



**Don Schaub Invitational
Novice Meet**
Wednesday, July 19th, 2023
Rain Date: Thursday, July 20th, 2023



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of the Central Maryland Swim League (CMSL). • CMSL and Five Oaks Swim Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. • This event is licensed by the Amateur Athletic Union of the U.S., Inc. • All participants must have current AAU membership. • AAU membership may not be included as part of the entry fee to the event. • AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with internet connection. <ul style="list-style-type: none"> ○ Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. ○ Due to background screenings, please allow for up to 10 days for adult memberships to be processed. • Participants are encouraged to visit the AAU website www.aausports.org to obtain a membership.
LOCATION:	<p>Five Oaks Swim Club 1817 Frederick Road Catonsville, Maryland, 21228 (410) 747-5122</p>
FACILITY:	<ul style="list-style-type: none"> • Short Course, 25 Meters, 5'0" at the starting end and 4'0" at the turn end. • Eight lanes with non-turbulent lane lines.
MEET CONTACTS:	<ul style="list-style-type: none"> • Darlene Rehmert <ul style="list-style-type: none"> ○ Darlene.foswimteam@gmail.com ○ (410) 935-8809 • Emily Fowler, FO Parent Representative <ul style="list-style-type: none"> ○ fiveoaksswimteamrep@gmail.com ○ (443) 695-4763 • Brendan Farrar, FO Head Coach <ul style="list-style-type: none"> ○ Brendan.foswimteam@gmail.com ○ (804) 833-1750
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all swimmers who meet the meet eligibility from invited teams. • Swimmer Eligibility: <ul style="list-style-type: none"> ○ Swimmers may not exceed the corresponding Qualifying Time (QT) in the event(s) entered. ○ Swimmers may not have placed 1st-4th in a regular season dual meet in the event(s) they are entered. ○ Swimmers may not be entered with a No Time (NT). • Age on May 30, 2023 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> • All swimmers will compete in one evening session.

	<ul style="list-style-type: none"> The session will begin no later than 5:30.
WARM-UP:	<ul style="list-style-type: none"> Warm-ups will begin no earlier than 4:30. Warm-up times and lanes are contingent upon the distance of your pool in relation to Five Oaks, as well as how many swimmers from your team are competing. Warm-up times will be determined, emailed, and posted on the Five Oaks Swim team website no later than Tuesday, July 18th.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, JULY 17TH AT 7:00 AM.</p> <ul style="list-style-type: none"> Team Manager/Touchpad entry files should be emailed to each of the listed meet contacts above. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. Entries will be sent back to all teams for review. Entry adjustments should be submitted by Wednesday, July 19th at 4:30. A receipt upon receipt and approval of adjustments will be acknowledged and confirmed in an email before the beginning of the meet. Coach Times (CT) will be accepted. CT proven illegitimate will be subject to penalty and potential barring from the event. “No Time” (NT) entries will not be accepted. Swimmers may enter a maximum of 3 individual events. There will be no relays. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a competition. This may include combining heats and events, which actions may require reseeding. Deck entries will be accepted until 4:30 the day of the competition. Each requested deck entry is at the discretion of Five Oaks Swim Team Data Entry Personnel. No re-seeding will take place because of a deck entry. All Deck Entries must have a valid seed time, name, and date of birth. <ul style="list-style-type: none"> Swimmers without times or official birthdates, or both, may be allowed to swim unofficially if there is an open heat and lane, but may not place. No Deck Entries will be accepted after the start of the meet. Deck Entries are \$10.00 per event.
FEES:	<p>Individual events: \$8.00</p> <ul style="list-style-type: none"> Checks should be made payable to: Five Oaks Swim Team Payment can be brought and submitted the day of competition from the team’s Parent Representative. <ul style="list-style-type: none"> Five Oaks kindly requests that one payment is made on behalf of the entire team’s entry fees. We will not accept payment from individual families.
AWARDS:	<ul style="list-style-type: none"> Awards and finishes will be distributed to the designated representative for each team following the completion of the event.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Swimmers should report to the Clerk of Course, located in the grassy area behind the starting blocks when their event has been called.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded.
RULES:	<ul style="list-style-type: none"> The current CMSL Rules and Regulations will apply. Any swimmer entered in the meet must be certified by a CMSL member coach as being proficient in performing a racing 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. The overhead start procedure will be used for the entirety of the competition. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.

	<ul style="list-style-type: none"> Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. In accordance with CMSL Policy, only those coaches who have current, valid CMSL and AAU credentials will be permitted to act in a coaching capacity at this meet. <ul style="list-style-type: none"> Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<ul style="list-style-type: none"> There will be an official for starts to run the meet. There will be no stroke and turn judges and no disqualifications.
SAFETY:	CMSL Meet Safety Procedures and Five Oaks Swim Club Pool Rules & Regulations will be in effect.
VOLUNTEERS:	<ul style="list-style-type: none"> EACH TEAM is required to supply the following number of volunteers PER HALF: <ul style="list-style-type: none"> Three (3) timers <u>with watches.</u> <ul style="list-style-type: none"> One (1) of the timers will serve as the recorder as well. Two (2) table workers. Relief volunteers for every position. Contact information for two (2) representatives in case of emergency or weather cancellation. Designee responsible for award pick-up. <u>ALL TEAMS ARE REQUIRED TO PROVIDE VOLUNTEERS FOR THE ENTIRE MEET, REGARDLESS OF IF YOUR TEAM HAS SWIMMERS ENTERED IN AN EVENT.</u> <ul style="list-style-type: none"> Please provide Five Oaks Swim Team with a list of volunteers by Tuesday, July 18th. You can email this list to the meet contacts listed above. A volunteer contact sheet is attached below for reference.
GENERAL:	<ul style="list-style-type: none"> Health Regulations <ul style="list-style-type: none"> No pets allowed on pool grounds. Admission to the pool shall be refused to anyone with skin abrasions, infections, or wearing bandages. It is every guests' responsibility to dispose of all litter in the proper receptacles provided. No food or beverages are allowed on the pool deck or in the pool. Use of Grounds <ul style="list-style-type: none"> Proper conduct is expected of all members and guests at Five Oaks Pool. No alcoholic beverages. Gambling and/or excessive noise is NOT allowed on the pool grounds. Property damages costs will be charged to the responsible guest. Five Oaks is not responsible for personal property or damage loss. Use of recreational facilities, other than the pool, will be under the direction of the staff. Members and guests are urged not to leave valuables unattended, either in their car or on the pool grounds. Parking Regulations <ul style="list-style-type: none"> Members and guests must park in designated, lined areas only. Management reserves the right to have vehicles towed that are in violation of the parking regulations. Safe driving practices should always be exercised in the parking lot. All members and guests shall be made responsible for complying with the parking regulations posted at Five Oaks. No parking is permitted in front of the gates near the snack bar or playground in the fire lanes. Safety Regulations <ul style="list-style-type: none"> Members and guests are expected to respect the authority of Five Oaks staff members at all times. NO GLASS OF ANY KIND IS PERMITTED ON THE POOL GROUNDS. No swimming in the shallow end or in the deep well will be allowed during the

	<p>duration the meet.</p> <ul style="list-style-type: none"> ○ All children under the age of 12 or who have not completed the sixth grade must be accompanied by an adult or responsible guardian, who is at least 14 years of age or has completed the 8th grade. ○ Any child under the age of 6 must be under the direct supervision of an adult in the play area. Additionally, young children should be supervised closely while in other areas of the pool grounds, including the bathrooms. ○ Any members or guests who break the rules will be subject to aspirate action by the manager, which may result in your removal from the grounds. ○ No running, pushing, wrestling, or causing undue disturbance in or about the pool, playground area or snack bar. Unnecessary roughness or horseplay will result in appropriate reprimands from the staff. ○ No skateboards or scooters shall be permitted on pool property. ○ No one under the age of 18 may smoke on the pool grounds. Anyone smoking in the bathhouse may be asked to leave the premises. No smoking in or on the edge of the pool or on the concrete apron around the pool. Smoking is allowed in designated areas. Five Oaks will comply with all local, state, and federal regulations governing smoking areas. ○ All chairs must be at least eight feet from the edge of the pool. ○ Hanging on or swimming under the lane lines is not permitted. ○ Members and guests should not move, adjust, or tilt the umbrellas.
DIRECTIONS:	The pool is located at 1817 Frederick Road in Catonsville, Maryland, 1 mile outside (west) of I-695 just before the intersection of Frederick Road and NORTH Rolling Road.
POOR WEATHER:	<ul style="list-style-type: none"> • Postponement <ul style="list-style-type: none"> ○ A rain date has been scheduled for Thursday, July 20th. In the event the meet is postponed, the entries for all teams will be frozen and swum on the 20th. • We will report to designated representatives of each team if the meet is postponed or canceled. • Refunds of entry fees will not be provided for scratches or inclement weather.

DON SCHAUB INVITATIONAL SWIM MEET

LIST OF VOLUNTEERS per Half

Half	Volunteer Position	Name
1 st Half Events 1-29	Timer	
	Timer	
	Timer and Recorder	
	Table Worker	
2 nd Half Events 30-58	Timer	
	Timer	
	Timer and Recorder	
	Table Worker	

NOTE: Your timers and recorder will receive their lane assignment the night of the meet. Please be sure that everyone working is on time. ***Also, be sure to bring stopwatches for your timers and that timers are familiar with how to operate their stopwatch.***

WEATHER POINT OF CONTACT(s):

Name	Phone	Email

CONTACT FOR PERSON PICKING UP AWARDS AT THE END OF MEET:

Name	Phone	Email

We could always use more volunteers throughout the meet. If you have any additional people who are willing to help, please send me their information and feel free to give them my information. Thanks!

Darlene Rehmert (410-935-8809)
darlene.FOswimteam@gmail.com

FIVE OAKS SWIM CLUB

DON SCHAUB INVITATIONAL SWIM MEET

Wednesday July 19, 2023

Swimmers Times Must Be **Higher** Than The Times Listed For Each Event
All Times Are In **Meters**

#		EVENT		Qualifying Time	#	EVENT	Qualifying Time
1	G	9-10 100	IM	1:45.00	30	B 9 25 BACK	30.00
2	B	9-10 100	IM	1:43.00	31	B 10 25 BACK	29.00
3	G	11-12 100	IM	1:32.00	32	G 11 50 BACK	47.00
4	B	11-12 100	IM	1:36.00	33	G 12 50 BACK	46.00
5	G	13-UP 100	IM	1:28.00	34	B 11-12 50 BACK	49.00
6	B	13-UP 100	IM	1:26.00	35	G 13-UP 50 BACK	44.00
					36	B 13-UP 50 BACK	45.00
7	G	6-U 25	FREE	32.00	37	G 8-U 25 FLY	30.00
8	G	7 25	FREE	27.00	38	B 8-U 25 FLY	31.00
9	G	8 25	FREE	26.00	39	G 9 25 FLY	26.00
10	B	6-U 25	FREE	31.00	40	G 10 25 FLY	25.00
11	B	7 25	FREE	29.00	41	B 9-10 25 FLY	27.00
12	B	8 25	FREE	28.00	42	G 11-12 50 FLY	47.00
13	G	9 50	FREE	46.00	43	B 11-12 50 FLY	45.00
14	G	10 50	FREE	45.00	44	G 13-UP 50 FLY	43.00
15	B	9 50	FREE	46.00	45	B 13-UP 50 FLY	42.00
16	B	10 50	FREE	44.00			
17	G	11 50	FREE	43.00			
18	G	12 50	FREE	42.00			
19	B	11-12 50	FREE	42.00	46	G 7-U 25 BREAST	33.00
20	G	13-UP 100	FREE	1:20.00	47	G 8 25 BREAST	33.00
21	B	13-UP 100	FREE	1:20.00	48	B 7-U 25 BREAST	34.00
					49	B 8 25 BREAST	32.00
					50	G 9 25 BREAST	29.00
22	G	6-U 25	BACK	37.00	51	G 10 25 BREAST	28.00
23	G	7 25	BACK	33.00	52	B 9 25 BREAST	29.00
24	G	8 25	BACK	32.00	53	B 10 25 BREAST	28.00
25	B	6-U 25	BACK	37.00	54	G 11 50 BREAST	51.00
26	B	7 25	BACK	33.00	55	G 12 50 BREAST	50.00
27	B	8 25	BACK	32.00	56	B 11-12 50 BREAST	51.00
28	G	9 25	BACK	30.00	57	G 13-UP 50 BREAST	47.00
29	G	10 25	BACK	27.00	58	B 13-UP 50 BREAST	47.00

Last Changed: 06/09/2013