

CHRISTMAS CHAMPIONSHIPS 2015

DECEMBER 4 - 6, 2015

SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING THROUGH POTOMAC VALLEY SWIMMING

Sanction # PVC-16-28

MEET DIRECTOR:	Vanessa Cox 240-475-1309 Christi Ng 404-433-0587 entries@msscswimming.com
MEET REFEREE:	Lynne C. Gerlach 240-286-2319 gerlach@msscswimming.com
OFFICIALS CONTACT:	Hope Oehler 443-631-7958 qingwaa@yahoo.com
MEET LOCATION:	Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 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 course to 7' to 13' at the deep end course. The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).
TIMING SYSTEM:	Automatic timing (touchpads primary) will be used for this meet.
IMPORTANT NOTE:	This meet requires many volunteers. Coaches are responsible to ensure their volunteer requirements are fulfilled.
SCHEDULE:	Friday - All Ages – Timed Finals: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM Saturday and Sunday 13 and Over – Prelims Sessions: Warm-up: 6:30 – 7:30 AM Events: 7:40 AM 12 and Under – Prelims Sessions: Warm-up: 10:30 – 11:20 AM, Events: 11:30 AM (Please note this session may be divided into 11-12 and 10U in order to manage timelines.) Finals Sessions: Warm-up: 5:00 – 5:50 PM, Events: 6:00 PM NOTE: <u>Two courses</u> may be used simultaneously for Timed Finals and Prelims sessions.
ELIGIBILITY:	Open to all USA Swimming clubs and registered athletes. Please read Meet Announcement carefully. <ul style="list-style-type: none">• 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:	<ul style="list-style-type: none">• Current USA Swimming rules shall govern the meet.• All Friday night events are Timed Finals and may require positive check in.

- Friday night session is considered a Distance session and therefore swimmers are asked to provide their own timer for all events, and if needed, counter for the 500 and 1650 Freestyle events.
- The 1650 yard Freestyle will be swum fast to slow, alternating women's and men's, unless two courses are used. ONLY the Top 16 swimmers from each gender will swim. Athletes entered in the event beyond that number may choose another event not to exceed any session limit prior to start of meet.
- Times slower than 21:30.00 will not be entered in the 1650 Freestyle.
- The fastest sixteen (16) 11-12, 13-14 and 15&Over swimmers from the preliminary events will advance to finals. The fastest eight (8) 10 and under swimmers from the preliminary events will advance to finals.
- There will be an "A" final and a "B" final. The "A" final will be swum first.
- 12 and Under events - 400 IM, 200 Butterfly, 200 Backstroke and 200 Breaststroke - will be timed final events.
- A contestant may enter no more than three (3) individual events per day and eight (8) events over the course of the meet.
- SEED TIMES SHOULD BE SUBMITTED AS SHORT COURSE YARDS ONLY.
"NT" entries will NOT be accepted.

Dive-over starts will at Preliminary and Distance sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

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.

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.

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 events, heats, swimmers or adjust the format to conform with the 4-hour provision for the 12 &U sessions in Rule 205.3.1F.

No on-deck USA-S registration will be permitted.

PVS Positive Check in Policy

For those events requiring positive check-in athletes shall indicate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked in by the specified time will be scratched from the event. Athletes who have checked in, have been seeded and fail to swim the event will be barred from their next scheduled individual event unless excused by the Referee. The Meet director reserves the right to positive check in some or all of the events besides those listed in order to manage the time line of the session.

<p>“SCRATCH” POLICY</p>	<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"> 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. 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”. 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. 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.”
<p>INCLUSION POLICY FOR SWIMMERS WITH A DISABILITY:</p>	<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>
<p>WARM-UP:</p>	<p>The prescribed Potomac Valley Swimming warm-up procedures and safety policies for Open warm-ups will be followed. The Meet Director reserves the right to modify the warm-up times and structure, if necessary.</p>
<p>AWARDS:</p>	<p>Medals will be awarded to first – eighth place in the “A” final. “B” Final will be awarded Ribbons (places 9-16). Medals will be awarded to first – eighth place in the 9-10 year old finals. All timed final events will be awarded medals first – eighth place. The 12 and Under 500 Freestyle will be broken into 10 and Under and 11-12 year olds for the purposes of first – eighth place medals. The 12 and Under 200 Backstroke, Breaststroke, Butterfly and 400 IM will be awarded medals for the first – eighth place finishers only.</p>
<p>TIMERS:</p>	<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. Teams will be notified of their volunteer requirements prior to start of meet.</p>
<p>OFFICIALS:</p>	<p>All certified officials wishing to volunteer to work this meet please contact Hope Oehler at qingwaa@yahoo.com prior to Friday, November 27th. 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>
<p>SUPERVISION:</p>	<p>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck. Coaches & deck officials are required to display their 2015/16 USA Swimming card. 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, there will be no chairs on deck except for coaches.</p>
<p>ADMISSION & CONCESSIONS:</p>	<p>There is no admission charge. The meet program will be sold \$12.00. The program will include coupons for a free program for the finals session. Working officials and coaches will receive a program. Concessions will be available for purchase. The Club hospitality table, located on the pool deck will be available to all coaches, officials and other meet volunteers. Concessions for spectators will be available for purchase in the facility lobby, however in keeping with facility policy no food from the snack bar will be permitted on the pool deck with the exception of water/sports drinks.</p>
<p>FEES:</p>	<p>Fees for individual events are \$8.50. There is a \$2.00 surcharge per athlete. 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.</p>
<p>ENTRIES:</p>	<p>Club entries will be accepted by email by the deadline below. Submission of entries by email must include the following files: the Hy-Tek CommLink file, The Team Manager Meet Entry Report files (one by SWIMMER and one by EVENT) and an "Entry Cover Sheet." In the body of your email provide entry number (girls, boys, totals) Include contact information (club name/site name if applicable, email, phone, officials contact. IMPORTANT: please include cell phone number for coach during prelims and finals in case a swimmer scratches into finals and needs to be notified.</p>

	<p>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.</p> <p>Clubs submitting by email may submit entries to entries@msscswimming.com, in the subject heading type, CHRISTMAS CHAMPIONSHIPS 2015 - ***** with the club's initials substituted in place of the asterisks.</p> <p>Optional: Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (download "?????.zip") 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 48 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 events, heats, swimmers or adjust the format to conform to 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F. Meet Manager reserves the right to Positive Check-In all 200 yard events in the interest of manageable time lines. Meet Manager also reserves the right to adjust warm-up times for the 12 & Under sessions.</p>
WARNING:	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.
NOTES:	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Fairland Sports and Aquatics Complex 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.
DEADLINE:	<p>The Meet Director must receive all entries for this meet</p> <p>NO LATER THAN TUESDAY, November 24, 2015</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. Entries will be accepted on a first come – first served basis.</p>
MAKE CHECKS PAYABLE TO:	MARYLAND SUBURBAN SWIM CLUB
SEND ENTRIES TO:	<p>Maryland Suburban Swim Club P.O. Box 160 Laurel, MD 20725 Attn: Lynne Gerlach</p>

FRIDAY, DECEMBER 4, 2015 - TIMED FINALS SESSION

WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM

Girls Event #	TIMED FINALS SESSION ALL AGES – DISTANCE*	Boys Event #
1 (S)	12 and Under 500 YD Freestyle	2 (S)
3 (S)	13-14 500 YD Freestyle	4 (S)
5 (S)	15&Over 500 YD Freestyle	6 (S)
7	10 and Under 200 YD IM	8
9	11-12 200 YD IM	10
11	13-14 400 YD IM	12

13	15&Over 400 YD IM	14
15*(T)	13-14 1650 YD Freestyle	16* (T)
17* (T)	15&Over 1650 YD Freestyle	18* (T)
<p>*swimmer must provide own timer/or counter S – Times slower than 8:00.00 in the 500 Freestyle will not be entered T – ONLY the Top 16 swimmers from each gender will swim/ Times slower than 21:30.00 will not be entered in the 1650 Freestyle.</p>		

Morning 13&Over Prelims Session
Saturday, December 5, 2015
WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 AM

Girls Event #	13&Over Events	Boys Event #
23	13-14 200 YD Freestyle	24
25	15&Over 200 YD Freestyle	26
31	13-14 100 YD Butterfly	32
33	15&Over 100 YD Butterfly	34
41	13-14 200 YD Breaststroke	42
43	15&Over 200 YD Breaststroke	44
49	13-14 200 YD Backstroke	50
51	15&Over 200 YD Backstroke	52
57	13-14 100 YD Freestyle	58
59	15&Over 100 YD Freestyle	60

Morning 13&Over Prelims Session
Sunday, December 6, 2015
WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 PM

Girls Event #	13&Over Events	Boys Event #
67	13-14 200 YD IM	68
69	15&Over 200 YD IM	70
75	13-14 100 YD Backstroke	76
77	15&Over 100 YD Backstroke	78
85	13-14 200 YD Butterfly	86
87	15&Over 200 YD Butterfly	88
93	13-14 100 YD Breaststroke	94
95	15&Over 100 YD Breaststroke	96
101	13-14 50 YD Freestyle	102

103	15&Over 50 YD Freestyle	104
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12 and Under Prelims Session

Saturday, December 5, 2015

WARM-UP: 10:30– 11:20 AM EVENTS: 11:30 AM

Girls Event #	11-12 year old events	Boys Event #
19	10 and Under 200 YD Freestyle	20
21	11-12 200 YD Freestyle	22
27	10 and Under 50 YD Butterfly	28
29	11-12 50 YD Butterfly	30
35*	12 and Under 400 YD IM	36*
37	10 and Under 100 YD Breaststroke	38
39	11-12 100 YD Breaststroke	40
45	10 and Under 100 YD Backstroke	46
47	11-12 100 YD Backstroke	48
53	10 and Under 50 YD Freestyle	54
55	11-12 50 YD Freestyle	56
61*	12 and Under 200 YD Butterfly	62*
	*timed final	

12 and Under Prelims Session

Sunday, December 6, 2015

WARM-UP: 10:30 – 11:20 AM EVENTS: 11:30 AM

Girls Event #	11-12 year old Events	Boys Event #
63	10 and Under 100 YD IM	64
65	11-12 100 YD IM	66
71	10 and Under 50 YD Backstroke	72
73	11-12 50 YD Backstroke	74
79*	12 and Under 200 YD Breaststroke	80*
81	10 and Under 100 YD Butterfly	82
83	11-12 100 YD Butterfly	84
89	10 and under 50 YD Breaststroke	90
91	11-12 50 YD Breaststroke	92

97	10 and Under 100 YD Freestyle	98
99	11-12 100 YD Freestyle	100
105*	12&Under 200 YD Backstroke	106*
	*Timed final	