

Speedo Eastern States Senior Invitational Meet
January 09-10, 2016

Sponsored by ARLINGTON AQUATIC CLUB

Sanctioned by UNITED STATES SWIMMING
through POTOMAC VALLEY SWIMMING

Sanction # - PVI-16-40

LOCATION:	Wakefield High School Aquatic Center 1325 S. Dinwiddie Street, Arlington, VA. 22206 703-228-2395
Club Official	Charles Lundy- AAC- calundy@verizon.net
Meet Referee	Dave DiNardo- dave.dinardo@gmail.com
FACILITY:	<p>8 lane 25 yard indoor pool. Eight (8) lanes will be used for competition. Separate 5 lane pool will be available for continuous warm-up/warm-down.</p> <ul style="list-style-type: none">•The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).• The depth of the pool is 6'8" at the starting end and 4' at the turning end <p>Automatic timing (touch pads primary) will be used for this meet.</p>
ELIGIBILITY:	<p>Open to all swimmers of teams that are members of the Eastern States Senior Circuit. All swimmers must be registered with United States Swimming, Inc.</p> <p>PLEASE MAKE SURE YOUR ATHLETES ARE REGISTERED FOR 2016 BEFORE ENTERING THEM.</p> <p>There are no qualifying times but all teams agree to bring swimmers who are training at a senior level and are preparing for successful qualification or participation in Sectionals and Nationals. Please see published Circuit Guidelines for more information. Swimmer shall compete at the age attained on the first day of the meet. To be</p>

	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.		
CIRCUIT PARTICIPANTS ARE:	Maryland LSC	Virginia LSC	PVS
	Monacacy Aquatic Club (MAC)	Prince William Swim Club (PWSC)	Arlington Aquatic Club (AAC)
	Mid Delmarva YMCA (MDY)	Tsunami (TSU)	Occoquan Swim Team (OCCS)
	Central Chesapeake Swimming (PEAK)	Regency Park Swim Team (RPST)	NCAP Burke
MEET FORMAT:	All events will be Timed Finals.		
WARM-UPS:	<p>Saturday, January 09, 2016 Session 1 ---- 7:00 am - 8:20 am warm up/8:30 am start Session 2 ---- 3:00 pm - 4:00 pm warm up/4:10 pm start</p> <p>Sunday, January 10, 2016 Session 3 ---- 6:30 am - 7:20 am warm up for the 1650 Free/1000 Free- 7:30 am start 1650/1000 (events 23 - 24) will be swum slowest to fastest, alternating heats of women then men. Women and men may swim together. All Heats of the 1000's will swim before the 1650's Session 4 ----- Warm-up will be available at all times/Session start time will be 30 minutes after the completion of the 1650 Free.</p>		
ENTRIES:	<p>Deadline for receipt of entries is Monday, January 4, 2016.</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> <p>Entries must be submitted with short course yard times by e-mail using the HYTEK Team Manager computer software. Entries must include a meet entry report by swimmer and meet entry report by event from the Team Manager Program. Do not use Commlink reports. In all</p>		

	<p>cases, a completed summary sheet showing the name of the person to contact in case of questions and a check for the amount of the entry fees must accompany the entries.</p> <p>Swimmers may enter (3) individual events per session but no more than (5) total for the day on Saturday. Swimmers may enter the 1650/1000 Free plus 3 events on Sunday. Swimmers may participate in 2 relays per session. Relay teams must be designated A, B, C, etc. if a team enters more than one relay. All entry times must have been achieved in USA Swimming sanctioned or approved competition.</p>
<p>Mail or E-mail Entries To:</p>	<p>Evan Stiles, AAC 3700 S. Four Mile Run Drive Arlington, Va. 22206 703-228-1814 aacswims@yahoo.com</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 phone to confirm receipt.</p>
<p>MEET DIRECTOR:</p>	<p>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. Meet Director: Evan Stiles 703-228-1814, aacswims@yahoo.com</p>
<p>ENTRY FEES:</p>	<p>Individual Events..... \$5.00 Relay Events..... \$12.00 Swimmers surcharge....\$3.00</p> <p>Make Checks payable to: AAC Boosters</p> <p>If mailing checks, please send entry fee checks to: AAC Boosters P.O. Box 7512 Arlington, VA 22207-7512</p>
<p>RULES:</p>	<p>The 2015 USA Swimming Code and Rules will apply. USA Swimming Safety and warm-up procedures will be in effect. In accordance with USA Swimming Policy, only those coaches who, at all times, display current, valid United States Swimming credentials will be permitted to act in a coaching capacity at this meet.</p> <p>a. In compliance with USA Swimming Rules and Regulations, the use of audio or visual</p>

	<p>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.</p> <p>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.</p> <p>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. (this statement can either be under RULES or SUPERVISION).</p> <p>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> <p>WE WILL BE USING FLY-OVER STARTS AT THIS MEET.</p>
PENALTIES:	<ol style="list-style-type: none"> 1. Penalties for entries using fraudulent and/or non-verifiable entry times: <ol style="list-style-type: none"> 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.
AWARDS:	Circuit T-Shirts for participants will be handed out.

SCORING:	Scoring will be on a sixteen-place basis. Individual events will be awarded 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events will receive double these point values.
SEEDING:	All events at the distance of 200 and below will be pre-seeded. All relays, 400 IM, 500 Free, and 1650/1000 Free will be deck seeded and require a positive check in. Relay check in must be done by the end of warm up for each session. Check-in for the 500 Free will be by 9:00 am and check in for the 400 IM will be by 5:30 pm Saturday. Check in for the 1650 Free will be by 6:00 pm on Saturday.
OFFICIALS:	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. Contact AAC Officials chair, Charles Lundy, calundy@verizon.net . Thank you for your help in advance.
Liability	NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Wakefield Aquatic Center and AAC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Hotel Information:	Hampton Inn 4800 Leesburg Pike, Alexandria, VA, 22302 1-855-238-1591 Homewood Suites by Hilton 4850 Leesburg Pike, Alexandria, VA, 22302 1-855-239-9397

ORDER OF EVENTS
Saturday, January 09, 2016

Session 1		
Warm-ups: 7:00 - 8:20 am/Start 8:30 am		
Female		Male
1	400 Free Relay	2
3	200 Breast	4
5	100 Fly	6
7	200 Back	8
9	200 Medley Relay	10
11	500 Free	12

Session 2		
Warm-ups: 3:00 - 4:00 pm/Start 4:10 pm		
Female		Male
13	800 Free Relay	14
15	100 Free	16
17	200 Fly	18
19	100 Breast	20
21	400 IM	22

Sunday, January 10, 2016

Session 3		
Warm-up: 6:30 - 7:20 am/ Start 7:30 am		
Female		Male
23A	1000 Free	24A

23	1650 Free	24
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Session 4		
Warm-up: All Morning/Start minimum of 30 minutes after 1650 Free		
Female		Male
25	400 Medley Relay	26
27	200 IM	28
29	50 Free	30
31	100 Back	32
33	200 Free	34
35	200 Free Relay	36