



# 2021 Christmas Championships

December 3-5, 2021

Sanction # PVI-22-33

Hosted by: MARYLAND SUBURBAN SWIM CLUB



<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@mssscswimming.com">gerlach@mssscswimming.com</a>	<b>CLUB OFFICIALS CONTACT</b> Hope Oehler 443-631-7958 <a href="mailto:qingwaa@yahoo.com">qingwaa@yahoo.com</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-22-33</b>.</li> <li>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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><a href="#">Fairland Aquatics Center</a>          13820 Old Gunpowder Road          Laurel, Maryland 20707          301-362-6060</p> <ul style="list-style-type: none"> <li>The pool at Fairland Aquatics Center is 50m x 25yd with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall.</li> <li>18 lanes are available for warm-ups. Continuous warm-up/cool-down will be available.</li> <li>Water depth ranges from 5' – 13' at both the start and turn ends.</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>No glass containers are permitted in the building.</li> <li>No camera cell phones are permitted in the locker rooms.</li> </ul> </li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Thursday, November 18, 2021 at 11:59 PM</b></p> <p><b>Updated</b> times will be accepted from meets swum November 19-21, 2021; however <b>no new athletes</b> 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 information.</p>
<b>SCHEDULE</b>	<p><b>Friday, December 3</b>  <b>9–12-year old's:</b> Warm-up 4:30 – 5:00 PM, Events: 5:10 PM</p> <p><b>Saturday and Sunday, December 4-5</b> <b>No one will be permitted to enter the building until 6:00 am.</b>  <b>11-12 Year Old's:</b> Warm-up: 6:30 – 7:20 AM Events: 7:30 AM  <b>9-10 Year Old's:</b> Warm-up: 10:30 – 11:20 AM, Events: 11:30 AM  <b>13 – 14 Year Old's:</b> Warm-up: 1:30 – 2:20 PM, Events: 2:30 PM  <b>15 and Overs: Warm-up: 4:50 PM – 5:40 PM, Events 5:45 PM</b></p> <p><b>NOTE: The meet director reserves the right to manage the timeline.</b> Teams will be notified by email if changes are needed.</p>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li><b>Open to registered athletes from teams who attended in 2019. Entries will be accepted from 2019 participating teams on a first come, first served basis. Please do not exceed the number of athletes per age group you entered in the 2019 Christmas Champs.</b></li> <li><b>Once the capacity is reached no more entries will be accepted.</b></li> <li>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> </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</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, MONTGOMERY SUBURBAN SWIM CLUB, AND FAIRLAND AQUATICS CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</li> <li>• We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</li> <li>• By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, and Prince George’s County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• Locker room use should be minimized.</li> <li>• Before entering the facility, participants are required assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> <li>○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?</li> <li>○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has within the past 14 days?</li> </ul> </li> <li>• No one with symptoms of COVID-19 is permitted in the facility.</li> <li>• Athletes should arrive and depart in their suits, if possible.</li> <li>• All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, except for athletes when competing or warming up/cooling down.</li> <li>• All attendees (athletes, coaches, volunteers, officials, etc.) must complete and turn in a COVID waiver and health screening form before they are permitted to enter the facility. The waiver will be distributed to participating teams.</li> <li>• All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible.</li> </ul>

	<ul style="list-style-type: none"> <li>• Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>• Swimmers will wear their masks until they arrive at their lane, and they will take it off and place it in a bag. Swimmers will immediately put their masks back on at the completion of their swims before they leave the starting area.</li> <li>• Swimmers must follow all directions as posted and adhere to all marshal directions.</li> <li>• Swimmers will walk around the pool deck as directed and line back up in the designated area with proper social distancing until they are cleared to go back to their seating area.</li> <li>• All swimmers must remain in their designated seating area for their group until they are called for their event, and they must return to their area immediately following their event.</li> <li>• Each session will be limited to 350 swimmers.</li> <li>• 18 lanes will be available for warm-up, with a maximum of six (6) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines. A maximum of 108 swimmers is allowed in the pool during warmups.</li> <li>• Swimmers will be assigned to an area either in the Spectator Stands, on the pool deck, in the Glass conference room or in one of the heated outdoor tents. <u>Athletes assigned to the tent should bring chairs.</u></li> <li>• We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA Swimming registration is permitted.</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. 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>• 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 the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• Operation 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.</li> <li>• Dive-over starts will be used.</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 sessions that include 12 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Athletes may enter a maximum of eight <b>(8) individual events with no more than 3 individual events per day.</b></li> <li>• No deck entries will be accepted.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The Meet Director will determine the structure of warm-up, in accordance with PVS policy.</li> </ul>

	<ul style="list-style-type: none"> <li>No more than 6 per lane during warm-ups no to exceed 108 total in the pool.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>AWARDS/SCORING</b>	<ul style="list-style-type: none"> <li>Medals will be awarded to first – third place. Ribbons will be awarded to 4th – 10th place.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet will not be scored.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be available on Meet Mobile and distributed to participating teams.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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 active USA Swimming membership with them at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>NO Spectators will be permitted.</li> <li>This event will be livestreamed on the Maryland Suburban Swim Club YouTube channel.</li> </ul>
<b>CONCESSIONS:</b>	<ul style="list-style-type: none"> <li>NO concessions will be available.</li> <li>The Club hospitality table, located on the pool deck is available to all coaches, officials and other meet volunteers.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact Hope Oehler at <a href="mailto:gingwaa@yahoo.com">gingwaa@yahoo.com</a></li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups.</li> <li>Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available.</li> <li>A comprehensive officials briefing will precede each session during warm-ups.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide one timer is requested for each 25 entries. A Sign-Up Genius link will be sent out in advance for parents to sign up on a first come first served basis.</li> <li>Please contact the meet host if you find you cannot fulfill your volunteer obligation so a replacement can be found.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director.</li> <li>Include in the subject of the email, 2021 Christmas Champs - ****" with the club's initials in place of the asterisks. Please include site if your team submits entries from more than one site.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>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.</li> <li>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.</li> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$10.00 Individual event fee: \$12.50</p> <ul style="list-style-type: none"> <li>Make checks payable to MSSC.</li> <li><b>Please note new address.</b> Checks may be mailed to: MSSC PO Box 2658 Laurel, MD 20709</li> <li>Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

# 2021 Christmas Champs Event Schedule

## December 3-5, 2021

### 9 -12 YEAR OLD SESSION

**FRIDAY, DECEMBER 3**

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

Girls Event #		Boys Event #
1	9 -12 Year Old 200 YD Individual Medley	2
3	9 -12 50 YD Butterfly	4
5	9-12 Year Old 200 YD Backstroke	6

### 11-12 YEAR-OLD SESSIONS

**SATURDAY, DECEMBER 4**

**WARM-UP: 6:30 – 7:30 AM   EVENTS: 7:40 AM**

Girls Event #		Boys Event #
7	11-12 200 YD Freestyle	8
9	11-12 100 YD Breaststroke	10
11	11-12 100 YD Backstroke	12
13	11-12 50 YD Freestyle	14
15	11-12 200 YD Butterfly	16

**SUNDAY, DECEMBER 5**

**WARM-UP: 6:30 – 7:30 AM   EVENTS: 7:40 AM**

Girls Event #		Boys Event #
47	11-12 200 YD Breaststroke	48
49	11-12 100 YD IM	50
51	11 -12 50 YD Backstroke	52
53	11-12 100 YD Butterfly	54
55	11-12 50 YD Breaststroke	56
57	11-12 100 YD Freestyle	58

# 2021 Christmas Champs Event Schedule (cont.)

December 3-5, 2021

## 9 – 10 YEAR OLD SESSIONS

**SATURDAY, DECEMBER 4**

WARM-UP: 10:00 – 10:40 AM      Events 10:45 AM

Girls Event #		Boys Event #
17	10 and Under 200 YD Freestyle	18
19	10 and Under 50 YD Butterfly	20
21	10 and Under 100 YD Breaststroke	22
23	10 and Under 100 YD Backstroke	24
25	10 and Under 50 YD Freestyle	26

**SUNDAY, DECEMBER 5**

WARM-UP: 10:00 – 10:40 AM, Events 10:45 AM

Girls Event #		Boys Event #
59	10 and Under 100 YD IM	60
61	10 and Under 50 YD Backstroke	62
63	10 and Under 100 YD Butterfly	64
65	10 and Under 50 YD Breaststroke	66
67	10 and Under 100 YD Freestyle	68

## 13 - 14 YEAR OLD SESSIONS

**SATURDAY, DECEMBER 4**

WARM-UP: 1:00 - 1:50 PM      EVENTS: 2:00 PM

Girls Event #		Boys Event #
27	13-14 200 YD Freestyle	28
29	13-14 100 YD Butterfly	30
31	13-14 200 YD Breaststroke	32
33	13-14 200 YD Backstroke	34
35	13-14 100 YD Freestyle	36

# 2021 Christmas Champs Event Schedule (cont.)

December 3-5, 2021

## 13 - 14 YEAR OLD SESSIONS (cont.)

SUNDAY, DECEMBER 5

WARM-UP: 1:00 - 1:50 PM EVENTS: 2:00 PM

Girls Event #		Boys Event #
69	13-14 200 YD IM	70
71	13-14 100 YD Backstroke	72
73	13-14 200 YD Butterfly	74
75	13-14 100 YD Breaststroke	76
77	13-14 50 YD Freestyle	78

## 15 AND OVER SESSIONS

SATURDAY, DECEMBER 4

WARM-UP: 4:50 - 5:40 PM EVENTS: 5:45 PM

Girls Event #		Boys Event #
37	15&Over 200 YD Freestyle	38
39	15&Over 100 YD Butterfly	40
41	15&Over 200 YD Breaststroke	42
43	15&Over 200 YD Backstroke	44
45	15&Over 100 YD Freestyle	46

SUNDAY, DECEMBER 5

WARM-UP: 4:50 - 5:40 PM EVENTS: 5:45 PM

Girls Event #		Boys Event #
79	15&Over 200 YD IM	80
81	15&Over 100 YD Backstroke	82
83	15&Over 200 YD Butterfly	84
85	15&Over 100 YD Breaststroke	86
87	15&Over 50 YD Freestyle	88