



34th ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET

February 14th - 16th, 2020

Approved Sanction from PVS

Sanction # PVA-20-304

Hosted by:



Meet Director Robert Green robert.green@dc.gov	Meet Referee Mohamed Chouikha mohamed.chouikha@gmail.com	Club Officials Chair Erika Livingston erika@aimstutoring.com	Administrative Official Jonalyn Greene jonalynw@gmail.com
--	---	---	--

Facility and Location	<p style="text-align: center;">Takoma Aquatic Center 300 Van Buren Street, N.W. Washington, DC 20012 (202) 576-9285</p> <p>One 25-yard, 8 lane course, and one 25-yard 6 lane course will be used. The water depth ranges from 7' at the turn end to 13.5' at the starting end for one course and 6'8" to 7' at both the starting and turning in of the second course. The water depth ranges from 3'8"-6'8" in the warm up/warm down east pool.</p> <p>The competition courses have not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C).</p> <p>13 & Over will swap pools on Saturday and Sunday (i.e. Saturday Girls in deep end, boys in Shallow. Sunday Boys in deep end, girls in shallow).</p> <p>12 & Under girls will stay in the deep end for both Saturday and Sunday as we generally have more girls than boys for that session. Boys will swim in the shallow end on both days.</p> <p>Finals will be swum in the deep end.</p> <p>Lanes are 9 feet wide. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard. Continuous warm-up, warm-down will be available during the meet.</p>
Timing System	<p>Automatic timing (touchpads primary) will be used.</p>
Schedule	<p>Session 1 – Friday, February 14th All ages Warm Up – 2:50 pm; Events – 4:00 pm</p> <p>Session 2, 3, 7, 8 – Saturday & Sunday, February 15th - 16th 13 & Over Prelims Warm Up – 6:00 am; Events – 7:30 am</p> <p>Session 4, 5, 9, 10 – Saturday & Sunday, February 15th - 16th 12 & Under Prelims Warm Up – 11:30 am; Events – 12:40 pm</p> <p>Session 6 & 11 – Saturday & Sunday, February 15th - 16th FINALS Warm Up – 4:30 pm; Events – 5:30 pm</p> <p><i>*Note: Meet manager will determine if session start times will need to be adjusted or if age groups need to be moved to a different sessions based on the number of entries received. A timeline will be established and forwarded to each team by Friday, February 7th.</i></p>

Eligibility	<p>This meet is open to all swimmers. USA Swimming membership is not required for entry into the meet. Priority in acceptance of entries will be given to teams and athletes that swam in the meet the previous year. Any new teams or athletes interested in attending should notify the Meet Director with an estimated number of swimmers.</p> <p>*Note: We have set a maximum number of athletes who many enter this meet. Selection will be based on first arrival, first entered in events. Preference will go to teams who attended the meet the previous year.</p>
--------------------	---

<p>Inclusion Policy</p>	<p>PVS and DPR are committed to the Potomac Valley Inclusion Policy for Swimmers with a Disability. 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 competition.</p>
<p>Rules</p>	<p>Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), shall govern this meet.</p> <p>No on-deck USA-S registration is permitted.</p> <p>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, restrooms 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.</p> <p>Deck Changes are prohibited.</p> <p>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.</p> <p>Operations of a drone or any other flying devices 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.</p> <p>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>Entry Procedures</p>	<p>Note: We intend that times from this meet be put into the United States Swimming database – to do so, the swimmers should enter their legal names as they are registered with USA Swimming and their correct date of birth. The preferred name feature will be used if they want to be in the meet under a different first name.</p> <p>Lane timing cards (furnished at the session) shall be submitted for each relay team only.</p> <p>The master entry shall show the name, address, and telephone number of the person responsible for each team’s entry.</p> <p>Entries must be submitted electronically via e-mail. Follow the instructions under the appropriate heading below.</p> <p>Entries must indicate the athlete's legal name and date of birth. Each club is requested to remit one check to cover the entry fees for the entire team. Please put the club name on the entry check (if not a club check) and note the number of entries. Do not send cash. Meet director has been instructed not to accept telephone or fax entries.</p> <p>Entries not submitted on the required forms, not complete, not legible or not in the required electronic format, will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry.</p> <p style="text-align: center;"><u>NO DECK ENTRIES WILL BE ACCEPTED.</u></p> <p>Electronic entries files should include:</p> <ul style="list-style-type: none"> • Export of meet entries • Entry report by name • Entry report by event

	<p>Send entry fee check via USPS to: Takoma Aquatic Center Attn: Rob Green 300 Van Buren Street, NW Washington, DC 20012</p> <p>Checks must be made payable to the “DC Treasurer”.</p> <p>Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, "34th Black History Meet –****" with the club's initials substituted in place of the asterisks. The meet director will acknowledge receipt by return e-mail within 24 hours. Clubs that do NOT receive an acknowledgment of receipt of their entries should call the meet director to confirm receipt.</p>
<p>Qualifying Times</p>	<p>Qualifying time standards will be used for all events. The qualifying time standard is a minimum B time standard.</p> <p>All 12 & Under 200 events will use a minimum B time standard for 11-12 age group as the qualifying time standard.</p> <p>Open Events will use a minimum B time standard for the 15-16 age group as the qualifying time standard.</p>
<p>Event Rules</p>	<p>Each swimmer may enter a maximum of three (3) individual events per day, but not to exceed more than 8 individual events for the entire meet.</p> <p>All Friday events are timed finals.</p> <p>All 10 & Under events will be timed finals to be swum during the 12 & Under preliminary sessions.</p> <p>All 11-12 events will be prelims and finals events. There will be one (1) “A” final heat, with the exception of the 12& under 500 Free, 200 Breast, 200 Back, 200 Fly, and 200 IM, which will all be timed finals events.</p> <p>All 13-14 and 15 & Over events will be preliminaries and finals. There will be a consolation “B” heat and a championship “A” final heat, with the exception of the 400 IM and 500 Free, which will be timed final events swum in the preliminary session. The "B" final will be swum first.</p> <p>The 500 Free and 400 IM events will be swum Fast to Slow.</p> <p>12 & U swimmers may only enter one session per day.</p>
<p>Positive Check-in</p>	<p>The 400 IM and the 500 Freestyle are positive check-in events. Swimmers must check in during warm-ups to indicate their presence and intent to swim.</p>
<p>Scratch Policy for Finals</p>	<p>If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure. 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.</p> <p>You may declare an “intent to scratch” by marking the appropriate space for "intent" On the Finals Scratch Slip.</p> <p>You must confirm that “intent to scratch” on the Finals Scratch Sheet within 30 minutes after the conclusion of your last preliminary individual event of the day or you will be automatically seeded into the Final.</p> <p>If an athlete fails to properly scratch from a Final event and does not appear for the event Final, they will be penalized their next preliminary swim.</p>

<p>Entry Deadline</p>	<p style="text-align: center;">The final day to submit entries is Friday, January 31st, 2020.</p> <p>As of this date the meet will be officially closed, no additional entries will be accepted. The meet will be seeded based on the entries received at that time. Entries are not considered as received until all fees are paid.</p> <p>Entries will be seeded on a first come first serve basis. If the total number of entries received exceeds the time available for the various sessions, entries will be returned based on the order of receipt. The Meet Director may limit the number of heats swum in any event if a session timeline exceeds the time allowed or should the number of entries exceed 1000 athletes.</p> <p style="text-align: center;">There will be no deck entries for this meet.</p>																																								
<p>Scoring and Awards</p>	<p>Medals will be awarded for 1st through 3rd place for individual and relay events, place ribbons will be awarded for 4th through 8th place in individual events only. Heat winner ribbons will be awarded during prelims of the 12 & Under sessions for individual events to heat winners.</p> <p>High Point: Special recognition will be given to the male and female swimmer from each age group who accumulates the most points.</p> <p>10 & Under events will be scored as 8 & under and 9&10 events, OPEN events will be scored 15-18 and 19 & Over</p> <p><i>Points will be awarded as follows:</i></p> <table border="1" data-bbox="412 879 1435 1068"> <thead> <tr> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> <th>Place</th> <th>Points</th> </tr> </thead> <tbody> <tr> <td>1st</td> <td>20</td> <td>5th</td> <td>14</td> <td>9th</td> <td>9</td> <td>13th</td> <td>4</td> </tr> <tr> <td>2nd</td> <td>17</td> <td>6th</td> <td>13</td> <td>10th</td> <td>7</td> <td>14th</td> <td>3</td> </tr> <tr> <td>3rd</td> <td>16</td> <td>7th</td> <td>12</td> <td>11th</td> <td>6</td> <td>15th</td> <td>2</td> </tr> <tr> <td>4th</td> <td>15</td> <td>8th</td> <td>11</td> <td>12th</td> <td>5</td> <td>16th</td> <td>1</td> </tr> </tbody> </table> <p>Relay events will not be considered in the individual's point total. All events and relays are timed finals. Individual scores through 16th place will be maintained and posted during the meet.</p>	Place	Points	Place	Points	Place	Points	Place	Points	1 st	20	5 th	14	9 th	9	13 th	4	2 nd	17	6 th	13	10 th	7	14 th	3	3 rd	16	7 th	12	11 th	6	15 th	2	4 th	15	8 th	11	12 th	5	16 th	1
Place	Points	Place	Points	Place	Points	Place	Points																																		
1 st	20	5 th	14	9 th	9	13 th	4																																		
2 nd	17	6 th	13	10 th	7	14 th	3																																		
3 rd	16	7 th	12	11 th	6	15 th	2																																		
4 th	15	8 th	11	12 th	5	16 th	1																																		
<p>Officials</p>	<p>All certified USA Swimming officials wishing to volunteer to work this meet should contact the Club Officials Chair, Erika Livingston at Erika@aimstutoring.com prior to February 11th, 2020.</p> <p style="text-align: center;">OFFICIALS SIGN UP LINK</p> <p>Please include your club affiliation, certifications held, and sessions you wish to work in your email message. Certified officials who have not been contacted should volunteer their services to the Meet Referee early during the warm-up period. Officials assigned to this meet should sign in at the results table at the start of warm-up.</p>																																								
<p>Timers</p>	<p>Each team is required to provide two volunteer timers for the duration of each session. Depending on the number of teams present, the meet director reserves the right to request teams to contribute a certain amount of timers proportional to their entries.</p> <p>Athletes are responsible for providing their own timers and counters (if needed) for the 400 Yard IM and for the 500 Yard Freestyle events. Each team is asked to provide timers for each session in which they have athletes swimming. The meet director will assign timer requirements by team once all entries have been received.</p>																																								

Sanction	Documents have been submitted to Potomac Valley Swimming of USA Swimming to have the meet approved. Therefore, USA Swimming should recognize times obtained at this meet for the purpose of qualifying for other meets.
Fees	<p>Entries fees are to be made payable to the “<u>DC TREASURER</u>”. Fees are non- refundable. Entries will not be considered received until all fees are paid.</p> <p>Fees for individual events are \$7.00 and \$12.00 for relay events. In addition, there will be an \$5.00 surcharge per athlete. Each team/club must send only one check or money order to cover entry fees.</p> <p style="text-align: center;">NO CASH PAYMENTS WILL BE ACCEPTED.</p> <p style="text-align: center;">Entry fees are due no later than Friday, February 7th, 2020.</p>
Admission	There is no admission charge however, spectators must reserve seating online in advance. A spectator seating reservation link will be sent to attending teams only after the entry deadline has closed. That link is intended to be distributed to families who have swimmers in the meet. Maximum spectator capacity inside the aquatic facility viewing area is 700 occupants. An overflow viewing area will be available in the Takoma Community Center directly adjacent to the Aquatic Center.
Supervision	Coaches are responsible for the conduct of their athletes and families, as well as maintaining clean team areas during and following each session. Only athletes, credentialed coaches, timers and USA Swimming certified deck officials and/or trainees are permitted on the deck.
Meet Credentials	<p>Certified USA Swimming coaches and officials must display valid 2020 USA Swimming deck pass during check-in to receive meet credentials. Coaches are required to display 2020 BHISM Meet Credentials at all times while on deck. Credentials will be checked before each session to gain access to the deck and hospitality room.</p> <p>Teams will be issued coaches credentials based on the number of swimmers entered in the meet. Teams are asked to submit a list of coaches.</p> <ul style="list-style-type: none"> • 1-10 swimmers..... 2 credentials • 11-20 swimmers..... 3 credentials • 21-40 swimmers..... 4 credentials • 41-60 swimmers..... 5 credentials • 61-100 swimmers..... 6 credentials • 100+ swimmers..... Please provide a list of coaches
Warm Ups	<p>The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</p> <p>Warm up shall be conducted under the supervision of a USA Swimming referee. Coaches are required to supervise their swimmers at all times.</p>
Results	Team Manager and Meet Manager result files, along with meet result reports will be emailed to each club/team. Results will also be posted on the Potomac Valley Website.
Liability	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Takoma Aquatic Center, and DC Wave Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EVENTS SCHEDULE

<i>Session 1 – Friday, February 14th</i>				
<i>NST (SCY)</i>	<i>Women</i>	<i>Events</i>	<i>Men</i>	<i>NST (SCY)</i>
3:38.49	1	10 & Under 200 IM	2	3:35.49
3:00.69	3	11 & 12 200 IM	4	2:57.59
6:05.79	5	13 & 14 400 IM	6	5:41.79
5:57.59	7	OPEN 400 IM	8	5:29.09
3:23.09	9	10 & Under 200 Breaststroke	10	3:14.89
3:23.09	11	11 & 12 200 Breaststroke	12	3:14.89
2:50.09	13	13 & 14 200 Butterfly	14	2:38.29
2:46.79	15	OPEN 200 Butterfly	16	2:31.39
3:00.89	17	10 & Under 200 Butterfly	18	2:56.59
3:00.89	19	11 & 12 200 Butterfly	20	2:56.59
2:56.59	21	10 & Under 200 Backstroke	22	2:52.69
2:56.59	23	11 & 12 200 Backstroke	24	2:52.69
6:49.39	25	13 & 14 500 Freestyle	26	6:26.59
6:40.69	27	OPEN 500 Freestyle	28	6:12.59
8:26.09	29	10 & Under 500 Freestyle	30	8:16.69
7:09.09	31	11 & 12 500 Freestyle	32	6:57.29

<i>Session 2 & 3 – Saturday, February 15th</i>				
<i>NST (SCY)</i>	<i>Women</i>	<i>Events</i>	<i>Men</i>	<i>NST (SCY)</i>
-	33	13-14 400 Freestyle Relay	34	-
-	35	Open 400 Freestyle Relay	36	-
2:51.49	37	13 & 14 200 IM	38	2:39.99
2:48.19	39	OPEN 200 IM	40	2:32.69
32.69	41	13 & 14 50 Freestyle	42	29.99
32.09	43	OPEN 50 Freestyle	44	28.89
1:17.19	45	13 & 14 100 Backstroke	46	1:12.09
1:15.39	47	OPEN 100 Backstroke	48	1:08.39
2:33.19	49	13 & 14 200 Freestyle	50	2:22.99
2:29.89	51	OPEN 200 Freestyle	52	2:17.29
1:28.69	53	13 & 14 100 Breaststroke	54	1:21.39
1:26.89	55	OPEN 100 Breaststroke	56	1:17.59
-	57	13-14 200 Medley Relay	58	-
-	59	Open 200 Medley Relay	60	-

<i>Session 4 & 5 – Saturday, February 15th</i>				
<i>NST (SCY)</i>	<i>Women</i>	<i>Events</i>	<i>Men</i>	<i>NST (SCY)</i>
<i>1:42.59</i>	<i>61</i>	<i>8 & Under 100 IM</i>	<i>62</i>	<i>1:39.39</i>
<i>1:42.59</i>	<i>63</i>	<i>9 & 10 100 IM</i>	<i>64</i>	<i>1:39.39</i>
<i>1:24.39</i>	<i>65</i>	<i>11 & 12 100 IM</i>	<i>66</i>	<i>1:24.39</i>
<i>38.89</i>	<i>67</i>	<i>8 & Under 50 Freestyle</i>	<i>68</i>	<i>38.09</i>
<i>38.89</i>	<i>69</i>	<i>9 & 10 50 Freestyle</i>	<i>70</i>	<i>38.09</i>
<i>33.79</i>	<i>71</i>	<i>11 & 12 50 Freestyle</i>	<i>72</i>	<i>32.59</i>
<i>1:58.09</i>	<i>73</i>	<i>8 & Under 100 Breaststroke</i>	<i>74</i>	<i>1:53.59</i>
<i>1:58.09</i>	<i>75</i>	<i>9 & 10 100 Breaststroke</i>	<i>76</i>	<i>1:53.59</i>
<i>1:34.39</i>	<i>77</i>	<i>11 & 12 100 Breaststroke</i>	<i>78</i>	<i>1:32.49</i>
<i>1:53.99</i>	<i>79</i>	<i>8 & Under 100 Butterfly</i>	<i>80</i>	<i>1:52.39</i>
<i>1:53.99</i>	<i>81</i>	<i>9 & 10 100 Butterfly</i>	<i>82</i>	<i>1:52.39</i>
<i>1:25.09</i>	<i>83</i>	<i>11 & 12 100 Butterfly</i>	<i>84</i>	<i>1:23.29</i>
<i>1:41.99</i>	<i>85</i>	<i>8 & Under 100 Backstroke</i>	<i>86</i>	<i>1:40.19</i>
<i>1:41.99</i>	<i>87</i>	<i>9 & 10 100 Backstroke</i>	<i>88</i>	<i>1:40.19</i>
<i>1:25.19</i>	<i>89</i>	<i>11 & 12 100 Backstroke</i>	<i>90</i>	<i>1:22.19</i>
<i>-</i>	<i>91</i>	<i>10 & Under 200 Freestyle Relay</i>	<i>92</i>	<i>-</i>
<i>-</i>	<i>93</i>	<i>11-12 200 Freestyle Relay</i>	<i>94</i>	<i>-</i>

<i>Session 6 - FINALS</i>		
<i>Saturday, February 15th</i>		
<i>37</i>	<i>13 & 14 200 IM</i>	<i>38</i>
<i>39</i>	<i>OPEN 200 IM</i>	<i>40</i>
<i>65</i>	<i>11 & 12 100 IM</i>	<i>66</i>
<i>41</i>	<i>13 & 14 50 Freestyle</i>	<i>42</i>
<i>43</i>	<i>OPEN 50 Freestyle</i>	<i>44</i>
<i>71</i>	<i>11 & 12 50 Freestyle</i>	<i>72</i>
<i>45</i>	<i>13 & 14 100 Backstroke</i>	<i>46</i>
<i>47</i>	<i>OPEN 100 Backstroke</i>	<i>48</i>
<i>77</i>	<i>11 & 12 100 Breaststroke</i>	<i>78</i>
<i>49</i>	<i>13 & 14 200 Freestyle</i>	<i>50</i>
<i>51</i>	<i>OPEN 200 Freestyle</i>	<i>52</i>
<i>83</i>	<i>11 & 12 100 Butterfly</i>	<i>84</i>
<i>53</i>	<i>13 & 14 100 Breaststroke</i>	<i>54</i>
<i>55</i>	<i>OPEN 100 Breaststroke</i>	<i>56</i>
<i>89</i>	<i>11 & 12 100 Backstroke</i>	<i>90</i>

<i>Session 7 & 8 – Sunday, February 16th</i>				
<i>NST (SCY)</i>	<i>Women</i>	<i>Events</i>	<i>Men</i>	<i>NST (SCY)</i>
-	95	13-14 400 Medley Relay	96	-
-	97	Open 400 Medley Relay	98	-
2:47.29	99	13 & 14 200 Backstroke	100	2:37.09
2:44.09	101	OPEN 200 Backstroke	102	2:29.89
1:10.79	103	13 & 14 100 Freestyle	104	1:05.59
1:09.59	105	OPEN 100 Freestyle	106	1:02.89
3:11.99	107	13 & 14 200 Breaststroke	108	2:58.39
3:08.19	109	OPEN 200 Breaststroke	110	2:48.69
1:16.89	111	13 & 14 100 Butterfly	112	1:11.49
1:15.39	113	OPEN 100 Butterfly	114	1:08.29
-	115	13-14 200 Freestyle Relay	116	-
-	117	Open 200 Freestyle Relay	118	-

<i>Session 9 & 10 – Sunday, February 16th</i>				
<i>NST (SCY)</i>	<i>Women</i>	<i>Events</i>	<i>Men</i>	<i>NST (SCY)</i>
47.39	119	8 & Under 50 Butterfly	120	45.69
47.39	121	9 & 10 50 Butterfly	122	45.69
36.69	123	11 & 12 50 Butterfly	124	37.09
3:19.19	125	10 & Under 200 Freestyle	126	3:06.69
2:41.19	127	11 & 12 200 Freestyle	128	2:35.69
46.99	129	8 & Under 50 Backstroke	130	47.69
46.99	131	9 & 10 50 Backstroke	132	47.69
38.29	133	11 & 12 50 Backstroke	134	38.19
1:29.59	135	8 & Under 100 Freestyle	136	1:27.79
1:29.59	137	9 & 10 100 Freestyle	138	1:27.79
1:13.59	139	11 & 12 100 Freestyle	140	1:10.99
53.29	141	8 & Under 50 Breaststroke	142	52.09
53.29	143	9 & 10 50 Breaststroke	144	52.09
43.09	145	11 & 12 50 Breaststroke	146	42.89
-	147	10 & Under 200 Medley Relay	148	-
-	149	11-12 200 Medley Relay	150	-

<i>Session 11 - FINALS Sunday, February 16th</i>		
<i>123</i>	<i>11-12 50 Butterfly</i>	<i>124</i>
<i>99</i>	<i>13 & 14 200 Backstroke</i>	<i>100</i>
<i>101</i>	<i>OPEN 200 Backstroke</i>	<i>102</i>
<i>127</i>	<i>11 & 12 200 Freestyle</i>	<i>128</i>
<i>103</i>	<i>13 & 14 100 Freestyle</i>	<i>104</i>
<i>105</i>	<i>OPEN 100 Freestyle</i>	<i>106</i>
<i>133</i>	<i>11 & 12 50 Backstroke</i>	<i>134</i>
<i>107</i>	<i>13 & 14 200 Breaststroke</i>	<i>108</i>
<i>109</i>	<i>OPEN 200 Breaststroke</i>	<i>110</i>
<i>139</i>	<i>11 & 12 100 Freestyle</i>	<i>140</i>
<i>111</i>	<i>13 & 14 100 Butterfly</i>	<i>112</i>
<i>113</i>	<i>OPEN 100 Butterfly</i>	<i>114</i>
<i>145</i>	<i>11 & 12 50 Breaststroke</i>	<i>146</i>