



# CHRISTMAS CHAMPIONSHIPS 2019

December 6 -8, 2019

SPONSORED BY MARYLAND SUBURBAN SWIM CLUB

SANCTIONED BY USA SWIMMING THROUGH

POTOMAC VALLEY SWIMMING Sanction # PVC-20-30

<b>MEET DIRECTOR</b> Manga Dalizu 301-526-6597 <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a>	<b>MEET REFEREE</b> Lynne Gerlach 240-286-2319 <a href="mailto:gerlach@msscswimming.com">gerlach@msscswimming.com</a>	<b>MEET OFFICIALS' CONTACT*</b> Hope Oehler 443-631-7958 <a href="mailto:gingwaa@yahoo.com">gingwaa@yahoo.com</a>
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\*Officials who volunteer for three or more sessions at Christmas Champs prior to the deadline of 11.22.19 will receive a complimentary Christmas Champs polo shirt. No additional orders will be placed after 11.22.19. Shirts must be picked up at meet. Shirts will not be mailed.

<b>FACILITY:</b>	<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>• 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.</li><li>• Finals will be swum in the deep end course.</li><li>• The competition course has not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C).</li><li>• Facility Rules:<ul style="list-style-type: none"><li>○ Swimmers must wear shirt and shoes when heading upstairs.</li><li>○ No glass containers are permitted in the building.</li><li>○ No camera cell phones are permitted in the locker rooms.</li><li>○ Swimmers are asked to take a cleansing shower before entering the pool for warm up.</li></ul></li></ul>
<b>ENTRY DEADLINE:</b>	<p>The <a href="#">Meet Director</a> must receive all entries for this meet.</p> <p><b>NO LATER THAN THURSDAY, November 21, 2019</b></p> <p><b>Updated</b> times will be accepted until Tuesday, November 26, 2019, however no new entries will be accepted.</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</p>

	information. <b>Entries will be accepted from 2018 returning teams, however once the capacity is reached no new entries will be accepted.</b>
<b>SPECIAL NOTE:</b>	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.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Participating clubs are required to provide <b>timers</b> in proportion to their entries: one timer is required for each 25 entries. <ul style="list-style-type: none"> <li>○ Teams will be notified of their volunteer requirements prior to start of meet.</li> <li>○ Coaches are responsible for their volunteer requirements.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<ul style="list-style-type: none"> <li>• All <b>certified officials interested in volunteering</b> please contact Hope Oehler at <a href="mailto:qingwaa@yahoo.com">qingwaa@yahoo.com</a> prior to Friday, November 22nd. <ul style="list-style-type: none"> <li>○ Please include your club affiliation, certifications held, and sessions you wish to work.</li> <li>○ Officials assigned to this meet should sign in at the Officials' table at the start of warm-up.</li> <li>○ Certified officials who have not contacted the Officials contact are also welcome to volunteer to the Referee.</li> </ul> </li> </ul>
<b>SCHEDULE:</b>	<p><b>Friday - All Ages – Timed Finals:</b> Warm-up 4:30 – 5:20 PM, Events: 5:30 PM</p> <p><b>Saturday and Sunday</b></p> <p><b>13 and Over – Prelims Sessions:</b> Warm-up: 6:30 – 7:30 AM Events: 7:40 AM</p> <p><b>11-12 Year Olds – Prelims Sessions:</b> Warm-up: 10:30 – 11:20 AM, Events: 11:30 AM</p> <p><b>10 and Under – Prelims Sessions:</b> Warm-up: 1:40 – 2:20 PM, Events: 2:30 PM</p> <p><b>Saturday and Sunday Finals Sessions:</b> Warm-up: 5:15 – 6:05 PM, Events: 6:15 PM</p> <p><b>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&amp;U and 11-12 sessions. Positive check in may also be used.</b></p> <p>Teams will be notified by email if changes are needed.</p> <p><b>On Saturday and Sunday mornings, no one will be permitted to enter the building until 6:00 am.</b></p>
<b>ELIGIBILITY:</b>	<p>Please read Meet Announcement carefully for new information.</p> <ul style="list-style-type: none"> <li>• Open to invited USA Swimming clubs and registered athletes. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>• To comply with facility capacity limits, 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 (2018) 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 will be accepted.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy as adopted by the BOD</a>. 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.</li> </ul>
<b>TIMING SYSTEM:</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>• Dive-over starts will be used at Preliminary and Distance sessions.</li> <li>• In compliance with <i>USA Swimming Rules and Regulations</i>, 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 (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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 &amp;U sessions in Rule 205.3.1F.</li> <li>• No on-deck USA-S registration will be permitted.</li> </ul>
<b>EVENT RULES:</b>	<ul style="list-style-type: none"> <li>• All Friday night events are Timed Finals, will be swum <b>fast to slow</b>, and may require positive check in. The 500 Yd Freestyle, the 400 IM, and the 1650 Yd Mixed Freestyle will be combined events but will be broken out by age and gender for scoring and awards purposes.</li> <li>• Two courses may be used.</li> <li>• Friday night session is considered a Distance session; <b>Swimmers must provide their own timer for all events and a counter if desired, for the 500 and 1650 Freestyle events.</b></li> <li>• If necessary, entries may be limited due to time constraints, based on verifiable proof of entry time, fast to slow. 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.</li> <li>• The fastest twenty (20) 13-14 and 15&amp;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.</li> <li>• There will be an “A” final and a “B” final. The “B” final will be swum first.</li> </ul>

- The following 11-12 year old 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. A provable 200 Free time is acceptable.**
- **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.)**

Girls Minimum Entry time	Event	Boys 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 or “B” in 1000 Yd Freestyle	13&Over 1650 Freestyle	21:30.00 or “B” in 1000 Yd Freestyle

**PVS Positive Check in Policy:**

- Athletes who have not checked in by the specified time will be scratched from the event.
- Athletes who have checked in 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 to those listed to manage the timeline 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 Scratch Slip within 30 minutes of the announcement.
2. You may also declare an intent to scratch. You must fill out and sign a 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 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, they shall be barred from further competition for the rest of the meet.

**WARM-UP:**

- The prescribed Potomac Valley Swimming warm-up procedures and safety policies for warm-ups will be followed.
- The Meet Director reserves the right to modify warm-up times and structure, if necessary.

**SUPERVISION:**

- Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.
- Swimmers are required to take a shower before entering the pool.

	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas.</li> <li>Due to limited deck space, swimmers may NOT have chairs on deck.</li> <li>A heated tent will be available on the pool patio. Please take advantage of this additional team area to reduce deck crowding.</li> </ul>
<b>CREDENTIALS:</b>	<ul style="list-style-type: none"> <li>Only athletes, USA Swimming certified coaches, and deck officials are permitted on the pool deck.</li> <li>Working Coaches and deck officials should have proof of active USA Swimming membership with them at all times.</li> <li>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.</li> </ul>
<b>SCORING:</b>	<ul style="list-style-type: none"> <li>Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1</li> <li>Teams will be awarded no more than 2 sets of points for a single event.</li> <li>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"> <li>250 and above = Division I</li> <li>100 -250 = Division II</li> <li>1 - 99 = Division III</li> </ul> </li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>Medals will be awarded to first – tenth place in the “A” final.</li> <li>“B” Final will be awarded Ribbons (places 11-20).</li> <li>All timed final events will be awarded medals first – tenth.</li> <li>Events 1&amp;2, 3&amp;4, 5&amp;6, 7&amp;8 will be broken out by age group for scoring and awards.</li> <li>Event 9 will be broken out by age group and gender for scoring and awards.</li> </ul>
<b>ADMISSION &amp; CONCESSIONS:</b>	<ul style="list-style-type: none"> <li>There is no admission charge.</li> <li>All Swimmers and spectators should enter the facility through pool lobby. Coaches and Officials only may use the side entrance to pool deck.</li> <li>The meet program will be sold for \$12.00. The program will include coupons for a free program for the finals session.</li> <li>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.</li> <li>The Club hospitality table, located on the pool deck is available to all coaches, officials and other meet volunteers.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>Fees for individual events are \$9.00. There is a \$4.00 surcharge per athlete.</li> <li>Remit one check to cover the entry fees for the entire team. Do not send cash.</li> <li>Telephone entries will not be accepted.</li> </ul>
<b>ENTRY PROCEDURE:</b>	<p style="text-align: center;"><u>There will be <b>no deck entries</b> accepted at this meet.</u></p> <ul style="list-style-type: none"> <li>Hytek Entries should be submitted by email to the Meet Director at <a href="mailto:fairlandswim@comcast.net">fairlandswim@comcast.net</a></li> <li>Include in the subject of the email “2019 Christmas Champs - ****” with the club’s initials in place of the asterisks.</li> <li>In the <b>body</b> of your email provide entry number (girls, boys, totals) Include contact information (club name/site name if applicable, email, phone, officials contact).</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>IMPORTANT:</b> please include cell phone number for coach during prelims and finals in case a swimmer scratches into finals and needs to be notified.</li> <li>• Entries from individual team members will not be accepted.</li> <li>• Entries by phone or FAX will not be accepted.</li> <li>• <b>INDIVIDUAL OR UNATTACHED ENTRIES WILL BE ACCEPTED BY</b> delivery to the address below.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>REMINDER:</b>	<ul style="list-style-type: none"> <li>• <b>Entries are not considered complete until entry fee is received.</b> Please mail by USPS to address below to be received by 12/02/19.</li> <li>• 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.</li> </ul>
<b>ENTRY FEES:</b>	<b>MARYLAND SUBURBAN SWIM CLUB</b> checks payable to MSSC P.O. Box 160 Laurel, MD 20725 Attn: Lynne Gerlach
<b>NOTES:</b>	<b>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.</b>

## FRIDAY, December 6, 2019 - 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 500 and 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#
(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 YD Freestyle with a NT must have a provable 200 Freestyle time NST a "B" time standard for their age group Swimmers entering the 1650 YD Freestyle with a NT must have a provable 1000 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

**Morning 13&Over Prelims Session**  
**Saturday, December 7, 2019**  
**WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 AM**

Girls Event #	13&Over Events	Boys Event #
11	15&Over 200 YD Freestyle	12
13	13-14 200 YD Freestyle	14
19	15&Over 100 YD Butterfly	20
21	13-14 100 YD Butterfly	22
29	15&Over 200 YD Breaststroke	30
31	13-14 200 YD Breaststroke	32
37	15&Over 200 YD Backstroke	38
39	13-14 200 YD Backstroke	40
45	15&Over 100 YD Freestyle	46
47	13-14 100 YD Freestyle	48

**Morning 13&Over Prelims Session**  
**Sunday, December 8, 2019**  
**WARM-UP: 6:30 – 7:30 AM EVENTS: 7:40 PM**

Girls Event #	13&Over Events	Boys Event #
55	15&Over 200 YD IM	56
57	13-14 200 YD IM	58
65	15&Over 100 YD Backstroke	66
67	13-14 100 YD Backstroke	68
73	15&Over 200 YD Butterfly	74
75	13-14 200 YD Butterfly	76
81	15&Over 100 YD Breaststroke	82
83	13-14 100 YD Breaststroke	84
89	15&Over 50 YD Freestyle	90
91	13-14 50 YD Freestyle	92

**11-12-Year-old Prelims Session**  
**Saturday, December 7, 2019**  
**WARM-UP: 10:30– 11:20 AM EVENTS: 11:30 AM**

Girls Event #	Events	Boys Event #
15	11-12 200 YD Freestyle	16
23	11-12 50 YD Butterfly	24
27*	11-12 400 YD IM	28*
33	11-12 100 YD Breaststroke	34
41	11-12 100 YD Backstroke	42
49	11-12 50 YD Freestyle	50
53*	11-12 200 YD Butterfly	54*
	*timed final	

**11-12-Year-Old Prelims Session**  
**Sunday, December 8, 2019**  
**WARM-UP: 10:30 – 11:20 AM EVENTS: 11:30 AM**

Girls Event #	Events	Boys Event #
59*	11-12 200 YD Breaststroke	60*
61	11-12 100 YD IM	62
69	11 -12 50 YD Backstroke	70
77	11-12 100 YD Butterfly	78
85	11-12 50 YD Breaststroke	86
93	11-12 100 YD Freestyle	94
97*	11-12 200 YD Backstroke	98*
	*Timed final	



**10 and Under Prelims Session**  
**Saturday, December 7, 2019**  
**WARM-UP: 1:40 – 2:20 PM, Events 2:30 PM**

<b>Girls Event #</b>	<b>Events</b>	<b>Boys Event #</b>
17	10 and Under 200 YD Freestyle	18
25	10 and Under 50 YD Butterfly	26
35	10 and Under 100 YD Breaststroke	36
43	10 and Under 100 YD Backstroke	44
51	10 and Under 50 YD Freestyle	52

**10 and Under Prelims Session**  
**Sunday, December 8, 2019**  
**WARM-UP: 1:40- 2:20 PM, Events 2:30 PM**

<b>Girls Event #</b>	<b>Events</b>	<b>Boys Event #</b>
63	10 and Under 100 YD IM	64
71	10 and Under 50 YD Backstroke	72
79	10 and Under 100 YD Butterfly	80
87	10 and Under 50 YD Breaststroke	88
95	10 and Under 100 YD Freestyle	96

**Saturday Finals**  
**Saturday, December 7, 2019**  
**WARM-UP: 5:15 – 6:05 PM, Events 6:15 PM**

<b>Girls Event #</b>	<b>Events</b>	<b>Boys Event #</b>
11	15&Over 200 YD Freestyle	12
13	13-14 200 YD Freestyle	14
15	11-12 200 YD Freestyle	16
17	10 and Under 200 YD Freestyle	18
19	15&Over 100 YD Butterfly	20
21	13-14 100 YD Butterfly	22
23	11-12 50 YD Butterfly	24
25	10 and Under 50 YD Butterfly	26
29	15&Over 200 YD Breaststroke	30
31	13-14 200 YD Breaststroke	32
33	11-12 100 YD Breaststroke	34
35	10 and Under 100 YD Breaststroke	36
37	15&Over 200 YD Backstroke	38
39	13-14 200 YD Backstroke	40
41	11-12 100 YD Backstroke	42
43	10 and Under 100 YD Backstroke	44
45	15&Over 100 YD Freestyle	46
47	13-14 100 YD Freestyle	48
49	11-12 100 YD Freestyle	50
51	10 and Under 50 YD Freestyle	52

**Sunday Finals**  
**Sunday, December 8, 2019**  
**WARM-UP: 5:15 – 6:05 PM, Events 6:15 PM**

<b>Girls Event #</b>	<b>Events</b>	<b>Boys Event #</b>
55	15&Over 200 YD IM	56
57	13-14 200 YD IM	58
61	11-12 100 YD IM	62
63	10 and Under 100 YD IM	64
65	15&Over 100 YD Backstroke	66
67	13-14 100 YD Backstroke	68
69	11-12 50 YD Backstroke	70
71	10 and Under 50 YD Backstroke	72
73	15&Over 200 YD Butterfly	74
75	13-14 200 YD Butterfly	76
77	11-12 100 YD Butterfly	78
79	10 and Under 100 YD Butterfly	80
81	15&Over 100 YD Breaststroke	82
83	13-14 100 YD Breaststroke	84
85	11-12 50 YD Breaststroke	86
87	10 and under 50 YD Breaststroke	88
89	15&Over 50 YD Freestyle	90
91	13-14 50 YD Freestyle	92
93	11-12 100 YD Freestyle	94
95	10 and Under 100 YD Freestyle	96