

**2010 EARLY BIRD LONG COURSE SWIM MEET  
MAY 1-2 2010  
SPONSORED BY**

**MARYLAND SUBURBAN SWIM CLUB  
SANCTIONED BY USA SWIMMING THROUGH  
POTOMAC VALLEY SWIMMING  
Sanction # PVC-10-56**

<b>MEET DIRECTOR:</b>	Christopher T. Huott 240-417-5569 <a href="mailto:entries@msscswimming.com">entries@msscswimming.com</a>
<b>MEET REFEREE:</b>	Lynne C. Gerlach 240-286-2319 <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>
<b>MEET LOCATION:</b>	<a href="#">Frank P. Casula Aquatics Center (Fairland Aquatics Center)</a> 13820 Old Gunpowder Road Laurel, MD 20707 301-362-6060
<b>SCHEDULE:</b>	12 & Under Sessions: Warm-up: <b>7:00 – 7:50 AM</b> Events: <b>8:00 AM</b> 13 & Over and Open Sessions: Warm-up: <b>12:00 - 12:50 PM</b> Events: <b>1:00 PM</b>
<b>ELIGIBILITY:</b>	Open to all USA Swimming clubs and registered athletes. This meet has no qualifying times. Athletes shall compete at the age attained on the first day of the meet. An athlete may only compete in his or her own age division.
<b>RULES:</b>	Current USA Swimming rules shall govern the meet. All events are timed finals. A contestant may enter no more than four individual events per day. There will be no deck entries at this meet.
<b>INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY:</b>	PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a> . 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.
<b>WARM-UP:</b>	The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed.

<b>TIMERS:</b>	Participating Clubs are required to provide timers in proportion to their entries. The Meet Director will determine the number of timers per club and lane assignments.
<b>OFFICIALS:</b>	All certified officials wishing to volunteer to work this meet please contact Lynne Gerlach at <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a> prior to April 26. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the recording table at the start of the Warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.
<b>SUPERVISION:</b>	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
<b>ADMISSION:</b>	There is no admission charge. This meet is planned to be a deck seeded meet. If programs are sold at this meet they will be on sale for \$3.00 each. Working officials and coaches receive a free program.
<b>FEES:</b>	Fees for individual events are \$6.00. Remit one check to cover the entry fees for the entire team. Do not send cash. Telephone entries will not be accepted. There will be no deck entries accepted at this meet.
<b>AWARDS:</b>	Ribbons will be awarded for 1st through 8th place in the following age groups: 10&Under and 11-12.
<b>ENTRIES:</b>	<p>Long course entry times will be considered conforming times for this meet. Short course entry times must be designated with a capital letter "Y". These non-conforming times will be seeded after short course times. Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek Commlink file and the Team Manager meet entry report file by Name. The name and phone number of the Club representative submitting the email must be included.</p> <p>INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY delivery to the house address below and will not be accepted by e-mail, unless those swimmers are training with a club and that club is submitting their entries in the required above Hy-Tek format. Clubs submitting by email may submit entries to <a href="mailto:entries@msscswimming.com">entries@msscswimming.com</a>, in the subject heading type, "2010 EARLY BIRD LONG COURSE - ****" with the club's initials substituted in place of the asterisks.</p> <p>Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download "<a href="#">10-56-events.zip</a>" ) and then go to team manager/file/import/meet events to import events.</p> <p>Meet Directors are requested to acknowledge receipt by return e-</p>

	mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.
<b>DEADLINE:</b>	<p>The Meet Director must receive all entries for this meet</p> <p><b>NO LATER THAN 5:00 P.M., TUESDAY, April 20, 2010.</b></p> <p>Important: The above date is the deadline for clubs to submit their entries. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
<b>MAKE CHECKS PAYABLE TO:</b>	<b>MARYLAND SUBURBAN SWIM CLUB</b>
<b>SEND ENTRIES TO:</b>	<p>Maryland Suburban Swim Club  Attn: Christopher T. Huott  P.O. Box 160  Laurel, MD 20725  Attn: Christopher T. Huott  PHONE #: 240-417-5569</p>
<b>CHECK-IN EVENTS:</b>	<p>In all likelihood there will be positive check-in used for this meet. In that case, all events will require positive check-in. Check-in will close 30 minutes before the start of the session for the first 3 strokes and the remaining events will close 60 minutes after the start of the first event of the session.</p> <p>Session 1 events 1-12 close at 7:30 AM and 13-20 at 9:00 AM</p> <p>Session 2 events 21-28 close at 12:30 PM and 29-38 at 2:00 PM</p> <p>Session 3 events 39-50 close at 7:30 AM and 51-58 at 9:00 AM</p> <p>Session 4 events 59-68 close at 12:30 PM and 69-76 at 2:00 PM</p>

**SATURDAY PROGRAM - MAY 1, 2010**  
**WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM**

<b>Girls Event #</b>	<b>12 &amp; Under Saturday Session</b>	<b>Boys Event #</b>
1	10 & under 200 Meter IM	2
3	11-12 200 Meter IM	4
5	10 & under 50 Meter Backstroke	6
7	11-12 50 Meter Backstroke	8
9	10 & under 100 Meter Butterfly	10
11	11-12 100 Meter Butterfly	12
13	10 & under 50 Meter Breaststroke	14
15	11-12 50 Meter Breaststroke	16
17	10 & under 100 Meter Freestyle	18
19	11-12 100 Meter Freestyle	20
All Events will require positive check-in.		

**SATURDAY PROGRAM - MAY 1, 2010**  
**WARM-UP: 12:50 - 1:50 PM      EVENTS: 2:00 PM**

<b>Womens Event #</b>	<b>13&amp;Over Saturday Session</b>	<b>Mens Event #</b>
21	Open 200 Meter IM	22
23	13 -14 100 Meter Backstroke	24
25	15 and Over 100 Meter Backstroke	26
27	Open 200 Meter Butterfly	28
29	13-14 100 Meter Breaststroke	30
31	15 and Over 100 Meter Breaststroke	32
33	13-14 100 Meter Freestyle	34
35	15 and Over 100 Meter Freestyle	36
37	Open 400 Meter Freestyle	38
All Events will require positive check-in.		

**SUNDAY PROGRAM - MAY 2, 2010**  
**WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM**

<b>Girls Event #</b>	<b>12Under Sunday Session</b>	<b>Boys Event #</b>
39	10 & under 200 Meter Freestyle	40
41	11-12 200 Meter Freestyle	42
43	10 & under 50 Meter Butterfly	44
45	11-12 50 Meter Butterfly	46
47	10 & under 100 Meter Breaststroke	48
49	11-12 100 Meter Breaststroke	50
51	10 & under 100 Meter Backstroke	52
53	11-12 100 Meter Backstroke	54
55	10 & under 50 Meter Freestyle	56
57	11-12 50 Meter Freestyle	58
All Events will require positive check-in.		

**SUNDAY PROGRAM - MAY 2, 2010**  
**WARM-UP: 12:50 - 1:50 PM EVENTS: 2:00 PM**

<b>Womens Event #</b>	<b>13&amp;Over Sunday Session</b>	<b>Mens Event #</b>
59	13 -14 200 Meter Freestyle	60
61	15 and Over 200 Meter Freestyle	62
63	13-14 100 Meter Butterfly	64
65	15 and Over 100 Meter Butterfly	66
67	Open 200 Meter Breaststroke	68
69	Open 200 Backstroke	70
71	13-14 50 Meter Freestyle	72
73	15 and Over 50 Meter Freestyle	74
75	Open 400 Meter IM	76
All Events will require positive check-in.		