

YORK SWIM CLUB
8 AND UNDER FRIENDSHIP MEET
February 21st, 2010

MEET DIRECTOR:	Nancy Monaghan 703-222-1244 nmonaghans@gmail.com
LOCATION:	Providence Recreation Center 7525 Marc Drive Falls Church, VA 22046 703-698-1350
DIRECTIONS:	From Capital Beltway in Virginia (I-495), take Exit 50B, Route 50 East (formerly Exit 8.) Turn right at first traffic light onto Jaguar Lane. When road curves to the left, CONTINUE STRAIGHT to stop sign. Turn right onto Marc Drive. Marc Drive leads directly into Providence Recreation Center.
SCHEDULE:	SUNDAY February 21 st Warm up 6:00am Meet Starts 6:30am
ELIGIBILITY:	OPEN TO ALL USA SWIMMING REGISTERED ATHLETES FROM THE INVITED TEAMS. YORK, MACHINE AQUATIC, Potomac Marlins and MAKO Swim Club. SWIMMERS SHALL COMPETE AT THE AGE ATTAINED ON THE FIRST DAY OF THE MEET..
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.
RULES:	CURRENT UNITED STATES SWIMMING RULES SHALL GOVERN THE MEET. ALL EVENTS ARE TIMED TRIALS. A CONTESTANT MAY ENTER NO MORE THAN THREE EVENTS. NO ON-DECK USA-S REGISTRATIONS WILL BE PERMITTED. Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices. For additional information including the use of

	modesty wear under swimsuits, see the USA Swimming website.
WARM -UP:	THE PRESCRIBED POTOMAC VALLEY SWIMMING WARM-UP PROCEDURES AND SAFETY POLICIES WILL BE FOLLOWED..
OFFICIALS:	All certified officials wishing to volunteer to work this meet please contact Ben Holly BHolly6275@aol.com
TIMERS:	PARTICIPATING CLUBS ARE REQUIRED TO PROVIDE TIMERS IN PROPORTION TO THEIR ENTRIES. HOST CLUBS ARE REQUIRED TO PROVIDE ONE TIMER PER LANE.
SUPERVISION:	COACHES ARE RESPONSIBLE FOR THE CONDUCT OF THEIR SWIMMERS AND FOR CLEANING UP THEIR TEAM AREA.
WARNING:	ANY CLUB THAT ENTERS AN UNREGISTERED ATHLETE, FALSIFIES 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 THAT CLUB UNTIL THE SAID FINE HAS BEEN PAID.
ADMISSION:	THERE IS NO ADMISSION CHARGE. PROGRAMS FOR EACH SESSION WILL BE AVAILABLE FOR \$1.00 EACH. WORKING OFFICIALS AND COACHES RECEIVE A FREE PROGRAM.
FEES:	FEES FOR INDIVIDUAL EVENTS ARE \$5.00. Â EACH CLUB IS REQUESTED TO REMIT ONE CHECK TO COVER THE ENTRY FEES FOR THE ENTIRE TEAM. PLEASE DO NOT SEND CASH. TELEPHONE ENTRIES WILL NOT BE ACCEPTED. 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 AND WILL ONLY BE ACCEPTED IF THE ENTRY LIMIT HAS NOT BE REACHED.
MEET ENTRY PROCEDURES:	General Instructions: <ul style="list-style-type: none"> • Entries may be submitted via e-mail. Follow the instructions under the appropriate heading below. The immediately following rules apply regardless of method chosen. • 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

	<p>number of entries. Please do not send cash. Meet directors have been instructed not to accept telephone or fax entries.</p> <ul style="list-style-type: none"> • 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. <p>Optional: Before preparing your entries, events for this meet can be downloaded and then imported into team manager. Download "Event File"</p> <p>E-mail Entries:</p> <ul style="list-style-type: none"> • Club E-mail entries will be accepted provided the transmission time is prior to entry deadline. • Attach one report by event, one by name (save as Word for Windows in Team Manager) • Attach commlink file • In body of e-mail give 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 Nancy Monaghan nmonaghans@gmail.com In the subject heading type, "2008 Friendship Meet ****" with the club's initials substituted in place of the asterisks. • 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.
DEADLINE:	<p>THE MEET MANAGER MUST RECEIVE ALL ENTRIES FOR THIS MEET NO LATER THAN 5:00 P.M., Tuesday February 9th</p> <p>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.</p>
CHECKS:	CHECKS SHOULD BE MADE PAYABLE TO: York Swim Club
SEND ENTRIES TO:	Nancy Monaghan 14904 Kamputa Drive Centreville, VA 20120
REMINDER:	Entry fees are due with each club's meet entry. Unpaid fees will

be reported to the PVS Administrative Office at the conclusion of the meet. No further entries will be accepted from clubs for future meets until all entry fees are paid in full by the club to the meet director.

SUNDAY February 21st
6:00 AM WARM-UP 6:30 AM MEET STARTS
8 AND UNDER EVENTS

GIRLS EVENT #	EVENT	BOYS EVENT #
1	8 AND UNDER 50 FREE	2
3	8-8 25 FREE	4
5	7 AND UNDER 25 FREE	6
7	8 AND UNDER 50 BACK	8
9	8-8 25 BACK	10
11	7 AND UNDER 25 BACK	12
13	8 AND UNDER 50 BREAST	14
15	8-8 25 BREAST	16
17	7 AND UNDER 25 BREAST	18
19	8 AND UNDER 50 BUTTERFLY	20
21	8-8 25 BUTTERFLY	22
23	7 AND UNDER 25 FLY	24
25	8 AND UNDER 100 IM	26