

The 2003 RMSC November Invitational November 15-16, 2003

Sanctioned by USA Swimming
through Potomac Valley Swimming
Sanction #PVC-04-07

Meet Directors	Riley Eaton 301-384-5925 Herb Poe 301-989-1227
Location	Martin Luther King Jr. Swim Center 1201 Jackson Rd. Silver Spring, MD 20904 301-989-1206
Dates and Times	<u>Saturday, Nov. 15, 2003 and Sunday, Nov. 16, 2003</u> 13 and Overs Warm-up: 6:30-7:30 am; Events: 7:40 am Distance Warm-up: 11:30 am-12:00 pm; Events: 12:10 pm 12 and Unders Warm-up: 3:30-4:20 pm; Events: 4:30 pm
Eligibility	Open to invited United States Swimming athletes. Swimmers will compete at the age attained on the first day of the meet. It may be necessary to limit entries due to time constraints.
Rules	Current United States Swimming rules will govern this meet. A contestant may enter no more than three events per age group session, and one event per distance session, totaling no more than eight individual events for the meet. All events will be timed finals.
Inclusion Policy for Swimmers with a Disability	PVS and host clubs along with their Meet Directors are committed to Inclusion Policy as adopted by the BOD . 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. NEW
Seeding	Seed times are short course yards. Positive check-in will be used at the meet manager's discretion, depending on the number of entries received. Information regarding check-in times will be available the week prior to the meet in the form of an e-mail to each participating club.
Distance Session Procedures	Distance events will be swum fastest to slowest, alternating Girls and Boys heats. All distance events will be positive check-in. Deadline for positive check-in is 11:50 AM Saturday for the 1650, and 11:50 AM Sunday for the 500 free and 400 IM. Distance entries may be limited due to time constraints , and clubs will be notified one week prior to the meet if an athlete has been removed from their event.
Warm-up	The prescribed Potomac Valley warm-up procedures and safety policies will be followed. Continuous warm-up/warm-down will be available throughout the meet.
Timers	Clubs will be responsible for providing their fair share of timers, and will be assigned lanes by the meet manager.
Officials	Certified officials who wish to work at this meet should contact Bob Richardson at 301-570-9117.
Supervision	Coaches are responsible for the conduct of their swimmers, both at the meet and in the warm-up/warm-down area. Inappropriate behavior will result in suspension from the meet and from the Martin Luther King Jr. Swim Center.
Admission	There will be no admission charge. Heat sheets will be available for \$1.00 each.
Fees	Fees are \$3.50 per individual event.

Warning	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 the club until that fine is paid.
Entry Procedures	<p>Computer disk entries require a meet entry report by SWIMMER and a report by EVENT from Team Manager. Also submit a completed "Entry Cover Sheet." Send completed entries, including the name and phone number of a club representative to: Herb Poe 1201 Jackson Rd. Silver Spring, MD 20904 301-989-1227</p> <p><u>E-mail procedures:</u> In the subject heading, write "RMSC November Invitational Entry - ****" (with club initials in place of ****). Include the entry file from Team Manager, as well as reports by SWIMMER and by EVENT (preferably as a Word for Windows document). Include total number of swimmers and total number of events, along with contact information (name, phone number, e-mail) of a club representative in the body of the e-mail. E-mail the entry to jreaton@erols.com</p> <p>Send check, including "Entry Cover Sheet" to Herb Poe at the address above. Make checks payable to MSC Operating Fund. Each club is requested to remit one check to cover the entry fees of the entire team. Please do not send cash. Entry fees are due with entries.</p>
Entry Deadline	Entries are due by 5:00 PM on Tuesday, November 4, 2003 . Late entries and deck entries WILL NOT BE ACCEPTED .

Session 1 - 13 and Over
Saturday Program - November 15, 2003
Warm-up: 6:30-7:30 am; Events: 7:40 am

Girls Event	Event Description	Boys Event
1	13-14 200 free	2
3	15&Over 200 free	4
5	13-14 200 breast	6
7	15&Over 200 breast	8
9	13-14 100 back	10
11	15&Over 100 back	12
13	13-14 200 fly	14
15	15&Over 200 fly	16
17	13-14 50 free	18
19	15&Over 50 free	20

Session 2 - Distance
Saturday Program - November 15, 2003
Warm-up: 11:30 am -12:00 pm; Events: 12:10 pm

Girls Event	Event Description	Boys Event
21	12&Over 1650 free	22

Session 3 - 12 and Under
Saturday Program - November 15, 2003
Warm-up: 3:30 -4:20 pm; Events: 4:30 pm

Girls Event	Event Description	Boys Event
23	11-12 200 back	24
25	10&Under 200 free	26
27	11-12 200 free	28
29	10&Under 100 breast	30
31	11-12 100 breast	32
33	10&Under 50 back	34
35	11-12 50 back	36
37	10&Under 100 fly	38
39	11-12 100 fly	40
41	10&U 50 free	42
43	11-12 50 free	44
45	10&U 100 IM	46
47	11-12 100 IM	48

Session 4 - 13 and Over
Sunday Program - November 16, 2003
Warm-up: 6:30-7:30 am; Events: 7:40 am

Girls Event	Event Description	Boys Event
49	13-14 200 IM	50
51	15&Over 200 IM	52
53	13-14 100 breast	54
55	15&Over 100 breast	56
57	13-14 200 back	58
59	15&Over 200 back	60
61	13-14 100 fly	62
63	15&Over 100 fly	64

65	13-14 100 free	66
67	15&Over 100 free	68

Session 5 - Distance
Sunday Program - November 16, 2003
Warm-up: 11:30 am -12:00 pm; Events: 12:10 pm

Girls Event	Event Description	Boys Event
69	Open 500 free	70
71	12&Over 400 IM	72

Session 6 - 12 and Under
Sunday Program - November 16, 2003
Warm-up: 3:30 -4:20 pm; Events: 4:30 pm

Girls Event	Event Description	Boys Event
73	11-12 200 fly	74
75	10&Under 200 IM	76
77	11-12 200 IM	78
79	10&Under 50 breast	80
81	11-12 50 breast	82
83	10&Under 100 back	84
85	11-12 100 back	86
87	10&Under 50 fly	88
89	11-12 50 fly	90
91	10&Under 100 free	92
93	11-12 100 free	94
95	11-12 200 breast	96