



CHRISTMAS CHAMPIONSHIPS 2018

November 30 -December 2, 2018

SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING THROUGH POTOMAC VALLEY SWIMMING Sanction #PVI-19-25

<p>MEET DIRECTOR Manga Dalizu 301-526-6597 fairlandswim@comcast.net</p>	<p>MEET REFEREE Lynne Gerlach 240-286-2319 gerlach@msscswimming.com</p>	<p>MEET OFFICIALS' CONTACT* Hope Oehler 443-631-7958 gingwaa@yahoo.com</p>
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*Officials who volunteer for three or more sessions prior to the deadline of 11.23.18 will receive a complimentary Christmas Champs polo shirt. No additional orders will be placed after 11.23.18. Shirts must be picked up at meet. Shirts will not be mailed.

<p>FACILITY:</p>	<p>Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 20707 301-362-6060</p> <ul style="list-style-type: none"> • 10 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). • Facility Rules: <ul style="list-style-type: none"> ○ Swimmers are not to leave the pool deck without appropriate attire. ○ No glass containers are permitted within the pool area. ○ No camera cell phones are permitted in the locker rooms. ○ Swimmers are asked to take a cleansing shower before entering the pool for warm up.
<p>ENTRY DEADLINE:</p>	<p>The Meet Director must receive all entries for this meet NO LATER THAN THURSDAY, November 15, 2018 Updated times will be accepted until Tuesday, November 20, 2018, however no new entries will be accepted. 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 from 2017 returning teams, however once the capacity is reached no new entries will be accepted.</p>

THIS YEAR	In the spirit of the season and to give back to the sport of swimming, the host club will donate to the USA Swimming Foundation in the name of the teams who achieve the high point score in each division.
IMPORTANT NOTE:	<p style="text-align: center;">This meet requires many volunteers.</p> <ul style="list-style-type: none"> • Participating clubs are required to provide timers in proportion to their entries: one timer is required for each 25 entries. <ul style="list-style-type: none"> ○ Teams will be notified of their volunteer requirements prior to start of meet. ○ Coaches are responsible for their volunteer requirements. • All certified officials are welcome to volunteer; please contact Hope Oehler at gingwaa@yahoo.com prior to Friday, November 23rd. <ul style="list-style-type: none"> ○ 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 contacted the Officials contact are also welcome to volunteer to the Referee.
SCHEDULE:	<p>Friday - All Ages – Timed Finals: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p>Saturday and Sunday</p> <p>13 and Over – Prelims Sessions: Warm-up: 6:30 – 7:30 AM Events: 7:40 AM</p> <p>11-12 Year Olds – Prelims Sessions: Warm-up: 10:30 – 11:20 AM, Events: 11:30 AM</p> <p>10 and Under – Prelims Sessions: Warm-up: 1:40 – 2:20 PM, Events: 2:30 PM</p> <p>Finals Sessions: Warm-up: 5:15 – 6:05 PM, Events: 6:15 PM</p> <p>NOTE: The meet director reserves the right to manage the timeline by running <u>Two courses</u> simultaneously for Friday Timed Finals and Prelims sessions, by adjusting session times, or combining the 10&U and 11-12 sessions. Positive check in may also be used.</p>
ELIGIBILITY:	<p>Please read Meet Announcement carefully for new information.</p> <ul style="list-style-type: none"> • Open to invited USA Swimming clubs and registered athletes, however, to comply with facility capacity limits, the M-NCPPC limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. Entries will be accepted on a first come, first serve basis from last year's (2017) teams. The Meet Director will endeavor to inform teams promptly when the meet has been fully subscribed. Once capacity per session is reached, no new entries can be accepted. <p>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.</p>

<p>DISABILITY SWIMMERS:</p>	<ul style="list-style-type: none"> • 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>TIMING SYSTEM:</p>	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used for this meet.
<p>RULES:</p>	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern the meet. • Dive-over starts will be used at Preliminary and Distance sessions. • 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, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Deck changes are 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 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.
<p>EVENT RULES:</p>	<ul style="list-style-type: none"> • All Friday night events are Timed Finals, will be swum fast to slow, and may require positive check in. The 500 Freestyle, the 400 IM, and the 1650 yard Mixed Freestyle will be combined events but broken out for scoring and awards purposes. Two courses may be used. • Friday night session is considered a Distance session; Swimmers must provide their own timer for all events and a counter if desired, for the 1650 Freestyle events. • Entries in the 400 IM, 500 Free and 1650 Free may need to be limited due to time constraints. If necessary, entries will be limited based on verifiable proof of entry time, fast to slow and any athlete removed will be given the opportunity to enter another event in the meet as long as that entry does not create a new heat or exceed the entry limit per session. • The fastest twenty (20) 13-14 and 15&Over swimmers from the preliminary events will advance to finals. The fastest ten (10) 10 and under, 11-12-year-old swimmers from the preliminary events will advance to finals. • There will be an “A” final and a “B” final. The “B” final will be swum first. • The following 12 and Under events will be timed final events: 400 IM, 200 Butterfly, 200 Backstroke and 200 Breaststroke.

- 8 and Unders entered in Christmas Champs must have provable times.
- 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 with exception of the 12U 500 Free with a provable 200 Free time.**
- **Coaches times will not be accepted.**
- **Minimum entry standards must be equal to or faster than in the following events (please include proof of time on the Meet Entry Report.)**

Girl’s Minimum Entry time	Event	Boy’s Minimum Entry time
“B” time for age group	12&U 500 freestyle or	“B” time for age group
“B” time for age group	12U 200 Free time for a NT entry in 500 free	“B” time for age group
5:45.00	13&Over 400 IM	5:45.00
21:30.00	13&Over 1650 Freestyle	21:30.00

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 CHECK IN 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 the events in addition those listed to manage the time line of the session.

“SCRATCH” POLICY

If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure:

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.

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.

WARM-UP:	<ul style="list-style-type: none"> • 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.
SUPERVISION	<ul style="list-style-type: none"> • Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up. • Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas. • Due to limited deck space, there will be NO chairs on deck except for coaches. • A heated tent will be available on the pool patio. Please take advantage of this additional team area to reduce deck crowding.
CREDENTIALS:	<p>Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck.</p> <ul style="list-style-type: none"> • Working Coaches & deck officials are required to display or produce their 2018 or 2019 USA Swimming credentials on Deck Pass • Parents not working the meet as a deck official, volunteer lane timer, or other meet position are not permitted on deck. Please cooperate with the meet marshals.
SCORING:	<ul style="list-style-type: none"> • Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1 • Teams will be awarded no more than 2 sets of points for a single event. • Teams will be divided into Divisions based on registration numbers with USA swimming on the start date of the meet. <ul style="list-style-type: none"> ○ 250 and above = Division I ○ 100 -250 = Division II ○ 1 - 99 = Division III
AWARDS:	<ul style="list-style-type: none"> • Medals will be awarded to first – tenth place in the “A” final. • “B” Final will be awarded Ribbons (places 11-20). • All timed final events will be awarded medals first – tenth place except the 12 and Under 200 Backstroke, Breaststroke, Butterfly and 400 IM will be awarded medals for the first – tenth • Medals will be awarded to first – tenth place in the 11-12, 10 and Under finals. Events 1&2, 3&4, and 9 will be broken out by age group for scoring and awards.
ADMISSION CONCESSIONS:	<ul style="list-style-type: none"> • 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 for spectators will be available for purchase in the facility lobby. In keeping with facility policy NO snack bar food will be permitted on the pool deck except for water/sports drinks. • The Club hospitality table, located on the pool deck will available to all coaches, officials and other meet volunteers.
FEES:	<ul style="list-style-type: none"> • Fees for individual events are \$8.50. There is a \$3.00 surcharge per athlete. • Remit one check to cover the entry fees for the entire team. Do not send cash.

	<ul style="list-style-type: none"> • Telephone entries will not be accepted.
DECK ENTRIES:	There will be no deck entries accepted at this meet.
REMINDER:	<p>Entry fees are due with each club's meet entry prior to the start of the meet. Please mail by USPS to address below or deliver to Meet Director at start of meet.</p> <p>No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director.</p>
ENTRY PROCEDURES:	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director at fairlandswim@comcast.net • Include in the subject of the email "2018 Christmas Champs - ****" with the club's initials in place of the asterisks. • 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. • Entries from individual team members will not be accepted. • Entries by phone or FAX will not be accepted. • INDIVIDUAL OR UNATTACHED ENTRIES WILL BE ACCEPTED BY delivery to the address below. <p>Meet Directors will acknowledge receipt by return e-mail within 48 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director.</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. The Meet Manager reserves the right to Positive Check-In all 200-yard events in the interest of manageable time lines. The Meet Manager also reserves the right to adjust warm-up times for the 12 & Under sessions.</p> <ul style="list-style-type: none"> • 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.
REMINDER:	<ul style="list-style-type: none"> • Entries are not considered complete until entry fee is received. Please mail by USPS to address below to be received by 11/26/18. • No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director.
ENTRY FEES:	<p>MARYLAND SUBURBAN SWIM CLUB P.O. Box 160 Laurel, MD 20725 Attn: Lynne Gerlach</p>
NOTES:	<p>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.</p>

FRIDAY, November 30, 2018 - TIMED FINALS SESSION
WARM-UP: 4:30 – 5:20 PM EVENTS: 5:30 PM

**Swimmers must provide own timer for all events,
and counter, if desired, for 1650 YD Freestyle**

Girls Event #	TIMED FINALS SESSION ALL AGES – DISTANCE*	Boys Event #
1(S)	12 and Under 500 YD Freestyle	2 (S)
3 (S)	13 & Over 500 YD Freestyle	4 (S)
5	12 and Under 200 YD IM	6
7\$	13 and Over 400 YD IM	8\$
9#	13&O Mixed 1650 YD Freestyle	9#
<p>(S) 10U - NST 7:30.00 (S) 11-12 NST 6:40.00 (S) 13&Over (Girls) NST 6:15.00 (S) 13&Over (Boys) NST 6:00.00 Swimmers entering the 500 Freestyle with a NT must have a provable 200 Freestyle time NST a "B" time standard for their age group \$Times slower than 5:45.00 for the 400 IM will not be entered. #Times slower than 21:30.00 in the 1650 Freestyle will not be entered</p>		

Morning 13&Over Prelims Session
Saturday, December 1, 2018
WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 AM

Girls Event #	13&Over Events	Boys Event #
13	15&Over 200 YD Freestyle	14
15	13-14 200 YD Freestyle	16
21	15&Over 100 YD Butterfly	22
23	13-14 100 YD Butterfly	24
31	15&Over 200 YD Breaststroke	32
33	13-14 200 YD Breaststroke	34
39	15&Over 200 YD Backstroke	40
41	13-14 200 YD Backstroke	42
47	15&Over 100 YD Freestyle	48
49	13-14 100 YD Freestyle	50

Morning 13&Over Prelims Session
Sunday, December 2, 2018
WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 PM

Girls Event #	13&Over Events	Boys Event #
57	15&Over 200 YD IM	58
59	13-14 200 YD IM	60
67	15&Over 100 YD Backstroke	68
69	13-14 100 YD Backstroke	70
75	15&Over 200 YD Butterfly	76
77	13-14 200 YD Butterfly	78
83	15&Over 100 YD Breaststroke	84
85	13-14 100 YD Breaststroke	86
91	15&Over 50 YD Freestyle	92
93	13-14 50 YD Freestyle	94

11-12-Year-old Prelims Session
Saturday, December 1, 2018
WARM-UP: 10:30– 11:20 AM EVENTS: 11:30 AM

Girls Event #	Events	Boys Event #
17	11-12 200 YD Freestyle	18
25	11-12 50 YD Butterfly	26
29*	12 and Under 400 YD IM	30*
35	11-12 100 YD Breaststroke	37
43	11-12 100 YD Backstroke	44
51	11-12 50 YD Freestyle	52
55*	12 and Under 200 YD Butterfly	56*
	*timed final	

11-12-Year-Old Prelims Session
Sunday, December 2, 2018
WARM-UP: 10:30 – 11:20 AM EVENTS: 11:30 AM

Girls Event #	Events	Boys Event #
61*	12 and Under 200 YD Breaststroke	62*
63	11-12 100 YD IM	64
71	11 -12 50 YD Backstroke	72
79	11-12 100 YD Butterfly	80
87	11-12 50 YD Breaststroke	88
95	11-12 100 YD Freestyle	96
99*	12&Under 200 YD Backstroke	100*
	*Timed final	

10 and Under Prelims Session
Saturday, December 1, 2018
WARM-UP: 1:40 – 2:20 PM, Events 2:30 PM

Girls Event #	Events	Boys Event #
19	10 and Under 200 YD Freestyle	20
27	10 and Under 50 YD Butterfly	28
37	10 and Under 100 YD Breaststroke	38
45	10 and Under 100 YD Backstroke	46
53	10 and Under 50 YD Freestyle	54

10 and Under Prelims Session
Sunday, December 2, 2018
WARM-UP: 1:40- 2:20 PM, Events 2:30 PM

Girls Event #	Events	Boys Event #
65	10 and Under 100 YD IM	66
73	10 and Under 50 YD Backstroke	74
81	10 and Under 100 YD Butterfly	82
89	10 and Under 50 YD Breaststroke	90
97	10 and Under 100 YD Freestyle	98

Girls Event #	SATURDAY FINALS	Boys Event #
13	15&Over 200 YD Freestyle	14
15	13-14 200 YD Freestyle	16
17	11-12 200 YD Freestyle	18
19	10 and Under 200 YD Freestyle	20
21	15&Over 100 YD Butterfly	22
23	13-14 100 YD Butterfly	24
25	11-12 50 YD Butterfly	26
27	10 and Under 50 YD Butterfly	28
31	15&Over 200 YD Breaststroke	32
33	13-14 200 YD Breaststroke	34
35	11-12 100 YD Breaststroke	36
37	10 and Under 100 YD Breaststroke	38
39	15&Over 200 YD Backstroke	40
41	13-14 200 YD Backstroke	42
43	11-12 100 YD Backstroke	44
45	10 and Under 100 YD Backstroke	46
47	15&Over 100 YD Freestyle	48
49	13-14 100 YD Freestyle	50
51	11-12 100 YD Freestyle	52
53	10 and Under 50 YD Freestyle	54

Girls Event #	SUNDAY FINALS	Boys Event #
57	15&Over 200 YD IM	58
59	13-14 200 YD IM	60
63	11-12 100 YD IM	64
65	10 and Under 100 YD IM	66
67	15&Over 100 YD Backstroke	68
69	13-14 100 YD Backstroke	70
71	11-12 50 YD Backstroke	72
73	10 and Under 50 YD Backstroke	74
75	15&Over 200 YD Butterfly	76
77	13-14 200 YD Butterfly	78
79	11-12 100 YD Butterfly	80
81	10 and Under 100 YD Butterfly	82
83	15&Over 100 YD Breaststroke	84
85	13-14 100 YD Breaststroke	86
87	11-12 50 YD Breaststroke	88
89	10 and under 50 YD Breaststroke	90
91	15&Over 50 YD Freestyle	92
93	13-14 50 YD Freestyle	94
95	11-12 100 YD Freestyle	96
97	10 and Under 100 YD Freestyle	98