

March Madness

March 18-20, 2005

Sponsored by AST & YORK
Sanctioned by USA Swimming
through Potomac Valley Swimming
Sanction #PVI-05-30

Meet Location: Oak Marr Recreation Center
3134 Jermantown Road
Oakton, VA 22124

Facility: Oak Marr is a 50-meter pool with 21 short course lanes (15 of which will be used for competition.)

11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses, finals sessions will be swum in one course. Continuous warm-up/and warm down lanes will be available throughout the meet.

Meet Manager:	Eric Moore (703) 858-9188 email: admin@AshburnSwim Team.com
Schedule:	11 & Older – Prelims Warm-up: 7:00-7:50 AM Events: 8:00 AM 8&U & 9-10 Timed Finals Warm-up: 1:00-1:30 PM Events: 1:45 PM 11 & Older Finals (Fri.&Sat. Only) Warm-up: 5:00-5:50 PM Events: 6:00 PM
Warm-Ups:	<u>The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed.</u> Teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. Note: The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.
Eligibility:	Open to all USA Swimming registered swimmers from the invited teams. Athletes shall compete at the age attained on the first day of the meet. Contestant may enter a maximum of seven (7) individual events and may not participate in more than three (3) individual events per day.
Competition Rules:	Current USA Swimming rules shall govern the meet. Top sixteen (16) 11-12's, 13-14's & 15-18's from prelims swim in finals. All events 200 and up will require positive check-in. Friday and Saturday for 11 and older swimmers is prelims and finals. Sunday is timed finals only. All Relays are timed finals, swum in the prelims. 11 & Older Boys and all 8&U's will swim in the seven (7) lane pool. 11& Older girls and all 9-10's will swim in the eight (8) lane pool. Everyone will swim in the eight-lane pool closest to the diving boards for finals.
Inclusion Policy for Swimmers with a Disability:	PVS and host clubs along with their Meet Directors are committed to the 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.

Relays:	Teams may enter two (2) relays per event.
Scoring:	Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2
Awards:	Medals 1 st through 8 th place for individual events and 1 st through 3 rd place for relays.
Entries:	Teams must enter on computer disk (Hy-Tek). Please send two disks. Include one meet entry report by swimmer and one report by event. Link to Team Manager Events file is http://www.pvswim.org/0405meet/30mm031805.zip File UPDATED February 20, 2005
Fees:	Fees for individual events are \$5.00; relay events are \$10.00. Each club is requested to remit one check to cover the entry fees for the entire team. Late (deck) entries are \$10.00 per individual event and must be submitted no later than 30 minutes prior to the first event of each session.
Checks:	MAKE CHECKS PAYABLE TO: AST
Entry Deadline:	All entries must be received no later than 5:00 PM, Tuesday, March 8, 2005 Important: The above date is the deadline for clubs to submit their 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.
Mail Entries to:	AST P.O. Box 975 Ashburn, VA 20146-0975 Email (Preferred): admin@ashburnswimteam.com Phone:(703) 858-9188 Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Friday, March 18, 2005 11 and Older Prelim Session Warm-up: 7:00 AM Events: 8:00 AM				
Girls Event #		Event Distance		Boys Event #
1		11-12 200 Free		2
3		13-14 200 Free		4
5		15-18 200 Free		6
7		11-12 50 Fly		8
9		13-14 100 Fly		10
11		15-18 100 Fly		12
13		11-12 200 IM		14
15		13-14 50 Back		16
17		15-18 50 Back		18
19		11-12 50 Breast		20
21		13-14 100 Breast		22
23		15-18 100 Breast		24
Positive Check-in Required for all 200 yard events.				

Saturday, March 19, 2005
11 and Older Prelim Session
Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #		Event Distance		Boys Event #
25@		11-12 200 Medley Relay		26@
27@		13-14 200 Medley Relay		28@
29@		15-18 200 Medley Relay		30@
31		11-12 50 Free		32
33		13-14 50 Free		34
35		15-18 50 Free		36
37		11-12 100 Breast		38
39		13-14 200 Breast		40
41		15-18 200 Breast		42
43		11-12 50 Back		44
45		13-14 100 Back		46
47		15-18 100 Back		48
49		13-14 50 Fly		50
51		15-18 50 Fly		52
@ All Relays will swim in the prelims session. Positive Check-in Required for all 200 yard events.				

Saturday, March 19, 2005
9-10 AND 8 & Under Timed Final Session
Warm-up: 1:00 PM Events: 1:45 PM

Girls Event #		Event Distance		Boys Event #
101		8 & U 100 Medley Relay		102
103		9-10 200 Medley Relay		104
105		8 & Under 100 Free		106
107		9-10 200 Free		108
109		7 & Under 25 Breast		110
111		8 & Under 50 Breast		112
113		9-10 100 Breast		114
115		7 & Under 25 Back		116
117		8 Year Old 25 Back		118
119		9-10 50 Back		120
121		7 & Under 25 Fly		122
123		8 & Under 50 Fly		124
125		9-10 100 Fly		126
127		7 & Under 25 Free		128
129		8 Year Old 25 Free		130
131		9-10 50 Free		132

Sunday, March 20, 2005
11 and Older Timed Final Session
Warm-up: 7:00 AM Events: 8:00 AM
ALL EVENTS ARE TIMED FINALS

Girls Event #		Event Distance		Boys Event #
53		11-12 200 Free Relay		54
55		13-14 200 Free Relay		56
57		15-18 200 Free Relay		58
59		11-12 100 Free		60
61		13-14 100 Free		62
63		15-18 100 Free		64
65		11-12 100 Back		66
67		13-14 200 Back		68
69		15-18 200 Back		70
71		13-14 50 Breast		72
73		15-18 50 Breast		74
75		11-12 100 Fly		76
77		13-14 200 Fly		78
79		15-18 200 Fly		80
81		11-12 100 IM		82
83		13-14 200 IM		84
85		15-18 200 IM		86
Positive Check-in Required for all 200 yard events.				

Sunday, March 20, 2005
9-10 AND 8 & Under Timed Final Session
Warm-up: 1:00 PM Events: 1:45 PM

Girls Event #		Event Distance		Boys Event #
133		8&U 100 Free Relay		134
135		9-10 200 Free Relay		136
137		8 & Under 100 IM		138
139		9-10 100 IM		140
141		7 & Under 25 Fly		142
143		8 Year Old 25 Fly		144
145		9-10 50 Fly		146
147		7 & Under 25 Breast		148
149		8 Year Old 25 Breast		150
151		9-10 50 Breast		152
153		7 & Under 25 Back		154
155		8 & Under 50 Back		156
157		9-10 100 Back		158
159		7 & Under 25 Free		160
161		8 & Under 50 Free		162
163		9-10 100 Free		164

