

**AMENDED FEBRUARY 14, 2005 TO
ADD 9-10 EVENTS TO PROGRAM
EXTEND ENTRY DEADLINE TO FEB 28**

VSC 10&U Invitational

**Lindsey Joelle Miller Memorial
March 5-6, 2005**

**All profits from the meet will be donated to the
*Lindsey Joelle Miller Memorial Fund***

**Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction #PVI-05-27**

Meet Director Victor Abrahamian

703-370-6001

vscswim@erols.com

Meet Official Trish Portare

703-690-2488

patricia.portare@fcps.edu

Location South Run Recreation Center

Schedule Saturday & Sunday, March 5 & 6, 2005

Warm-up 12:15-12:40 PM 8&U

12:40-1:10 PM 9&10

Events 1:15 PM

25 yard course, 10 lanes, Timed Finals

Eligibility Open to all registered United States Swimming athletes from invited teams. Swimmers should compete at the age attained on the first day of the meet.

Inclusion Policy for Swimmers with a Disability: PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advanced 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.

- Awards** Trophy will be awarded to first place
Medals 2nd to 8th place
Ribbons 9th through 16th,
Participation Ribbon, and Heat Winner ribbon for individual.
Relays Medals 1st through 3rd place
- Individual Events** All 10&U events are timed finals.
- Relay Events** Positive check-in is required for all relays.
Positive check –in will close at 12:40 PM
All Relays are swum slowest to fastest.
There is no limit on the number of relay entries per club.
- Rules** Current USA Swimming rules shall govern the meet.
A swimmer may enter a maximum of 6 individual events
during the entire meet and no more than 3 individual
events per day. **IMPORTANT NOTE: A swimmer may NOT**
enter in the same event twice.
- Scoring** Team and individual scores will not be maintained.
- Warm up** The prescribed Potomac Valley Swimming warm-up
Procedures & safety policies will be followed.
There will be an assigned warm-up lane(s) to each team.
- Supervision** Coaches are responsible for the conduct of their swimmers
and their families, as well as maintaining clean & safe team
areas. **ONLY** Athletes, USA Swimming certified Coaches &
deck officials are permitted on the pool deck. Coaches &
officials are requires to display their valid 2005 USA
Swimming credentials. Parents not working the meet as a
deck official, timer, or other meet position are not permitted
on deck.
- Admission** There is no admission charge.
Meet programs will be made available.
- Officials** All certified officials wishing to volunteer to work this meet
should contact **TRISH PORTARE** by phone or e-mail
No Later Than Tuesday March 1, 2005

Penalties Any club or individual that enters an unregistered athlete, Falsifies an entry in any way, or permits an unregistered Swimmer to represent them, will be fined by PVS the sum \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Entries

1. Please e-mail your entries directly to Bob Hardy rhady2170@aol.com
2. Include in your commlink file one report by name and one by event. Create these reports in Team Manager and save as Word for windows files.
3. The body of your e-mail provide entry numbers (girls, Boys totals). Include contact information (e-mail, phone officials contact).
4. Meet Director is requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that DO NOT receive an acknowledgement should contact Bob Hardy 703-331-2170 (after 6:00pm)

Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download 27mm030505rev.zip) unzip it and then go to team manager/file/import/meet events). To download as a file, you may need in Netscape to right click on the mouse and select "Save Link" and with Microsoft Explorer right click on the mouse and select "Save Target"

Deck entry

Deck entries may be permitted at the Meet Director's discretion.

Deck entries will close at 12:40 PM

Fee \$10.00 per event. Fees are due at the time of registration.

Checks are payable to VSC.

DEADLINE Monday February 28, 2005 by 5:00 PM

Fees Fees for individual events are \$5:00 Relays \$10.00

Each participating club is requested to remit one check to cover the entry fee for the entire team. Do not send cash.

Make checks payable to VSC and mail directly to:

VSC

PO Box 22146

Alexandria, Va. 22304

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March 5 & 6, 2005
At South Run

Warm-up 12:15 – 12:25 PM 8&U
12:25 – 1:00 PM 9&10
Events 1:10 PM

Saturday March 5, 2005

Event #	Event	Event #
Girls	Name	Boys
1	8&U 200 Free Relay	2
3	9&10 200 Free Relay	4
5	6&U 25 Breast	6
7	7&8 25 Breast	8
9	8&U 50 Breast	10
11	9-10 100 Breast	12
13	6&U 25 Back	14
15	7&8 25 Back	16
17	8&U 100 Back	18
19	9-10 50 Back	20
21	6&U 25 Fly	22
23	7&8 25 Fly	24
25	8&U 50 Fly	26
27	9&10 100 Fly	28
29	6&U 25 Free	30
31	7&8 25 Free	32
33	8&U 100 Free	34
35	9-10 50 Free	36
37	8&U 100 IM	38
39	9-10 200 IM	40

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Sunday March 6, 2005

Event # Girls	Event Name	Event # Boys
41	8&U 200 Medley Relay	42
43	9-10 200 Medley Relay	44
45	6&U 25 Free	46
47	7&8 25 Free	48
49	8&U 50 Free	50
51	9-10 100 Free	52
53	6&U 25 Breast	54
55	7&8 25 Breast	56
57	8&U 100 Breast	58
59	9-10 50 Breast	60
61	9-10 100 IM	62
63	6&U 25 Back	64
65	7&8 25 Back	66
67	8&U 50 Back	68
69	9-10 100 Back	70
71	6&U 25 Fly	72
73	7&8 25 Fly	74
75	8&U 100 Fly	76
77	9-10 50 Fly	78
79	9-10 200 Free	80