2024 NBAC MID SUMMER CLASSIC MEET
Hosted by THE NORTH BALTIMORE AQUATIC CLUB
JULY 5 – 9, 2024

ST. MARY' 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 # 23/24-073

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: TUESDAY JUNE 18, 2024 @ 9:00 PM

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
JOHN CHANDLER / BILL WADE / TOM HIMES thimes@nbac.net / coachtom@nbac.net	TOM HIMES thimes@nbac.net / coachtom@nbac.net
Meet Referee	USA Swimming Registered Operational Risk Director
DALILA SHKOLNIK / BRAD SHEDWICK deshkolnik@gmail.com / brad@shedwick.com	LISA MORGAN lisapags@aol.com
Officials Contact	Administrative Official
BRAD SHEDWICK brad@shedwick.com	LIZ BELT / AMY MATTEINI ejfbelt@gmail.com / amymatteini@gmail.com

2024 NBAC MID SUMMER CLASSIC MEET
Hosted by THE NORTH BALTIMORE AQUATIC CLUB
JULY 5 – 9, 2024

The meet is open to all USA SWIMMING registered teams.
Assigned Maryland Swimming LSC Teams: BAY, CAC, CBAC, ESA, **FSC**, **GBSA**, **GMAC**, GTAC, HAGY, **HAWK**, JCC, **MAC**, **NAAC**, **NBAC**, OPST, ROCK, **SMDA**, TCY

Invited out of LSC Teams are as follows:
Asphalt Green Unified Aquatics
Chambersburg Memorial YMCA
Lancaster Aquatic Club
Lancaster YMCA Swimming
York YMCA Swimming

Any interested teams should contact Tom Himes at Thimes@nbac.net for an invitation.

SCHEDULE

FRIDAY JULY 5, 2024

SESSION 1
800 FREE – TIMED FINALS
WARMUPS: 2:45 PM MEETS STARTS: 3:30 PM

SESSION 2
13 & Over 50's / 12 & U 400 Free / 11 - 12 400 IM – TIMED FINALS
WARMUPS: 5:00 PM MEET STARTS: 5:40 PM

SATURDAY JULY 6, 2024

SESSION 3
13 & Over – PRELIMS/TIMED FINALS
WARMUPS: 6:50 AM MEETS STARTS: 8:00 AM

SESSION 4
11 & 12 – PRELIMS / TIMED FINALS
10 & U – TIMED FINALS
WARMUPS: 12:15 PM MEET STARTS: 12:50 PM

SESSION 5
11 & Over - FINALS
WARMUPS: 4:30 PM MEET STARTS: 5:30 PM

SUNDAY JULY 7, 2024

SESSION 6
13 & Over – PRELIMS/TIMED FINALS
WARMUPS: 6:50 AM MEETS STARTS: 8:00 AM

SESSION 7
11 & 12 – PRELIMS / TIMED FINALS
10 & U – TIMED FINALS
WARMUPS: 12:15 PM MEET STARTS: 12:50 PM

SESSION 8
11 & Over - FINALS
WARMUPS: 4:30 PM MEET STARTS: 5:30 PM

MONDAY JULY 8, 2024

SESSION 9
13 & Over – PRELIMS/TIMED FINALS
WARMUPS: 6:50 AM MEETS STARTS: 8:00 AM

SESSION 10
11 & 12 – PRELIMS / TIMED FINALS
10 & U – TIMED FINALS
WARMUPS: 12:15 PM MEET STARTS: 12:50 PM

SESSION 11
1500 FREE FINAL HEATS
WARMUPS: 3:40 PM MEET STARTS: 4:15 PM

SESSION 12
11 & Over - FINALS
WARMUPS: 5:00 PM MEET STARTS: 5:40 PM

Deadline and Meeting Summary		
Tuesday June 18, 2024	**9:00 pm**	**Entry Deadline**
Friday	3:00 pm – 3:15 pm	Positive Check-In (1500 FR)
Friday	5:00 pm – 5:15 pm	Positive Check-In
Friday	3:00 pm / 5:30 pm	Officials' Briefing
Friday	3:00 pm / 5:30 pm	Coaches'Meeting/If Needed
Friday	3:10 pm / 5:30 pm	Timer's Briefing
Saturday, Sunday, Monday	7:00 am – 7:15 am / 12:15 pm – 12:30 pm	Positive Check-In
Saturday, Sunday, Monday	7:10 am / 12:25 pm / 4:30 pm	Officials' Briefing
Saturday, Sunday, Monday	7:30 am / 12:45 pm / 5:00 pm	Coaches' Meeting / If Needed
Saturday, Sunday, Monday	7:30 am / 12:45 pm / 5:00 pm	Timer's Briefing

Facility Information	
Facility Address	**ST. MARY' 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**
Pool Information	• St. Mary's College features an indoor eight (8) lane 50 meter pool, non turbulent lane lines and continuous flow through gutters. The competition course shall consist of eight (8) 50 meter lanes. In addition, there is an adjacent seven (7) lane 25 yard pool also available for continuous warm – up / warm – down. • The competition course has not been certified in accordance with 104.2.2c(4). The minimum water depth, measured in accordance with Article 103.2.3, is 7'0" – 7'6". The facility has fully automatic timing (Daktronics Omni Sport 2000), touchpads, scoreboard and horn start.
Facility Information	• All swimmers and meet personnel on deck must have credentials to be on deck. • Locker rooms are located in the hallway adjacent to the pool area and will be clearly marked. No adults will be allowed in these locker rooms. • Restrooms for spectators and volunteers are located in the main lobby • No one is permitted on the basketball courts or fitness rooms at any time. • Swimmers leaving the pool area are required to wear shirts, shorts or pants and shoes at all times. • Teams will be assigned a seating area after entries are received. Athletes will be seated on the pool deck as well as in the stands. Spectators are not permitted in the areas assigned to teams.
Medical Assistance and Supervision	The pool will be equipped with all required Medical supplies as well as Lifeguards for the duration of the meet. North Baltimore Aquatic Club will be providing Safety Marshalls to ensure proper supervision of the athletes and spectators.
Parking	Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces or areas, are subject to citations and towing. Please adhere to all parking signs either on college property or the streets surrounding the facility.
Hospitality	There will be a hospitality area open to all coaches and officials. The hospitality room is located adjacent to the 7 lane 25 yard pool.
Concessions	CONCESSIONS WILL NOT BE AVAILABLE
Vendor	To be determined

Meet Fees: Checks payable to **NBAC**	
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	• 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. • SCRATCH PROCEDURE: The Maryland Swimming scratch rule (found at www.mdswim.org) and USA Swimming rules 207.11.6(D) will be followed and enforced. A Swimmer who declares his/her intention to scratch but fails to return to the scratch table within 30 minutes after their last event to declare scratch or swim, will be seeded into the event. Any swimmer who fails to swim to return for finals and has not scratched the event will be barred from further competition (Individual & Relay). Although listed alternates, after 30 minutes may choose not to swim an event with no penalties, it is strongly encouraged that all swimmers placing in the top 30 scratch if they do not intend on returning to finals. The relevant Maryland Swimming Penalty of $50.00 shall be applied to any swimmer failing to show for finals on the final day of the meet. Exceptions for failure to compete: USA Swimming Rules 207.11.6 © will be in effect. • 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. • 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	• 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	• 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.
Health Guidelines	• 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.

Deck Access	• There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be located at the entrance to the pool area. • 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.
Officials	• There will be a need for officials. **The North Baltimore Aquatic Club** 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. • 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. SignUp MidSummerClassic
Volunteers	• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet. • Timers: Each Team will be assigned one to two lanes to time. The team will be responsible for maintaining two timers per lane for the duration of the meet (ALL Prelim & Finals Sessions). Watches and clipboards will be provided.

Meet Information	
Format	• The 13 & Over 50 Back, 50 Breast, 50 Fly, 12 & U 400 Free, 11-12 400 IM and 13 & Over 800 Free will be conducted as Timed Finals events in the Friday Session. The 800 Free will be swum fastest to slowest alternating Women then Men. The 13 & Over 50's, 12 & U 400 Free and 11 – 12 400 IM will be swum slowest to fastest in event order. • Saturday, Sunday & Monday will be conducted as a Prelims & Finals Meet for 11-12, 13-14 & OPEN Age Groups, in addition to some Timed Finals Events. The 11 – 12, 13-14 & 15 - O will have A and B Finals (Top 16 swimmers from prelims) for the prelim/finals events (Except the 11-12 200's of BA, BR, FL will have 8 swimmers swimming in the finals session). The 10 - U swimmers will be timed finals with ALL Individual & Relay 10 & U events being conducted in the afternoon sessions. • 13 – 14 & 15 - O 400 IM and 400 Free will be conducted as Timed Finals events with the Fastest Two Heats (16 Swimmers), after positive check in, being swum in the Finals Session. The remaining heats will swim slowest to fastest in event order in the prelims session. • The 11 – 12 200 Back, 200 Breast, 200 Fly will be conducted as timed finals. The TOP 8 swimmers after positive check – in will swim in the Finals session.

	• All Relays (Top 16 in each age group) will swim in the Finals Sessions. Relays are limited to the TOP 16 (in each age group) entered relays (by Entry Time). There will be NO relays swum in the prelims session with the exception of the 10 & U relays. • If needed, there will be breaks between events to ensure swimmers have proper rest between events. After entries are received those breaks will be noted on the published timeline. • Finals Scratch Procedures: USA Swimming Rules 207.11.6(D) will be followed. A Swimmer who declares his/her intentions to scratch but fails to return to the scratch table within 30 minutes after their last event WILL BE SEEDED into the event. Although alternates (and those finishing below alternates – after the 30 minute scratch period) will not be penalized, it is strongly encouraged that any swimmer finishing below the number of swimmers qualifying for finals, scratch themselves if they have no intentions of returning for finals. Scratch deadlines for finals events will be announced following the announcement of the finalists. Swimmers not returning for finals must scratch the event within 30 minutes of results being announced. Exceptions for failure to compete: USA Swimming Rules 207.11.6€ will be in effect. Swimmers in Timed Finals events who positively check in and then do not show for their event will be barred from their next individual event. Declared False starts will be accepted for all timed finals events. Swimmers who do not show for their event and fail to Declare a False Start may pay $50 in order to avoid be barred from their next individual event. The relevant Maryland Swimming penalty shall be applied to any swimmer registered with Maryland Swimming, Inc ($50.00) who fails to show for a finals event on the last day of the meet. • Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. This includes but not limited to combining sessions, combining age groups, etc. The order of events may not be changed. • We reserve the right to change warmup and start times based on entries received. The Meet Director reserves the right to limit entries to ensure that the sessions fall within the Maryland Swimming LSC Rules. • Please check for any changes on www.mdswim.org and www.nbac.net for any changes to warmup and start times.
Eligibility	• Open to all USA Swimming Inc. registered swimmers of invited clubs. All swimmers must be registered prior to the start of the meet. There will be no on deck regsitration available for this meet. • A swimmer's age on the first day of the meet (July 5, 2024) will determine their age for the entire meet.

	• **Swimmers must have a provable time to enter the meet (LCM or SCY). LCM times will be the conforming times to enter the meet. You may enter the meet using SCY times but those times will be seeded after the conforming times. NT will not be accepted.** • **Converted times will not be accepted.** • **Swimmers entering any event over 200 M must have a USA Swimming A time standard.** • **ALL swimmers must have a USA Swimming BB time to enter all events of 200 M or less.** • **Swimmers qualifying in 2 or more events may enter the meet in events (Bonus Event) of 200 M or less with times slower than a USA Swimming BB time but faster than a USA Swimming B Time.** **BONUS EVENTS:** **Qualify in 2 events get 4 Bonus events** **Qualify in 3 events get 3 Bonus events** **Qualify in 4 Bonus events get 2 Bonus events** **Qualify in 5 Bonus events get 1 Bonus event** **Qualify in 6 or more events – NO BONUS EVENTS** **NOTE: Bonus events must be events of 200 M or less and must have a minimum B time to enter. NT will not be accepted.**
Swimmers with Disabilities	• **The NORTH BALTIMORE AQUATIC CLUB** 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	• **Entry deadline is Tuesday June 18, 2024 @ 9:00 pm** • **ALL entries should be submitted via email (Hy-Tek entry file) along with a file containing a Microsoft word or PDF document of the entries.** • The conforming entry times will be LCM. SCY may be used but will be seeded last after the conforming LCM times. • NT entries will NOT be accepted. • Converted times will not be accepted. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. • The host team's entries shall be processed first, then entries will be processed in the order in which they were received until the timeline limit is reached. • Teams that attended the meet in the previous year have priority.

	• Entries thereafter shall be returned immediately. • There will be deck entries allowed (For swimmers already in the meet) with the approval of the meet director and meet referee, where there are open lanes. No heats will be added. • The meet director reserves the right to limit entries to ensure that sessions fall within the Maryland LSC Swimming Rules.
Entry Limitations	• 13 & Over Swimmers May enter a total of 10 individual Events & 2 Relays for the meet, not exceed 3 Individual Events & 1 Relay per day. • 12 & U swimmers may enter a total of 10 Individual Events & 2 Relays for the meet, not exceed 3 Individual Events & 1 Relay per day. • Each team is limited to a maximum of three (3) relays teams per relay event. The meet will be limited to the TOP 16 entered (By Time) relays in each event. • Failure to comply with the above rules will result in the swimmer being scratched from all events entered beyond the above rule at the discretion of the meet entry coordinator. • If the meet becomes oversubscribed bonus times and/or entry times that are furthest below the BB time standard will be removed first. • In addition, if needed, the slowest seeded times in heats which are not full will be eliminated if there is a need to decrease the size of a session. • The following events may be limited to the following numbers if the timeline exceeds limitations: OPEN 800 Free: 32 B & 32 G in each event 12 & U 400 Free: 24 B & 24 G 11 – 12 400 IM: 16 B & 16 G 1500 Free: 16 B & 16 G OPEN & 13-14 400 IM & 400 Free: 24 B & 24 G in each event 11 – 12 400 IM: 16 B & 16 G 11 – 12 200 BA, BR, FL: 24 B & 24 G in each event ALL OTHER events of 200 Meters or less will be limited to 8 Heats (64 Swimmers) for the 13 and Over Events and limited to 6 Heats (48 Swimmers) in the 12 & U events. • The following will be used if NEEDED to further reduce the timeline to fall within the Maryland Swimming and USA Swimming Guidelines: • Bonus events in heats of 4 or less swimmers will be eliminated. • Bonus events allowed for each swimmer will be reduced. • ALL Bonus events will be eliminated. • Reduce the number of individual events allowed per swimmer. • NOTE: The limits are only noted in the unlikely case we will need to make reductions.
Entry Verification	• An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.

Meet Procedures	
Seeding	• The conforming time standard for this meet is Long Course Meters. **Non-Conforming Times will be seeded after the LCM conforming times.** • Converted times will not be accepted. • Swimmers will be seeded and swim from slowest to fastest, unless otherwise noted. Except for positive check in events, the meet will be pre-seeded for the meet.
Positive Check-in	• Check-in will be located at the Starting end of the pool (Next to lane 1): • Friday Open 800 Free / Closes at 3:15 pm on Friday • 12 & U 400 Free, 11-12 400 IM / Closes at 3:15 pm on Friday • Friday ALL OTHER EVENTS / Closes at 5:15 pm on Friday • 13 – 14, OPEN 400 IM & Relays / Closes at 7:15 am on Saturday • 11 – 12 200 Back & Relays / Closes at 12:15 pm on Saturday • 13 – 14 & Open 400 Free / Closes at 7:15 am on Sunday • 11 – 12 200 Breast & Relays / Closes at 12:15 pm on Sunday • Open 1500 Free Closes at 7:15 am on Monday • 11- 12 200 Fly Closes at 12:15 pm on Monday • Any swimmer who fails to positively check in, will be scratched from the event. Any swimmer who positively checks in and then fails to declare a false start and/or fails to swim the event shall not be permitted to swim their next individual event.
Scoring	• There will be no team or individual scores kept for this meet.
Awards	• There will be no awards given for this meet. • FAST TIMES! / FUN TIMES!
Warm-Ups	• The meet host will provide 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	• Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. • Meet results will be available throughout the meet and at the conclusion of the meet on meet mobile.



2024 NBAC MID SUMMER CLASSIC MEET
FRIDAY JULY 5, 2024
ORDER OF EVENTS

FRIDAY JULY 5, 2024
SESSION 1 – TIMED FINALS
Warm-up: 2:45 PM Meet Start: 3:30 PM

GIRLS	Event	BOYS
1	OPEN 800 M FREE	2

NOTE 1: Positive check-in for the 800 Free closes at 3:15 pm
NOTE 2: The 800 Free will swim fastest to slowest alternating girls then boys. The 800 free will be limited to 4 heats per event.

NOTE: Swimmers must supply their own timers and counters for Events 1 – 2.

FRIDAY JULY 5, 2024
SESSION 2 – TIMED FINALS
Warm-up: 5:00 PM Meet Start: 5:40 PM

GIRLS	Event	BOYS
3	13 & O 50 M BACK	4
5	12 & U 400 FREE	6
7	13 & O 50 M BREAST	8
9	11 & 12 400 IM	10
11	13 & O 50 M FLY	12

NOTE 1: Positive check-in for the 12 & U 400 free & 11 – 12 400 IM closes at 5:15 pm
NOTE 2: All events will be seeded slowest to fastest.

NOTE:
Teams will be assigned lanes for timing for events 3 – 12.

SATURDAY JULY 6, 2024
SESSION 3 – SATURDAY AM PRELIMS/TIMED FINALS
Warm-up: 6:50 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
15	13-14 100 FLY	16
17	OPEN 100 FLY	18
23	13-14 200 FREE	24
25	OPEN 200 FREE	26
31	13-14 100 BREAST	32
33	OPEN 100 BREAST	34
39	13-14 400 IM	40
41	OPEN 400 IM	42

NOTE 1:Positive check-in for the 13 – 14 and 15 & O 400 IM closes at 7:15 am

NOTE 2: TOP 16 FROM PRELIM RESULTS QUALIFY FOR OPEN EVENT FINALS.
TOP 16 FROM PRELIM RESULTS QUALIFY FOR 13 – 14 EVENT FINALS.

NOTE 3: The 13-14 and 15 & O 400 IM will be conducted as Timed Finals Events.
The Top 16 Seeded swimmers in each event, after positive check-in will
swim in the final's session.

SATURDAY JULY 6, 2024
SESSION 4 – SATURDAY PM PRELIMS / TIMED FINALS
Warm-up: 12:15 PM Meet Start: 12:50 PM

GIRLS	Event	BOYS
13	11 - 12 200 BACK	14
19	10 & U 50 BREAST	20
21	11 – 12 50 BREAST	22
27	10 & U 200 FREE	28
29	11 – 12 200 FREE	30
35	10 & U 100 FLY	36
37	11 – 12 100 FLY	38
	5 MINUTE BREAK	
43	10 & U 200 FREE RELAY	44

NOTE: Positive check-in for the 11-12 200 Back closes at 12:15 pm

SATURDAY JULY 6, 2024
SESSION 5 – SATURDAY FINALS
Warm-up: 4:30 PM Meet Start: 5:30 PM

GIRLS	Event	BOYS
13	11 – 12 200 BACK	14
15	13-14 100 FLY	16
17	OPEN 100 FLY	18
21	11 – 12 50 BREAST	22
23	13-14 200 FREE	24
25	OPEN 200 FREE	26
29	11 – 12 200 FREE	30
31	13-14 100 BREAST	32
33	OPEN 100 BREAST	34
37	11 – 12 100 FLY	38
39	13-14 400 IM	40
41	OPEN 400 IM	42
	5 MINUTE BREAK	
45	11 – 12 400 FREE RELAY	46
47	13 – 14 400 FREE RELAY	48
49	OPEN 400 FREE RELAY	50

SUNDAY JULY 7, 2024
SESSION 6 – SUNDAY AM PRELIMS/TIMED FINALS
Warm-up: 6:50 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
51	OPEN 200 IM	52
53	13- 14 200 IM	54
59	OPEN 50 FREE	60
61	13 - 14 50 FREE	62
67	OPEN 200 FLY	68
69	13 - 14 200 FLY	70
75	OPEN 100 BACK	76
77	13 - 14 100 BACK	78
83	OPEN 400 FREE	84
85	13 - 14 400 FREE	86

NOTE: Positive check-in for the 13 – 14 and 15 & O 400 FREE closes at 7:15 am

NOTE: TOP 16 FROM PRELIM RESULTS QUALIFY FOR OPEN EVENT FINALS.
TOP 16 FROM PRELIM RESULTS QUALIFY FOR 13 – 14 EVENT FINALS.

NOTE: The 13-14 and 15 & O 400 FREE will be conducted as Timed Finals Events.
The Top 16 Seeded swimmers in each event, after positive check-in will
swim in the final's session.

SUNDAY JULY 7, 2023
SESSION 7 – SUNDAY PM PRELIMS/TIMED FINALS
Warm-up: 12:15 PM Meet Start: 12:50 PM

GIRLS	Event	BOYS
55	11 – 12 200 IM	56
57	10 & U 200 IM	58
63	11 – 12 50 FREE	64
65	10 & U 50 FREE	66
71	11 - 12 50 FLY	72
73	10 & U 50 FLY	74
79	11 - 12 100 BACK	80
81	10 & U 100 BACK	82
	10 MINUTE BREAK	
87	11 – 12 200 BREAST	88
	5 MINUTE BREAK	
89	10 & U MEDLEY RELAY	90

NOTE: Positive check-in for the 11-12 200 Breast closes at 12:15 pm

SUNDAY JULY 7, 2024
SESSION 8 – SUNDAY FINALS
Warm-up: 4:30 PM Meet Start: 5:30 PM

GIRLS	Event	BOYS
51	OPEN 200 IM	52
53	13 - 14 200 IM	54
55	11 – 12 200 IM	56
59	OPEN 50 FREE	60
61	13-14 50 FREE	62
63	11 – 12 50 FREE	64
67	OPEN 200 FLY	68
69	13 - 14 200 FLY	70
71	11 – 12 50 FLY	72
75	OPEN 100 BACK	76
77	13 – 14 100 BACK	78
79	11 – 12 100 BACK	80
83	OPEN 400 FREE	84
85	13 - 14 400 FREE	86
	5 MINUTE BREAK	
91	11 – 12 400 MEDLEY RELAY	92
93	OPEN 400 MEDLEY RELAY	94
95	13 -14 400 MEDLEY RELAY	96

MONDAY JULY 8, 2024
SESSION 9 – MONDAY AM PRELIMS/TIMED FINALS
Warm-up: 6:50 AM Meet Start: 8:00 AM

GIRLS	Event	BOYS
103	OPEN 200 BREAST	104
105	13 – 14 200 BREAST	106
111	OPEN 100 FREE	112
113	13 - 14 100 FREE	114
119	OPEN 200 BACK	120
121	13 - 14 200 BACK	122
97	OPEN 1500 FREE	98

NOTE: Positive check-in for the OPEN 1500 Free closes at 7:15 am

NOTE: TOP 16 FROM PRELIM RESULTS QUALIFY FOR OPEN EVENT FINALS.
TOP 16 FROM PRELIM RESULTS QUALIFY FOR 13 – 14 EVENT FINALS.

NOTE: The OPEN 1500 Free will be conducted as Timed Finals Events.
The Top 8 Seeded swimmers in each event, after positive check-in will swim in the final's session.

MONDAY JULY 8, 2023
SESSION 10 – MONDAY PM PRELIMS/TIMED FINALS
Warm-up: 12:15 PM Meet Start: 12:50 PM

GIRLS	Event	BOYS
99	11 – 12 100 BREAST	100
101	10 & U 100 BREAST	102
107	11 – 12 100 FREE	108
109	10 & U 100 FREE	110
115	11 - 12 50 BACK	116
117	10 & U 50 BACK	118
123	11 - 12 200 FLY	124

NOTE: Positive check-in for the 11-12 200 Fly closes at 12:15 pm

MONDAY JULY 8, 2024
SESSION 11 – MONDAY OPEN 1500 FREE FINAL HEATS
Warm-up: 3:40 PM Meet Start: 4:15 PM

GIRLS	Event	BOYS
97	OPEN 1500 FREE	98

MONDAY JULY 8, 2024
SESSION 12 – SUNDAY FINALS
Warm-up: 5:00 PM Meet Start: 5:40 PM

GIRLS	Event	BOYS
99	11 – 12 100 BREAST	100
103	OPEN 200 BREAST	104
105	13 -14 200 BREAST	106
107	11 – 12 100 FREE	108
111	OPEN 100 FREE	112
113	13 - 14 100 FREE	114
115	11 – 12 50 BACK	116
119	OPEN 200 BACK	120
121	13 - 14 200 BACK	122
123	11 – 12 200 FLY	124

2024 NBAC MID SUMMER CLASSIC MEET
Summary of Fees/Release Form
Complete and email or mail this form along with entry fees to:
NORTH BALTIMORE AQUATIC CLUB
ATTN: Tom Himes
P.O. Box 20801
Baltimore, Maryland 21209
thimes@nbac.net

(Make Entry Fee Checks Payable to NBAC)

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	

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**. THE NORTH BALTIMORE AQUATIC CLUB, ST. MARY'S COLLEGE,** 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**