



22nd Annual Spring Championships

March 27 - 29, 2020

Sanction # PVC-20-78

Hosted by:

**Maryland
Suburban
Swim
Club**

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CONTACT
Manga Dalizu 301-526-6597 (coaches only) fairlandswim@comcast.net	Lynne Gerlach 240-286-2319 gerlach@msscswimming.com	Hope Oehler 443-631-7958 qingwaa@yahoo.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PV_-XX-XX. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Maryland Suburban Swim Club, and Fairland Aquatics Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	<p style="text-align: center;">Fairland Aquatics Center 13820 Old Gunpowder Road Laurel, Maryland 301-362-6060</p> <p>Fairland Aquatics Center is a 19 lane 25 yard pool. Water depth at both the start and turn end ranges from 5' to 6' at the shallow end course to 7' to 13' at the deep end course.</p> <ul style="list-style-type: none"> One 10-lane 25 yard course will be used. An additional 8 -lane 25 yard course will be used if necessary. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">Friday, March 13, 2020 by midnight</p> <p>IMPORTANT: The above date is the deadline for clubs to submit 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>
SCHEDULE	<ul style="list-style-type: none"> Friday - All Ages: Warm-up 4:30 – 5:20 PM, Events: 5:30 PM Saturday and Sunday: <ul style="list-style-type: none"> Morning session - 11 - 12 year old: Warm-up: 7:00 - 7:50 AM Events: 8:00 AM Midday session - 9 - 10 year old: Warm-up: 11:40 – 12:20 PM Events: 12:30 PM Afternoon session - 13 & Over: Warm-up: 3:30 – 4:20 PM Events: 4:30 PM Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all USA Swimming registered athletes from invited teams who entered the meet in 2019. 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. 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.

DISABILITY SWIMMERS	<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 PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used for this meet.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • Dive-over starts will be used. • 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. • 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.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • A contestant may enter no more than three individual events. • A swimmer may not enter an event if they were eligible to enter at PVS SHORT COURSE 14 & UNDER JUNIOR OLYMPIC CHAMPIONSHIPS. • A 15 and older swimmer may not enter an event if they were eligible to enter the PVS SC JUNIOR CHAMPIONSHIPS. • If a swimmer is ineligible to swim an event in this meet, that swimmer is also ineligible to swim the corresponding relay leg of that stroke and distance on a relay team. • All entries into NST events will be run though SWIMS. Any entry time not meeting the standard will be removed. • NT entries will be accepted in the following circumstances: In order to enter the 9-10 200 Backstroke, Breaststroke, or Butterfly, the swimmer must have a provable B time in the 100 of that stroke. • Mixed Gender relays must consist of 2 males and 2 females to be eligible for Championship QT or NAG record; However, for this meet any combination of genders will be entered, provided the participants are entered in at least one individual event. • Swimmers will provide their own timer and counter for Friday distance events.

	<ul style="list-style-type: none"> Deck entries will be accepted if space is available in existing heats. Deck entries must be submitted no later than 45 minutes prior to the first event of each session. Swimmers will be entered into open lanes in existing heats on a first come, first served basis. In the event of a significantly over-subscribed session, the Meet Director reserves the right to not accept deck entries. Payment (cash only) for deck entries is required before swimmers will be entered. Evidence of current USA-S registration will be required for deck entries.
POSITIVE CHECK IN	<ul style="list-style-type: none"> The Meet Director will determine if positive check-in will be required for any or all events.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed, however the Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Swimmers are required to shower prior to entering the pool for warm up, per facility rule Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. Chairs on deck are permitted for coaches only. Food from concessions will not be permitted on deck. Please respect the Marshals' enforcement of these and other safety rules.
SEEDING	<ul style="list-style-type: none"> Friday night events will be seeded fast to slow. The remainder of the meet will be seeded slow to fast.
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 Relay Events: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2 Teams will be awarded no more than 2 sets of points for a single event.
AWARDS	<ul style="list-style-type: none"> Individual Awards: Medals will be awarded to first – tenth place finishers in each event. Events may be combined for the 9-10 and 11-12 age groups however they will be broken out to 9-10 and 11-12 ages for awards and points. Relay Awards: Medals will be awarded to first - third place teams. Team Award: Teams will be split into three divisions based on team size determined by the club's registration numbers with USA Swimming. The highest scoring team in each division will receive recognition for their placement within their division with a donation to USA Swimming Foundation in that club's name.
PROGRAMS	<ul style="list-style-type: none"> Programs for each session will be available for \$2.00 each. Working officials and coaches receive a free program.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of current USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There is no admission fee.
OFFICIALS	<ul style="list-style-type: none"> All Officials wishing to volunteer at this meet are asked to contact Hope Oehler, 443-631-7958, qingwaa@yahoo.com, in advance of the meet by Thursday, March 11, 2020. Please include your club affiliation, certifications held, and positions requested. Officials who volunteer by 3/11/2020 for three or more sessions will receive a meet polo shirt. Shirts must be picked up at the meet; shirts will not be mailed.

	<ul style="list-style-type: none"> • Officials volunteering for this meet should sign in at the scorer's table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. An officials' briefing will precede each session during warm-ups. 								
TIMERS	<ul style="list-style-type: none"> • Friday night session is considered a distance session therefore swimmers must provide their own timers for all events, and if desired, their own counter. Timers are asked to please assist with the button finish of the previous race. • For the remainder of the meet, participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. • Coaches/Data Submitters will be contacted prior to the meet with their respective timer requirements. 								
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director, Manga Dalizu, fairlandswim@comcast.net • Include in the subject of the email, "22nd Annual Spring Champs - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • 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 the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid. 								
ENTRY FEES	<table border="0" style="width: 100%;"> <tr> <td style="width: 30%;">Per Swimmer Surcharge:</td> <td style="width: 15%;">\$4.00</td> <td style="width: 30%;">Relay event fee:</td> <td style="width: 25%;">\$16.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$8.50</td> <td>Deck entries:</td> <td>\$10.00</td> </tr> </table> <ul style="list-style-type: none"> • Make checks payable to MSSC and mail to: MSSC PO Box 160 Laurel, Maryland 20725 • Entry fees are due no later than the end of the meet. Unpaid fees may jeopardize an invitation to future host club meets. • Deck entries: \$10.00 (cash only) due at time of entry. 	Per Swimmer Surcharge:	\$4.00	Relay event fee:	\$16.00	Individual event fee:	\$8.50	Deck entries:	\$10.00
Per Swimmer Surcharge:	\$4.00	Relay event fee:	\$16.00						
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FRIDAY EVENING SESSION - MARCH 27, 2020

WARM-UP: 4:30 - 5:20 PM EVENTS: 5:30 PM

GIRLS EVENT #	SLOWER THAN (SCY)	ALL AGE EVENTS* Swimmers must provide their own timer/counter	SLOWER THAN (SCY)	BOYS EVENT #
1	6:59.99R	9-10 YR OLD 500 YD FREESTYLE	6:59.99R	2
	5:55.99R	11-12 YR OLD 500 YD FREESTYLE	5:55.99R	
3	5:28.09R	13-14 YR OLD 500 YD FREESTYLE	5:13.69R	4
	5:24.99R	15&OVER 500 YD FREESTYLE	4:59.99R	
5	2:57.99	9-10 YR OLD 200 YD IM	2:57.99	6
	2:33.19	11-12 YR OLD 200 YD IM	2:33.39	
7	5:00.99S	OPEN 400 YD IM*(9-14)	4:43.99S	8
	4:57.99S	OPEN 400 YD IM*(15+)	4:32.99S	
9	19:39.99T	13-14 YR OLD MIXED 1650 YD FREESTYLE*	18.49.99T	9
	19:39.99T	15&OVER MIXED 1650 FREESTYLE*	18:22.99T	
<p>All Events on Friday Evening will be swum FAST to SLOW and may require positive check in.</p> <p>Events will be swum as combined ages as indicated, however will be broken out into age groups, 9-10, 11-12, 13-14, 15&O for scoring and awards.</p> <p>R- Times Slower than 8:30.00 will not be entered in the 9-10 500 Freestyle R - Times Slower than 8:00.00 will not be entered in the 11-12 500 Freestyle S – Times Slower Than 6:40 will not be entered in the 400 IM T - Times slower than 21:30.00 for the 1650 will not be entered.</p>				

SATURDAY MORNING SESSION - MARCH 28, 2020
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	SLOWER THAN (SCY)	11 - 12 YEAR OLD EVENTS	SLOWER THAN (SCY)	BOYS EVENT #
13	NT	11-12 YR OLD 200 YD MEDLEY RELAY	NT	14
15	32.89	11-12 YR OLD 50 YD BACKSTROKE	33.09	16
17	1:11.99	11-12 YR OLD 100 YD BUTTERFLY	1:12.29	18
19	2:31.39	11-12 YR OLD 200 YD BACKSTROKE	2:32.69	20
21	37.59	11-12 YR OLD 50 YD BREASTSTROKE	37.59	22
23	1:01.39	11-12 YR OLD 100 YD FREESTYLE	1:02.39	24
25	2:54.09	11-12 YR OLD 200 YD BREASTSTROKE	2:53.69	26
27	1:11.19	11-12 YR OLD 100 YD IM	1:11.29	28
29	NT	11-12 YR OLD MIXED 400 YD FREESTYLE RELAY	NT	29
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SUNDAY MORNING SESSION - MARCH 29, 2020
WARM-UP: 7:00 - 7:50 AM EVENTS: 8:00 AM

GIRLS EVENT #	SLOWER THAN (SCY)	11 - 12 YEAR OLD EVENTS	SLOWER THAN (SCY)	BOYS EVENT #
63	NT	11 - 12 OLD 200 YD FREESTYLE RELAY	NT	64
65	2:15.99	11-12 YR OLD 200 YD FREESTYLE	2:14.99	66
67	31.19	11-12 YR OLD 50 YD BUTTERFLY	31.99	68
69	1:21.19	11-12 YR OLD 100 YD BREASTSTROKE	1:21.59	70
71	2:48.99	11-12 YR OLD 200 YD BUTTERFLY	2:43.99	72
73	1:10.99	11-12 YR OLD 100 YD BACKSTROKE	1:10.99	74
75	28.39	11-12 YR OLD 50 YD FREESTYLE	28.39	76
77	NT	11-12 YR OLD MIXED 400 YD MEDLEY RELAY	NT	77
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SATURDAY MIDDAY SESSION – MARCH 28, 2020
WARM-UP: 11:40 – 12:20 AM EVENTS: 12:30 PM

GIRLS EVENT #	SLOWER THAN (SCY)	9-10 YEAR OLD EVENTS	SLOWER THAN (SCY)	BOYS EVENT #
31	NT	9-10 YR OLD 200 YD MEDLEY RELAY	NT	32
33	38.29	9-10 YR OLD 50 YD BACKSTROKE	38.49	34
35	1:30.39	9-10 YR OLD 100 YD BUTTERFLY	1:30.99	36
37	NT*	9-10 YR OLD MIXED 200 YD BACKSTROKE	NT*	37
39	43.09	9-10 YR OLD 50 YD BREASTSTROKE	43.59	40
41	1:12.29	9-10 YR OLD 100 YD FREESTYLE	1:11.99	42
43	NT*	9-10 YR OLD MIXED 200 YD BREASTSTROKE	NT*	43
45	1:22.09	9-10 YR OLD 100 YD IM	1:21.79	46
47	NT	9-10 YR OLD MIXED 400 YD FREESTYLE RELAY	NT	47
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				
*Must have provable B time or better in the 100 of the stroke to enter with NT.				

SUNDAY MIDDAY SESSION - MARCH 29, 2020
WARM-UP: 11:40 – 12:20 AM EVENTS: 12:30 PM

GIRLS EVENT #	SLOWER THAN (SCY)	9-10 YEAR OLD EVENTS	SLOWER THAN (SCY)	BOYS EVENT #
79	NT	9-10 YR OLD 200 YD FREESTYLE RELAY	NT	80
81	2:36.99	9-10 YR OLD 200 YD FREESTYLE	2:35.59	82
83	37.09	9-10 YR OLD 50 YD BUTTERFLY	37.39	84
85	1:33.39	9-10 YR OLD 100 YD BREASTSTROKE	1:33.39	86
87	NT*	9-10 YR OLD MIXED 200 YD BUTTERFLY	NT*	87
89	1:22.49	9-10 YR OLD 100 YD BACKSTROKE	1:22.49	90
91	32.69	9-10 YR OLD 50 YD FREESTYLE	32.59	92
93	NT	9-10 YR OLD MIXED 400 YD MEDLEY RELAY	NT	93
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				
*Must have provable B time or better in the 100 of the stroke to enter with NT.				

SATURDAY AFTERNOON SESSION - MARCH 28, 2020
WARM-UP: 3:30 - 4:20 PM EVENTS: 4:30 PM

GIRLS EVENT #	SLOWER THAN (SCY)	13&OVER EVENTS	SLOWER THAN (SCY)	BOYS EVENT #
49	NT	13&OVER 400 FREESTYLE RELAY	NT	50
51	1:04.99	13&OVER 100 YD BACKSTROKE	1:02.19	52
	1:03.59		58.59	
53	2:27.99	13&OVER 200 YD BUTTERFLY	2:17.99	54
	2:26.99		2:12.09	
55	1:14.49	13&OVER 100 YD BREASTSTROKE	1:09.79	56
	1:14.39		1:07.29	
57	57.59	13&OVER 100 YD FREESTYLE	53.99	58
	56.49		50.89	
59	2:19.99	13&OVER 200 YD IM	2:12.49	60
	2:17.99		2:06.29	
61	NT	13&O MIXED 800 FREESTYLE RELAY	NT	61
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				

SUNDAY AFTERNOON SESSION - MARCH 29, 2020
WARM-UP: 3:30 – 4:20 PM EVENTS: 4:30 PM

GIRLS EVENT #	SLOWER THAN (SCY)	13&OVER EVENTS	SLOWER THAN (SCY)	BOYS EVENT #
95	NT	13&OVER 200 FREESTYLE RELAY	NT	96
97	2:03.99	13&O 200 YD FREESTYLE	1:56.99	98
	2:01.99		1:52.39	
99	1:04.59	13&O 100 YD BUTTERFLY	1:00.99	100
	1:03.49		57.69	
101	2:39.99	13&O 200 YD BREASTSTROKE	2:31.39	102
	2:38.39		2:25.99	
103	2:17.99	13&O 200 YD BACKSTROKE	2:11.99	104
	2:17.99		2:08.99	
105	26.29	13&O 50 YD FREESTYLE	24.99	106
	26.19		23.59	
107	NT	13&O MIXED 400 YD MEDLEY RELAY	NT	107
ALL EVENTS 200 YARDS OR MORE MAY REQUIRE POSITIVE CHECK-IN.				