

**12/29 – See updated Scratch Policy**

**CHRISTMAS CHAMPIONSHIPS 2011**

**DECEMBER 2-4, 2011**

**SPONSORED BY MARYLAND SUBURBAN SWIM CLUB**

**SANCTIONED BY USA SWIMMING THROUGH POTOMAC VALLEY SWIMMING**

**Sanction # PVC-12-23**

<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 Gerlach 240-286-2319
<b>MEET LOCATION:</b>	<a href="#">Fairland Aquatics Center</a> 13820 Old Gunpowder Road Laurel, MD 20707 301-362-6060 8 lanes, 25 yards; the water depth at both the starting and the turn end ranges from 5" to 6" at the shallow end to 7" to 13" at the deep end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
<b>IMPORTANT NOTE:</b>	This meet is not a qualifying meet for the Tom Dolan Invitational.
<b>SCHEDULE:</b>	<b>Friday - All Ages – Timed Finals:</b> Warm-up 4:30 – 5:20 PM, Events: 5:30 PM  <b>Saturday and Sunday</b> <b>13 and Over – Prelims Sessions:</b> Warm-up: 7:00 – 7:50 AM Events: 8:00 AM  <b>9 -12 years old –Prelims Sessions:</b> Warm-up: 11:00 – 11:50 AM Events: 12:00 PM  <b>8 and under – Timed Finals Sessions:</b> Warm-up: 3:00 – 3:30 PM Events: 3:40 PM  <b>Finals Sessions:</b> Warm-up: 5:00 – 5:50 PM Events: 6:00 PM  <b>NOTE:</b> Two courses, one for girls and one for boys, may be used simultaneously for the morning 13 and Over sessions. The Meet Director reserves the right to modify the warm-up times if necessary.
<b>ELIGIBILITY:</b>	Open to all USA Swimming clubs and registered athletes. Please read Meet Announcement carefully as changes have been made to last year's meet format. <ul style="list-style-type: none"><li>• The cut times listed below are for the purposes of advancing to the final round only.</li><li>• No swimmer faster than the cut times below is guaranteed a spot in the finals</li></ul>

	<p>round; placement in finals is based on the overall standing from the Preliminary Session.</p> <ul style="list-style-type: none"> <li>• The fastest ten (10) swimmers from the 9-10 and the fastest twenty (20) 11-12, 13-14 and 15&amp;Over Preliminary events will advance to finals, limited however to no more than ten (10) swimmers whose entry time into this meet was faster than the cut times listed. This guarantees at least ten (10) swimmers will advance to finals whose entry times into this meet were slower than or equal to the cut times listed below.</li> <li>• 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.</li> </ul>
<p><b>RULES:</b></p>	<p>Current USA Swimming rules shall govern the meet.</p> <ul style="list-style-type: none"> <li>• All Friday night events are Timed Finals</li> <li>• The 1650 yard Freestyle will be swum fast to slow, alternating women's and men's, unless two courses are used.</li> <li>• All 8 &amp; Under events are timed finals.</li> <li>• 12 &amp; Under 200 Butterfly, 200 Backstroke and 200 Breaststroke will be timed final events.</li> <li>• The 9-10 year olds will have one final heat ("A" final). The 11 -12 year olds, 13-14 year olds and 15 &amp; Over swimmers will have an "A" final and a "B" final. The "A" final will be swum first.</li> <li>• A contestant may enter no more than three (3) individual events per day and eight (8) events over the course of the meet.</li> <li>• SEED TIMES SHOULD BE SUBMITTED AS SHORT COURSE YARDS ONLY.</li> </ul> <p>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 <a href="#">Guidance for Dive-Over Starts for Coaches</a>. Officials are requested to review <a href="#">Protocol for Dive-Over Starts</a>.</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>In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS'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>The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for the 12 &amp;U sessions in Rule 205.3.1F.</p> <p><b>No on-deck USA-S registration will be permitted.</b></p>

<b>“SCRATCH” POLICY</b>	<p>If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure:</p> <ol style="list-style-type: none"> <li>1. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” or “B” finals, if scheduled.</li> <li>2. You may declare 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”. <b>If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</b></li> <li>3. 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 of the remainder of the meet.”</li> </ol>
<b>INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY:</b>	<p>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.</p>
<b>WARM-UP:</b>	<p>The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed.</p>
<b>AWARDS:</b>	<p>Individuals Awards: Medals will be awarded to first – tenth place in the “A” and to first – third place in the “B” final. Ribbons will be awarded to fourth - tenth place in the “B” final. The timed finals events will be awarded medals for first – tenth place.</p>
<b>TIMERS:</b>	<p>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. The Host Club is required to provide one timer per lane.</p>
<b>OFFICIALS:</b>	<p>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 November 22nd. Please include your club affiliation, certifications held, and sessions you wish to work. Officials assigned to this meet should sign in at the Officials’ table at the start of warm-up. Certified officials, who have not been contacted, should volunteer their services to the Referee.</p>
<b>SUPERVISION:</b>	<p>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.</p> <p>Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck.</p> <p>Working Coaches &amp; 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. Due to limited deck space, <b>only</b> coaches may have chairs on deck.</p>
<b>ADMISSION:</b>	<p>There is no admission charge. The meet program will be sold \$12.00. The program will</p>

	include coupons for a free program for the finals session. Programs for the 8&Under sessions will also be sold separately for \$3.00 per session. Working officials and coaches will receive a program.
<b>FEES:</b>	Fees for individual events are \$7.00. 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>ENTRIES:</b>	<p>Club entries will be accepted by email. Submission of entries by email must include the following files: the Hy-Tek Commlink II file, The Team Manager Meet Entry Report files (one by SWIMMER and one by EVENT) and an "<a href="#">Entry Cover Sheet</a>." 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 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, CHRISTMAS CHAMPIONSHIPS 2011 - ****" with the club's initials substituted in place of the asterisks. Optional: Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download "<a href="#">?????.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-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>The Meet Director reserves the right to limit entries, require positive check in for any event or use a dual course set up in order to prevent lengthy sessions.</p>
<b>WARNING:</b>	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.
<b>NOTES:</b>	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.
<b>DEADLINE:</b>	<p>The Meet Director must receive all entries for this meet</p> <p><b>NO LATER THAN TUESDAY, NOVEMBER 22, 2011.</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>

**Timed Finals Session**  
**Friday, December 2, 2011**  
**WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM**

Girls Event #	NO FASTER THAN (SCY)	TIMED FINALS SESSION ALL AGES	NO FASTER THAN (SCY)	Boys Event #
1	6:01.00S	11-12 500 yd Freestyle	6:00.00S	2
3	5:27.00S	13-14 500 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	11-12 200 yd IM	2:37.60	10
11	5:00.00	13-14 400 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 1650 yd Freestyle	18:19.00T	16
17	18:56.00T	15&Over 1650 yd Freestyle	17:00.00T	18
<p>All events for Friday are Timed Finals. Session may require positive check-in.            S – Times <b>slower</b> than 8:00.00 will not be entered in the 500 Freestyle.            T – ONLY the Top 16 swimmers from each gender will swim.            Do not enter athletes with times slower than 21:30.00 in the 1650 Freestyle.</p>				

**Morning 13&Over Prelims Session**  
**Saturday, December 3, 2011**  
**WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM**

Girls Event #	NO FASTER THAN (SCY)	13&Over Events	NO FASTER THAN (SCY)	Boys Event #
19	2:06.50	13-14 200 yd Freestyle	2:02.00	20
21	1:59.00	15&Over 200 yd Freestyle	1:49.00	22
23	1:07.00	13-14 100 yd Butterfly	1:05.00	24
25	1:02.20	15&Over 100 yd Butterfly	57.00	26
27	2:44.90	13-14 200 yd Breaststroke	2:39.30	28
29	2:37.80	15&Over 200 yd Breaststroke	2:24.00	30
31	2:22.00	13-14 200 yd Backstroke	2:18.00	32
33	2:14.50	15&Over 200 yd Backstroke	2:03.00	34
35	58.00	13-14 100 yd Freestyle	54.50	36

37	55.00	15&Over 100 yd Freestyle	50.20	38
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**9-10 and 11-12 year old Prelims Session**

**Saturday, December 3, 2011**

**WARM-UP: 11:00 – 11:50 AM EVENTS: 12:00 PM**

<b>Girls Event #</b>	<b>NO FASTER THAN (SCY)</b>	<b>9-10 &amp; 11-12 year old events</b>	<b>NO FASTER THAN (SCY)</b>	<b>Boys Event #</b>
39	2:46.00	10&Under 200 yd Freestyle	2:43.00	40
41	2:18.30	11-12 200 yd Freestyle	2:18.80	42
43	38.00	9-10 50 yd Butterfly	38.60	44
45	32.50	11-12 50 yd Butterfly	32.60	46
47*	5:36.10	12 and Under 400 yd IM	5:28.90	48*
49	1:35.50	10&Under 100 yd Breaststroke	1:36.40	50
51	1:22.80	11-12 100 yd Breaststroke	1:22.40	52
53	1:26.60	10&Under 100 yd Backstroke	1:27.00	54
55	1:13.50	11-12 100 yd Backstroke	1:13.60	56
57	33.00	9-10 50 yd Freestyle	33.00	58
59	28.80	11-12 50 yd Freestyle	29.00	60
61*	2:52.00	12&Under 200 yd Butterfly	2:50.30	62*
* TIMED FINALS EVENTS				

**Afternoon Timed Finals Session**

**Saturday, December 3, 2011**

**WARM-UP: 3:00 – 3:30 PM EVENTS: 3:40 PM**

<b>Girls Event #</b>	<b>NO FASTER THAN (SCY)</b>	<b>TIMED FINALS SESSION ALL AGES</b>	<b>NO FASTER THAN (SCY)</b>	<b>Boys Event #</b>
63	NT	8&Under 50 yd Freestyle	NT	64
65	NT	8&Under 25 Backstroke	NT	66
67	NT	8&Under 25 yd Breaststroke	NT	68
69	NT	8&Under 50 yd Butterfly	NT	70
71	NT	8&Under 100 yd IM	NT	72

**Morning 13&Over Prelims Session**  
**Sunday, December 4, 2011**  
**WARM-UP: 7:00 – 7:50 AM EVENTS: 8:00 AM**

Girls Event #	NO FASTER THAN (SCY)	13&Over Events	NO FASTER THAN (SCY)	Boys Event #
73	2:23.00	13-14 200 yd IM	2:16.00	74
75	2:14.00	15&Over 200 yd IM	2:03.00	76
77	1:07.20	13-14 100 yd Backstroke	1:05.00	78
79	1:03.40	15&Over 100 yd Backstroke	57.80	80
81	2:27.00	13-14 200 yd Butterfly	2:25.00	82
83	2:17.00	15&Over 200 yd Butterfly	2:04.00	84
85	1:16.60	13-14 100 yd Breaststroke	1:12.50	86
87	1:12.40	15&Over 100 yd Breaststroke	1:06.00	88
89	27.20	13-14 50 yd Freestyle	25.90	90
91	25.80	15&Over 50 yd Freestyle	23.30	92

**9-10 and 11-12 year old Prelims Session**  
**Sunday, December 4, 2011**  
**WARM-UP: 11:00 – 11:50 AM EVENTS: 12:00 PM**

Girls Event #	NO FASTER THAN (SCY)	9-10 & 11-12 year old Events	NO FASTER THAN (SCY)	Boys Event #
93	39.00	9-10 50 yd Backstroke	38.80	94
95	34.00	11-12 50 yd Backstroke	34.00	96
97*	3:02.20	12&Under 200 yd Breaststroke	3:02.20	98*
99	1:35.00	10&Under 100 yd Butterfly	1:36.00	100
101	1:15.00	11-12 100 yd Butterfly	1:15.00	102
103	43.40	9-10 50 yd Breaststroke	43.40	104
105	37.80	11-12 50 yd Breaststroke	38.00	106
107	1:14.60	10&Under 100 yd Freestyle	1:14.00	108
109	1:03.60	11-12 100 yd Freestyle	1:03.60	110
111	1:22.80	9-10 100 yd IM	1:24.00	112

113	1:12.60	11-12 100 yd IM	1:12.40	114
115*	2:41.00	12&Under 200 yd Backstroke	2:45.00	116*
* TIMED FINALS EVENTS				

**Afternoon Timed Finals Session**  
**Sunday, December 4, 2011**  
**WARM-UP: 3:00 – 3:30 PM    EVENTS: 3:40 PM**

<b>Girls Event #</b>	<b>NO FASTER THAN (SCY)</b>	<b>TIMED FINALS SESSION ALL AGES</b>	<b>NO FASTER THAN (SCY)</b>	<b>Boys Event #</b>
117	NT	8&Under 50 yd Backstroke	NT	118
119	NT	8&Under 25 yd Freestyle	NT	120
121	NT	8&Under 25 yd Butterfly	NT	122
123	NT	8&Under 50 Breaststroke	NT	124
125	NT	8&Under 100 yd Freestyle	NT	126