

CHRISTMAS CHAMPIONSHIPS 2010
DECEMBER 3-5, 2010
SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

Sanctioned by the United States Swimming
through Potomac Valley Swimming
Sanction # PVC-11-25

MEET DIRECTOR	Christopher T. Huott 240-417-5569 entries@msscswimming.com
MEET REFEREE	Lynne Gerlach 240-286-2319 gerlach@msscswimming.com
MEET LOCATION	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 301-362-6060 8 lanes, 25 yards The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
MEET GOAL	This meet will now be a championship meet for all athletes. See rules for more on the new format.
SCHEDULE	Friday All Age - Timed Finals: Warm-up: 4:30 - 5:20 PM Events: 5:30 PM Saturday & Sunday 11&Over - Prelims Sessions: Warm-up: 7:00 - 7:50 AM Events: 8:00 AM Dual Course 10&Under - Timed Finals Sessions: Warm-up: 12:30 - 1:20 PM Events: 1:30 PM 11&Over - Finals Sessions: 4:30 - 5:20 PM Events: 5:30 PM Two courses may be used simultaneously for the morning 11&Over sessions: one for Girls, and one for Boys. Two courses may also be used for the Friday and 10&Under sessions if

	needed.
ELIGIBILITY	Open to all USA Swimming registered athletes. Teams outside the LSC should contact the head meet director for a formal invitation to compete in this meet. Upon receiving an invitation all entries from that club will be accepted. 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.
RULES	<p>Current USA Swimming rules shall govern the meet. All athletes will swim together in the preliminary sessions. However, athletes will be broken out into two separate finals heats one heat will be for those swimmers whose entry time for the meet is faster than the listed times. The other finals heat will be for those swimmers whose entry times are not faster than the listed times. All Friday events, 10 & Under and 8 & Under events are timed finals as well as the 11-12 year old events of 200 Butterfly, 200 Backstroke and 200 Breaststroke. All other events will have an A and B Final. The "A" Final will be the faster than final and the "B" Final will be the no faster than final. The A Final will be swum first. A contestant may enter no more than three events per day and eight events over the course of the meet. SEED TIMES SHOULD BE SUBMITTED AS SHORT COURSE YARDS ONLY.</p> <p>The 2010 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.</p> <p>Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. 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. For additional information, see the USA Swimming information.</p> <p>The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition and cool down periods.</p> <p>The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.</p> <p>No On-Deck USA-S Registrations will be permitted.</p>
"SCRATCH" POLICY	If you do not wish to swim in the Final, you may "Scratch" from the event by

	<p>following the proper procedure:</p> <ul style="list-style-type: none"> • You must fill out and sign a Scratch Slip within 30 minutes of the announcement of qualifiers for "A" finals or "B" finals, if scheduled to swim. • You may declare your intent to "scratch." You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must confirm this intent on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically scratched. • If an athlete fails to properly scratch from an event and does not appear for the Final event, they "shall be barred from further competition for the remainder 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 welcome 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.
WARM-UP	The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed.
AWARDS	Individual Awards: Medals will be awarded to first - eighth place finishers in both the "A" and "B" final.
TIMERS	Participating Clubs are required to provide a minimum of one timer, or other working Official, for every 25 entries. The Deck Meet Director will determine the number of timers per club and lane assignments. The Host Club is required to provide one timer per lane.
OFFICIALS	All certified officials wishing to volunteer to work this meet please contact the MSSC Officials Chairperson, Lynne Gerlach, at 240-286-2319 or email gerlach@msscswimming.com prior to November 23 . 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.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.

ADMISSION	There is no admission charge. The meet program will be sold for \$12.00. This program will include free coupons for the each of the finals sessions. Programs for the 10&Unders sessions will also be sold separately for \$3.00 per session. Working officials and coaches receive a free program.
NOTE	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatics Center and Maryland Suburban Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
FEES	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.
ENTRIES	<p>Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek team entry file, The Team Manager Meet Entry Report file (SWIMMER'S NAME REPORT) and a report of the entry information. Vital information for the entry report should include, in the body of email, the number of Male swimmers and their entry total, number of Female swimmers and their entry total, total entries submitted and the amount owed. The name and phone number of the Club representative submitting the email must be included. INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY delivery to the address shown 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 entries@msscswimming.com, in the subject heading type, "CHRISTMAS CHAMPIONSHIPS 2010 - *****" 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 ??????.zip now posted), 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 as" and with Microsoft Explorer right click on the mouse and select "Save Target As"</p> <p>Meet Directors are requested to acknowledge receipt by return e-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.</p> <p>In the event the meet is oversubscribed, entries will be returned to teams that submitted their entries last.</p>
WARNING	Any Club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00 and no further entries will be accepted from that Club until the said fine has been paid.
DEADLINE	The Meet Director must receive all entries for this meet NO LATER THAN TUESDAY, November 23, 2010.

	Important: The above date is the deadline for clubs to submit their entries to the Meet Director. Clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.
MAKE CHECKS PAYABLE TO	MARYLAND SUBURBAN SWIM CLUB
SEND CHECK TO:	Maryland Suburban Swim Club P O Box 160 Laurel, Maryland 20725 Christopher T. Huott PHONE #: 240-417-5569
NOTE:	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Aquatic Center and Maryland Suburban Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

This meet is for all swimmers! See rules section for more information.

Time Standards are used for grouping swimmers into two separate tiers.

TIMED FINALS SESSION
FRIDAY PROGRAM - DECEMBER 3, 2010
WARM-UP: 4:30 - 5:20 PM EVENTS: 5:30 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	TIMED FINALS SESSION ALL AGE EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
1	6:01.00S	11-12 yr old 500 Yd Freestyle	6:00.00S	2
3	5:27.00S	13-14 yr old 500 Yd Freestyle	5:16.00S	4
5	5:15.00S	15&Over 500 Yd Freestyle	4:54.00S	6
7	3:05.00	10&Under 200 Yd IM	3:05.90	8
9	2:36.20	11-12 yr old 200 Yd IM	2:37.60	10
11	5:00.00	13-14 yr old 400 Yd IM	5:00.80	12
13	4:42.00	15&Over 400 Yd IM	4:22.10	14
15	19:05.00T	13-14 yr old 1650 Yd Freestyle	18:19.00T	16
17	18:56.00T	15&Over 1650 Freestyle	17:00.00T	18
<p style="text-align: center;">All Events for the Friday Timed Finals Session will require positive check-in. S - times Slower than 8:00.00 will not be entered in the 500 Freestyle T - ONLY the Top 16 swimmers for each gender will swim.</p>				

Do not enter athletes with times slower than 21:30.00 for the 1650.

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Time Standards are used for grouping swimmers into two separate tiers.

MORNING PRELIMS SESSION
SATURDAY PROGRAM - DECEMBER 4, 2010
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	11&OVER EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
19	2:18.30	11-12 - 200 Yd Freestyle	2:18.80	20
21	2:06.50	13-14 - 200 Yd Freestyle	2:02.00	22
23	1:59.00	15&Over - 200 Yd Freestyle	1:49.00	24
25	32.50	11-12 yr old 50 Yd Butterfly	32.60	26
27	1:07.00	13-14 100 Yd Butterfly	1:05.00	28
29	1:02.20	15&O 100 Yd Butterfly	57.00	30
31	*5:36.10	12&Under 400 Yd IM	*5:28.90	32
33	1:22.80	11-12 yr old 100 Yd Breaststroke	1:22.40	34
35	2:44.90	13-14 200 Yd Breaststroke	2:39.30	36
37	2:37.80	15&O 200 Yd Breaststroke	2:24.00	38
39	1:13.50	11-12 yr old 100 Yd Backstroke	1:13.60	40
41	2:25.00	13-14 200 Yd Backstroke	2:22.10	42
43	2:16.00	15&O 200 Yd Backstroke	2:05.60	44
45	28.80	11-12 yr old 50 Yd Freestyle	29.00	46
47	27.20	13-14 50 Yd Freestyle	25.90	48
49	25.80	15&O 50 Yd Freestyle	23.30	50
51	1:12.60	11-12 100 Yd IM	1:12.40	52
53	*2:52.00	12&Under 200 Yd Butterfly	*2:50.30	54
* TIMED FINALS EVENTS				

AFTERNOON TIMED FINALS SESSION
SATURDAY PROGRAM – DECEMBER 4, 2010
WARM-UP: 12:30 - 1:20 PM EVENTS: 1:30 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	10&UNDER EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
55	2:46.00	10&Under 200 Yd Freestyle	2:43.00	56
57	NT	8&Under 50 Yd Freestyle	NT	58
59	38.00	10&Under 50 Yd Butterfly	38.60	60
61	NT	8&Under 25 Yd Butterfly	NT	62
63	1:35.50	10&Under 100 Yd Breaststroke	1:36.40	64
65	1:26.60	10&Under 100 Yd Backstroke	1:27.00	66
67	33.00	10&Under 50 Yd Freestyle	33.00	68
69	NT	8&Under 25 Yd Freestyle	NT	70

This meet is for all swimmers! See rules section for more information.

Time Standards are used for grouping swimmers into two separate tiers.

MORNING PRELIMS SESSION
SUNDAY PROGRAM - DECEMBER 5, 2010
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	11&OVER EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
71	2:23.80	13-14 200 Yd IM	2:17.70	72
73	2:15.80	15&O 200 Yd IM	2:05.00	74
75	34.00	11-12 yr old 50 Yd Backstroke	34.00	76
77	1:07.20	13-14 100 Yd Backstroke	1:05.00	78
79	1:03.40	15&O 100 Yd Backstroke	57.80	80
81	*3:02.20	12&Under 200 Yd Breaststroke	*3:02.20	82
83	1:15.00	11-12 yr old 100 Yd Butterfly	1:15.00	84
85	2:28.60	13-14 200 Yd Butterfly	2:25.00	86
87	2:18.80	15&O 200 Yd Butterfly	2:04.00	88
89	37.80	11-12 yr old 50 Yd Breaststroke	38.00	90

91	1:16.60	13-14 100 Yd Breaststroke	1:12.50	92
93	1:12.40	15&O 100 Yd Breaststroke	1:06.00	94
95	1:03.60	11-12 yr old 100 Yd Freestyle	1:03.60	96
97	58.60	13-14 100 Yd Freestyle	55.30	98
99	55.45	15&O 100 Yd Freestyle	50.30	90
101	*2:41.00	12&Under 200 Yd Backstroke	*2:45.00	102
* TIMED FINALS EVENTS				

AFTERNOON TIMED FINALS SESSION
SUNDAY PROGRAM - DECEMBER 5, 2010
WARM-UP: 12:30 - 1:20 PM EVENTS: 1:30 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	10&UNDER EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
103	39.00	10&Under 50 Yd Backstroke	38.80	104
105	NT	8&Under 25 Yd Backstroke	NT	106
107	1:35.00	10&Under 100 Yd Butterfly	1:36.00	108
109	43.40	10&Under 50 Yd Breaststroke	43.40	110
111	NT	8&Under 25 Yd Breaststroke	NT	112
113	1:14.60	10&Under 100 Yd Freestyle	1:14.00	114
115	1:22.80	9-10 100 Yd IM	1:24.00	116
117	NT	8&Under 100 Yd IM	NT	118