



24th Annual Black History Invitational Swim Meet
“Dive into History”

February 12th – 14th, 2010

Sponsored by the Department of Parks and Recreation
and the United Black Fund





GOVERNMENT OF THE DISTRICT OF COLUMBIA
Department of Parks and Recreation
and The United Black Fund Inc.



**24TH ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET
“DIVE INTO HISTORY”**

**Friday, February 12, 2010
thru Sunday February 14, 2010**

Approved by USA Swimming through Potomac Valley Swimming. Approval #: PVA-10-303

Venue: Takoma Community Center
300 Van Buren Street, N.W.
Washington, DC 20011
202-576-9285

Meet Director: Sean Link- (202) 538-1503 (cell), sean.link@dc.gov
Sean can be reached Monday through Friday – 9:00 am to 5:00 pm

Times: **Sessions 1 – All Ages:** Friday, February 12, 2010- Warm Up 4:30 - 5:20 pm
First Event – 5:30 pm. Coaches meeting 3:30 pm at Takoma.

Opening Ceremony: Saturday, February 13, 2010 at 11:00 am.

Sessions 2 -13 and Over: Saturday, February 13, 2010 – Warm Up 6:00 – 6:50 am
First Event – 7:00 am*

Sessions 3 -12 and Under: Saturday, February 13, 2010 – Warm Up 12:00 – 12:50 pm*
First Event – 1:00 pm*

Sessions 4 -13 and Over: Sunday, February 14, 2010 – Warm Up 6:00 -6:50 am
First Event – 7:00 am*

Sessions 5 -12 and Under: Sunday, February 14, 2010 – Warm Up 12:00 – 12:50 pm
First Event – 1:00 pm*

**Note: Meet Manager will determine if session start times will need to be adjusted based on the number of entries received. A time line will be established and forwarded to each team by Tuesday, February 2nd.*

This meet is by invitation only. Any team/athlete desiring an invitation should contact the meet director:

Sean Link
3149 16th Street NW
Washington, DC 20010
Sean.Link@dc.gov
(202) 538-1503 (cell)

Age Groups: 8 and Under, 9-10, 11-12, 13-14, 15-18.

Facility: Two 25-yard, 8 lane courses will be used. Lanes are 7 feet wide. Kiefer lanes and starting blocks are at the deepest ends of the course. Stainless steel gutter system. Colorado Timing Systems, multi-lane scoreboard. Continuous warm-up, warm-down will be available during the meet.

Inclusion Policy: PVS and host clubs along with their Meet Directors 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.



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Rules: Current USA Swimming Rules shall govern the meet. All events shall be timed finals.

The “Whistle-Start, No Recall” Rules shall be used at this meet. 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 [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

Meet Entry Procedures: (All forms and files may also be obtained from the DPR Aquatic Office)

Entries: Each swimmer may enter no more than **three (3) individual events each day**.

Note: We intend that times from this meet be put into the United States Swimming data base – 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.

Each team shall be limited to **two (2) relay teams per event**. Each swimmer shall be limited to **two (2) relay events for the meet**. Lane timing cards (furnished at the session) shall be submitted for **each relay team only**.

The master entry shall show the name, address, and telephone number of the person responsible for each team's entries.

Each team is required to provide two timers per session. For the 500 Yard Freestyle and 400 Yard I.M. events athletes must provide their own timers. These are positive check-in events.

General Instructions:

Entries may be submitted (1) manually, (2) by sending a disk to the meet director or (3) via e-mail. Follow the instructions under the appropriate heading below. The immediately following rules apply regardless of method chosen:

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.** Please do not send cash. Meet director has been instructed not to accept telephone or fax entries.

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. Individual or unattached entries will only be accepted by manual entry sent to the address listed below.

Optional: Before preparing your entries, events for this meet can be downloaded and then imported into team manager. (acquire 24th BHSMevents.zip), unzip it and then go to team manager/file/import/meet events).

Manual Entries:

Manual entries must be submitted on the entry form and the master entry sheet. Also submit a completed entry cover sheet. Signature and phone number of a club official must be included with entry for validation of entries. The entry form shall be completed for each swimmer entering the meet. Entry form must indicate the athlete's legal name and date of birth.



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Electronic Entries:

Electronic entries should be submitted on disk using the Hy-Tek Team Management Program.

Files should include:

1. Export of meet entries
2. Entry report by name
3. Entry report by event

A free version of **Team Manager Lite** may be obtained from **Hy-Tek** by going to: [TEAM MANAGER Lite](http://www.hy-tek.com/TEAM_MANAGER_Lite.exe).
“http://www.hy-tek.com/Demos/Swim_TEAM_MANAGER_Lite.exe”.

Disk Entries:

Submit the Hy-Tek Commlink file along with an entry cover sheet. The team manager meet entry report files must also be sent by **swimmer** and by **event**. A responsible member of the team should review the entries for accuracy before submitting them. Please include name, address, and telephone numbers for the persons responsible for the entries.

E-mail Entries:

Club E-mail entries will be accepted provided the transmission time is prior to entry deadline. Attach a report by event and by name (save as Word for Windows in Team Manager). Attach Commlink file. In the body of the e-mail give the total number of splashes (men, women, total entry) and contact information (name, phone, e-mail address).

Remember to also send entry fee check via USPS

Clubs submitting by email should submit entries to the meet director (listed below.) Include in the subject heading type, "24th 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 contact the meet director by other than e-mail to confirm receipt.

Deck Entries: **DECK ENTRIES WILL BE ACCEPTED AT THE DISCRETION OF THE MEET DIRECTOR AND ONLY IF THERE ARE OPEN HEATS AND LANES AVAILABLE.** Deck entries are \$10 per event.

Entry Times: Swimmers are requested to provide their best times swam in competition as their entry times. If no such times are available, times obtained under the supervision of a coach are acceptable.

All events 400 yards and longer must have a verifiable time that is no slower than (NST) THE CUT TIME listed in the announcement. **All events 200 yards and over are positive check-in events.**

Deadline: All entries must be **in the Meet Director's hands** by 5:00 pm on Monday, January 25th 2010.

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 will not be considered received until all fees are paid.

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.



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Awards:	<u>Place</u>	<u>Individual Events</u>	<u>Relays</u>
	1 st – 3 rd	Medals Ribbons	Ribbons
	4 th – 8 th	Ribbons	N/A
	Heat Winners Ribbons	Ribbons	N/A

High Point A special award will be presented to the male and female swimmer from each age group who wins two (2) individual events plus accumulates the most points. Points will be awarded as follows:

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

No high point awards will be given if a female or male swimmer in each age group does not win two individual events.

Relay events will **not** be considered. All events are timed finals. Individual scores through 16th place will be maintained and posted during the meet. The 10 & Under individual events will be scored as 8 & U and 9 – 10 age-groups. The 12 & Under individual events will be scored as 8 & U, 9 -10 and 11 – 12 age-groups.

Officials All certified USA Swimming officials wishing to volunteer to work this meet should contact the Meet Referee, Al Betts, at: al_betts@usa.com prior to February 5th, 2010. 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.

Timers: Parents/spectators are encouraged to volunteer to time. If you would like to assist please sign in at the results table during the warm-up period. Athletes are responsible for providing their own timers for the 400 Yard I.M. and for the 500 Yard Freestyle events. Each team is required to provide two timers per session.

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: Entries fees are payable to the DC Treasurer. Fees are **non-refundable**. Entries will not be considered received until all fees are paid.

Fees for individual events are \$5.00 and \$10.00 for relay events. There will be an \$8.00 surcharge per athlete. Athletes are requested to fill out and return a swim cap/t-shirt order form with their entries.

DECK ENTRIES WILL BE ACCEPTED AT THE DISCRETION OF THE MEET DIRECTOR AND ONLY IF THERE ARE OPEN HEATS AND LANES AVAILABLE. Deck entries are \$10 per event.



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Each team/club is requested to remit only one check to cover entry fees.

Please do not send cash. **Entry fees are due no later than Friday, January 29, 2010.**

Souvenir programs will be available for a cost of \$10.00 (heat sheets will be included with the souvenir program). A concession area will be in operation.

Admission: There is no admission charge. The public is welcome.

Supervision: Coaches must currently be registered with USA Swimming. Coaches are responsible for the conduct of their athletes and families, as well as maintaining clean team areas. Only athletes, coaches, timers and USA Swimming certified deck officials (trainees) are permitted on the deck. Coaches and deck officials are requested to display valid 2010 USA Swimming credentials. Coaches who present a USAS Coaches certification may request a Coaches Meet Badge (see Sean Link or Alan Betts) before the start of your first session. In order to control traffic and to make the meet an enjoyable experience, persons not working the meet as a deck official, timer, or other meet official are not permitted on the deck.

Warm Up: For the safety of swimmers, current USA Swimming (Potomac Valley) warm up rules shall apply. They shall be conducted under the supervision of a USA Swimming referee. Coaches are required to supervise their swimmers at all times. Unattached swimmers shall be assigned to a coach during warm up to assure proper supervision. Swimmers not obeying the warm up procedures shall be disqualified from their first event at the discretion of the assigned officials. Warm-up lanes will be assigned by meet management to all entered teams. If the lane is being used for general warm up, there shall be no diving permitted and entry shall be feet first from the starting end of the pool **only**. Lanes may be used for one-way sprints at the referee's discretion. At such time there shall be one-way swimming only. Swimmers must exit at the opposite end of the pool. No pike dives.

Results: Copies of the results will be mailed to each club/team.

Send entries to: **Sean Link**
 3149 16th Street NW
 Washington, DC 20010
sean.link@dc.gov
 (202) 538-1503 (cell)

DAY 1

Friday Evening, February 12, 2010

All Ages Session:

Warm-ups 4:30 pm

Timed Finals 5:20 pm

Women's Event #	NST	Age	Event Descriptions	NST	Men's Event #
1	2:43.19	12 & Under	200 yard Freestyle	2:38.89	2
3	6:40.09	14 & Under	500 yard Freestyle	6:35.09	4
5	6:16.29	15-18	500 yard Freestyle	5:51.29	6
7	3:30.79	12 & Under	200 yard Individual Medley	3:03.09	8
9	6:10.79	13-14	400 yard Individual Medley	5:50.59	10
11	6:01.49	15-18	400 yard Individual Medley	8:55.79	12

For individual events 500 Yard Freestyle and the 400 Yard Individual Medley, athletes must enter with a "NOT SLOWER THAN" verifiable qualifying time.

The 12 & Under 200 yard events will be scored by age-groups (8 & Under, 9 – 10, and 11 -12).

The 13 & Under 500 yard event will be scored by age-groups (8 & Under, 9 – 10, 11 – 12 and 13-14).



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Day 2

Saturday Morning, February 13, 2010
13 & Over Sessions
 Warm-ups 6:00 am
 Timed Finals 7:00 am

Women's Event #	NST	Age	Event Descriptions	NST	Men's Event #
13		13-14	100 yard Backstroke		14
15		15-18	100 yard Backstroke		16
17	2:53.39	13-14	200 yard Butterfly	2:43.69	18
19	2:48.59	15-18	200 yard Butterfly	2:35.59	20
21		13-14	100 yard Breaststroke		22
23		15-18	100 yard Breaststroke		24
25		13-14	100 yard Freestyle		26
27		15-18	100 yard Freestyle		28
29		13-14	200 yard Individual Medley		30
31		15-18	200 yard Individual Medley		32
33		OPEN	400 yard Medley Relay		34

Saturday Afternoon, February 13, 2010
12 & Under Sessions
 Warm-ups 12:00pm
 Timed Finals 1:00pm

Women's Event #	Age	Event Descriptions	Men's Event #
35	8 & Under	25 yard Backstroke	36
37	9 – 10	50 yard Backstroke	38
39	11 – 12	50 yard Backstroke	40
41	9 – 10	100 yard Butterfly	42
43	11 – 12	100 yard Butterfly	44
45	8 & Under	25 yard Breaststroke	46
47	9 – 10	50 yard Breaststroke	48
49	11 – 12	50 yard Breaststroke	50
51	8 & Under	50 yard Freestyle	52
53	9 – 10	100 yard Freestyle	54
55	11 – 12	100 yard Freestyle	56
57	10 & Under	200 yard Medley Relay	58
59	11 – 12	200 yard Medley Relay	60



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DAY 3

Sunday Morning, February 14, 2010
13 & Over Sessions
 Warm-ups 6:00 am
 Timed Finals 7:00 am

Women's Event #	NST	Age	Event Descriptions	NST	Men's Event #
61	2:36.09	13 – 14	200 yard Freestyle	2:26.09	62
63	2:32.09	15 – 18	200 yard Freestyle	2:20.09	64
65		13 – 14	100 yard Butterfly		66
67		15 – 18	100 yard Butterfly		69
69	3:14.59	13 – 14	200 yard Breaststroke	3:02.39	70
71	3:09.99	15 – 18	200 yard Breaststroke	2:55.09	72
73	2:51.79	13 – 14	200 yard Backstroke	2:41.29	74
75	2:47.89	15 – 18	200 yard Backstroke	2:34.39	76
77		13 – 14	50 yard Freestyle		78
79		15 – 18	50 yard Freestyle		80
81		OPEN	400 yard Freestyle Relay		82
83		MIX OPEN	200 yard Coaches Relay		84

Sunday Morning, February 14, 2010
12 & Under Sessions
 Warm-ups 12:00 pm
 Timed Finals 1:00 pm

Women's Event #	Age	Event Descriptions	Men's Event #
85	8 & Under	25 yard Butterfly	86
87	10 & Under	50 yard Butterfly	88
89	11 – 12	50 yard Butterfly	90
91	8 & Under	50 yard Breaststroke	92
93	9 – 10	100 yard Breaststroke	94
95	11 – 12	100 yard Breaststroke	96
97	8 & Under	50 yard Backstroke	98
99	9 – 10	100 yard Backstroke	100
101	11 – 12	100 yard Backstroke	102
103	8 & Under	25 yard Freestyle	104
105	9 – 10	50 yard Freestyle	106
107	11 – 12	50 yard Freestyle	108
109	10 & Under	100 yard Individual Medley	110
111	11 – 12	100 yard Individual Medley	112
113	10 & Under	200 yard Freestyle Relay	114
115	11 – 12	200 yard Freestyle Relay	116



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**24th ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET
ENTRY FORM**

TEAM NAME: _____

Name of Swimmer:	Event:	Event #:	Time:
_____ Last: _____ First: _____ MI: _____			
Your Team Initials:	1.		
	2.		
Your USS Registration Number: (If registered)	3.		
	4.		
Swimmer's Age on the First Day of the Meet: _____ DOB: _____ (MM/DD/YYYY)	5.		
	6.		

**24th ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET
ENTRY FORM**

TEAM NAME: _____

Name of Swimmer:	Event:	Event #:	Time:
_____ Last: _____ First: _____ MI: _____			
Your Team Initials:	1.		
	2.		
Your USS Registration Number: (If registered)	3.		
	4.		
Swimmer's Age on the First Day of the Meet: _____ DOB: _____ (MM/DD/YYYY)	5.		
	6.		



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24th ANNUAL BLACK HISTORY INVITATIONAL SWIM MEET
SWIM CAP/T-SHIRT ORDER FORM
(Please Print Clearly. One form per athlete.)

Name of Swimmer: _____ Last: _____ First: _____ MI: _____	T-Shirt (Circle One)
Your Team Initials: _____	Youth Sizes Small Medium Large
Swimmer's Age: _____	Adult Sizes Small Medium Large XL XXL