

1/19/10: MLK: 13 & O warm up for Saturday & Sunday will start no earlier than 1:50, Events will start no earlier than 3:00.

Fairland #1: No changes to start times

Fairland #2: 13 & O warm up for Saturday ONLY will start no earlier than 1:50, Events starting no earlier than 3:00.

PGS & LC: All events for 13 & O only will be positive check in. No change in start times.

1/15/10 Site changes: RMSC-Rockville, RMSC-Germantown will now be at PGS & LC

DCPR, TIBU & BWST will now be at Fairland #1

PVS JANUARY OPEN MEET

January 23-24, 2010

Sanctioned by USA Swimming
through Potomac Valley Swimming

Sanction # PVS-10-31

Hosted for Potomac Valley Swimming by:

Rockville Montgomery Swim Club, Machine Aquatics, Fairland Aquatics and Fort Belvoir Swim Team

Meet Director:	<u>RMSC</u> Christa Krukiel 240-777-8074 Christa.Krukiel@montgomerycountymd.gov	<u>Machine Aquatics</u> Paris Jacobs 703-391-2077 paris@machineaquatics.com	<u>Fairland Aquatics</u> Manga Dalizu 240-456-0103 fairlandswim@comcast.net	<u>Fort Belvoir Swim Team</u> Sam Burgi 619-212-9853 sburgi@fbswim.org
Meet Location:	<u>MLK, Jr Swim Center</u> 1201 Jackson Road Silver Spring, MD 240-777-8060	<u>Prince Georges Sports & Learning Complex</u> 8001 Sheriff Road Landover, MD 301-583-2400	<u>Fairland Aquatic Center #1</u> 13820 Old Gunpowder Rd Laurel, MD 20702 301-362-6060	<u>Fairland Aquatic Center #2</u> 13820 Old Gunpowder Rd Laurel, MD 20702 301-362-6060
Meet Referee:	Donna Considine 410-531-5521 donnaconsidine@verizon.net	Scott Robinson 703-421-1115 Scott.Robinson@cox.net	Name Phone number Email address	Name Phone number Email address
Club Officials Chairman:	Allan Anderson 301-977-0110 allander@rcn.com	Scott Robinson 703-421-1115 Scott.Robinson@cox.net		Mark Wainwright 703-360-2170 wainwrightmd@yahoo.com

Meet Schedule

Session	Warm-up Time	Event Start Time
Saturday & Sunday 11-12 year olds	6:30-7:20 am	7:30 am
Saturday & Sunday 9-10 year olds	10:30-11:10 am	11:20 am
Saturday & Sunday 13 & overs	1:20-2:20 pm	2:30 pm
Note: The Meet Director and PVS Admin office will determine if the session start times or check in times will need to be adjusted based upon the number of entries received.		

- Eligibility: Open to all registered Potomac Valley Swimming athletes. The January Open is also open to registered athletes of invited USA

Swimming clubs. Clubs interested in participating should request an invitation from the PVS General Chairman, Greg York at

GenlChr@pvswim.org.

Swimmers shall compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.

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 athlete's coach) is also responsible for notifying the session's deck referee of any disability prior to the competition.

- Rules: Current USA Swimming rules shall govern the meet. All events are timed finals.

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For [additional information](#) including the use of modesty wear under swimsuits, see the [USA Swimming website](#).

A contestant may enter no more than THREE events per day or SIX events during the meet.

- Officials: Each participating club is requested to provide at least one table worker and/or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes. Certified Officials wishing to volunteer to work should contact the appropriate Club Officials Chairman prior to January 12.
- Timers: Participating clubs are required to provide timers in proportion to their entries. One timer is required for each 25 entries, all timers should sign up at the computer table prior to the start of the meet. Host clubs are required to provide one timer per lane.
- Supervision: Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
- Programs: Programs will be made available for each session at \$2.00 each. Working officials and coaches receive a free program.
- Awards: Ribbons will be provided to the top 8 swimmers for all 12 & Under events.

Meet Entry Procedures

- All entries should be submitted using Hy-Tek Team Manager and email directly to the Meet Director.
- Events for this meet can be downloaded at
- Please include in the email subject heading "2010 PVS JAN Open - *****" with your clubs name and site (if your club submits multiple entries). Also include the number of
- Two Team Manager meet entry reports (saved in Word) must also be sent. One by swimmer, and one by event.
- Meet Directors are requested to acknowledge receipt by return email within 24 hours of receiving entries.
- No fax or phone entries will be accepted.
- REMINDER: Entry fees are due with each club's meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted for future meets until all entry fees are paid in full by the club to the Meet Director.

Entry Fees

- Individual events are \$3.50 each
- Each Club is requested to remit one check to cover the entry fee for the entire team, made payable to "Potomac Valley Swimming" and mailed USPS to the appropriate Meet Director
- Include the club name if not a club check and note the number of entries
- No cash will be accepted

Late/Deck Entries

- Deck entries are \$10.00 per individual event
- All deck entries must be submitted to the Meet Director at least 45 minutes prior to the first event of each session.
- Swimmers will be entered into open lanes in the existing heats on a first come, first served basis.

- The Meet Director reserves the right to deny any Deck entries if the event/meet is significantly over subscribed.
- Evidence of current USA-S registration will be required for all deck entries. This can be done by presenting a copy of your USA-S athlete registration card.

Entry Deadline

The Meet Director must receive all entries for this meet no later than:
5:00 pm, Tuesday January 12, 2010

This date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Please check with your club for the entry deadline information.

Send Entries to:	MLK Christa Krukiel Montgomery Aquatic Center 5900 Executive Boulevard Rockville, MD 20852-2756 240-777-8074 Christa.Krukiel@montgomerycountymd.gov	PGS & LC Paris Jacobs 2314 Toddsbury Place Reston, VA 20191 571-238-7657 paris@machineaquatics.com	Fairland #1 Manga Dalizu 9518 Haddaway Place Laurel, MD 20723 240-456-0103 fairlandswim@comcast.net	Fairland #2 Sam Burgi 3736 Mary Evelyn Alexandria, VA 22309 619-212-9853 sburgi@fbswim.org
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Locations

To divide entries as practical, teams have been assigned as follows.

NOTE: Once all entries have been received by the Meet Directors, the assignment of clubs will be review by the PVS Office and may be adjusted in order to maintain a reasonable balance between the all sites.

MLK		PGS&LC		FAIRLAND #1		FAIRLAND #2	
RMSC	DCPR	MACH	YORK	FAST	AAC	FBST	FGAC
JFD	TIBU	PGKS	PEAK	HACC	OCCS	CUBU	RIPS
PM	JCCW	MSSC	ASA	SDS	MAKO	ERSC	BWST
BTSC		CUBU-PG	RMSC- Rockville	MAKO	FISH		
		RMSC- Germantown		TIBU	BWST		
					DCPR		

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 assignment.

Positive Check-in

- All events 200 yards or longer will be positive check in. The meet Director will determine if positive check-in will be necessary for all events in order to maintain manageable timelines.
- Athletes who check into a deck-seeded event, have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the referee before the event takes place.

Events

Saturday, January 23

11-12 Year Old Swimmers

Warm-up 6:30-7:20 am Events 7:30 am

Women Event #	Events	Men Event #
1*	11-12 200yd Breaststroke	2*
3	11-12 50yd Backstroke	4
5*	11-12 200yd Individual Medley	6*
7	11-12 100yd Butterfly	8

9	11-12 50yd Breaststroke	10
11	11-12 100yd Freestyle	12
13*	11-12 200yd Backstroke	14*
15*	11-12 500yd Freestyle	16*
* positive check by 7:00 am (or 30 minutes after warm up begins) Meet manager, with concurrence of PVS, has the right to make all events positive check in order to manage timelines		

Events
Sunday, January 24
11-12 Year Old Swimmers

Warm-up 6:30-7:20 am Events 7:30 am

Women Event #	Events	Men Event #
41	11-12 50yd Butterfly	42
43*	11-12 200yd Freestyle	44*
45	11-12 100yd Breaststroke	46
47	11-12 100yd Backstroke	48
49	11-12 50yd Freestyle	50
51	11-12 100yd Individual Medley	52
53*	11-12 200yd Butterfly	54*
* positive check by 7:00 am (or 30 minutes after warm up begins) Meet manager, with concurrence of PVS, has the right to make all events positive check in order to manage timelines		

Events
Saturday, January 23
9-10 Swimmers

Warm-up 10:30-11:10 am Events 11:20 am

Women Event #	Events	Men Event #
17	9-10 50yd Backstroke	18
19*	9-10 200yd Individual Medley	20*
21	9-10 100yd Butterfly	22
23	9-10 50yd Breaststroke	24
25	9-10 100yd Freestyle	26
27*	9-10 500yd Freestyle	28*
* positive check by 11:00 am (or 30 minutes after warm up begins) Meet manager, with concurrence of PVS, has the right to make all events positive check in order to manage timelines		

Events
Sunday, January 24
9-10 Swimmers

Warm-up 10:30-11:10 am Events 11:20 am

Women Event #	Events	Men Event #
55	9-10 50yd Butterfly	56
57*	9-10 200yd Freestyle	58*
59	9-10 100yd Breaststroke	60

61	9-10 100yd Backstroke	62
63	9-10 50yd Freestyle	64
65	9-10 100yd Individual Medley	66
* Positive check by 11:00 am (or 30 minutes after warm up begins). Meet manager, with concurrence of PVS, has the right to make all events positive check in order to manage timelines		

Events
Saturday, January 23
13 & Over Swimmers

Warm-up 1:20-2:20 pm Events 2:30 pm

Women Event #	Events	Men Event #
29	13 & Over 100yd Backstroke	30
31*	13 & Over 200yd Individual Medley	32*
33*	13 & Over 200yd Butterfly	34*
35	13 & Over 100yd Breaststroke	36
37	13 & Over 50yd Freestyle	38
39*	13 & Over 500yd Freestyle	40*
* positive check by 1:50 pm (or 30 minutes after warm up begins) Meet manager, with concurrence of PVS, has the right to make all events positive check in order to manage timelines		

Events
Sunday, January 24
13 & Over Swimmers

Warm-up 1:20-2:20 pm Events 2:30 pm

Women Event #	Events	Men Event #
67*	13 & Over 200yd Freestyle	68*
69	13 & Over 100yd Butterfly	70
71*	13 & Over 200yd Breaststroke	72*
73*	13 & Over 200yd Backstroke	74*
75	13 & Over 100yd Freestyle	76
77*	13 & Over 400yd Individual Medley	78*
* Positive check by 1:50 pm (or 30 minutes after warm up begins). Meet manager, with concurrence of PVS, has the right to make all events positive check in order to manage timelines		