

MARCH MADNESS MEET IN APRIL
April 16-18 2010
Sponsored by YORK Swimming

Sanctioned by USA Swimming through
Potomac Valley Swimming
PVI-10-51

Invited teams are AAC, ASA, FBST, HACC, MACH, OCCS, PM, RIPS, SDS,
TIBU, and YORK,

Meet Location:	Oak Marr Recreation Center 3134 Jermantown Road Oakton, VA 22124
Facility:	<p>Oak Marr is a 50-meter pool with 21 short course lanes. 15 lanes will be used for competition. 11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses. Finals sessions will be swum in one course. Continuous warm-up/and warm down lanes will be available throughout the meet.</p> <p>The measurement for Oak Marr in the fixed wall configuration is "certified" at 25 yards.</p> <p>"Special Note: Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. The Meet Manager reserves the right to limit entries to enforce this policy. Spectators are not allowed on the pool deck and seating is limited." <u>NO SNACK BAR WILL BE AVAILABLE AT THIS MEET.</u></p>
Meet Manager:	Nancy Monaghan nancy@yorkswim.com 14904 Kamputa Drive Centreville, VA 20120
Meet Referee:	Jim Thompson jimthompson5802@aol.com
Schedule:	11 & Older - Prelims Warm-up: 7:00-7:50 AM Events: 8:00 AM 8 & U & 9-10 Timed Finals Warm-up: 1:00-1:30 PM Events: 1:45 PM 11 & Older Finals (Fri.&Sat. Only) Warm-up: 5:00-5:50 PM Events: 6:00 PM

Warm-Ups:	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. Note: The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.
Eligibility:	<u>Open to all USA Swimming registered swimmers from the invited teams who have a NO FASTER THEN time as stated in the announcement.</u> PVS Teams – AAC, ASA, FBST, HACC, MACH, OCCS, PM. RIPS, SDS, TIBU, and YORK Athletes shall compete at the age attained on the first day of the meet. Contestant may enter a maximum of seven (7) individual events and may not participate in more than three (3) individual events per day. Any swimmer who qualified for any final events in a championship meet in March is not eligible to swim that event in this meet. This will be strictly enforced.
Competition Rules:	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 . A determination whether to do so will be made shortly after entries for this meet have been processed. Current USA Swimming rules shall govern the meet. No on-deck USA-S registration will be permitted. Top sixteen (16) 11-12's, 13-14's & Senior qualifiers from prelims on Friday and Saturday swim in finals. Order of Finals is B, A. Sunday is times finals only. All Relays are timed finals, swum in the prelims. 11 & Older Boys and all 8 & U's will swim in the seven (7) lane pool. 11 & Older girls and all 9-10's will swim in the eight (8) lane pool. Everyone will swim in the eight-lane pool closest to the diving boards for finals.
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.
Relays:	Teams may enter ONLY two (2) relays per event.
Scoring:	Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 16, 14, 12, 10, 8, 6, 4,

	2
Awards:	Medals 1st through 8th place Ribbons for 9 th through 16th for individual events and Ribbons 1st through 3rd place for relays. <i>Special Silicone caps will be given to the winner of each individual event.</i>
Officials:	Officials assigned to this meet should sign in at the recording table 10 minutes before the start of the warm-ups. Certified officials who have not been contacted and would like to volunteer should contact Jim Thompson at 703-435-3124 or jimthompson5802@aol.com , or speak with the deck referee at the meet.
Entries:	<ul style="list-style-type: none"> • Teams must enter on computer disk (Hy-Tek). Please send two disks. Include one meet entry report by swimmer and one report by event. • Submit the Hy-Tek commlink II file with an "entry cover sheet". Attach the team manager meet entry report files, one by swimmer and one by event. Include the name, phone number, and email address of club representative submitting the disk. • Attach the "meet entries" export file from Hy-Tek Meet Manager. Also attach a meet entry report by swimmer and a meet entry report by event. Create these reports in Team Manager and save as Word for Windows files. • In body of e-mail, give entry numbers (girls, boys, relays, total) and contact information (e-mail, phone, officials contact). • Submit entries to the Meet Manager, Nancy Monaghan at nancy@yorkswim.com . In the subject heading please indicate "2010 March Madness in April ### with the club's initials substituted in place of the number symbols. If the club is submitting entries from more than one location, please add the location to the heading with the club initials. <u>Check payments must be received at the address listed prior to the start of the meet.</u> • Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgment should contact the Meet Director by other than e-mail to confirm receipt. <p>Before preparing your entries, events for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events).</p>
Fees:	Fees for individual events are \$5.00; relay events are \$12.00. There will be a \$2.00 surcharge per entered athlete payable with meet entry fee. Each club is requested to remit one check to cover the entry fees for the entire team. Late (deck) entries are

	\$10.00 per individual event and must be submitted no later than 30 minutes prior to the first event of each session. Evidence of current USA-S registration will be required for deck entries. This can be done by presenting a copy of the athlete's USA-S athlete registration card.
Checks:	MAKE CHECKS PAYABLE TO: " YORK SWIM CLUB ".
Entry Deadline:	All entries must be received no later than 5:00 PM, Tuesday April 6, 2010 Important: The above 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. Check with your club for this information.
Mail Entries to:	Nancy Monaghan 14904 Kamputa Drive Centreville, VA 20120 : Email: nancy@yorkswim.com

March Madness Meet IN APRIL

Friday April 16,2010
11 and Older Prelim Session
Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #	Event	Boys Event #
1	11-12 200 Free	2
3	13-14 200 Free	4
5	Senior 200 Free	6
7	11-12 50 Breast	8
9	13-14 50 Breast	10
11	Senior 50 Breast	12
13	11-12 100 Fly	14
15	13-14 100 Fly	16

17	Senior 100 Fly	18
19	11-12 100 IM	20
21	13-14 100 IM	22
23	Senior 100 IM	24
25*	12 & under 500 free	26*
27*	13-14 500 free	28*
29*	Senior 500 free	30*
31*	12 and under 400 IM	32*
33*	13-14 400 IM	34*
35*	Senior 400 IM	36*
<p>Positive Check-in Required for all 200 yard events. Event 1-6 check in time 7:30 am Events 25-36 9:00 am *events 25-36 are time final in the morning</p>		

Saturday, April 17, 2010
11 and Older Prelim Session
Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #	Event	Boys Event #
37@	11-12 200 Medley Relay	38@
39@	13-14 200 Medley Relay	40@
41@	15-18 200 Medley Relay	42@
43	11-12 100 Back	44
45	13-14 100 Back	46
47	Senior 100 Back	48
49	11-12 50 Fly	50
51	13-14 50 Fly	52

53	Senior 50 Fly	54
55	11-12 100 Breast	56
57	13-14 100 Breast	58
59	Senior 100 Breast	60
61	11-12 50 Free	62
63	13-14 50 Free	64
65	Senior 50 Free	66
@ All Relays will swim in the prelims session.		

Saturday, April 18, 2010
9-10 AND 8 & Under Timed Final Session
Warm-up: 1:00 PM Events: 1:45 PM

Girls Event #	Event	Boys Event #
67	8 & U 100 Medley Relay	68
69	9-10 200 Medley Relay	70
71	8 & Under 100 Free	72
73*	9-10 200 Free	74*
75	8 & Under 50 Breast	76
77	9-10 100 Breast	78
79	8 Year Old 25 Back	80
81	9-10 50 Back	82
83	8 & Under 50 Fly	84
85	9-10 100 Fly	86
87	8 Year Old 25 Free	88
89	9-10 50 Free	90

***POSITIVE CHECK
IN FOR 200 FREE
BY 1:25PM**

11 and Older Timed Final Session
ALL EVENTS ARE TIMED FINALS ON SUNDAY
Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #	Events	Boys Event #
91	11-12 200 Free Relay	92
93	13-14 200 Free Relay	94
95	15-18 200 Free Relay	96
97	11-12 200 IM	98
99	13-14 200 IM	100
101	Senior 200 IM	102
103	11-12 50 Back	104
105	13-14 50 Back	106
107	Senior 50 Back	108
109	11-12 100 Free	110
111	13-14 100 Free	112
113	Senior 100 Free	114
Positive Check-in Required for all 200 yard events.		

**POSITIVE
CHECK IN
TIME 7:45A.M.**

Sunday, March 29 2009
9-10 AND 8 & Under Timed Final Session
Warm-up: 1:00 PM Events: 1:45 PM

Girls Event #	Event	Boys Event #
115	8 & U 100 Free Relay	116
117	9-10 200 Free Relay	118
119	8 & Under 100 IM	120
121	9-10 100 IM	122
123	7 & Under 25 Fly	124
125	8 Year Old 25 Fly	126
127	9-10 50 Fly	128
129	7 & Under 25 Breast	130
131	8 Year Old 25 Breast	132
133	9-10 50 Breast	134
135	7 & Under 25 Back	136
137	8 & Under 50 Back	138
139	9-10 100 Back	140
141	7 & Under 25 Free	142
143	8 & Under 50 Free	144
145	9-10 100 Free	146