

15th Annual
SPRING CHAMPIONSHIPS
MARCH 22-24, 2013
SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING
 THROUGH POTOMAC VALLEY SWIMMING
 Sanction #PVC-13-57

MEET DIRECTOR:	Christopher T. Huott 240-417-5569 entries@msscswimming.com
MEET REFEREE:	Lynne Gerlach 240-286-23190 gerlach@msscswimming.com
OFFICIALS' CHAIR:	Lynne Gerlach 240-286-23190 gerlach@msscswimming.com
MEET LOCATION:	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 301-362-6060 The meet will be swum in an 8 lane course with a water depth of 7'-13' at the start end and 7'-13' at the turn end. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)
TIMING SYSTEM:	Automatic timing (touch pads primary) will be used for this meet.
SCHEDULE:	Friday - All Ages – Timed Finals: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM Saturday and Sunday morning session - 9 - 12 year olds: Warm-up: 7:00 - 7:50 AM, Events: 8:00 AM (50 Minute Warm-up) Saturday and Sunday afternoon sessions - 13 & Over: Warm-up: 12:00 - 12:50 PM Events: 1:00 PM (50 Minute Warm-up). Two courses will be used simultaneously if needed: one for Girls, and one for Boys.

ELIGIBILITY:	Open to all USA Swimming registered athletes. If your club was not in the meet last year please contact the Meet Director to inform us that you plan to participate. 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 events are timed finals. A contestant may enter no more than four individual events and one relay per day.</p> <p>A swimmer may not enter an event that they have entered at the PVS SHORT COURSE CHAMPIONSHIPS. A swimmer who has aged up since March 14, 2013 may not enter an event they were eligible to enter at PVS SHORT COURSE 14 & UNDER JUNIOR OLYMPIC CHAMPIONSHIPS. If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team. A swimmer may also not enter an event if they were eligible to swim that event using a non-conforming (LCM) time at either the PVS SHORT COURSE 14 & UNDER JUNIOR OLYMPIC CHAMPIONSHIPS or the PVS SHORT/LONG COURSE CHAMPIONSHIPS</p> <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 Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</p> <p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race in the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</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>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.</p> <p>The Meet Director and the PVS Technical Committee reserve the right</p>

	<p>to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for the 12 &U sessions in Rule 205.3.1F.</p> <p>No on-deck USA-S registration will be permitted.</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 the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
WARM-UP:	<p>The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed.</p>
AWARDS:	<p>Individual Awards: Medals will be awarded to first - eighth place finishers in each event.</p> <p>Relay Awards: Medals will be awarded to first - third place teams.</p> <p>Team Awards: Teams will be split into three divisions based on team size determined by the clubs registration numbers with USA Swimming. The top three teams in each division will receive trophies for their placement within their division.</p>
SCORING:	<p>Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1</p> <p>Relay Events: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2</p> <p>Teams will be awarded no more than 2 sets of points for a single event.</p>
TIMERS:	<p>Participating clubs are required to provide 1 timer for every 25 entries entered in the meet. Swimmers entered in Events # 15-18 (1650 Yard Freestyle) must provide their own timer.</p>
OFFICIALS:	<p>All certified officials wishing to volunteer to work this meet please contact Lynne Gerlach at gerlach@msscswimming.com by March 16th. 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.</p>
SUPERVISION:	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</p>
NOTES:	<p>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.</p>
ADMISSION:	<p>There is no admission charge. Programs for each session will be available for \$3.00 each. Working officials and coaches receive a free program.</p>

FEES:	Fees for individual events are \$7.00 and \$12.00 per relay. 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 Commlink II 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. INDIVIDUAL OR UNATTACHED ENTRIES WILL ONLY BE ACCEPTED BY delivery to the Post Office Box 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 entries@msscswimming.com, in the subject heading type, "15th Annual SPRING CHAMPIONSHIPS - ****" with the club's initials substituted in place of the asterisks. NO DECK ENTRIES.</p> <p>Optional: Before preparing your entries, events and SCY QT's for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events). This meet events file is available for download at "???.zip".</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>
DEADLINE:	<p>The Meet Director must receive all entries for this meet NO LATER THAN TUESDAY, MARCH 12, 2013.</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>
MAKE CHECK PAYABLE & SEND ENTRIES TO:	<p>Maryland Suburban Swim Club P.O. Box 160 Laurel, Maryland 20725 Attn: Christopher T. Huott</p>
POSITIVE CHECK-IN	All events 200 yards and greater MAY require positive check-in. Please check the positive check-in table upon arrival.

FRIDAY EVENING SESSION - MARCH 22, 2013
WARM-UP: 4:30 - 5:20 PM EVENTS: 5:30 PM

GIRLS EVENT #	NO FASTER THAN (SCY)	ALL AGE EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
1	7:00.00R	9-10 yr old 500 Yd Freestyle	7:00.00R	2
	6:05.00R	11-12 yr old 500 Yd Freestyle	6:02.00R	
3	5:35.00R	13-14 yr old 500 Yd Freestyle	5:18.00R	4
5	5:35.20R	15&Over 500 Yd Freestyle	5:16.00R	6
7	2:58.00	9-10 yr old 200 Yd IM	2:58.00	8
9	2:35.50	11-12 yr old 200 Yd IM	2:35.30	10
11	5:04.00S	14&Under 400 Yd IM	4:50.00S	12
13	5:13.00S	15&Over 400 Yd IM	4:50.00S	14
15	19:40.00T	13-14 yr old 1650 Yd Freestyle	19:00.00T	16
17	20:09.10T	15&Over 1650 Freestyle	18:56.80T	18
<p align="center">All Events on Friday Evening may require positive check-in Events 1&2 will be combined for the 9-10 and 11-12 age groups however they will be broken out to 9-10 and 11-12 ages for awards and points R- times Slower than 8:00.00 will not be entered in the 500 Freestyle S – times Slower Than 6:30 will not be entered in the 400 IM T - ONLY the Top 16 swimmers for each gender will swim. Do not enter athletes with times slower than 21:30.00 for the 1650.</p>				

SATURDAY MORNING SESSION - MARCH 23, 2013
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	AGE & EVENT LIST	NO FASTER THAN (SCY)	BOYS EVENT #
19	NT	9-10 yr old 200 Yd Medley Relay	NT	20
21	NT	11-12 yr old 200 Yd Medley Relay	NT	22
23	38.30	9-10 yr old 50 Yd Backstroke	38.50	24
25	33.60	11-12 yr old 50 Yd Backstroke	33.70	26
27	1:30.70	9-10 yr old 100 Yd Butterfly	1:32.60	28
29	1:13.40	11-12 yr old 100 Yd Butterfly	1:14.10	30
31	2:34.50	9-12 yr old 200 Yd Backstroke	2:34.20	32
33	43.10	9-10 yr old 50 Yd Breaststroke	43.60	34
35	37.70	11-12 yr old 50 Yd Breaststroke	37.60	36
37	1:12.90	9-10 yr old 100 Yd Freestyle	1:12.00	38
39	1:03.00	11-12 yr old 100 Yd Freestyle	1:02.80	40

41	2:54.00	9-12 yr old 200 Yd Breaststroke	2:54.70	42
43	1:22.10	9-10 yr old 100 Yd IM	1:21.80	44
45	1:12.70	11-12 yr old 100 Yd IM	1:12.30	46
47	NT	9-10 yr old 400 Yd Freestyle Relay	NT	48
49	NT	11-12 yr old 400 Yd Freestyle Relay	NT	50
All events 200 yards or more may require positive check-in.				

SATURDAY AFTERNOON SESSION - MARCH 23, 2013
WARM-UP: 12:00 - 12:50 PM EVENTS: 1:00 PM

GIRLS EVENT #	NFT (SCY)	13&Over EVENTS	NFT (SCY)	BOYS EVENT #
51	NT	13&Over 400 Freestyle Relay	NT	52
53	1:06.40	13-14 100 Yd Backstroke	1:03.50	54
	1:08.00	15&O 100 Yd Backstroke	1:02.80	
55	2:30.70	13-14 200 Yd Butterfly	2:24.50	56
	2:34.20	15&O 200 Yd Butterfly	2:23.90	
57	1:15.10	13-14 100 Yd Breaststroke	1:10.50	58
	1:18.60	15&O 100 Yd Breaststroke	1:11.00	
59	58.10	13-14 100 Yd Freestyle	54.10	60
	58.60	15&O 100 Yd Freestyle	53.80	
61	2:23.70	13-14 200 Yd IM	2:17.00	62
	2:26.00	15&O 200 Yd IM	2:13.20	
63	NT	13&O 800 Freestyle Relay	NT	64
All events 200 yards or more may require positive check-in.				

SUNDAY MORNING SESSION - MARCH 24, 2013
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	NO FASTER THAN (SCY)	9 -12 YEAR OLD EVENTS	NO FASTER THAN (SCY)	BOYS EVENT #
65	NT	9-10 yr old 200 Yd Freestyle Relay	NT	66
67	NT	11 - 12 old 200 Yd Freestyle Relay	NT	68
69	2:37.00	9-10 yr old 200 Yd Freestyle	2:35.60	70
71	2:17.40	11-12 yr old 200 Yd Freestyle	2:16.30	72
73	37.50	9-10 yr old 50 Yd Butterfly	37.40	74
75	32.20	11-12 yr old 50 Yd Butterfly	32.20	76

77	1:34.10	9-10 yr old 100 Yd Breaststroke	1:33.40	78
79	1:21.50	11-12 yr old 100 Yd Breaststroke	1:22.50	80
81	2:53.00	9-12 yr old 200 Yd Butterfly	2:44.00	82
83	1:23.20	9-10 yr old 100 Yd Backstroke	1:22.80	84
85	1:12.00	11-12 yr old 100 Yd Backstroke	1:12.00	86
87	32.70	9-10 yr old 50 Yd Freestyle	32.60	88
89	28.80	11-12 yr old 50 Yd Freestyle	28.60	90
91	NT	9-10 yr old 400 Yd Medley Relay	NT	92
93	NT	11-12 yr old 400 Yd Medley Relay	NT	94
All events 200 yards or more may require positive check-in.				

SUNDAY AFTERNOON SESSION - MARCH 24, 2013
WARM-UP: 12:00 - 12:50 PM EVENTS: 1:00 PM

GIRLS EVENT #	NFT (SCY)	13&Over EVENTS	NFT (SCY)	BOYS EVENT #
95	NT	13&Over 200 Freestyle Relay	NT	96
97	2:05.90	13-14 200 Yd Freestyle	1:59.40	98
	2:08.00	15&O 200 Yd Freestyle	1:57.00	
99	1:06.00	13-14 100 Yd Butterfly	1:02.30	100
	1:07.00	15&O 100 Yd Butterfly	1:01.40	
101	2:42.10	13-14 200 Yd Breaststroke	2:35.90	102
	2:49.00	15&O 200 Yd Breaststroke	2:37.20	
103	2:21.50	13-14 200 Yd Backstroke	2:16.00	104
	2:28.00	15&O 200 Yd Backstroke	2:17.00	
105	27.00	13-14 50 Yd Freestyle	25.50	106
	27.30	15&O 50 Yd Freestyle	24.70	
107	NT	13&O 400 Yd Medley Relay	NT	108
All events 200 yards or more may require positive check-in.				