



**BAYSIDE
NEW PARENT
MEETING**

AUGUST 2025

Bayside Core Values

These are the values Bayside Aquatics strives to instill in each athlete:

Passion: Happy swimmers are fast swimmers. Bayside swimmers will find gratitude in life and sport. They celebrate all successes. Bayside Aquatics is one team, one family.

Resilience: Bayside swimmers fail forward. They value progress over perfection. They focus on positivity. Bayside swimmers are coachable.

Integrity: Bayside swimmers act with integrity. They do the right thing when no one is looking and don't make excuses. Bayside swimmers are respectful to teammates, coaches, officials, and other competitors, and take responsibility for their actions.

Dedication: Bayside swimmers are committed to the sport. They take every chance to learn, grow, change, and challenge themselves throughout the season. They take advantage of every opportunity to improve.

Excellence: Bayside swimmers are goal focused and process driven. They challenge themselves in practice and competition. Bayside swimmers set high expectations for themselves. Bayside swimmers are leaders.





BAYSIDE AQUATICS

Welcome to Bayside from the Bayside Aquatics Booster Club, Inc (BABC)

Who are we and what do we do?

Nicole Bartels (VP) and Geraldina Parker (Secretary)

- **BABC is a non-profit organization that is here to support the swimmers, families and the swim community.**
- **Throughout the season we will host a number of events to encourage team-building and camaraderie among swimmers and families (i.e. swim group events (organized by group parents AND full team events like the Blue-White Meet, team dinners, and end-of-season banquet).**
- **ALL dues & proceeds from fundraisers throughout the season will be used to support these team building initiatives and off-set costs to swimmers and families for events.**



Welcome to Bayside from the Bayside Aquatics Booster Club, Inc (BABC)

How can you get involved with BABC?

- **EVERYONE** is a member of the BABC at large since we all will pay dues (\$10/swimmer; max \$20/family) this year.
- You can come to our general BABC monthly meetings:
 - Tuesday, September 9, 7:00 pm (Zoom)
 - Tuesday, November 4, 7:00 pm (Zoom)



Welcome to Bayside from the Bayside Aquatics Booster Club, Inc (BABC)

How can you get involved with BABC?

- Volunteer as a swim group parent (Karen)
- Volunteer to help our board on special projects
(boosterclub@swimbayside.com)
- Participate in events and fundraisers
 - Summer Crab Feast Raffle
 - Fall Shoe Drive Fundraiser (do good and help raise money)
 - Restaurant Nights (fall, spring, winter) & much more

BAYSIDE AQUATICS

SUMMER RAFFLE



GIFT CARD
TO PITBOYS
(CRABS, ETC.)



ALL PROCEEDS
GO TO THE TEAM

Group Parents

They will be responsible for setting up social events outside of the pool for the group.

Swim practice is not always the most social time since they are underwater most of the time so we want to make sure to provide the swimmers with opportunities to socialize outside of practice.

STILL NEED:

Juniors 2

Discovery 3

COACHES

SENIOR 1: **Coach Karen**, Coach John B, Coach Kyle, Coach Ulises

SENIOR 2: **Coach Solomon**

Senior Prep: **Coach Kyle**, Coach Karen, Coach Ulises

Junior 1: **Coach John M**

Junior 2: **Coach Emily**

Performance: **Coach John B**, Coach Abbey, Coach Kyle

Age Group 1: **Coach Jeremy**, Coach John A

Age Group 2: **Coach Jeremy**, Coach John A

Novice: **Coach John A**, **Coach Karla**, Coach Jeremy

Discovery 1: **Coach Ulises**

Discovery 2: **Coach Ryan**

Discovery 3: **Coach Karen**

PRE-TEAM: **Coach Ryan**

SEASON OPENING GET-TOGETHER

Thursday, August 28 - 5:00-8:00pm

Crofton Park Pavilion

Meet the coaches, ask questions, pick up your swag bag, and purchase additional Bayside swag!!!

Limited amount of suits will also be available.

	MON	TUES	WED	THURS	FRI	SAT	SUN
★ Senior 1	4:30-6:30pm Bowie State	6:45-8:45pm Bowie State	4:30-6:00pm Bowie State	7:00-8:45pm Bowie State	OFF	3:00-5:00pm SportFit	7:00-8:30am SportFit
★ Senior 2	7:30-8:45pm Bowie State	OFF	7:30-8:45pm SportFit	7:15-8:45pm SportFit	5:30-7:00pm PGCC	7:00-8:30am SportFit	OFF
★ Senior Prep	6:30-8:30pm Bowie State	6:45-8:45pm Bowie State	7:15-8:45pm Bowie State	7:00-8:45pm Bowie State	OFF	3:00-5:00pm SportFit	7:00-8:30am SportFit
Juniors 1	4:45-6:15pm SportFit	4:45-6:15pm Bowie State	4:45-6:15pm SportFit	4:45-6:15pm SportFit	OFF	OFF	OFF
Juniors 2	7:15-8:30pm SportFit	OFF	7:30-8:30pm Bowie State	OFF	6:15-7:15pm SportFit	5:00-6:15pm SportFit	OFF
★ Performance	6:00-7:30pm Bowie State	5:15-6:45pm Bowie State	6:00-7:30pm Bowie State	OFF	7:15-8:30pm SportFit	OFF	3:00-4:15pm SportFit
Age Group 1	OFF	4:45-6:16pm SportFit	5:30-7:00pm PGCC	OFF	5:30-7:00pm Bowie State	OFF	5:15-6:30pm SportFit
Age Group 2	OFF	OFF	5:30-7:00pm PGCC	6:00-7:15pm Bowie State	5:30-7:00pm Bowie State	OFF	6:30-7:45pm SportFit
Novice	6:00-7:00pm PGCC	OFF	OFF	5:00-6:00pm Bowie State	5:15-6:15pm SportFit	OFF	4:15-5:15pm SportFit
Discovery 1	6:15-7:15pm SportFit	OFF	OFF	6:00-7:00pm Bowie State	7:00-8:00pm Bowie State	OFF	OFF
Discovery 2	OFF	4:30-5:15pm Bowie State	OFF	4:45-5:30pm Bowie State	4:45-5:30pm Bowie State	OFF	OFF
Discovery 3	OFF	6:15-7:00pm Bowie State	OFF	OFF	4:30-5:15pm SportFit	OFF	OFF
Morning Practice		5:30-6:45am SportFit		5:30-6:45am SportFit			

★ Starts Tuesday, September 2 EVERYONE ELSE Starts Monday, September 8

COMMUNICATION

1. Bayside Aquatics encourages open communication.
2. Weekly Emails – FRIDAY
** Please read. Will contain all important information about the week/
changes in schedules/ meets to RSVP for.
3. Monthly Newsletters
4. SPORTSYOU
5. Team Website www.swimbayside.com
6. Parent Meetings
7. Commit – Meet Entries/ Billing

- If you have any questions, email us anytime! If you are unsure of who to email, contact Karen Bisnett Karen@swimbayside.com
- Coaches can be available before or after a swim practice if planned ahead. If you would like to schedule a meeting with a particular coach, please arrange a meeting ahead of time. This will help the coaches make time for you and your questions. During practices, our first priorities are the swimmers in the water.
- Like our Facebook and Instagram pages!

USA SWIMMING REGISTRATION



- Yearly (September 2025–December 2026)
- Every swimmer must be a member of USA Swimming in order to participate in practices and meets.
- Liability
- Families are responsible for signing up using the code provided in the email – WILL SEND SEPT 1!
- Make sure you are paying for a SWIMMER'S ACCOUNT!

SAFE SPORT

<https://www.usaswimming.org/safe-sport>

2025 Safe Sport Club Recognition Training

All parents should sign up for a Safe Sport training. Register below.

- **SAFE SPORT CLUB RECOGNITION TRAINING FOR PARENTS**
- Wed., Sept 3 at 8:00 p.m. EST | [REGISTER](#)
- Tues., Oct 21 at 8:00 p.m. EST | [REGISTER](#)
- Tues., Nov 4 at 8:00 p.m. EST | [REGISTER](#)
- Tues., Dec 9 at 8:00 p.m. EST | [REGISTER](#)



PARENTS ROLE

The parents' role in age group swimming is to **provide a stable, loving, and supportive environment for your child.**

Parents should encourage their swimmers and constantly **give positive support.**

Bayside's coaching staff attends continuing education courses and employs all the latest training and coaching techniques available to help and benefit our swimmers. Parents should **trust the coaches** to do their job and should not offer swimmers coaching tips.

Parents should always **offer encouragement and never lecture your child about a poor race.**

Parents should understand that officials are human and they make mistakes. Remain non-committal if your swimmer feels wronged by a judge or official. Teach respect for officials; swimmers learn from our example.

Parents should **emphasize fun, enjoyment, and individual improvement over winning and losing.** Parents should learn about, focus on, and **respect the process** of competitive swimming. Recognize skill improvement and small victories.

Parents are expected to volunteer and get involved with the team.

Remember to **provide balance in your swimmer's life** with family, school, friends, and other activities.



ADM

AMERICAN
DEVELOPMENT MODEL

Competence - Sport specific skills, improved health & fitness, healthy training habits

Character - Respect for the sport, ethical and moral responsible behavior, integrity and empathy

Confidence - Self- belief, resilience, mental toughness, positive self- worth

Connection - Positive bonds and social relationships in and out of the sport

PRINCIPLES & CORE VALUES OF THE ADM

ATHLETES

Keep the athlete at the center. Are they having fun?

EXCELLENCE

Educate coaches, parents, and athletes to see the big picture. Excellence takes time.

LIFE SKILLS

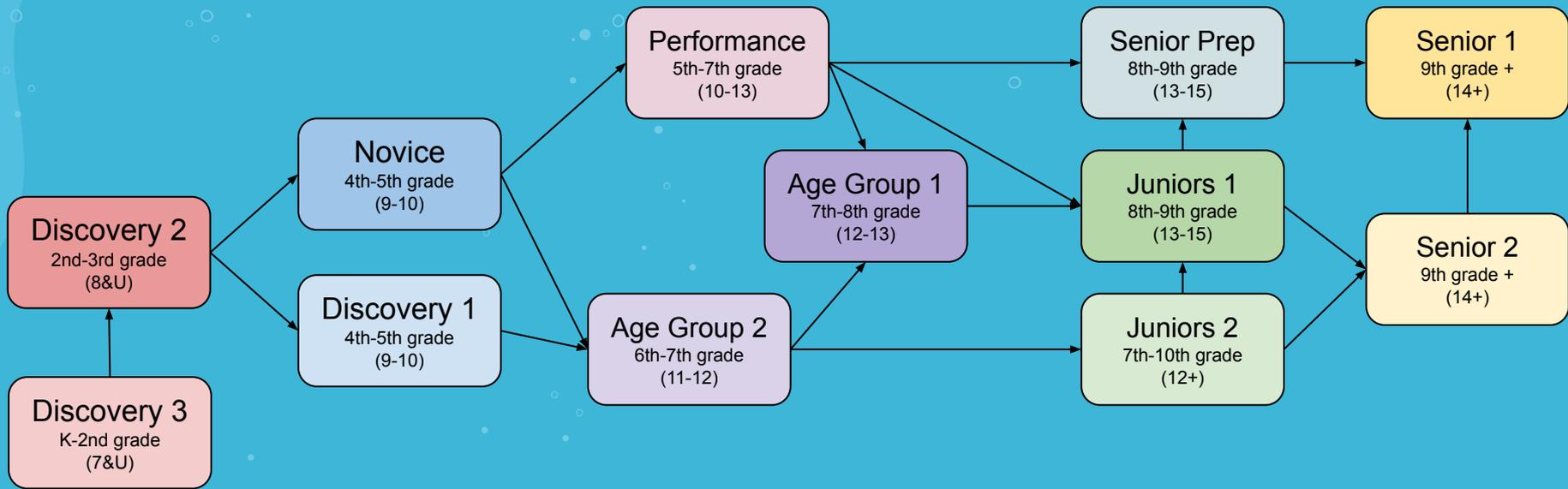
There is more to coaching than just reading a time or giving a set. Teaching them life skills that they will take into their everyday lives.

"SPORT SAMPLING"

Encourage them to participate in other sports and become well-rounded athletes. Kids are less active now with schools taking away PE class and recess.

QUALITY COACHING/TRAINED COACHES

Educating coaches on age and developmentally appropriate skills. Help promote great technique and prevent injuries. Being engaged in the workout and learning new/ different ways to communicate to athletes and parents.



Progression Policy

Bayside Aquatics' mission and values drive group placement decisions. Swimmers are placed into the training group that is **developmentally appropriate**. The coaching staff makes all group placement decisions. While there are specific metrics involved in progressing, issues such as maturity, commitment levels, mental readiness for the increased workload, timing within the season, and space also influence the decision. **Racing times are not a primary factor for group placement**, although they may be an indirect factor. Swimmers are placed in groups that best serve their developmental needs. If parents have questions concerning group placement, they are encouraged to speak with their swimmer's primary coach.

General Considerations for Transitioning Groups:

Transitions can occur at the start of the swim year or after the winter or spring break.

In order to be considered for transitioning groups, the swimmer :

- Consistently makes choices that demonstrate the willingness to make the commitment level expected of swimmers at the next level.
- Meets attendance expectations for the current group; demonstrates the ability to make attendance requirements for the next level.
- Commits and qualifies for meets at the next level.
- Consistently trains above the level of the current practice group.
- Demonstrates ability to train successfully on base intervals at the next practice level.
- Has mastered stroke and skill expectations of the current practice group.
- Demonstrates mastery of all four strokes (in the appropriate distance) in a meet setting.
- Exhibits level of maturity and responsibility appropriate for the higher group.
- Fits age and experience parameters of the next training level.
- Has demonstrated the desire and potential to compete successfully at the general competition level of the next group.

Practice Expectations

Parents are allowed to observe practice from the balcony at Bowie State and on the benches at SportFit. USA Swimming does not allow parents to be on the pool deck during practice. If you have any questions/concerns for the coaching staff, please talk to them before or after the practice, not during; feel free to email them at any time.

- Be on time.
- Swimmers should attend only their own practice, unless he/she has received permission from a coach.
- Come to practice dressed for the weather.
- Restroom use should be restricted to emergencies and before and after practice.
- You represent our team and USA swimming at all times. Conduct yourself accordingly.
- Swimmers are responsible for keeping track of their cap, goggles, water bottle, and equipment at practice. Coaches are not responsible for lost equipment.
- If for any reason you have questions or difficulties, be sure to consult your coach first.
- Always do your best to follow directions and swim correctly (or as instructed).
- Always respect your teammates.
- During practice, swimmers are expected to circle swim to avoid collisions with other swimmers.
- Between sets, swimmers are expected to demonstrate they are ready to listen to the coaches' instructions by keeping one hand on the wall and their head above water.

Location Specific Information

Bowie State

- DO NOT PARK IN RESERVED SPOTS
- NO PARENTS ALLOWED ON DECK

SportFit

- VERY limited space on deck
- Parents are encouraged not to sit on deck
- Can sit outside
- DO NOT SIT ON THE BENCHES ON THE LOCKER ROOM SIDE – you will be asked to move!
- Tell check in you are with the swim team
- Be mindful of where you place belongings so the deck is accessible

PGCC

- Parents can observe from the lobby.
- Swimmers enter pool through the locker rooms

Attendance

Consistency is the key to success. The coaches highly encourage swimmers to make it to all of their assigned practices in order to derive the full benefits of the program.

The team does encourage multisport athletes, so if you need to miss a practice to attend another sport or activity, the coaching staff supports you.

General Guidelines:

Discovery - at least 2x/week

Novice/ Age Group/ Juniors/ Performance 2 - at least 3x/week

Performance 1/Senior Prep - 3-4x/week

Senior - as many as possible

The Swim Season & Expectations

September – Pre-Meet Season

- Get back into the swing of things
- Set baseline for season

October/ November

- Try new events, not looking for best times, focus more on swimming races correctly and trying new events

December – Mid-Season Meet

- Start to see best times, season starting to come together
- Qualifying for championship meets

January/February

- Start to focus on primary events, perfecting our races
- Qualifying for championship meets

February/March – Championship Season

- This is where we want to go fast!

Meet Entries

- Participation in Meets is not mandatory but is HIGHLY encouraged.
- Parents are responsible for entering swimmers in meets.
- Each training group will be training for specific meets and events.

- REVIEW YOUR EMAILS!!!
- Commit will be updated as new meets become available.

***It is very difficult to keep track of email requests. Please use the Notes section of Commit!

CHAMPIONSHIP SWIM MEETS



LSC Championships:

EVERY swimmer has an end of season championship meet!

The championship season starts in late February and continues through late March. Swimmers are expected to attend only ONE championship meet- it should be the highest level meet they have qualified for.

Senior State Champs:

15&O

Qualifying Times

14&U State Championships:

14&U

Qualifying Times

Junior Championships: 9-18 year olds

Qualifying Times

B Championships: 9-18 year olds
Swimmers did not qualify for Jr Champs

8 & Under Championship: 8 & under

No qualifying times

Our team goal each season is to qualify as many swimmers and relays as possible to swim in these Championship meets. Swimmers who qualify or are selected for a qualifying relay are expected to attend the meet and participate fully.



COMPETITION PYRAMID



U.S. OLYMPIC TEAM TRIALS
SWIMMING

purpose to qualify for international teams
and to decide on our national champions

end of the season national level
championship meet/ can make National
Team roster from this meet

end of the season 18-Under national level
championship meet

provide an end of season opportunity for the
gap between Sectionals and Summer Juniors

qualifying competition/ final tune up for
meets on the pyramid.



LSC STATE CHAMPS

MARYLAND SWIMMING
2026 MARYLAND LSC SENIOR SHORT COURSE CHAMPIONSHIPS FEBRUARY 19 - 22, 2026
2026 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS MARCH 5 - 8, 2026
2026 QUALIFYING TIMES

2026 QUALIFYING TIMES - BOYS

EVENT	10 & U BOYS	11 & 12 BOYS	13 & 14 BOYS	SENIOR
50 FREE	31.49	27.79	24.69	23.19
100 FREE	1:10.69	1:01.09	53.59	50.19
200 FREE	2:35.69	2:14.89	1:57.89	1:50.49
500 FREE	6:48.39	5:53.89	5:19.99	4:59.99
1000 FREE			10:47.29	10:25.89
1650 FREE			18:29.69	17:50.69
50 BACK	37.99	32.79	29.09	27.09
100 BACK	1:20.79	1:10.39	1:01.69	57.89
200 BACK		2:32.89	2:13.49	2:08.49
50 BREAST	42.49	37.09	32.89	29.59
100 BREAST	1:33.39	1:19.59	1:10.39	1:05.99
200 BREAST		2:56.29	2:33.09	2:28.09
50 FLY	37.09	31.29	28.09	25.29
100 FLY	1:26.69	1:10.99	1:00.49	55.69
200 FLY		2:38.29	2:17.99	2:11.39
100 IM	1:21.29	1:10.69	1:01.79	57.99
200 IM	2:55.99	2:31.39	2:13.69	2:04.39
400 IM		5:27.89	4:47.09	4:27.79

NOTE: QUALIFICATION PERIOD - JANUARY 1, 2025 UNTIL THE ENTRY DEADLINE FOR THE MEET

2026 QUALIFYING TIMES - GIRLS

EVENT	10 & U GIRLS	11 & 12 GIRLS	13 & 14 GIRLS	SENIOR
50 FREE	31.59	28.19	26.29	25.99
100 FREE	1:10.89	1:01.19	56.79	56.09
200 FREE	2:36.39	2:13.89	2:03.69	2:01.69
500 FREE	6:48.39	5:53.89	5:29.99	5:26.39
1000 FREE			11:13.99	11:11.09
1650 FREE			18:39.69	18:39.59
50 BACK	37.19	32.59	30.49	29.09
100 BACK	1:20.59	1:09.89	1:04.09	1:03.89
200 BACK		2:31.69	2:17.49	2:17.39
50 BREAST	42.49	36.89	34.89	33.39
100 BREAST	1:33.39	1:19.99	1:13.89	1:13.79
200 BREAST		2:54.69	2:40.39	2:40.29
50 FLY	36.09	30.99	29.29	28.69
100 FLY	1:26.69	1:10.29	1:03.59	1:02.69
200 FLY		2:38.29	2:22.39	2:22.29
100 IM	1:20.49	1:09.89	1:04.59	1:03.09
200 IM	2:55.99	2:31.59	2:19.89	2:17.69
400 IM		5:26.99	4:57.39	4:54.29

NOTE: QUALIFICATION PERIOD - JANUARY 1, 2025 UNTIL THE ENTRY DEADLINE FOR THE MEET

JUNIOR CHAMPS

MARYLAND SWIMMING
2025 MARYLAND LSC SHORT COURSE CHAMPIONSHIPS
2025 QUALIFYING TIMES

EVENT	9 & 10 BOYS		11 & 12 BOYS		13 & 14 BOYS		15 & O BOYS	
	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	Senior Champs Qualifying Time
	B Champs slower than	Junior Champs slower than						
50 FREE	36.59	31.49	32.29	27.79	29.79	24.69	28.39	23.19
100 FREE	1:22.79	1:10.69	1:09.89	1:01.09	1:04.89	53.59	1:01.89	50.19
200 FREE	2:51.99	2:35.69	2:27.49	2:14.89	2:12.79	1:57.89	2:06.79	1:50.49
500 FREE	7:36.99	6:48.39	6:37.49	5:53.89	6:08.99	5:19.99	5:54.09	4:59.99
1000 FREE						10:47.29		10:25.89
1650 FREE						18:29.69		17:50.69
50 BACK	44.29	37.99	36.99	32.79	33.79	29.29	31.59	27.09
100 BACK	1:33.29	1:20.79	1:19.69	1:10.39	1:10.39	1:01.69	1:07.19	57.89
200 BACK			2:47.69	2:32.89	2:25.09	2:13.49	2:17.49	2:08.49
50 BREAST	48.59	42.49	41.49	37.09	37.39	32.89	34.09	29.59
100 BREAST	1:45.69	1:33.39	1:28.49	1:19.59	1:19.49	1:10.39	1:15.09	1:05.99
200 BREAST			3:08.19	2:56.29	2:43.99	2:33.09	2:36.19	2:28.09
50 FLY	42.49	37.09	36.19	31.29	32.79	28.29	29.79	25.29
100 FLY	1:41.09	1:26.69	1:20.99	1:10.99	1:10.09	1:00.49	1:06.69	55.89
200 FLY			2:48.79	2:38.29	2:26.89	2:17.99	2:20.49	2:11.39
100 IM	1:32.89	1:21.29	1:18.99	1:10.69	1:13.99	1:01.79	1:09.99	57.99
200 IM	3:17.19	2:55.99	2:47.99	2:31.39	2:28.49	2:13.69	2:20.89	2:04.39
400 IM			5:54.39	5:27.89	5:25.09	4:47.09	5:11.69	4:27.79

No 8 & Under swimmers may swim at the Junior Championship Meet or B Championship Meets. There are no qualifying times for the 8 & Under Championship Meet.
No swimmer may swim the same individual event at the Senior Championship, 14 & Under Championship, Junior Championship, and/or the B Championship Meets.
Swimmers may only swim the event at one Championship Meet.

JUNIOR CHAMPS

MARYLAND SWIMMING
2025 MARYLAND LSC SHORT COURSE CHAMPIONSHIPS
2025 QUALIFYING TIMES

EVENT	9 & 10 GIRLS		11 & 12 GIRLS		13 & 14 GIRLS		15 & O GIRLS	
	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	Senior Champs Qualifying Time
	B Champs slower than	Junior Champs slower than						
50 FREE	37.19	31.59	33.29	28.19	32.19	26.29	31.49	25.99
100 FREE	1:23.99	1:10.89	1:12.29	1:01.19	1:09.49	56.79	1:07.99	56.09
200 FREE	3:01.19	2:36.39	2:36.39	2:13.89	2:21.29	2:03.69	2:18.69	2:01.69
500 FREE	7:44.89	6:48.39	6:48.19	5:53.89	6:28.69	5:29.99	6:21.99	5:26.39
1000 FREE						11:13.99		11:11.09
1650 FREE						18:39.69		18:39.59
50 BACK	43.99	37.19	37.39	32.59	35.69	30.99	33.59	29.09
100 BACK	1:34.69	1:20.59	1:22.09	1:09.89	1:15.19	1:04.09	1:13.39	1:03.89
200 BACK			2:51.99	2:31.69	2:34.89	2:17.49	2:31.39	2:17.39
50 BREAST	49.49	42.49	41.99	36.89	40.09	35.49	37.89	33.39
100 BREAST	1:48.99	1:33.39	1:31.19	1:19.99	1:25.69	1:13.89	1:23.69	1:13.79
200 BREAST			3:14.59	2:54.69	2:57.29	2:40.39	2:52.79	2:40.29
50 FLY	43.79	36.09	35.89	30.99	34.69	29.69	33.19	28.69
100 FLY	1:43.09	1:26.69	1:21.59	1:10.29	1:14.89	1:03.59	1:13.39	1:02.69
200 FLY			2:55.29	2:38.29	2:36.89	2:22.39	2:33.49	2:22.29
100 IM	1:35.69	1:20.49	1:22.09	1:09.89	1:17.99	1:04.59	1:14.99	1:03.09
200 IM	3:19.59	2:55.99	2:51.29	2:31.59	2:37.59	2:19.89	2:34.89	2:17.69
400 IM			6:04.79	5:26.99	5:45.59	4:57.39	5:38.49	4:54.29

No 8 & Under swimmers may swim at the Junior Championship Meet or B Championship Meets. There are no qualifying times for the 8 & Under Championship Meet. No swimmer may swim the same individual event at the Senior Championship, 14 & Under Championship, Junior Championship, and/or the B Championship Meets. Swimmers may only swim the event at one Championship Meet.

USA Swimming Motivation Standards: Every 4 years, USA Swimming issues a list of motivational times for each event and age group. These levels are termed B, BB, A, AA, AAA, and AAAA. The motivational times for both short and long course can be found on the USA Swimming website linked [here](#).

IMX/IMR Standards: The IMX and IMR programs are a great way to measure your swimmer's progress through the sport. One goal of our team annually is to increase the number of swimmers achieving IMX (I.M. Extreme) and IMR (I.M. Ready) scores, which are achieved by swimming the full range of events available to their age group.

The events for each age group are as follows:

- 9 - 10 year olds: 100 FL, 100 BK, 100 BR, 200 FR, 200 IM
- 11-12 year olds: 100 FL, 100 BK, 100 BR, 200 IM, and 500 FR
- 13 and Over: 200 FL, 200 BK, 200 BR, 500 FR, and 400 IM

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
							10 & under Girls					
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
2:53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	200 FR-R SCY	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
3:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	200 MED-R SCY	2:15.39 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *

Meet Policies

- Swimmers will be entered in meets according to team needs and individual preferences. All swimmers should plan to swim at least one meet per month, plus the appropriately-leveled end of season championship meet for which they qualify.
- Once your entries have been submitted for a meet, you have committed to participating at the swim meet. You are still required to pay the meet fees even if your swimmer does not swim in the meet.
- **We warm up as a team, we sit as a team, we act as a team, we succeed as a team;** be on time, prepared, and supportive of all Bayside swimmers. Please do not arrive late to warm-ups.
- Anyone qualifying to swim in the finals of events at championship meets is expected to swim in that final.
- In meets where relays have been entered, performance at the meet itself may result in changing relay participants or order. If relays are entered in a meet, please do not leave the site until your swimmer has checked with the coaches regarding possible needs for a relay.

What to bring to a swim meet:

- Swimsuit
- Team cap. Bring an extra cap just in case!
- 2 pairs of goggles just in case one breaks!
- Team t-shirt/ apparel – PLEASE LABEL YOUR ITEMS!!!!
- Warm-ups or sweats to stay warm in between events
- Sharpie to write events on hand/arm
- Water and healthy snacks
- Copy of events in a plastic bag
- Game/book/notebook to keep you occupied.
- Towels



Swimmer Equipment

- **Discovery and Novice:** Long Fins, Kickboard, Pull Buoy, Equipment Bag, Water Bottle, + JUNIOR SNORKEL
- **All other groups:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Equipment Bag, Water Bottle

Bring all equipment in a backpack or mesh bag to every practice. This includes a water bottle, TWO pairs of goggles, suit, towel, and equipment required of your group.

You can purchase equipment from our PPP portal, Amazon, or our Swimoutlet team store:

<https://www.swimoutlet.com/collections/baysideaquatics>

What do I need for practice:

- Suit, Goggles, Cap, Water Bottle, Towel
- Swimmers should wear the same type of goggles they plan to wear in the meets.
- **DO NOT WEAR MEET SUITS TO PRACTICE!** We want those suits to last as long as possible- save them for the meets!
- Bring the required equipment for your group in a mesh bag to all practices. We have a limited amount of extra equipment to lend out if needed.

Please remind swimmers to double check that they have all their equipment at the end of practice.

Please LABEL ALL EQUIPMENT!!! Equipment that is left behind will be placed in the team equipment bin. Swimmers can grab it the next time they are at practice. Coaches will NOT grab equipment left behind.

Volunteer Policy

All swim meets are hosted by volunteers and require a great deal of personnel to run effectively. Bayside Aquatics requires the support of parent volunteers in order to operate effectively. A volunteer point system has been introduced to encourage a fair distribution of these efforts throughout all of its members. The goal of this volunteer point system is to engage swim parents and their families in the program and also to allow some flexibility for families with busy schedules. These volunteer positions, especially officiating, are extremely important in order for our team to continue to be invited to swim meets and if we want to host our own swim meets in the future.

Families will earn one (1) credit for each session of a meet they volunteered. If two family members serve at the same session, they will earn two (2) credits. Service credits may be earned by any member of the family. Volunteer officials will receive five (5) credits for each meet session worked.

For every ten (10) credits earned, families will be rewarded with a \$50 credit on their account.

All club members are responsible for tracking their own points and notifying the club of their participation.

Families can submit the sessions volunteered on Commit under the “Jobs” session.

It is highly encouraged for parents to become officials. Officiating can be a parent’s opportunity to participate in their children’s sport of swimming. There are many ways that a parent can help, and officiating certainly offers the best seat in the house. Swimming requires a strong parental commitment. Accurate timing and fair and equal judging requires trained officials.

Officials

Officials:

Are you interested in becoming an official?

- You do not need to know anything about swimming to become an official! You will learn what you need to know by completing coursework, studying the rule book, and shadowing officials during swim meets.

- All are welcome!

- Certification requirements include a background check, athlete protection training, coursework, and an online test.

Email karen@swimbayside.com if you are interested!

***We would like to begin hosting meets and cannot do this without your support as officials.

○ Officials are needed to run meets!

Due to the growth of our team, we NEED to provide more stroke and turn judges. We would like to have at least ONE OFFICIAL for each of our practice groups. PLEASE VOLUNTEER!!!

Bayside offers a \$50 credit for every 2 sessions you volunteer as an official.

Other Upcoming Dates:

November 8-9, 2025

@ Bowie State University

Sign up [here!](#)



Follow us on:

Facebook: www.facebook.com/baysideaquatics

Instagram: www.instagram.com/bayside_aquatics

Facebook Family Page: <https://www.facebook.com/groups/779134829602260>