

March Madness Meet in April
April 12-14 2013
Sponsored by YORK Swim Club
 Sanctioned by USA Swimming Through Potomac Valley Swimming
Sanction # PVI-13-61

Invited teams are: AAC, ASA, CSC, FBST, HACC, MACH, OCCS, PM, RIPS, SDS and YORK

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| Meet Location: | Oak Marr Recreation Center 3134 Jermantown Road Oakton, VA 22124 |
| Facility: | <ul style="list-style-type: none"> • Oak Marr is a 50-meter pool with 21 short course lanes. 15 lanes will be used for competition. 11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses. Finals sessions will be swum in one course. Course #1 is an 8 lane course with a pool depth ranging from 13'6" in lane 1 to 7'3" in lane 8, and Course #2 with a water depth range of 7'3" in lane 1 to 5' in Lane 7. • Continuous warm-up/and warm down lanes will be available throughout the meet. • Special Note: Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. • The Meet Manager reserves the right to limit entries to enforce this policy. • Spectators are not allowed on the pool deck and seating is limited." <u>NO SNACK BAR WILL BE AVAILABLE AT THIS MEET</u> • The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C). |
| Meet Manager: | Kristin Bryant Wolff Kristin@yorkswim.com 10226 Raider Lane Fairfax, VA 22030 |
| Club Officials Chairman: | Ben Holly benjaminholly@verizon.net . |
| Meet Referee: | Ben Holly benjaminholly@verizon.net . |
| Schedule: | <p><u>Friday Distance Events</u></p> <p>Warm Up: 4:30 - 5:30 pm - Events: 5:45 pm</p> <p><u>Saturday and Sunday</u></p> <p>11 & Older - Prelims Warm-up: 7:00-7:50 AM - Events: 8:00 AM 8 & U & 9-10 Timed Finals Warm-up: 12:30-1:30 PM - Events: 1:40 PM 11 & Older Finals (Saturday and Sunday) Warm-up: 5:00-5:50 PM - Events: 6:00 PM</p> |
| Timing Equipment: | Semi-Automatic timing (buttons primary) will be used for this meet. |
| Warm-Ups: | The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. Note: The |

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| | <p>Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.</p> |
| <p>Eligibility:</p> | <p>Open to all USA Swimming registered swimmers from the invited teams WITH A TIME NOT FASTER THAN THE NFT for any of the events with a NFT TIME.</p> <p><u>INDIVIDUAL AND RELAY EVENTS</u></p> <ul style="list-style-type: none"> Swimmers can swim up to seven (7) individual events for the entire meet, no more than two (2) events on Friday or three (3) events on Saturday or Sunday. Each team may enter up to two (2) relays per relay event. <p><u>INVITED PVS Teams</u> – AAC, ASA, CSC, FBST, HACC, MACH, OCCS, PM, RIPS, SDS, YORK</p> <ul style="list-style-type: none"> Most individual events will be governed by "NO FASTER THAN" (NFT) time. These NFT times are based on top 16 results from the 2012 Spring Short Course Championship season. A swimmer can only enter an event in which his/her official USA Swimming time is not faster than the posted NFT time standard. No time standards apply to 8 and under events and the 12 and under 500 free or the 12 and under 400 IM on Friday, and sprint events for the 13 and over that are not events held in the Championship Meets. |
| <p>Competition Rules:</p> | <p>Current USA Swimming rules shall govern the meet.</p> <p>Friday's session will be Timed Finals. All 10 and under Sessions will be Timed Finals. Saturday and Sunday 11 and over Sessions will be Prelims in the morning and Finals in the evening.</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. A determination whether to do so will be made shortly after entries for this meet have been processed.</p> <p>No on-deck USA-S registration will be permitted.</p> <p>Top sixteen (16) 11-12's, 13-14's & Senior qualifiers from prelims on Saturday AND Sunday will swim in finals. We will have an "B" final and "A" final and "B" finals will swim first.</p> <p>11 & Older boys and all 8 & U's will swim in the seven (7) lane pool. 11 & Older girls and all 9-10's will swim in the eight (8) lane pool.</p> <p>Everyone will swim in the eight-lane pool closest to the diving boards for finals.</p> |
| <p>Meet Scratch Policy:</p> | <p>If you do not wish to swim in the Finals, you may "Scratch" from the event by following the proper procedure:</p> <p>You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" finals or "B" finals, if scheduled.</p> <p>You may declare "intent to scratch." You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." If you declare an "intent to scratch and do not wish to swim finals, you must confirm your scratch on the PVS 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.</p> <p>If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from their next event in the meet, unless the meet manager and meet referee agree to make an exception.</p> |

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| Rules: | <ul style="list-style-type: none"> 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 from within 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. 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. 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. 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 &U sessions in Rule 205.3.1F. |
| 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 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. |
| Relays: | Teams may enter ONLY two (2) relays per event. |
| Scoring: | Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2 |
| Awards: | Medals 1st through 8th place. Ribbons 9th through 16th for individual events and 1st through 3rd place for relays. |
| Officials: | Officials assigned to this meet should sign in at the recording table 10 minutes before the start of the warm-ups. Certified officials who have not been contacted and would like to volunteer should contact Ben Holly benjaminholly@verizon.net or speak with the deck referee at the meet. |
| Entries: | <ul style="list-style-type: none"> Teams must enter on Hy-Tek. Include the name, phone number, and email address of club representative submitting the entries. Attach the "meet entries" export file from Hy-Tek Meet Manager. Also attach a meet entry report by swimmer and a meet entry report by event. Create these reports in Team Manager and save as Word for Windows files. In body of e-mail, give entry numbers (girls, boys, and relays, total) and contact information (e-mail, phone, officials contact). Submit entries to the Meet Manager Kristin Bryant Wolff at Kristin@yorkswim.com. In the subject heading please indicate "2013 March Madness Meet - ####" with the club's initials substituted in place of the number symbols. If the club is submitting entries from more than one location, please add the location to the heading with the club initials. <u>Check payments must be received at the address listed prior to the start of the meet.</u> Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgment should contact the Meet Director by other than e-mail to confirm receipt. |
| Fees: | Fees for individual events are \$7.00; relay events are \$12.00 and a \$2.00 surcharge for each athlete. Each club is requested to remit one check to cover the entry fees for the entire team. |

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| | NO LATE ENTRIES (DECK ENTRIES) WILL BE ACCEPTED AT THIS MEET. |
| Checks: | MAKE CHECKS PAYABLE TO: "YORK SWIM CLUB". |
| Entry Deadline: | All entries must be received no later than - Tuesday April 2, 2013 at 5:00 PM 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. |
| Mail Entries to: | Kristin Bryant Wolff 10226 Raider Lane Fairfax, VA 22030 |
| Note: | In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Recreation Center, and York 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. |

March Madness Meet

Friday April 12, 2013

Distance Events Session Timed Final

Warm-Up: 4:30-5:30 PM Events: 5:45 PM

| Girls Event # | NFT | Event | NFT | Boys Event # |
|---|---------|-----------------------|---------|--------------|
| 1 | 2:25.00 | 10 and under 200 Free | 2:29.00 | 2 |
| 3 | 2:07.00 | 11-12 200 Free | 2:05.00 | 4 |
| 5 | 2:01.00 | 13-14 200 Free | 1:54.00 | 6 |
| 7 | 2:02.00 | Senior 200 Free | 1:48.00 | 8 |
| 9 | | 12 and under 500 Free | | 10 |
| 11 | 4:55.00 | 13-14 400 IM | 4:35.00 | 12 |
| 13 | 4:50.00 | Senior 400 IM | 4:25.00 | 14 |
| 15 | | 11-12 400 IM | | 16 |
| 17 | 2:45.00 | 10 and Under 200 IM | 2:44.00 | 18 |
| 19 | 5:23.00 | 13-14 500 Free | 5:23.00 | 20 |
| 21 | 5:19.00 | Senior 500 Free | 4:55.00 | 22 |
| Positive Check-in Required for all events. | | | | |

**POSITIVE CHECK IN CLOSES:
EVENTS 1-8 5:15PM
EVENTS 9-18 5:45PM**

Saturday, April 13, 2013

11 and Older Prelim Session
Warm-Up: 7:00 AM Events: 8:00 AM

| Girls Event # | NFT | Event | NFT | Boys Event # |
|----------------------|------------|------------------------|------------|---------------------|
| 23 | | 11-12 200 Medley Relay | | 24 |
| 25 | | 13-14 200 Medley Relay | | 26 |
| 27 | | 15-18 200 Medley Relay | | 28 |
| 29 | 1:06.00 | 11-12 100 Back | 1:04.00 | 30 |
| 31 | 1:02.00 | 13-14 100 Back | 59.00 | 32 |
| 33 | 1:01.00 | Senior 100 Back | 56.00 | 34 |
| 35 | 30.00 | 11-12 50 Fly | 30.00 | 36 |
| 37 | | 13-14 50 Fly | | 38 |
| 39 | | Senior 50 Fly | | 40 |
| 41 | 1:09.00 | 11-12 100 IM | 1:07.00 | 42 |
| 43 | | 13-14 100 IM | | 44 |
| 45 | | Senior 100 IM | | 46 |
| 47 | 1:17.00 | 11-12 100 Breast | 1:16.00 | 48 |
| 49 | 1:12.00 | 13-14 100 Breast | 1:07.00 | 50 |
| 51 | 1:10.00 | Senior 100 Breast | 1:02.00 | 52 |
| 53 | 27.00 | 11-12 50 Free | 26.00 | 54 |
| 55 | 26.00 | 13-14 50 Free | 24.00 | 56 |
| 57 | 25.00 | Senior 50 Free | 23.00 | 58 |

Saturday, April 13, 2013
9-10 AND 8 & Under Timed Final Session
Warm-up: 12:30 PM Events 1:40 PM

| Girls Event # | NFT | Event | NFT | Boys Event # |
|----------------------|------------|------------------------|------------|---------------------|
| 59 | | 8 & U 100 Medley Relay | | 60 |
| 61 | | 9-10 200 Medley Relay | | 62 |
| 63 | | 8 & Under 100 Free | | 64 |
| 65 | | 8 & Under 50 Breast | | 66 |

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|----|---------|--------------------|---------|----|
| 67 | 1:26.00 | 9-10 100 Breast | 1:26.00 | 68 |
| 69 | | 8 Year Old 25 Back | | 70 |
| 71 | 35.00 | 9-10 50 Back | 34.00 | 72 |
| 73 | | 8 & Under 50 Fly | | 74 |
| 75 | 1:17.00 | 9-10 100 Fly | 1:16.00 | 76 |
| 77 | | 8 Year Old 25 Free | | 78 |
| 79 | 1:16.00 | 9-10 100 IM | 1:16.00 | 80 |
| 81 | 30.00 | 9-10 50 Free | 30.00 | 82 |

Sunday, April 14, 2013

11 and Older Prelim Session

Warm-up: 7:00 AM Events: 8:00 AM

POSITIVE CHECK IN TIME 7:40AM FOR EVENTS 89-94

| Girls Event # | NFT | Events | NFT | Boys Event # |
|---------------|---------|----------------------|---------|--------------|
| 83 | | 11-12 200 Free Relay | | 84 |
| 85 | | 13-14 200 Free Relay | | 86 |
| 87 | | 15-18 200 Free Relay | | 88 |
| 89 | 2:26.00 | 11-12 200 IM | 2:26.00 | 90 |
| 91 | 2:20.00 | 13-14 200 IM | 2:08.00 | 92 |
| 93 | 2:14.00 | Senior 200 IM | 2:04.00 | 94 |
| 95 | 35.00 | 11-12 50 Breast | 35.00 | 96 |
| 97 | | 13-14 50 Breast | | 98 |
| 99 | | Senior 50 Breast | | 100 |
| 101 | 31.00 | 11-12 50 Back | 31.00 | 102 |
| 103 | | 13-14 50 Back | | 104 |
| 105 | | Senior 50 Back | | 106 |
| 107 | 1:06.00 | 11-12 100 Fly | 1:06.00 | 108 |
| 109 | | 13-14 100 Fly | | 110 |
| 111 | | Senior 100 Fly | | 112 |
| 113 | 59.00 | 11-12 100 Free | 58.00 | 114 |

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|-----|-------|-----------------|-------|-----|
| 115 | 55.00 | 13-14 100 Free | 52.00 | 116 |
| 117 | 55.00 | Senior 100 Free | 49.00 | 118 |

Sunday, April 14, 2013
9-10 AND 8 & Under Timed Final Session
Warm-up: 12:30 PM Events: 1:40 PM

| Girls Event # | NFT | Event | NFT | Boys Event # |
|---------------|---------|----------------------|---------|--------------|
| 119 | | 8 & U 100 Free Relay | | 120 |
| 121 | | 9-10 200 Free Relay | | 122 |
| 123 | | 8 & Under 100 IM | | 124 |
| 125 | | 7 & Under 25 Fly | | 126 |
| 127 | | 8 Year Old 25 Fly | | 128 |
| 129 | 33.00 | 9-10 50 Fly | 33.00 | 130 |
| 131 | | 7 & Under 25 Breast | | 132 |
| 133 | | 8 Year Old 25 Breast | | 134 |
| 135 | 39.00 | 9-10 50 Breast | 40.00 | 136 |
| 137 | | 7 & Under 25 Back | | 138 |
| 139 | | 8 & Under 50 Back | | 140 |
| 141 | 1:15.00 | 9-10 100 Back | 1:14.00 | 142 |
| 143 | | 7 & Under 25 Free | | 144 |
| 145 | | 8 & Under 50 Free | | 146 |
| 147 | 1:05.00 | 9-10 100 Free | 1:04.00 | 148 |