

### 2025 NBAC FALL FASTIVAL MEET Hosted by THE NORTH BALTIMORE AQUATIC CLUB OCTOBER 17 – 19, 2025

# LOYOLA UNIVERSITY FITNESS AND AQUATIC CENTER 4900 N. CHARLES STREET BALTIMORE, MARYLAND 21210

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc. Sanction # 25/26-009

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 OCTOBER 7, 2025 @ 6:00 PM

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

		Deadline and Meeting Summary		
Tuesday October 7, 2025		6:00 pm	Entry Deadline	
Friday October 17, 2025		3:30 pm – 3:50 pm	Positive Check-In	
Friday Octob	er 17, 2025	3:45 pm	Officials' Briefing	
Friday Octob	er 17, 2025	4:00 pm	Timer's Briefing	
Saturday Octo		7:15 am / 12:15 pm	Officials' Briefing	
Saturday Octo		7:30 am / 12:30 pm	Coaches Meeting	
Saturday Octo		7:30 am / 12:30 am	Timer's Briefing Positive Check -In	
Saturday Octo	ber 18, 2025	11:00 am – 12:30 pm (1650 FR)	Positive Check -III	
Sunday Octol	per 19, 2025	7:15 am / 12:15 pm	Officials' Briefing	
Sunday Octol		7:30 am / 12:30 pm	Timers' Briefing	
		Facility Information		
		LOYOLA UNIVERSITY	(	
Facility		FITNESS AND AQUATIC CI	ENTER	
Address		4900 N. CHARLES STRI	EET	
		BALTIMORE, MARYLAND		
		yola University is an indoor fourteen lar	•	
		nes (separated by a bulkhead) will be us	•	
Pool	down and 8 – 9 lanes will be used for competition. The facility has a Colorado			
Information		timing system, touchpads, scoreboard, starting blocks and non-turbulent lane		
	dividers. The minimum water depth, measured in accordance with Article 103.2.3 is 7'0" at the start end and 7'0" at the turn end. The competition			
	course has not been certified in accordance with 104.2.2C(4).			
	All swimmers and meet personnel on deck must have credentials to be on			
	deck.			
	• Lock	er rooms are located in the hallway adja	acent to the pool area and will be	
		clearly marked. No adults will be allo		
Facility	<ul> <li>Restrooms for spectators and volunteers are located in the main lobby</li> </ul>			
Information	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 assigned as the goal deals as well as in the stands. Spectators are not			
	be seated on the pool deck as well as in the stands. Spectators are not permitted in the areas assigned to teams.			
Medical	The pool wil	be equipped with all required Medical		
Assistance	•	on of the meet. North Baltimore Aquat	• •	
and		halls to ensure proper supervision of th		
Supervision				
	Parking is	authorized in designated areas only. Ve	ehicles parked in unauthorized	
Parking	parking spaces or areas, are subject to citations and towing. Please adhere to all			
	parking signs either on university property or the streets surrounding the facility.			
Hospitality		a hospitality area open to all coaches a		
	IS I	ocated in the second floor classroom ne	ext to the fitness rooms.	
Concessions		To be determined To be determined		
Vendor	io be determined			

Meet Fees: Checks payable to NBAC		
Athlete Surcharge	\$25.00 per swimmer	
Individual Event Fee	\$9.00 per event entry	
Relay Event Fee	\$12.00 per relay event entry	

	Organization Regulations				
Rules	<ul> <li>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</li> </ul>				
	athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc.				
	<ul> <li>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.</li> </ul>				
	<ul> <li>USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> </ul>				
	<ul> <li>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.</li> </ul>				
	<ul> <li>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.</li> </ul>				
	<ul> <li>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.</li> </ul>				
	<ul> <li>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.</li> </ul>				
	<ul> <li>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.</li> <li>Operation of a drone, or any other flying apparatus, is prohibited over the venue</li> </ul>				
	(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 meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.				
	<ul> <li>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.</li> </ul>				
	<ul> <li>Tech Suits are banned for all 12 &amp; Under swimmers (USA Swimming Rule 102.8.1.F).</li> <li>Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.</li> </ul>				
Safety	The Maryland Swimming, Inc. safety program is in effect for this meet.				

Racing Starts	<ul> <li>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.</li> <li>No running or horseplay will be tolerated.</li> <li>Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.</li> <li>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.</li> <li>When unaccompanied by a member coach, it is the responsibility of the swimmer or</li> </ul>			
	the swimmer's legal guardian to ensure compliance with this requirement.			
Health Guidel ines	<ul> <li>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.</li> <li>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</li> </ul>			
	cleared by the Meet Referee prior to returning to competition.			
	Swimmers with Serious Medical Condition  The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. If the swimmer has a history of needing assistance exiting the pool at the completion of the race a coach must be in place to provide that assistance.			
	<ul> <li>This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> </ul>			
Deck Access	<ul> <li>There will be a check-in process for all coaches, officials, and approved meet staff.</li> <li>The check-in table will be located at the entrance to the pool area.</li> <li>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.</li> <li>No one without proper clearance may be allowed in the competition areas without approval of the meet host.</li> </ul>			

Officia Is	<ul> <li>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.</li> </ul>			
	<ul> <li>The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet.</li> </ul>			
	<ul> <li>Official briefings will be held at the date and time listed in the Deadline and Meeting Summary.</li> </ul>			
	Officials Sign Up Link:			
	https://docs.google.com/forms/d/e/1FAIpQLSdvau86CDQawXFbKeZFGwD45EDVz			
	px0alP6s 792 03iq642Q/viewform?usp=header			
Volunt	Volunteers will be determined by the meet host and will be communicated to the			
eers	teams attending the meet prior to meet.			

	Meet Information
Format	<ul> <li>ALL events are Timed Finals</li> <li>Events will be swum slowest to fastest unless otherwise indicated.</li> <li>ALL Friday events and the 1650 free require positive check-in</li> <li>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.</li> </ul>
Eligibility	<ul> <li>All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to the entry deadline. There will be no on deck regsitration available at the meet.</li> <li>A swimmer's age on the first day of the meet will determine their age for the entire meet.</li> <li>Qualifying standards are USA Swimming 2024 – 2028 'B' times and faster for events of 200 yards or less, 'BB' times and faster for the 400 IM and 500 Free and 'BB' 15-16 time for the 1650 free. Swimmers that qualify for 2 individual events or more are eligible for up to 4 Bonus events not to exceed entry limitations. Bonus events may not be events longer than 100 yards.</li> </ul>
Swimmers with Disabilities	<ul> <li>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.</li> <li>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.</li> <li>Failure to provide advance notice may limit the ability to accommodate all requests.</li> </ul>

Entry	Entry deadline is Tuesday October 7, 2025
Procedures	<ul> <li>No Times (NT) will not be accepted for any events 100 yards and longer. NT</li> </ul>
	will be accepted for bonus events of 100 yards or shorter.
	The conforming time standard will be SCY times.
	<ul> <li>Converted times will not be accepted.</li> </ul>
	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.
	Entries thereafter shall be returned immediately.
	There will be deck entries allowed with the approval of the meet director and
	meet referee.
	<ul> <li>For meets on the open LSC schedule: Maryland Swimming, Inc. entries</li> </ul>
	received prior to the entry deadline receive priority over out of LSC entries.
Entry	Swimmers may enter a maximum of 4 individual events per session and a
Limitations	total of 11 individual events for the meet. Swimmers may swim in 1 relay per
	day.
Entry	<ul> <li>An email will be sent to the person submitting the entries confirming receipt</li> </ul>
Verification	of the entry file within 48 hours of receipt.
BONUS	<ul> <li>A swimmer that qualifies for a minimum of 2 events is eligible for up to 4</li> </ul>
ENTRIES	Bonus events for the meet not to exceed the session or meet limitations.
	Events over 100 yards are NOT eligible for bonus entries.
Caadinaa	Meet Procedures
Seeding	The conforming time standard for this meet is short course yards. Qualifying     the device are USA Society in a (P/. Short course yards time a few all events 200).
	standards are USA Swimming 'B' Short course yards times for all events 200
	yards or less. 'BB' Short course yard times for the 400 IM and 500 FR. 'BB' 15-16 time for the 1650 free. Converted times will not be accepted.
	NT entries will not be accepted (with the exception of bonus events of 100)
	yards or less).
	Swimmers will be seeded and swim from slowest to fastest unless otherwise
	indicated.
Positive	Check-in will be located at the diving well end of the pool and will be required
Check-in	for the following events.
	ALL Friday Events
	<ul> <li>The 1650 Yard Free on Saturday evening.</li> </ul>
	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	<ul> <li>There will be no team or individual scores kept for this meet.</li> </ul>
Awards	<ul> <li>There will be no awards given for this meet.</li> </ul>
	FAST 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	<ul> <li>Results will be posted on the Maryland Swimming, Inc. website within 24</li> </ul>		
	hours of the conclusion of the meet.		
	<ul> <li>Meet results will be available throughout the meet and at the conclusion of</li> </ul>		
	the meet on meet mobile.		

	Session 1				
	Friday October 17, 2025				
Wa	rm-up: 3:30 pm		Session Start: 4:	:30 pm	
	Girls/Women		Boys/Men		
#	Equal to or	Event	Equal to or	#	
	Faster than		Faster than		
1A	7:45.09	10 & U 500 FREE	7:33.79	2A	
1B	6:45.69	11 – 12 500 FREE	6:29.99	2B	
3A	6:22.79	13 – 14 500 FREE	5:58.19	4A	
3B	6:12.39	15 & O 500 FREE	5:42.09	4B	
5	6:03.69	11 - 12 400 IM	5:50.09	6	
7A	5:39.69	13 – 14 400 IM	5:13.59	8A	
7B	5:29.69	15 & O 400 IM	4:59.19	8B	

Session 2					
	Saturday October 18, 2025				
Warm-up: 7:00 am Session Start: 8:00		00 am			
	Girls/Women		Boys/Men		
#	Equal to or	Event	Equal to or	#	
	Faster than		Faster than		
9	2:59.49	9 – 12 200 BACK	2:52.89	10	
11	1:44.29	10 & U 100 IM	1:39.69	12	
13	1:25.19	11 - 12 100 IM	1:21.89	14	
15	48.39	10 & U 50 FLY	46.49	16	
17	36.89	11 – 12 50 FLY	37.09	18	
19	1:30.79	10 & U 100 FREE	1:27.99	20	
21	1:14.69	11 – 12 100 FREE	1:11.49	22	
23	2:00.29	10 & U 100 BREAST	1:54.09	24	
25	1:36.49	11 – 12 100 BREAST	1:32.59	26	
27	48.59	10 & U 50 BACK	48.29	28	
29	38.79	11 – 12 50 BACK	38.49	30	
31	3:03.39	9 - 12 200 FLY	2:56.59	32	
33	NT	10 & U 200 FREE RELAY	NT	34	
35	NT	11 – 12 200 FREE RELAY	NT	36	

Session 3				
Saturday October 18, 2025				
War	Warm-up: 12:15 pm Session Start: 1:15 pm			15 pm
	Girls/Women		Boys/Men	
#	Equal to or	Event	Equal to or	#
	Faster than		Faster than	
37	2:33.59	13 – 14 200 FREE	2:22.49	38
39	2:28.99	15 & O 200 FREE	2:15.99	40
41	38.39	13 – 14 50 BACK	35.79	42
43	37.39	15 & O 50 BACK	34.09	44
45	1:28.69	13 – 14 100 BREAST	1:20.49	46
47	1:25.89	15 & O 100 BREAST	1:16.89	48
49	1:22.89	13 – 14 100 IM	1:15.99	50
51	1:20.09	15 & O 100 IM	1:12.49	52
53	1:16.79	13 – 14 100 FLY	1:10.49	54
55	1:14.39	15 & O 100 FLY	1:07.19	56
57	32.49	13 – 14 50 FREE	29.89	58
59	31.79	15 & O 50 FREE	28.29	60
61	2:46.39	13 – 14 200 BACK	2:34.69	62
63	2:42.19	15 & O 200 BACK	2:27.59	64
65	NT	13 -14 200 FREE RELAY	NT	66
67	NT	15 & O 200 FREE RELAY	NT	68

<sup>\*</sup>NOTE: If a swimmer qualifies for the 200 IM they also qualify for the 100 IM. The 100 IM may also be used as a bonus event. Entry time should be best estimate if no 100 IM time is available.

Session 4					
Saturday October 18, 2025					
Wa	ırm-up: 5:30 pm		Session Start: 6:	00 pm	
	Girls/Women		Boys/Men		
#	Equal to or	Event	Equal to or	#	
	Faster than		Faster than		
69	21:36.19	OPEN 1650 FREE	19:54.69	70	

		Session 5				
Sunday October 19, 2025						
Warm-up: 7:00 am			Session Start: 8:00 am			
	Girls/Women		Boys/Men			
#	Equal to or	Event	Equal to or	#		
	Faster thanan		Faster than			
71	2:42.59	11 – 12 200 FREE	2:35.99	72		
73	3:22.79	10 & U 200 FREE	3:09.49	74		
75	43.99	11 – 12 50 BREAST	43.49	76		
77	54.59	10 & U 50 BREAST	53.39	78		
79	1:26.59	11 – 12 100 BACK	1:22.19	80		
81	1:45.79	10 & U 100 BACK	1:40.69	82		
83	3:03.89	11 – 12 200 IM	2:59.29	84		
85	3:42.09	10 & U 200 IM	3:38.59	86		
87	1:25.79	11 – 12 100 FLY	1:22.89	88		
89	1:56.69	10 & U 100 FLY	1:53.49	90		
91	33.99	11 – 12 50 FREE	32.79	92		
93	39.79	10 & U 50 FREE	38.19	94		
95	3:25.69	9 – 12 200 BREAST	3:16.39	96		
97	NT	10 & U 200 MEDLEY RELAY	NT	98		
99	NT	11 – 12 200 MEDLEY RELAY	NT	100		

		Session 6				
Sunday October 19, 2025						
Warm-up: 12:15 pm			Session Start: 1:1			
	Girls/Women		Boys/Men			
#	Equal to or	Event	Equal to or	#		
	Faster than		Faster than			
101	2:51.79	13 – 14 200 IM	2:37.99	102		
103	2:46.19	15 & O 200 IM	2:30.89	104		
105	38.19	13 – 14 50 FLY	35.69	106		
107	37.39	15 & O 50 FLY	33.79	108		
109	3:10.99	13 – 14 200 BREAST	2:54.89	110		
111	3:05.99	15 & O 200 BREAST	2:47.09	112		
113	1:16.89	13 – 14 100 BACK	1:11.29	114		
115	1:14.69	15 & O 100 BACK	1:07.49	116		
117	43.99	13 – 14 50 BREAST	40.69	118		
119	42.89	15 & O 50 BREAST	38.29	120		
121	1:10.99	13 – 14 100 FREE	1:04.99	122		
123	1:08.79	15 & O 100 FREE	1:01.99	124		
125	2:51.19	13 – 14 200 FLY	2:36.79	126		
127	2:45.79	15 & O 200 FLY	2:30.19	128		
129	NT	13 – 14 200 MEDLEY RELAY	NT	130		
131	NT	15 & O 200 MEDLEY RELAY	NT	132		

### **2025 NBAC FALL FASTIVAL MEET**

#### **Summary of Fees/Release Form**

### Complete and email or mail this form along with entry fees to (checks payable to NBAC): NORTH BALTIMORE AQUATIC CLUB

ATTN: Tom Himes P.O. Box 20801 Baltimore, Maryland 21209 thimes@nbac.net

my swimmers with those rules during th Swimming, Inc. and USA Swimming, Inc. liabilities or claims for damages ari: acknowledge that by entering this me published on the internet in the form of	, their agents, employees, sing by reason of illness or et, I am granting permissic Psych Sheets, Meet Result meet	and coaches shall be held free a injury to anyone during the con on for the names of any or all of s, or any other documents assoc	nd harmless from any and all duct of this meet. I also my team's swimmers to be
my swimmers with those rules during th Swimming, Inc. and USA Swimming, Inc. liabilities or claims for damages aris acknowledge that by entering this me	, their agents, employees, sing by reason of illness or eet, I am granting permissic Psych Sheets, Meet Result	and coaches shall be held free a injury to anyone during the con on for the names of any or all of s, or any other documents assoc	nd harmless from any and al duct of this meet. I also my team's swimmers to be
I, the undersigned coach or team repre registered with USA Swimming. I ackn	nowledge that I am familian redures and meet safety gu	the swimmers and coaches lister with the Safety Rules of USA Swidelines, and that I shall be resp	rimming, Inc. and Maryland onsible for the compliance o
Total Fees Due			
Relay Entries		\$12.00 per relay	
Swimmer Surcharge		\$25.00 per swimmer	
Individual Entries		\$9.00 per event	
Item	Total Number	Cost Per	Total
Team Mailing Address			
Head Coach Email Address			
Head Coach Cell Phone Number			
Head Coach			
ciab code			
Club Code			