

5/19: Friday warm up 3:00-4:10 pm, Events 4:14 pm



Speedo presents the
5th annual

Machine Long Course Classic

May 20-22nd, 2011

Sponsored by Machine Aquatics Swim Team

Sanctioned by USA Swimming through Potomac Valley Swimming PVC-11-66

Meet Director / Meet Referee	Paris Jacobs 2314 Toddsbury Place Reston, Va 20191 571-238-7657	Scott Robinson- Meet Referee officials@machineaquatics.com
Location	<p><u>Takoma Aquatic and Community Center</u> 300 Van Buren St, NW Washington, DC 20011 202-576-9284, 202-576-9285</p> <p>1 8 lane- 50M course will be used. Lanes are 7 feet wide, 4.5' at the starting end and 13.5' at the turning end. Kiefer lanes and starting blocks are at the deepest ends of the course. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard.</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).</p>	
Schedule	<p><u>Friday, May 20th, 2011-</u></p> <p>4:00- 5:00pm- Warm up/ Competition- 5:10pm</p> <p>3:00-4:10 Warm Up/ Competition – 4:15 pm</p> <p><u>Saturday, May 21st & May 22nd, 2011-</u></p> <p>13 & Over 6:00- 7:15am/ Competition- 7:20am</p> <p>12 & Under- 1:20- 2:30pm/ Competition- 2:35pm</p> <p>** Warm Up/ Competition time may be adjusted after entries are received to allow for 2- 10 minute warm up breaks during competition.*</p>	

Entry Deadline	<p>Open to all teams. Priority registration will be given to teams who participated in the 2010 Machine LC Classic.</p> <p style="text-align: center;">ENTRY FILE IS DUE BY 5:00 p.m. TUESDAY, MAY 10th, 2011</p> <p>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.</p>
Rules	<p>Current USA Swimming rules shall govern the meet.</p> <p>Swimmers may compete in 2 events on FRIDAY/ 3 events on SATURDAY & 3 events on SUNDAY for a MAX of 8 events.</p> <p>A contestant may participate in only his or her own age group events</p> <p>Swimmers shall compete at the age attained on the first day of the meet. Entries in longer distance events may need to be limited due to time constraints. If necessary, it will be done based on the verifiable proof of entry time.</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>Yard times will be the conforming times for this meet. LCM times will be seeded after SCY times.</p> <p><u>Meet Manager reserves the right to Positive Check-In all events of 200+ yard events in the interest of manageable time lines.</u></p> <p><u>Meet Manager also reserves the right to adjust warm-up times for the 12 & Under sessions after entries have come in.</u></p> <p><u>Dive-over starts will be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</u></p>
Inclusion Policy for Swimmers with a Disability	<p>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 referee of any disability prior to competition.</p>
PVS Check-in Policy	<p>For those events requiring positive check-in, athletes (or coaches for relay events) shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.</p>
Warm-Up	<p>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.</p>
Supervision	<p>Coaches are responsible for the conduct of their Swimmers and Families and for cleaning up their team areas.</p> <p>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</p>

	<p>compliance is the responsibility of the swimmer or the swimmer's legal guardian.</p> <p>Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Working Coaches & deck officials are required to display their 2011 USA Swimming card.</p> <p>Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck.</p>
Admission	There is no admission charge.
Programs	Meet Programs will be available for \$2.00 per session.
Awards	Ribbons will be awarded for 1 st -8 th place individual events per age group. (10 & Under, 11-12, 13- 14, 15 & Over)
Seating	<p>Due to the limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.</p> <p>Personal Chairs <u>will BE permitted</u> on the deck for coaches only.</p> <p>Swimmers will not be permitted to bring chairs on deck.</p>
Warning	Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.
Entries	<p>Entries may be sent via e-mail.</p> <p>Entries should be submitted using Hy-Tek Team Manager.</p> <p>Entry file: Include in the subject of the email, " 2011 Machine LC Classic ****" with the clubs initials in place of the asterisks. Also include training site if your club submits multiple entry files. .</p> <p>Meet Directors are requested to acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director.</p> <p>Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 and no further entries will be accepted from that club until the said fine is paid.</p>
Fees	<p>Fees for individual events are \$7.00 per event.</p> <p>Make checks payable to MACHINE AQUATICS.</p> <p>Mail payment to: Paris Jacobs Machine Aquatics 2314 Toddsbury Place Reston, VA 20191</p> <p>Entry fees are due with entries.</p>
Entry Deadline	<p>Open to all teams. Priority registration will be given to teams who participated in the 2010 Machine LC Classic.</p> <p>ENTRY FILE IS DUE BY 5:00 p.m. TUESDAY, MAY 10th, 2011</p> <p>Submit entries to: paris@machineaquatics.com</p>

	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.
Note	In granting this sanction is it understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Community Center and Machine Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

FRIDAY, MAY 20TH, 2011
WARM UP 4:00- 5:00PM EVENTS: 5:10PM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
1	10 & UNDER 50M FREESTYLE	2
3	11-12 50 M FREESTYLE	4
5	13 & OVER 50M FREESTYLE	6
7	10 & UNDER 200M INDIVIDUAL MEDLEY	8
9	OPEN 200M INDIVIDUAL MEDLEY	10
11	13 & OVER 800M FREESTYLE	12

SATURDAY, MAY 21, 2011
13 & OVER SESSION
WARM UP: 6:00- 7:15AM EVENTS: 7:20AM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
13	13 & OVER 200M BACKSTROKE	14
15	13 & OVER 100M FREESTYLE	16
17	OPEN 200M BUTERFLY	18
19	13 & OVER 100M BREASTSTROKE	20
21	OPEN 400M FREESTYLE	22

SATURDAY, MAY 21, 2011
12 & UNDER SESSION
WARM UP: 1:20-2:30PM EVENTS: 2:35PM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
23	10 & UNDER 50M BACKSTROKE	24
25	11-12 50M BACKSTROKE	26

27	10 & UNDER 100M BUTTERFLY	28
29	11-12 100M BUTTERFLY	30
31	10 & UNDER 50M BREASTSTROKE	32
33	11-12 50M BREASTSTROKE	34
35	10 & UNDER 100M FREESTYLE	36
37	11-12 100M FREESTYLE	38

SUNDAY, MAY 22, 2011
13 & OVER SESSION

WARM UP: 6:00- 7:15AM

EVENTS: 7:20AM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
39	13 & OVER 200M FREESTYLE	40
41	13 & OVER 100M BUTTERFLY	42
43	OPEN 200M BREASTSTROKE	44
45	OPEN 100 METER BACKSTROKE	46
47	OPEN 400 INDIVIDUAL MEDLEY	48

SUNDAY, MAY 22, 2011
12 & UNDER SESSION

WARM UP 1:20- 2:30PM

EVENTS 2:35PM

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
49	10 & UNDER 200M FREESTYLE	50
51	11-12 200M FREESTYLE	52
53	10 & UNDER 50M BUTTERFLY	54
55	11-12 100M 50M BUTTERFLY	56
57	10 & UNDER 100M BREASTSTROKE	58
59	11-12 100M BREASTSTROKE	60
61	10 & UNDER 100M BACKSTROKE	62
63	11-12 100M BACKSTROKE	64