81	11-12 200 Freestyle Relay	82
83	13-14 400 Medley Relay	84

Swimmers must provide their own counter for the 500-yard Freestyle events.

Order of Events

Session 6		
Sunday March 3, 2024		
Warm-up: 6:30 am	Preliminary/Timed Finals	Session Start: 8:00 am
Girls		Boys
85	13-14 200 Backstroke	86
87	11-12 200 Breaststroke	88
89	10 & under 100 Backstroke	90
91	13-14 100 Freestyle	92
93	11-12 100 Backstroke	94
95	10 & under 50 Freestyle	96
97	13-14 200 Butterfly	98
99	11-12 50 Freestyle	100
101	10 & under 100 Butterfly	102
103	13-14 50 Breaststroke	104
105	11-12 100 Butterfly	106
107	13-14 1650 Freestyle*	108
109	11-12 400 Individual Medley**	110

Scratch Deadline 6:00 pm SATURDAY for all SUNDAY Preliminary events.

Swimmers must supply their own timers and counters for the 1650-yard Freestyle and timers for the 400-yard Individual Medley events swum in the Preliminary session.

*Top 8 seeded 1650-yard Freestyle swimmers in each event, after scratches, will swim in the Finals Session 7.

The remaining swimmers will swim in the Preliminary session, fastest to slowest, alternating girls/boys.

**Top 16 seeded 400-yard Individual Medley swimmers, after scratches, will swim in the Finals session 8.

Remaining swimmers will swim after the first two heats of the 1650-yard Freestyle (events 107 & 108) in the Preliminary session. If there is only one combined heat of girls/boys 1650-yard Freestyle swum in the Preliminary session, the Meet Referee shall add a break as necessary for recovery time.

Session 7		
Sunday March 3, 2024		
Finals		
Warm-up: 3:30 pm		Session Start: 4:15 pm
107	13-14 1650 Freestyle*	108

*Swimmers must supply their own timers and counters for the 1650-yard Freestyle.

Order of Events

Session 8		
Sunday March 3, 2024		
Warm-up: 5:00 pm	Finals	Session Start: 6:00 pm
Girls		Boys
85	13-14 200 Backstroke	86
87	11-12 200 Breaststroke	88
89	10 & under 100 Backstroke	90
91	13-14 100 Freestyle	92
93	11-12 100 Backstroke	94
95	10 & under 50 Freestyle	96
97	13-14 200 Butterfly	98
99	11-12 50 Freestyle	100
101	10 & under 100 Butterfly	102
103	13-14 50 Breaststroke	104
105	11-12 100 Butterfly	106
109	11-12 400 Individual Medley	110
111	10 & under 400 Freestyle Relay	112
113	13-14 400 Freestyle Relay	114
115	11-12 400 Freestyle Relay	116

**2024 SPEEDO MARYLAND 14 & UNDER SHORT COURSE CHAMPIONSHIPS
ENTRY SUMMARY & RELEASE FORM
TEAM COMMUNICATION FORM**

Complete and email this form to:
Tom Himes - thimes@nbac.net or coachtom@comcast.net
AND
Carron Dunker - carron@foxswimming.com

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	
Team Manager (must be available for all sessions of the meet)	
Team Manager Cell Phone Number	

Item	Total Number	Cost Per	Total
Individual Entries		\$10.00 per event	
Swimmer Surcharge		\$25.00 per swimmer	
Relay Entries		\$20.00 per relay	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. St. Mary's College of Maryland, Maryland Swimming, Inc. and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE