

**REVISED TIMELINE/10 & u 200 FREE
EVENT CHANGE NOTICE 24 APR 06**

**NAAC *Carol Chidester Memorial*
Long Course Meet**

April 28-30, 2006

United States Naval Academy, Annapolis MD

Sanctioned by the Maryland Swimming, Inc.

Sanction # MD06-032

HOST: Naval Academy Aquatic Club

MEET DIRECTOR: Bob McWhorter
robert.mcwhorter@gmail.com
443-370-4164

**MEET ENTRY
DIRECTOR:** Debra Nakos
1904 Martins Cove Ct.
Annapolis, MD 21409
410-757-5619
gdcdnak@netzero.net

SAFETY DIRECTOR: Tom Petzold
petzoldtm@comcast.net

MEET REFEREE: Shari MacQuilliam
SsMac54@aol.com
410-849-3579

LOCATION: Lejeune Hall Pool – an indoor, 10-lane, 50-meter pool with non-turbulent lane lines and eight feet constant depth. A continuous warm-up/warm-down area in a 20-yard diving well will be available during the meet when appropriate supervision is provided by the swimmer's coach/club.

ELIGIBILITY: Open to all USA registered swimmers with 2006-2008 **LONG COURSE METER "A"** times or better. Converted times from short-course yards and short-course meters are acceptable. Ten and under swimmers will use modified BB - A times shown in the session data. Open Age Groups use 15-16 A Long Course Meter Times. Swimmers who qualify for 2 events are eligible to swim additional events up to the meet entry limit.

SCHEDULE: **Friday 4/28**

Session 1: All events Warm-up: 4:30pm Meet Start: 5:30pm

(Check in required by 4:45 pm for all events in this Session 1.)

Saturday 4/29

Session 2: 13 and over Warm-up: 7:00am Meet Start: 8:30am

Session 3: 12 and under Warm-up: 1:15pm Meet Start: 2:15pm

Session 4: 800 Free Warm-up: For 30 minutes following Session 3

(Check-in required by 11:00 am for the 800 free.)

Sunday 4/30

Session 5: 13 and over Warm-up: 7:00am Meet Start: 8:30am

Session 6: 12 and under Warm-up: 1:15pm Meet Start: 2:15pm

MEET DIRECTOR RESERVES THE RIGHT TO ALTER THE SESSION START TIMES AS NECESSARY

ENTRIES: A swimmer may enter no more than three (3) individual events per day.

Directions for E-mailing Entries: E-mail entries are strongly encouraged. They must be sent to Entry Director. Do not send entries to the meet director. The email must include: a Hy-Tek entry file, a Word file of the entries listed by swimmers' names, the amount owed to cover entry fees, and the name, e-mail address, and phone number of a team representative in case of questions regarding the entries. (The Entry Director will promptly acknowledge receipt via e-mail. If you don't hear from her, in a day or so, please resend your entries.) A Team Summary Report (attached), a printed copy of the entries, and check made out to NAAC must then be mailed to the Entry Director to arrive two or three days after the entry deadline. Entries are not considered complete until the Entry Director receives the check.

NO DECK ENTRIES WILL BE ACCEPTED.

FEES: \$ 4.50 per individual event.
\$ 10.00 per relay event
Make checks payable to: **NAAC. Do not send cash**

ENTRY DEADLINE: All entries must be received by the Meet Entry Person by **Thursday, April 20, 2006.** Maryland LSC teams whose entries are received by the deadline have first priority. Submit early to avoid being closed out. The meet director has the right to limit

entries if the meet becomes over-subscribed.

RULES: Applicable 2006 USA Swimming rules shall govern this competition. Maryland Swimming rules shall also apply. USA SWIMMING / MD SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. No one will be permitted on deck except USS registered athletes and individuals who are working as timers and officials. The only exceptions will be for the timers and administrative staff assisting with the conduct of the meet. All coaches and officials must visibly display current USS membership identification in order to gain access to the pool deck.

No-Recall Starting Procedures: Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H

All rules of the U.S. Naval Academy will apply. Coaches will be responsible for the conduct of their athletes. Parents will be responsible for the conduct of their children. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. At the request of the United States Naval Academy, swimmers are not to leave the pool deck without appropriate attire consisting of shoes, sweats (top and bottom), or shirt and pants/shorts.

AWARDS: 10 and under, 11-12 and 13-14 age group events will receive custom ribbons for 1st through 10th place. Open age groups will receive travel money for all who swim a senior national time. Five hundred dollars will be divided among all swimmers making a senior national time in individual events with a maximum award of \$75.00 per swimmer. All monies will be paid by check and sent within two weeks of the last day of the meet. Checks will be sent to the club representative listed on the team entry form.

OFFICIALS: The Naval Academy Aquatics Club welcomes and encourages any USA certified officials from visiting clubs to assist with the conduct of the meet. Please contact the meet referee to volunteer.

PROGRAMS: Programs will be available for all sessions at a nominal fee.

APPAREL: A complete line of swimming apparel including swimsuits, goggles, caps shirts, etc. will be offered by Metro Swim Shop.

DIRECTIONS: From Baltimore Beltway (I-695): I-97 South to Rt. 50 East to Annapolis. (See directions from Rt. 50 below)

From Washington Beltway (I-95/495): Rt. 50 East to Annapolis. (See directions from Rt. 50 below)

From Maryland Eastern Shore: Rt. 50 West to Annapolis. (See

directions from Rt. 50 below)

From Southern MD: Rt. 2 or Rt. 301 North to Rt. 50 East to Annapolis. (See directions from Rt. 50 below)

Exit Rt. 50 at exit 24, Rt.70 South, Rowe Blvd. At the second traffic light turn left at Taylor Avenue. Stay in the right lane and turn right at the dead end, staying to the right. At the first light, turn right again on King George Street. King George Street will take you to Gate 1 of the Naval Academy. Lejeune Hall is 100 meters past Gate 1 on the left.

PARKING

Vehicles without Department of Defense identification stickers are not allowed to drive onto the academy's grounds. You may use public parking areas and walk in thru Gate 1 or Gate 3, or park your vehicle at the Navy-Marine Corps Memorial Stadium Rowe Boulevard (near exit 24 off of RT 50) at a nominal cost and ride the Courtesy Shuttle. Shuttle Service will be provided throughout the day beginning one hour before warm-ups and ending one hour after the conclusion of the meet.

GATE ENTRY

Every civilian visitor, over the age of 16, entering the academy should be prepared to show a photograph identification card and have his/her bags searched.

VEHICLE PASSES: The Naval Academy does not issue temporary vehicle passes to athlete families. NAAC will obtain temporary vehicle passes for Coaches and Officials who are registered to attend and planning to work the Meet. To obtain a pass, e-mail Capt. Randy Avers (ravers@usna.edu) no later than April 17, with your full name, the make, model, and color of your vehicle along with the license plate number and the state of issuance. Include your home address in the event that the passes are mailed to you. Passes will be distributed through the mail or at Gate 1 by a representative of NAAC. Watch the NAAC website (www.naac.ws) for up-to-date information about passes.

MEET RESULTS: Real time meet results will be posted on NAAC's website (www.naac.ws) and complete results will be e-mailed to the coaches shortly after the last event. Also, meet results will be posted on the Maryland Swimming Website (www.mdswim.org) within 48 hours of conclusion of the meet.

SESSION 1
Friday, April 28, 2006 (evening)

<i>Girls Events</i>	<i>Qual. Time</i>	<i>Events</i>	<i>Qual. Time</i>	<i>Boys Events</i>
1	6:02.29	13-14 400 IM	5:46.19	2
3	5:56.59	OPEN 400 IM	5:29.99	4
5		THIS EVENT MOVED TO SUNDAY SESSION 6		
7	5:32.39	11-12 400 FREE	5:29.19	8
9	5:16.59	13-14 400 FREE	5:05.59	10
11	5:12.19	OPEN 400 FREE	4:53.29	12

SESSION 2
Saturday, April 29, 2006 (AM)

13	1:20.09	13-14 100 BACK	1:15.09	14
15	1:18.29	OPEN 100 BACK	1:11.69	16
17	2:49.49	13-14 200 FLY	2:39.89	18
19	2:44.69	OPEN 200 FLY	2:32.19	20
21	1:29.09	13-14 100 BREAST	1:23.59	22
23	1:27.69	OPEN 100 BREAST	1:20.59	24
25	2:52.39	13-14 200 IM	2:42.79	26
27	2:48.09	OPEN 200 IM	2:37.09	28
29	1:11.09	13-14 100 FREE	1:06.59	30
31	1:09.59	OPEN 100 FREE	1:04.09	32
33	NT	13-14 400 FREE RELAY	NT	34
35	NT	OPEN 400 FREE RELAY	NT	36

SESSION 3
Saturday, April 29, 2006 (PM)

37	44.69	10 & Under 50 BACK	45.19	38
39	39.19	11-12 50 BACK	38.79	40
41	1:40.69	10 & Under 100 FLY	1:39.19	42
43	1:22.89	11-12 100 FLY	1:22.09	44
45	49.29	10 & Under 50 BREAST	49.49	46
47	42.09	11-12 50 BREAST	43.09	48
49	3:24.59	10 & Under 200 IM	3:22.89	50
51	3:00.19	11-12 200 IM	2:58.09	52
53	1:23.89	10 & Under 100 FREE	1:22.59	54
55	1:14.09	11-12 100 FREE	1:11.59	56
57	NT	10 & Under 200 FR RELAY	NT	58
59	NT	11-12 200 FREE RELAY	NT	60

SESSION 4
Saturday, April 29, 2006 (PM)

107* 10:41.89 OPEN 800 FREE 10:04.59 108*

*800 Free will be swum Fastest to Slowest alternating Women & Men

SESSION 5
Sunday, April 29, 2006 (AM)

<i>Girls Events</i>	<i>Qual. Time</i>	<i>Events</i>	<i>Qual. Time</i>	<i>Boys Events</i>
61	2:32.59	13-14 200 FREE	2:24.99	62
63	2:29.39	OPEN 200 FREE	2:18.99	64
65	1:17.29	13-14 100 FLY	1:11.99	66
67	1:15.89	OPEN 100 FLY	1:09.09	68
69	2:51.39	13-14 200 BACK	2:41.59	70
71	2:47.29	OPEN 200 BACK	2:34.29	72
73	32.79	13-14 50 FREE	30.59	74
75	32.29	OPEN 50 FREE	29.39	76
77	3:11.99	13-14 200 BREAST	3:02.39	78
79	3:08.49	OPEN 200 BREAST	2:54.29	80
81	NT	13-14 400 MEDLEY RELAY	NT	82
83	NT	OPEN 400 MEDLEY RELAY	NT	84

SESSION 6
Sunday, April 30, 2006 (PM)

5	3:02.69	10 & Under 200 FREE	2:56.39	6
85	2:39.19	11-12 200 FREE	2:35.69	86
87	43.09	10 & Under 50 FLY	41.99	88
89	36.59	11-12 50 FLY	36.59	90
91	1:37.29	10 & Under 100 BACK	1:35.69	92
93	1:26.29	11-12 100 BACK	1:23.59	94
95	37.49	10 & Under 50 FREE	37.19	96
97	33.69	11-12 50 FREE	32.99	98
99	1:49.09	10 & Under 100 BREAST	1:47.99	100
101	1:33.79	11-12 100 BREAST	1:33.59	102
103	NT	10 & Under 200 MED RELAY	NT	104
105	NT	11-12 200 MEDLEY RELAY	NT	106

TEAM SUMMARY REPORT

Team Name _____ *Team Code* _____

Point of Contact with address and phone number:

Total Number Girls Events _____ X \$4.50 = _____

Total Number Girls Relays _____ X \$10.00 = _____

Total Number Boys Events _____ X \$4.50 = _____

Total Number Boys Relays _____ X \$10.00 = _____

Total Meet Fees Submitted: _____

Entries must be received by Thursday April 20th, at 5:00PM.

Please make checks payable to NAAC. All entries must be sent with signature waived.

Annapolis Accommodations

Annapolis Marriott Waterfront
80 Compromise Street
Annapolis, MD 21401
(410) 268-7555 FAX: 268-2085

Gibson 's Lodgings
110 Prince George Street
Annapolis, MD 21401
(410) 268-2523

Historic Inns of Annapolis
58 State Circle
Annapolis, MD 21401
(410) 263-2641 FAX: 268-3813

Loews Annapolis Hotel
126 West Street
Annapolis MD 21401
(410) 263-7777 FAX: 263-7813

Radisson
210 Holiday Court
Annapolis, MD 21401
(410) 224-3150 FAX: 224-3413

Residence Inn
170 Admiral Cochrane Dr.
Annapolis, MD 21401
410-573-0300

Courtyard By Marriott
2559 Riva Road
Annapolis, MD 21401
(410) 266-1555 FAX: 266-6376

Best Western
2520 Riva Road
Annapolis, MD 21401
(410) 224-0215 FAX: 266-5539

Wyndham Garden Hotel
173 Jennifer Road
Annapolis, MD 21401
(410) 266-3131 FAX: 266-6247

Hampton Inn & Suites
124 Womack Dr.
Annapolis, MD 21401
410-571-0200

Country Inn & Suites
2600 Housley Rd.
Annapolis, MD 21401
410-571-6700

Days Inn
2451 Riva Rd.
Annapolis, MD 21401
410-224-4317