

The Rockville-Montgomery Swim Club
And
The City of Rockville Department of Recreation and Parks
Present

The Thirty-Third Annual
Maryland State Long Course Swimming
Championships
June 4 - 6, 2010

Sanctioned by United States Swimming
Through Potomac Valley Swimming

Sanction # PVC-10-61

Meet Director:	Mark Eldridge (240) 314-8752 meldridge@rockvillemd.gov
Referee:	Jim Garner (301) 977-1222 garner@garnerjim.net
Location:	Montgomery Aquatic Center 5900 Executive Boulevard Rockville, MD 20852-2756 (240) 777-8070
Dates and Times:	<u>Friday, June 4, 2010</u> Warm-up: 4:20 – 5:20 pm Events: 5:30 pm <u>Saturday, June 5 and Sunday, June 6, 2010</u> 13-14 & Senior Warm-up: 6:50 – 7:50 am Events: 8:00 am 10&Un & 11-12 Warm-up: 1:30 – 2:30 pm Events: 2:40 pm
Eligibility:	Open to all PVS registered athletes and invited United States Swimming athletes. Contestants must have equaled or bettered the applicable cut-off times. Entry times and USS memberships are subject to confirmation. NOTE: Entries for the 13-14 and Senior 50 Backstroke, 50 Breaststroke, and 50 Butterfly will accepted from any swimmer who has already qualified for either the 100 or 200 event in the respective stroke .
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 and Manager and the PVS Age Group Chair, Bill Marlin at coach_bill@verizon.net . 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 finals. A contestant may enter no more than four individual events per day and no more than seven individual events for the meet. Warm-up / Cool-down breaks will be taken during each session.

Seeding:	All individual and relay events will be deck seeded using a positive check-in procedure. Please see the check-in schedule below PVS Scratch Policy will be enforced. Athletes who have not checked in prior to the specified time will be scratched from the event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event.
Positive Check-In:	Positive Check-in Deadlines: <u>Friday night – Session 1</u> Events 1-6 5:00 pm Events 7-10 6:00 pm Events 11-16 7:00 pm <u>Saturday morning – Session 2</u> Events 17-28 7:30 am Events 29-36 8:30 am Events 37-48 9:30 am <u>Saturday afternoon – Session 3</u> Events 49-58 2:00 pm Events 59-66 3:00 pm Events 67-74 3:30 pm <u>Sunday morning – Session 4</u> Events 75-82 7:30 am Events 83-90 8:30 am Events 91-98 9:30 am <u>Sunday afternoon – Session 5</u> Events 99-108 2:00 pm Events 109-124 3:00 pm Meet management will distribute positive check-in sheets to each club for each of the sessions being checked-in. Coaches for each club are responsible for completing the check-ins for their club by the appropriate deadline and turning them in to Mark Eldridge.
Warm-up:	The prescribed Potomac Valley warm-up procedures and safety policies will be followed.
Timers:	Clubs will be responsible to provide their fair share of timers, and will be assigned lanes by the meet manager.
Officials:	Certified officials who wish to work at the meet can contact Jim Garner at (301) 977-1222.
Awards:	Individual Events: Medals through third place for 12 & Under events Relays: Medals for first place, ribbons for second and third in 12 & Under events Age-Group: High point awards for first place and runner-up in each age-group.
Scoring:	Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1 Relays: 40 34 32 30 28 16 24 22 20 18 14 12 10 8 6 4 2 No more than 2 relay teams may score for each club in each event.
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 be cause for suspension from the meet and the Montgomery Aquatic Center facility.
Admission:	There is no admission charge. Heat sheets will be available at no charge.
Fees:	Individual Events: \$6.00 Relays: \$10.00 Each team is requested to remit one check to cover the entry fees for the entire team.

	Please do not send cash. Entry fees are due with entries.
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 the said fine is paid.
Entries:	<p>Computer disk entries (Hy-Tek) require a meet entry report by SWIMMER and a meet entry report by EVENT from Team Manager. Also submit a completed “Entry Cover Sheet”. Signature and phone number of club official must be included with the entry. Meet director reserves the right to limit entries.</p> <p>All Relay-only swimmers must be listed on the meet entry in order to participate in the meet.</p> <p>E-mail entries will be accepted:</p> <ul style="list-style-type: none"> • 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 numbers (men, women, total entry) and contact information • Send to meldridge@rockvillemd.gov <p>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.</p>
Entry Times:	Long course entry times will be considered conforming times for this meet. Short course entry times must be designated with a capital letter “Y”. These non-conforming times will be seeded after the long course times. Entries that are not submitted on the required forms, are not complete, or are not legible, will not be accepted and will be returned. The Meet Director will not be held responsible if there is not time to properly resubmit the entry.
Deadline:	All PVS entries will be accepted until Tuesday, May 18 at 6:00 pm. After that, all entries both PVS and non-PVS will be handled on a first-come, first-served basis until the entry deadline of Tuesday, May 25, or until the meet fills to capacity. It is strongly suggested that all PVS teams get their entries in by May 18. Non-PVS teams should submit entries as early as possible. This meet will fill to capacity.
Mail Entries to:	Mark Eldridge 355 Martins Lane Rockville, MD 20850 (240) 314-8752
Make Checks Payable to:	RMSC Parents’ Club, Inc.

Session 1
Friday Program – 4 June 2010
Warm-up: 4:20 – 5:20 pm Events: 5:30 pm

Girls	No Slower than			No Slower Than		Boys
Event	SCY	LCM	Event Description	SCY	LCM	Event
1	6:05.59	5:26.29	12 & Under 400 Meter Freestyle #	6:00.99	5:21.69	2
3	5:37.89	5:01.59	13-14 400 Meter Freestyle #	5:23.99	4:48.99	4
5	5:15.89	4:41.99	Senior 400 Meter Freestyle #	4:54.59	4:24.79	6
7	2:37.99	2:59.69	11-12 200 Meter Backstroke	2:37.99	2:59.69	8
9	2:31.69	2:50.79	13-14 200 Meter Backstroke	2:24.69	2:43.09	10
11	2:19.99	2:39.09	Senior 200 Meter Backstroke	2:08.29	2:25.39	12
13	28.59	32.69	13-14 50 Meter Freestyle	26.49	30.29	14
15	26.79	30.69	Senior 50 Meter Freestyle	23.79	27.09	16
# Verification of time required with entry.						

Session 2
Saturday Morning Program – 5 June 2010
Warm-up: 6:50 – 7:50 am Events: 8:00 am

Girls	No Slower than			No Slower Than		Boys
Event	SCY	LCM	Event Description	SCY	LCM	Event
17			13-14 200 Meter Freestyle Relay			18
19			Senior 200 Meter Freestyle Relay			20
21	2:28.59	2:47.79	13-14 200 Meter Butterfly	2:22.69	2:41.19	22
23	2:17.69	2:38.59	Senior 200 Meter 200 Butterfly	2:05.99	2:23.89	24
25	2:48.59	3:11.19	13-14 200 Meter Breaststroke	2:39.99	3:01.79	26
27	2:36.89	3:00.19	Senior 200 Meter Breaststroke	2:22.89	2:42.89	28
29	59.79	1:08.09	13-14 100 Meter Freestyle	57.29	1:05.19	30
31	56.39	1:04.19	Senior 100 Meter Freestyle	50.69	57.99	32
33			13-14 50 Meter Backstroke			34
35			Senior 50 Meter Backstroke			36
37			13-14 50 Meter Butterfly			38
39			Senior 50 Meter Butterfly			40
41			13-14 50 Meter Breaststroke			42
43			Senior 50 Breaststroke			44
45	2:25.99	2:45.09	13-14 200 Meter Individual Medley	2:18.99	2:38.39	46
47	2:15.99	2:35.79	Senior 200 Meter Individual Medley	2:03.99	2:20.89	48

Session 3
Saturday Afternoon Program – 5 June 2010
Warm-up: 1:30 – 2:30 pm Events: 2:40 pm

Girls Event	No Slower than		Event Description	No Slower Than		Boys Event
	SCY	LCM		SCY	LCM	
49	2:52.99	3:10.19	11-12 200 Meter Butterfly	2:49.99	3:12.09	50
51	3:03.99	3:28.59	10 & Un 200 Meter Individual Medley	3:03.99	3:28.59	52
53	2:40.29	3:01.19	11-12 200 Meter Individual Medley	2:36.29	2:56.69	54
55	41.39	46.59	10 & Un 50 Meter Backstroke	40.69	45.79	56
57	34.89	39.39	11-12 50 Meter Backstroke	34.09	38.39	58
59	1:41.09	1:54.29	10 & Un 100 Meter Breaststroke	1:41.09	1:54.29	60
61	1:23.89	1:35.19	11-12 100 Meter Breaststroke	1:21.79	1:32.89	62
63	33.59	38.09	10 & Un 50 Meter Freestyle	33.09	37.59	64
65	29.79	33.89	11-12 50 Meter Freestyle	29.29	33.19	66
67	1:28.09	1:39.19	10 & Un 100 Meter Butterfly	1:27.99	1:39.09	68
69	1:14.09	1:23.49	11-12 100 Meter Butterfly	1:12.49	1:21.59	70
71	-----	-----	10 & Un 200 Meter Medley Relay	-----	-----	72
73	-----	-----	11-12 200 Meter Medley Relay	-----	-----	74

Session 4
Sunday Morning Program – 6 June 2010
Warm-up: 6:50 – 7:50 am Events: 8:00 am

Girls Event	No Slower than		Event Description	No Slower Than		Boys Event
	SCY	LCM		SCY	LCM	
75			13-14 200 Meter Medley Relay			76
77			Senior 200 Meter Medley Relay			78
79	5:05.19	5:40.89	13-14 400 Meter Individual Medley	4:55.99	5:32.19	80
81	4:49.99	5:25.59	Senior 400 Meter Individual Medley	4:23.99	4:55.89	82
83	1:08.39	1:17.39	13-14 100 Meter Butterfly	1:04.39	1:12.59	84
85	1:02.19	1:10.99	Senior 100 Meter Butterfly	56.99	1:04.89	86
87	1:09.99	1:19.89	13-14 100 Meter Backstroke	1:05.09	1:13.29	88
89	1:04.49	1:12.69	Senior 100 Meter Backstroke	58.79	1:06.89	90
91	1:18.69	1:29.49	13-14 100 Meter Breaststroke	1:13.19	1:23.29	92
93	1:13.99	1:24.49	Senior 100 Meter Breaststroke	1:05.99	1:15.69	94
95	2:07.79	2:24.99	13-14 200 Meter Freestyle	2:00.99	2:18.39	96
97	1:59.99	2:16.79	Senior 200 Meter Freestyle	1:49.99	2:05.59	98

Session 5

Sunday Afternoon Program – 6 June 2010

Warm-up: 1:30 – 2:30 pm Events: 2:40 pm

Girls Event	No Slower than		Event Description	No Slower Than		Boys Event
	SCY	LCM		SCY	LCM	
99	2:59.99	3:23.59	11-12 200 Meter Breaststroke	2:59.99	3:23.59	100
101	2:40.09	3:00.89	10 & Un 200 Meter Freestyle	2:37.59	2:58.19	102
103	2:20.19	2:38.39	11-12 200 Meter Freestyle	2:17.29	2:35.59	104
105	39.09	44.19	10 & Un 50 Meter Butterfly	39.59	44.39	106
107	32.99	37.59	11-12 50 Meter Butterfly	32.39	36.59	108
109	1:27.79	1:38.89	10 & Un 100 Meter Backstroke	1:25.59	1:36.39	110
111	1:15.79	1:25.39	11-12 100 Meter Backstroke	1:13.39	1:22.89	112
113	44.79	50.79	10 & Un 50 Meter Breaststroke	44.59	50.49	114
115	38.49	43.79	11-12 50 Meter Breaststroke	37.89	43.09	116
117	1:15.79	1:25.69	10 & Un 100 Meter Freestyle	1:16.09	1:26.09	118
119	1:04.59	1:13.39	11-12 100 Meter Freestyle	1:03.19	1:11.79	120
121	-----	-----	10 & Un 200 Meter Freestyle Relay	-----	-----	122
123	-----	-----	11 -12 200 Meter Freestyle Relay	-----	-----	124