

PEAK ALL FREESTYLE MEET
Sponsored by CENTRAL CHESAPEAKE SWIMMING (PEAK)
October 6 , 2013

Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction #PVC-14-03

MEET DIRECTOR: John Mason
OFFICIALS CHAIR 301-249-5073
jmason5073@verizon.net

MEET REFEREE: Bill Prichard
wfpecj@earthlink.net

LOCATION: Prince George's Sports and Learning Complex
8001 Sheriff Road
Landover, MD 20785
301-583-2400

DIRECTIONS: From the Capitol Beltway, take Exit 17B (202 West). Turn Left at first light, Brightseat Raod. Take first right on to Sheriff Road. Complex is on the left at first traffic signal

FACILITY: 50 meter x 25 yard indoor pool. Pool depth is 7 ft. to 15 ft. Eight (8) lanes will be used for competition. Kiefer Wave Eater racing lane lines.

The competition course has not been certified in accordance wit USA Swimming Rules and Regulations Article 104.2.2(C)

Semi-Automatic timing (buttons) will be used for this meet. Two Timers per lane are required to comply with USA Swimming Rules and Regulations Article 102.24.3A(3), including during the 500 yard Freestyle events.

ELIGIBILITY: Open to all swimmers registered with USA Swimming Inc. Age on October 6, 2013 will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below. No on-deck registration will be permitted.

The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session, and to combine events in which there are insufficient entries.

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 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.

MEET FORMAT: Current USA Swimming rules shall govern the meet. All events will be **Timed Finals**. All events will be pre-seeded except for the 500 Freestyle.

The 500 Freestyle will be a positive check-in event. Swimmers for the 500 are responsible for their own timer and counter. If necessary we will run two courses for the 500 only. Check-in times for events 31-32-33-34 will be 10:00am.

Swimmers may enter up to five (5) individual events. All entry times must have been achieved in USA Swimming sanctioned or approved competition.

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](#).

RULES: 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, PDA'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.

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.

The Meet Director and the PVS Technical Committee reserve the right to limit the events, heats, swimmers, or adjust the format to conform with the 4-hour provision for sessions that include 12 & under events per rule 205.3.1F

SCHEDULE: Session 1 Warm Up: 7:00 am - 7:50 am Start: 8:00 am

Session 2 Warm Up: Immediately following completion of Session 1
Start: :15 minutes after the completion of Session 1

WARM UP: 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.

ENTRIES:

Deadline for receipt of entries is September 26, 2013.

Entries must be submitted in short course yard times. Entries must be sent by e-mail. Include a TM report by name and event. A check for the full amount of the entry fees due must be received by the start of warm up..

**Send Check To: John C. Mason
Central Chesapeake Swimming
P.O. 1120
Bowie, MD 20718
301-249-5073**

E-Mail Entries To: jmason5073@verizon.net

FEES:

Individual Events	\$5.00
Relays	\$10.00

Make Checks payable to: CCS

MORE RULES: The 2013 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.

PENALTIES:

1. Penalties for entries using fraudulent and/or non-verifiable entry times:
 - a. Swimmer shall be disqualified from the event entered illegally.
 - b. Club may be fined up to \$100.00 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.
2. Clubs entering swimmers not legally registered with USA Swimming by the deadline date may be fined \$100.00 per swimmer per event entered illegally.

OFFICIALS:

Meet Referee:

We ask for your teams help in supplying officials for the meet. Any one in the process of achieving certification through on-deck training is welcome. Thank you for your help in advance.

TIMERS:

Participating clubs are required to provide timers in proportion to their entries. The Meet Director will notify the participating clubs of the number of timers they must provide for each session. Central Chesapeake Swimming will provide one timer per lane. Swimmers in the 500 free must supply their own timer and counter.

RESULTS:

All results will be posted. The results will be posted to the CCS web site

<CentralChesapeakeSwimming.com> and the PVS web site at conclusion of the meet.

GENERAL: **Swimmer/Spectator Conduct:** Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Sports Complex rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. **The SportsPlex prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers.**

Deck Access: Access to the pool deck will be strictly controlled. Swimmers, coaches, officials and volunteer staff only will be permitted on the deck during warm-ups and competition. Spectators must remain in the balcony seating area or in the lobby.

Meet Programs: Meet programs will be available for purchase at the meet. Coaches and working officials will be provided with free programs.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Prince George's Community College and Central Chesapeake Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ORDER OF EVENTS
Saturday, October 6, 2013

Session 1

Warm-up: 7:00 - 7:50 am Start: 8:00 am

Girls #	Event	Boys #
1	6 & Under 25 Freestyle	2
3	7-8 25 Freestyle	4
5	9-10 50 Freestyle	6
7	11-12 50 Freestyle	8
9	13 & over 50 Freestyle	10
11	6 & under 50 Freestyle	12
13	7-8 50 Freestyle	14
15	9-10 100 Freestyle	16
17	11-12 100 Freestyle	18
19	13 & over 100 Freestyle	20
21	8 & under 100 Freestyle	22
23	9-10 200 Freestyle	24
25	11-12 200 Freestyle	26
27	13 & over 200 Freestyle	28
29	10 & under 200 Free Relay	30
31	11-12 200 Free Relay	32

Session 2

Warm-up: After completion of Session 1 Start 15 minutes later

Girls #	Event	Boys#
33	13 & Over 500 Freestyle	34
35	12 & Under 500 Freestyle	36

Check In time for Events 33, 34, 35 & 36 is 10:00 am