

## 2016 Fall Senior Invitational Swim Meet

Hosted by the Maryland Suburban Swim Club

**October 22-23, 2016**

Sanctioned by USA Swimming through Potomac Valley Swimming Sanction # PVC-17-10

FACILITY	<p><a href="#">Fairland Aquatics Center</a>          13820 Old Gunpowder Road          Laurel, Maryland 20707          301-362-6060</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</li> </ul> <p><b>DIRECTIONS:</b> From I-95 (North of the Capital Beltway) exit Route 212 (Powder Mill Road) East. Turn left at the first traffic light onto Old Gunpowder Road. Proceed approximately three (3) miles to pool on the left.</p>	
TIMING	<b>Automatic timing (touch pads primary) will be used.</b>	
MEET DIRECTOR	Manga Dalizu 301-526-6597 <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a>	
MEET OFFICIALS CONTACT	Hope Mao Oehler 443-631-7958 <a href="mailto:qingwaa@yahoo.com">qingwaa@yahoo.com</a>	
MEET REFEREE	Lynne Gerlach 240-286-2319 <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>	
<b>SCHEDULE</b> <i>Warm-up times and start times will be adjusted if necessary. Two 8 lane courses will be used for the 1000 if needed. Swimmers are responsible for providing timer and counter for 400 IM, 500 and 1000 Free. (Events 23 – 24, COMBINED EVENT) will be swum fast to slow.</i>	<p style="text-align: center;">Saturday Morning Session          7:00 – 8:30 Warm-up          8:40 AM Event start</p> <p style="text-align: center;">Saturday Afternoon Session          3:30 – 4:30 PM Warm-up          4:40 PM Event Start</p>	<p style="text-align: center;">Sunday Morning <b>Distance</b>          7:00 - 7:50 AM Warm-up          8:00 AM Event Start</p> <p style="text-align: center;">Sunday Morning Session          10:00 - 10:50 AM Warm-up          11:00 AM Event start</p>
<b>ELIGIBILITY – please note new Eligibility for 11-12 year olds</b>	Open to all invited teams. If your team is interested in participating in this meet, please contact the meet director to request an invitation. Swimmers must be registered with USA Swimming and should be training at the senior level. Swimmers	

	<p>for this meet should be 13&amp;Over. <b>11-12 year old swimmers who have qualified individually for 2016 JO's are eligible to swim those events. If they have qualified in 3 or more events for JO's they are eligible to swim the maximum number of events allowable for the meet.</b> Age on October 22, 2016 will determine age for the entire meet.</p>
ENTRY DEADLINE	Deadline for receipt of entries is Tuesday, October 11, 2016.
ENTRY FEES	<p>FEES: Individual Events..... \$7.00  Athlete Surcharge..... \$2.00  Relay Events..... \$14.00  Deck entries..... \$10.00 (cash only)</p>
DECK ENTRIES	Deck Entries will be accepted on a first come first served basis for empty lanes only and must be submitted 30 minutes prior to the end of the warm up period for each session. No new heats will be added. Athletes not already entered in meet must produce evidence of current USA athlete registration. In the event the session is oversubscribed the meet director reserves the right to not accept deck entries.
ENTRY INFORMATION	<p>Club entries will be accepted by email.</p> <ul style="list-style-type: none"> <li>• Submission of entries by email must include the following files: the electronic team entry file, the MEET Entry report file, one by name, one by event. Include the following subject line "2016 Fall Senior Invitational - ****" with the club's initials substituted in place of the asterisks.</li> <li>• Club entry email must include in the body of the email total # of swimmers, total # of events and contact information (name, phone# and email) of Club representative.</li> <li>• 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.</li> <li>• Relay times may be made up using composite times of verifiable times achieved in USA Swimming sanction competition</li> <li>• Meet Directors are asked to acknowledge receipt by return email within 48 hours. If acknowledgement is not received, please contact the Meet Director.</li> <li>• Each participating club should submit one check covering the entry fees for the entire team to the address below. Please do not send cash. Club initial should appear somewhere on the check. Make check payable to "MSSC".</li> <li>• If entries are modified/removed in order to manage the timeline only, refunds will be granted.</li> </ul>

	<ul style="list-style-type: none"> <li>Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined by PVS the sum of \$100 and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
ENTRY CHAIR	<p>Send entries to Manga Dalizu at <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a></p> <p>Please send fees to MSSC at:  MSSC  PO Box 160  Laurel, MD 20725</p>
RULES	<ul style="list-style-type: none"> <li>Current USA Swimming Rules shall govern the meet.</li> <li>All events are Timed Finals and are swum slow to fast with the exception of the Event 23/24 1000 YD Freestyle</li> <li>Swimmers may enter a maximum of three individual events per session or five per day, and 2 relays per session.</li> <li>Seed times are SCY; NT entry are accepted</li> <li>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 <a href="#">Guidance for Dive-Over Starts for Coaches</a>. Officials are requested to review <a href="#">Protocol for Dive-Over Starts</a>.</li> <li>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.</li> <li>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</li> <li>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as bring 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.</li> <li><b>No on-deck USA-S registration will be permitted.</b></li> </ul>
DECK ACCESS	<ul style="list-style-type: none"> <li>All coaches and officials must be registered members of USA Swimming.</li> <li>All USA-S registered officials and coaches are asked to display current 2016 USA Swimming membership</li> </ul>

	<p>credentials in the deck area or have DECK PASS ready to display for verification.</p> <ul style="list-style-type: none"> <li>• <b>Parents and other spectators who are not volunteering as an official, lane timer, marshal or other meet position are not permitted on the deck and will be asked to leave.</b></li> </ul>
TEAM AREA & SUPERVISION	<ul style="list-style-type: none"> <li>• Coaches are responsible for supervising their athletes conduct.</li> <li>• Please be sure your team area is cleaned up after each session's conclusion.</li> <li>• Coaches only are allowed one personal chair on deck.</li> </ul>
WARM UP PROCEDURE	<ul style="list-style-type: none"> <li>• Potomac Valley Swimming warm up procedure and safety policies will be followed. <i>The meet director reserves the right to determine the structure of warm up, including times and lane assignments.</i></li> <li>• Continuous warm up/warm down lanes will be available throughout the meet.</li> </ul>
INCLUSION POLICY	<ul style="list-style-type: none"> <li>• 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 welcome 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.</li> </ul>
OFFICIALS	<ul style="list-style-type: none"> <li>• Certified officials and trainees are requested to contact the Meet Officials Contact, Hope Oehler at <a href="mailto:gingwaa@yahoo.com">gingwaa@yahoo.com</a> by October 14, 2016.</li> </ul>
TIMERS	<ul style="list-style-type: none"> <li>• The host club will provide one timer per lane for sessions 1, 2, 4</li> <li>• Participating clubs are requested to recruit volunteers according to the ratio of 1:25 entries.</li> <li>• Clubs will be contacted 72 hours in advance with their volunteer requirements and a sign-up form will be circulated.</li> </ul>
OTHER DETAILS	<ul style="list-style-type: none"> <li>• Heat sheets for Session 1, 2, 4 may be sold for \$2 each.</li> <li>• In the event an entire session is positive check-in, programs will not be available until after the meet starts; programs will be posted throughout the spectator areas.</li> <li>• Hospitality for coaches and officials will be available on the pool deck.</li> <li>• LIMITED concessions for spectators and athletes will be available on the lobby area.</li> </ul>

## SCHEDULE OF EVENTS

Session #1	Session #3 - Distance
Saturday morning – October 22, 2016	Sunday morning – October 23, 2016

Warm-up 7:00 – 8:30 AM, Events 8:40 AM			Warm-up 7:00 – 7:50 AM, Events 8:00 AM		
Women Event #	Events	Men Event #	Women Event # 24	Event	Men Event # 24
1%	200 YD Free Relay	2%	1000 YD This is a combined event, swum fast to slow. Positive check in closes at 7:30 AM Swimmers must provide timer and counter		
3	100 YD Butterfly	4			
5	200 YD Freestyle	6			
7	200 YD IM	8			
9	100 YD Backstroke	10			
11%	800 YD Free Relay	12%			
Session #2			Session #4		
Saturday afternoon – October 22, 2016 Warm-up 3:30 – 4:30 PM, Events 4:40 PM			Sunday morning – October 23, 2016 Warm-up 10:00 – 10:50 AM, Events 11:00 AM		
Women Event #	Events	Men Event #	Women Event #	Events	Men Event #
13\$	400 IM	14\$	25!	200 YD Med Relay	26!
15	200 YD Breaststroke	16	27	50 YD Freestyle	28
17	100 YD Freestyle	18	29	200 YD Backstroke	30
19	200 YD Butterfly	20	31	100 YD Breaststroke	32
21#	400 YD Medley Relay	22#	33*	500 YD Freestyle	34*
<b>Positive check in times (If required)</b>			35!	400 YD Free Relay	36!
% - Check – in time for the 200 and 800 Free Relays – 8:15 AM Saturday # - Check – in time for the 400 Yard Medley Relay is 4:30 PM Saturday \$ - Check - in time for the 400 IM is 4:00 PM Saturday @ - Check - in time for the 1000 YD Freestyle is 7:30 AM Sunday ! – Check – in time for the 200 YD Medley / 400 YD Free relay is 10:45 AM Sunday * - Check – in time for 500 Yard Freestyle is 10:45 AM Sunday					