

**PEAK ALL FREESTYLE MEET**  
**Sponsored by CENTRAL CHESAPEAKE SWIMMING (PEAK)**  
**October 11, 2009**

*Sanctioned by USA Swimming through Potomac Valley Swimming*  
**Sanction #PVC-10-07**

**MEET DIRECTOR:** John Mason  
301-249-5073  
[jmason5073@verizon.net](mailto:jmason5073@verizon.net)

**LOCATION:** [Prince Georges Sports and Learning Complex](#)  
8001 Sheriff Road  
Landover, MD 20785  
301-583-2400

**DIRECTIONS:** From the Capitol Beltway, take Exit 17B (202 West). Turn left at the first light, Brightseat Road. Take first right on to Sheriff Road. The Complex is on the left at the first traffic light

**FACILITY:** 50 meter x 25 yard indoor pool. Eight (8) lanes will be used for competition. Daktronics Timing System with 10 lane scoreboard and Kiefer Wave Eater racing lane lines.

**ELIGIBILITY:** Open to all swimmers registered with USA Swimming Inc. Age on October 11, 2009 will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below. No on-deck registration will be permitted.

The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.

**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 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.

**MEET FORMAT:** Current USA Swimming rules shall govern the meet. All events will be **Timed Finals**. All events will be pre-seeded except for the 500 Freestyle.

The 500 Freestyle will be a positive check-in event. Check-in times for events 29, 30, 31 and 32 will be 12:30 pm.

**Swimmers may enter up to five (5) individual events.** All entry times must have been achieved in USA Swimming sanctioned or approved competition.

Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

**SCHEDULE:**

Session 1	Warm Up: 7:30 am - 8:20 am	Start: 8:30 am
Session 2	Warm Up: 12:30 pm - 12:50 pm	Start: 1:00 pm

**WARM UP:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of the warm-up, including times and lane assignments.

**ENTRIES:** **Deadline for receipt of entries is 5:00PM October 1, 2009.** Entries must be sent by e-mail. The following must be received by October 1: 1) a completed summary sheet 2) a check for the full amount of the entry fees due. Any team not sending entry summary sheet and payment by the date listed above, may not be allowed to compete.

**E-Mail Entries To:** [jmason5073@verizon.net](mailto:jmason5073@verizon.net)

**FEES:** Individual Events \$5.00

**Make Checks payable to: CCS**

**RULES:** The 2009 USA Swimming Code and Rules will apply. Potomac Valley Safety and warm-up procedures will be in effect. In accordance with Potomac Valley Swimming Policy, only those coaches who, at all times, clearly display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.

**PENALTIES:**

1. Penalties for entries using fraudulent and/or non-verifiable entry times:
  - a. Swimmer shall be disqualified from the event entered illegally.
  - b. Club may be fined up to \$100.00 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.
2. Clubs entering swimmers not legally registered with USA Swimming by the deadline date may be fined \$100.00 per swimmer per event entered illegally.

**OFFICIALS:** Meet Referee: Tim Husson  
We ask for your teams help in supplying officials for the meet. Any one in the process of achieving certification through on-deck training is welcome. Contact Tim Husson [thusson@comcast.net](mailto:thusson@comcast.net). Thank you for your help in advance.

**TIMERS:** Participating clubs are required to provide timers in proportion to their entries. The Meet Director will notify the participating clubs of the number of timers they must provide for each session. Central Chesapeake Swimming will provide one timer per lane.

Swimmers must provide their own timer for the 500 Freestyle (Session 2).

**RESULTS:** All results will be posted on the wall in the hallway near the locker room entrance. The results will be posted to the Central Chesapeake Swimming web site [CentralChesapeakeSwimming.com](http://CentralChesapeakeSwimming.com) and the PVS web site at conclusion of the meet.

**GENERAL:** **Swimmer/Spectator Conduct:** Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Sports Complex rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. **The Sports Complex prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.**

**Deck Access:** Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and volunteer staff only will be permitted on the deck during warm-ups and competition. Spectators must remain in the balcony seating area or in the lobby. **THE ADVENTURE POOL WILL NOT BE AVAILABLE DURING THIS MEET EXCEPT FOR ACCESS TO AND FROM THE LOCKER ROOMS.**

**Meet Programs:** Meet programs will be available for purchase at the meet. Coaches and working officials will be provided with free programs.

**Snack Bar:** The Sports Complex will operate a snack bar during the meet.

**ORDER OF EVENTS**  
**Sunday, October 11, 2009**

**Session 1**

Warm-up: 7:30 - 8:20 am    Start: 8:30 am

<b>Girls #</b>	<b>Event</b>	<b>Boys #</b>
1	6 & Under 25 Freestyle	2
3	7-8 25 Freestyle	4
5	9-10 50 Freestyle	6
7	11-12 50 Freestyle	8
9	13 & over 50 Freestyle	10
11	6 & under 50 Freestyle	12
13	7-8 50 Freestyle	14
15	9-10 100 Freestyle	16
17	11-12 100 Freestyle	18
19	13 & over 100 Freestyle	20
21	8 & under 100 Freestyle	22
23	9-10 200 Freestyle	24
25	11-12 200 Freestyle	26
27	13 & over 200 Freestyle	28

**Session 2**

Warm-up: 12:30 - 12:50 pm    Start 1:00 pm

<b>Girls #</b>	<b>Event</b>	<b>Boys#</b>
29	12 & Under 500 Freestyle	30
31	13 & Over 500 Freestyle	32

**Check In time for Events 29-32 is 12:30 pm**

**Summary Of Team Entries**

**All Freestyle Meet  
Host: Central Chesapeake Swimming  
October 11, 2009  
Sanction # PVC-10-**

**Club Entry Summary**

Club Name \_\_\_\_\_

Club Code \_\_\_\_\_

Number of swimmers entered:

Total number of Girls \_\_\_\_\_ Total number of Boys \_\_\_\_\_

Total number of individual events..... \_\_\_\_\_ \* \$5.00 = \_\_\_\_\_

**TOTAL ENTRY FEES** \_\_\_\_\_

Please make check payable to **CCS**

**Person to contact in case questions:**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Phone:** ( ) \_\_\_\_\_ **daytime**

( ) \_\_\_\_\_ **night**

**E-mail** \_\_\_\_\_