



GOVERNMENT OF THE DISTRICT OF COLUMBIA
Department of Parks and Recreation
And
The United Black Fund Inc.

28th Annual Black History Invitational Swim Meet
February 14th – 16th, 2014
Hosted by:



Approved by USA Swimming through Potomac Valley Swimming # PVA-14-301

<p><u>FACILITY:</u></p>	<p>Takoma Community Center 300 Van Buren Street, N.W. Washington, DC 20011 202-576-9285</p> <p>Two 25-yard, 8 lane courses will be used. The water depth ranges from 7' to 13.5' in the west pool for both the starting and turning ends. The water depth ranges from 5'-6'8" in the east pool.</p> <p>The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p> <p>One 25 yard, 5 lane continuous warm up/warm down pool will be available. Water depth ranges from 3'8" to 5'. There will be no diving or starts allowed in the warm up/warm down pool.</p> <p>Lanes are 7 feet wide. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard. Continuous warm-up, warm-down will be available during the meet. Automatic timing (touch pads primary) will be used for this meet.</p>
<p><u>MEET DIRECTOR:</u></p>	<p>Rob Green 202.576.9534 robert.green@dc.gov</p>
<p><u>MEET REFEREE:</u></p>	<p>Mohamed Chouikha mohamed.chouikha@gmail.com</p>



<u>OFFICIALS</u> <u>CHAIR:</u>	Mohamed Chouikha Mohamed.chouikha@gmail.com
<u>TIMING</u> <u>SYSTEM:</u>	Automatic timing (touchpads primary) will be used for this meet. Buttons and watches will be used as backups.
<u>SCHEDULE:</u>	<p> Session 1 – 13 & Older: Friday, February 14 Warm Up 7:00 - 7:45 am; First Event – 8:00 am </p> <p> Session 2 – 12 & Under: Friday, February 14 Warm Up 1:00 – 1:45 pm; First Event 2:00 pm </p> <p> Session 3 – 13 & Older: Saturday, February 15 Warm Up 7:00 – 7:45 am; First Event 8:00 am </p> <p> Session 4 – 12 & Under: Saturday, February 15 Warm Up 1:00 – 1:45 PM; First Event: 2:00 pm </p> <p> Session 5 – 13 & Older: Sunday, February 16 Warm Up 7:00 – 7:45 AM; First Event 8:00 AM </p> <p> Session 6 – 12 & Under: Sunday, February 16 Warm Up 1:00 – 1:45 pm; First Event 2:00 pm </p> <p> <i>*Note: Meet manager will determine if session start times will need to be adjusted or if age groups need to be moved to a different sessions based on the number of entries received. A time line will be established and forwarded to each team by Friday, February 8th.</i> </p>
<u>AGE</u> <u>GROUPS FOR</u> <u>EVENTS:</u>	Events will be swum 13 & Over and 12 & Under; but scored as 8 &U, 9-10, 11-12, 13-14 and 15 & Over.
<u>ELIGIBILITY:</u>	<p> This meet is open to all swimmers. USA Swimming membership is not required for entry into the meet. Priority in acceptance of entries will be given to teams and athletes that swam in the meet the previous year. Any new teams or athletes interested in attending should notify the Meet Director with an estimated number of swimmers. </p> <p> <i>*Note: We have set a maximum number of athletes who many enter this meet at 800. Selection will be based on first arrival, first entered in events.</i> </p>

<p><u>INCLUSION POLICY:</u></p>	<p>PVS and DPR are committed to the Potomac Valley Inclusion Policy for Swimmers with a Disability. 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 competition.</p>
<p><u>RULES:</u></p>	<p>Current USA Swimming rules shall govern the meet. All events are timed finals.</p> <ul style="list-style-type: none"> a. 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. b. 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. c. 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. d. 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 sessions that include 12 & U events per Rule 205.3.1F.
<p><u>ENTRIES:</u></p>	<p>Each swimmer may enter a maximum of three (3) individual events per day, but not to exceed more than 8 individual events for the entire meet.</p> <p>Note: We intend that times from this meet be put into the United States Swimming data base</p> <p>– to do so, the swimmers should enter their legal names as they are registered with USA Swimming and their correct date of birth The preferred name feature will be used if they want to be in the meet under a different first name.</p>

Each team shall be limited to two (2) relay teams per event. Each swimmer shall be limited to two (2) relay events for the meet. Lane timing cards (furnished at the session) shall be submitted for each relay team only.

The master entry shall show the name, address, and telephone number of the person responsible for each team's entries.

Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the meet director reserves the right to request teams to contribute a certain amount of timers proportional to their entries. For the 500 Yard Freestyle and 400 Yard I.M events athletes must provide their own timers. These are positive check-in events, swimmers must check in during warm ups to indicate their presence and intent to swim these events.

Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.

Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. **Please put the club name on the entry check (if not a club check) and note the number of entries.** Please **DO NOT** send cash. Meet director has been instructed not to accept telephone or fax entries.

Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.

Complete entry packages must be received by Tuesday, January 28th, 2014.

Incomplete Entry Packages or those received after January 28th, 2014, will be returned to the sender.

You are reminded that **NO DECK ENTRIES WILL BE ACCEPTED.**

Electronic Entries:

Electronic entries should be submitted using the Hy-Tek Team Management Program.

Files should include:

1. Export of meet entries
2. Entry report by name
3. Entry report by event

A free version of **Team Manager Lite** may be obtained from **Hy-Tek** by going to:

<http://www.hy-tek.com/downloads.html>

	<p><u>E-mail Entries:</u></p> <p>Club E-mail entries will be accepted provided the transmission time is prior to entry deadline. Attach a report by event and by name (save as Word for Windows in Team Manager). Attach export of meet entry file from Team Manager. In the body of the e-mail give the total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address).</p> <p>Remember to also send entry fee check via USPS to:</p> <p style="text-align: center;">Takoma Aquatic Center Attn: Rob Green 300 Van Buren Street, NW Washington, DC 20011</p> <p>Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, "28th Black History Meet –****" with the club's initials substituted in place of the asterisks. The meet director will acknowledge receipt by return e-mail within 24 hours. Clubs that do NOT receive an acknowledgment of receipt of their entries should call the meet director to confirm receipt.</p>
<p><u>ENTRY TIMES:</u></p>	<p>Swimmers are requested to provide their best times swam in competition as their entry times. If no such times are available, times obtained under the supervision of a coach are acceptable.</p> <p>All entries for events 200 yards and longer must have a verifiable time that is no slower than (NST) the qualifying time listed in the announcement.</p>
<p><u>ENTRY DEADLINE:</u></p>	<p>All entries must be in the Meet Director's hands by Tuesday, January 28th, 2014.</p> <p>As of this date the meet will be officially closed, no additional entries will be accepted. The meet will be seeded based on the entries received at that time. Entries will not be considered received until all fees are paid.</p> <p><u>This meet will close once the swimmer count reaches 800 athletes. No more team entries will be accepted once the swimmer total reaches 800.</u> Entries will be seeded on a first come first serve basis. If the total number of entries received exceeds the time available for the various sessions, entries will be returned based on the order of receipt. The Meet Director may limit the number of heats swum in any event if a session time line exceed the time allowed or should the number of entries exceed 800 athletes.</p> <p>Teams who bring athletes to the meet assuming they will be deck entered will need to explain to the athlete and/or family that they will not get to compete in this meet</p>

	because they were not entered before the January 28 th deadline. There will be no deck entries for this meet.																																								
<p><u>AWARDS:</u></p>	<p>Medals will be awarded for 1st through 3rd place for individual and relay events, place ribbons will be awarded for 4th through 8th place in individual events only. Heat winner ribbons will be awarded throughout the meet for individual events to heat winners.</p> <p><u>High Point:</u></p> <p>Special recognition will be given to the male and female swimmer from each age group who wins two (2) individual events plus accumulates the most points.</p> <p>The 12 & Under individual events will be scored as 8 & U, 9 -10 and 11 – 12 age groups. The 13 & Over events will be scored 13 – 14 and 15 – 18 respectively.</p> <p>Points will be awarded as follows:</p> <table border="1" data-bbox="495 982 1317 1188"> <thead> <tr> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> </tr> </thead> <tbody> <tr> <td>1st</td> <td>20</td> <td>5th</td> <td>14</td> <td>9th</td> <td>9</td> <td>13th</td> <td>4</td> </tr> <tr> <td>2nd</td> <td>17</td> <td>6th</td> <td>13</td> <td>10th</td> <td>7</td> <td>14th</td> <td>3</td> </tr> <tr> <td>3rd</td> <td>16</td> <td>7th</td> <td>12</td> <td>11th</td> <td>6</td> <td>15th</td> <td>2</td> </tr> <tr> <td>4th</td> <td>15</td> <td>8th</td> <td>11</td> <td>12th</td> <td>5</td> <td>16th</td> <td>1</td> </tr> </tbody> </table> <p>If no female or male swimmer in an age group wins at least two individual events, no award will be given.</p> <p>Relay events will not be considered in the individual’s point total. All events are timed finals. Individual scores through 16th place will be maintained and posted during the meet.</p>	Place	Points	Place	Points	Place	Points	Place	Points	1 st	20	5 th	14	9 th	9	13 th	4	2 nd	17	6 th	13	10 th	7	14 th	3	3 rd	16	7 th	12	11 th	6	15 th	2	4 th	15	8 th	11	12 th	5	16 th	1
Place	Points	Place	Points	Place	Points	Place	Points																																		
1 st	20	5 th	14	9 th	9	13 th	4																																		
2 nd	17	6 th	13	10 th	7	14 th	3																																		
3 rd	16	7 th	12	11 th	6	15 th	2																																		
4 th	15	8 th	11	12 th	5	16 th	1																																		
<p><u>OFFICIALS:</u></p>	<p>All certified USA Swimming officials wishing to volunteer to work this meet should contact the Meet Referee, Mohamed Chouikha at mohamed.chouikha@gmail.com prior to February 13th, 2014. Please include your club affiliation, certifications held, and sessions you wish to work in your email message. Certified officials who have not been contacted should volunteer their services to the Meet Referee early during the warm-up period. Officials assigned to this meet should sign in at the results table at the start of warm-up.</p>																																								
<p><u>TIMERS:</u></p>																																									

	Athletes are responsible for providing their own timers for the 400 Yard I.M. and for the 500 Yard Freestyle events. Each team is asked to provide two timers for the Friday evening distance session.
<u>SANCTION:</u>	Documents have been submitted to Potomac Valley Swimming of USA Swimming to have the meet approved. Therefore, USA Swimming should recognize times obtained at this meet for the purpose of qualifying for other meets.
<u>FEES:</u>	<p>Entries fees are to be made payable to the “<u>DC TREASURER</u>”. Fees are non-refundable. Entries will not be considered received until all fees are paid.</p> <p>Fees for individual events are \$5.00 and \$10.00 for relay events. In addition, there will be an \$8.00 surcharge per athlete. Each team/club is requested to remit only one check or money order to cover entry fees. NO CASH PAYMENTS WILL BE ACCEPTED.</p> <p>Entry fees are due no later than Friday, February 7th, 2014.</p> <p>Souvenir programs will be available for a cost of \$10.00 (heat sheets will be included with the souvenir program). A concession area will be in operation.</p>
<u>ADMISSION:</u>	There is no admission charge. The public is welcome to attend.
<u>SUPERVISIO N</u>	<p>Coaches must be registered with USA Swimming. Coaches are responsible for the conduct of their athletes and families and friends, as well as maintaining clean team areas during and following each session. Only athletes, coaches, timers and USA Swimming certified deck officials (trainees) are permitted on the deck. Coaches and deck officials must display valid 2013 USA Swimming credentials. Coaches who present a USAS Coaches certification may request a Coaches Meet Badge (see Rob Green or Mohamed Chouikha) before the start of your first session.</p> <p>In order to control traffic and to make the meet an enjoyable experience, persons not working the meet as a deck official, timer, or other meet official are not permitted on the deck. You must either have a meet badge or a USA Swimming Coach or Official ID card to be on deck. Volunteers should remain in spectator areas during sessions in which they are not working.</p>
<u>WARM UP:</u>	<p>For the safety of swimmers, current USA Swimming (Potomac Valley) warm up rules shall apply.</p> <p>Warm up shall be conducted under the supervision of a USA Swimming referee. Coaches are required to supervise their swimmers at all times. Unattached swimmers shall be assigned to a coach during warm up to assure proper supervision.</p>



	<p>Swimmers not obeying the warm up procedures shall be disqualified from their first event at the discretion of the assigned officials.</p> <p>Warm-up lanes will be assigned by meet management to all entered teams. If the lane is being used for general warm up, there shall be no diving permitted. Entry shall be feet first from the starting end of the pool only. Lanes may be used for one-way sprints at the referee's discretion. At such time there shall be one-way swimming only. Swimmers must exit at the opposite end of the pool. No pike dives.</p>
RESULTS:	Team Manager and Meet Manager result files, along with meet result reports will be emailed to each club/team. Results will also be posted on the Potomac Valley Website.
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Aquatic Center and DC Wave Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Takoma Aquatic Center
Attn: Rob Green
300 Van Buren Street | NW
Washington, DC 20011
202.576.9534
robert.green@dc.gov

Session #1: 13 & Older Friday Morning

Friday – February 14th, 2014

Warm Up 7:00 – 7:50 am; First Event 8:05 am

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
1	6:51.79Y	13 & Over 500 Freestyle	6:29.49Y	2
3	2:52.39Y	13 & Over 200 Butterfly	2:40.39Y	4
5	6:08.49Y	13 & Over 100 Breaststroke	5:44.99Y	6
7	6:08.49Y	13 & Over 400 I.M.	5:44.99Y	8

For individual events 500 Yard Freestyle and the 400 Yard Individual Medley, athletes must enter with a “NOT SLOWER THAN” verifiable qualifying time.



Session #2: 12 & Under Friday Afternoon

Friday – February 14th, 2014

Warm Up 1:00 – 1:50 pm; First Event 2:05 pm

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
9	7:09.29Y	12 & Under 500 Freestyle	7:02.99Y	10
11		12 & Under 100 Breaststroke		12
13	3:02.39Y	12 & Under 200 Butterfly	2:58.09Y	14
15		12 & Under 50 Backstroke		16
17		12 & Under 100 Butterfly		18

Session #3: 13 & Older Saturday Morning

Saturday – February 15th, 2014

Warm Up 7:00 – 7:50 am; First Event 8:05 am

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
19		13 & Older 400 Freestyle Relay		20
21	2:53.19Y	13 & Older 200 I.M.	2:41.89Y	22
23		13 & Older 50 Freestyle		24
25		13 & Older 100 Backstroke		26
27	2:33.89Y	13 & Older 200 Freestyle	2:24.49Y	28
29		13 & Older 200 Medley Relay		30

Session #4: 12 & Under Saturday Afternoon

Saturday – February 15th, 2014

Warm Up 1:00 – 1:50 pm; First Event 2:05 pm

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
31	3:25.79Y	12 & Under 200 Breaststroke	3:17.69Y	32
33		12 & Under 100 Freestyle		34
35		12 & Under 50 Breaststroke		36
37		12 & Under 100 Backstroke		38
39	3:40.39Y	12 & Under 200 I.M.	3:38.89Y	40
41		12 & Under 200 Freestyle Relay		42



Session #5: 13 & Older Sunday Morning

Sunday – February 16th, 2014

Warm Up 7:00 – 7:50 am; First Event 8:05 am

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
43		13 & Older 400 Medley Relay		44
45	2:48.39Y	13 & Older 200 Backstroke	2:38.39Y	46
47		13 & Older 100 Freestyle		48
49	3:13.99Y	13 & Older 200 Breaststroke	3:00.49Y	50
51		13 & Older 100 Butterfly		52
53		13 & Older 200 Freestyle Relay		54

Session #6: 12 & Under Sunday Afternoon

Sunday – February 16th, 2014

Warm Up 1:00 – 1:50 pm; First Event 2:05 pm

FEMALE EVENT #	NO SLOWER THAN (NST)	EVENTS	NO SLOWER THAN (NST)	MALE EVENT #
55	3:20.19Y	12 & Under 200 Freestyle	3:09.09Y	56
57		12 & Under 100 I.M.		58
59		12 & Under 50 Butterfly		60
61	2:59.49Y	12 & Under 200 Backstroke	2:55.29Y	62
63		12 & Under 50 Freestyle		64
65		12 & Under 200 Medley Relay		66



TEAM ENTRY TOTAL FORM

Team Information:

Team Name: _____

Team Abbreviation: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Head Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Work Phone: _____ Cell Phone: _____

E-Mail: _____

<u>Entry Counts:</u>	8 & U	9-10	11-12	13-14	15 & O	Total
# of Female Swimmers						



# of Female Individual Events						
# of Female Relay Events						
# of Male Swimmers						
# of Male Individual Events						
# of Male Relay Events						

Entry Fees:

of Swimmers: _____ X \$8.00 = _____

of Individual Events: _____ X \$5.00 = _____ Total: \$ _____

of Relay Events: _____ X \$10.00 = _____

LOCAL HOTEL INFORMATION

Comfort Inn Silver Spring – 1.3 mi

7990 Georgia Avenue
 Silver Spring, MD 20910
 (301) 565-3444

Courtyard by Marriott Silver Spring Downtown – 2.3 mi

8506 Fenton Street
 Silver Spring, MD 20910 USA
 Phone: 1-301-589-4899
 Fax: 1-301-589-4898
 Sales: 1-240-533-9861

Hilton Washington DC/Silver Spring – 2.4 mi

8727 Colesville Road
 Silver Spring, MD 20910
 Tel: 1-301-589-5200

Homewood Suites by Hilton Silver Spring – 2.4 mi

8728 Colesville Road
 Silver Spring, MD 20910
 Tel: 1-301-565-0005
 Fax: 1-301-588-5889



Hampton Inn Silver Spring – 2.4 mi

8728-A Colesville Road
Silver Spring, MD 20910
Tel: 1-301-588-5887
Fax: 1-301-588-5889

Courtyard by Marriott Washington, DC/U.S. Capitol – 5.0 mi

1325 2nd Street NE
Washington, DC 20002
Phone: 1-202-898-4000
Fax: 1-202-898-4001
Sales: 1-800-440-8027
Toll-free: 1-800-321-2211