

11/15 – Warmup for the 9-12 session has changed on Saturday and Sunday. WU: 11:30-12:30, Events 12:40 pm

Swim & Rock 2010

Amended

November 19 - 21, 2010

Sponsored by SDS

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # PVI-11-18

Meet Location:

Oak Marr Recreation Center, 3134 Jermantown Road, Oakton VA 22124

Facility:

Oak Marr is a 50-meter pool with 21 lanes of short course pool. We will be running two (2) courses for the meet: Course #1 is an 8-lane course with a pool depth ranging from 13'6" in lane 1 to 7'3" in lane 8 and Course #2 is a 7-lane course with a water depth range of 7'3" in lane 1 to 5' in lane 7.

The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2 (C).

11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses, finals sessions will be swum on one course. Lanes will be available for continuous warm-up and warm down throughout the meet for the 11 and over swimmers.

Special Note:

- Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. **EACH SESSION WILL BE LIMITED TO 600 SWIMMERS. ENTRIES WILL BE ACCEPTED ON A FIRST COME FIRST SERVE BASIS.** The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.
- **NO DECK ENTRIES WILL BE ALLOWED. NO EXCEPTIONS.**
- Spectators are not allowed on the pool deck and seating is limited.
- Concessions maybe available at meet outside the OakMarr Facility.
- **Swim & Rock T-Shirts will be sold at the meet and are also available prior with a discount for Pre-Sales.**
- **FREE PROGRAMS:** Meet programs will be available to download @ www.seadevils.org on November 18, 2010.
- **PROGRAMS:** A limited number meet programs will be sold during the meet. Meet Programs will be sold for \$5.00. A limited number of Finals programs will be available and will be free.

Meet Manager:

Kristy Kellogg at kkellogg@wthf.com & kmkmlaw@aol.com (Please use both email addresses)

Officials/Meet Referee: Sergio Nirenberg

All certified officials wishing to volunteer to work this meet please contact Sergio Nirenberg at snirenberg@gmail.com by **Sunday November 7, 2010**. **Complete the form found at <https://spreadsheets.google.com/viewform?formkey=dEtSV11EeUNwdDJwdG50TzZHTks3eEE6MA> to receive a complimentary meet shirt at the meet.**

Officials assigned to this meet should sign-in at the Admin table at the start of the Warm-up. Certified officials who have not previously advised of their availability may volunteer their services to the Referee at this time.

Timers:

Teams will be expected to provide timers in proportion to their entries in each session.

All swimmers swimming the 500 Free MUST provide their own timers and counters.

Schedule:**Friday:**

11 & Up
Finals

Warm-Ups: 6:30 – 7:50 am
Warm-ups: 5:00 –5:50 pm

Events Start: 8:00 am
Events Start: 6:00 pm

Saturday:

13 & Up
9&10 & 11 & 12

Warm-Ups: 6:30 – 7:50 am
~~Warm-Ups: 12:15 – 12:50 pm~~
Warm Ups: 11:30-12:30

Events Start: 8:00 am
~~Events Start: 1:00 pm~~
Events Start: 12:40 pm

(9&10 Time Finals)

Finals:

Warm-ups: 5:00 –5:50 pm

Events Start: 6:00 pm

Sunday: (All events are time finals)

13 & Up
9&10 & 11 & 12

Warm-Ups: 6:30 – 7:50 am
~~Warm-Ups: 12:15 – 12:50 pm~~
Warm Ups: 11:30-12:30

Events Start: 8:00 am
~~Events Start: 1:00 pm~~
Events Start: 12:40 pm

Warm Ups:

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. For 11 & Older Prelims and 9-10 Sessions, teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. For 11 & Older Finals, there will be open warm-ups with assigned sprint and pace lanes. 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 listed below or individual swimmers at the discretion of the meet manager.

Athletes shall compete at the age attained on the first day of the meet.

PV Teams – AAC, HACC, MAKO, MARLINS, SNOW, SDS, YORK

VA Teams – QDD, RAYS, VYAC, VACS, TAC

Invitations will be sent via email by the Meet Manager.

Individual Events:

Contestants may enter a maximum of seven (7) individual events and may not participate in more than three (3) individual events per day **9 & 10's can swim a total of 6 Individual events and 2 relays.** **For the 11 & Over contestants may not swim in more than 2 events on Saturday.**

Relays:

Teams may enter two (2) relays per event. Due to the limited space, relays are only swum in the 9-10 age group.

Warning:

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

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.

Entries/Fees:

Email entries are preferred. See email address below. Include the entry file from Team Manager, as well as a report by Swimmer and a report by Event.

Teams entering by mail, please send two computer disks (Hy-Tek).

Include one meet entry report by swimmer and one report by event.

Fees for individual events are \$6.00; relay events are \$10.00.

Each club is requested to remit one check to cover the entry fees for the entire team.

Optional:

Before preparing your entries, events for this meet can be downloaded and then imported into Team Manager (download zipfile), unzip it and then go to team manager/file/import/meet events).

To download as a file, you may need in Netscape to right click on the mouse and select "Save Link As" and with Microsoft Explorer right click on the mouse and select "Save Target As".

Entry Deadline:

- All entries must be received no later than 5:00 PM, Thursday, November 11th. Each session will be limited to 600 swimmers. Entries will be accepted on a first come first serve basis. The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.

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.

Submit Meet Entry Fee Payments to:

Kristy Kellogg
(SDS – Swim and Rock 2010)
9322 Elk Drive
Springfield, VA 22153

Email Meet Entries to: admin@seadevils.org & kmkmlaw@aol.com

Meet Directors are requested to acknowledge receipt by return email within 24 hours. Coaches submitting entries that do NOT receive an acknowledgement should contact the Meet Director by calling: 703-627-6876 (Coaches only please).

Competition Rules:

Current USA Swimming rules shall govern the meet.

For 11-12 Age Group

A Final - Top eight (8) qualifiers from prelims swim in finals.

For 13-14 & 15-18 Age Group

- A & B Finals - Top sixteen (16) qualifiers from prelims swim in finals session. Order of Finals is B, A.

Exceptions:

The 13-14 500 Free and 13-14 and 15-18 400 IM will swim as follows:

All entrants in the 500 Free and the 400 IM will swim in Prelims in the appropriate session. Top eight (8) qualifiers in each age group will advance to the A Finals.

- The 11-12 500 Free will swim as Timed Finals in the Friday Prelims Session.
- There will be a 10 Minute Break prior to the 9-10 500 Free on Sunday.
- 15-Over 500 will swim as Time Finals on Sunday (all events on Sunday are Time Finals).
- Swimmers over 18 will swim as Exhibition (times will count as USA swim times but will not receive

medals/or ribbons and will not be able to swim finals).

New Rules: Regarding Swimsuits – Will apply see Amended USA Swimming Rules & Regulations Regarding Swimwear **Effective October 1, 2009** – See USA Swimming Regs: 102.9 – 205.10.

The use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

Swimmers in the meet, unaccompanied by a USA-S coach must be certified by a USA-S as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sponsorship policy and could be subject to removal from further competition in the meet.

Dive-Over Starts:

The Meet Manager has determined that Dive-Over Starts will be used at all morning preliminary and afternoon timed final sessions. Coaches are requested to review [Guidance for Dive-Over Starts for Coaches](#). Officials are requested to review [Protocol for Dive-Over Starts](#).

Bulkheads -- Pool management has requested that we limit the number of people standing on the bulkheads. As a result access to the bulkheads will be limited as follows:

- During Competition – Please limit to Coaches that are coaching swimmers in that event;
- Swimmers shall not be allowed on the bulkheads at anytime.

Withdrawing from Finals:

PVS scratch rules apply for swimmers scratching finals. If a swimmer fails to properly scratch from a final event and does not appear for the final, he/she will be barred from further competition for the remainder of the meet, unless excused by the Referee.

PVS Positive Check-in Policy:

Athletes who have not been checked-in prior to the specified time will be scratched from the event. Athletes who have been checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee.

Positive Check-in:

All events 200 and up will be positive check-in. Positive check-in times may be adjusted.

Friday

- Events # 1, 2, 3, 4, 5, 6 – 7:30AM
- Events # 13, 14, 15, 16, 17, 18 – 8:00AM
- Events # 19, 20, 21, 22, 23, 24, 25, 26, 27, 28 – 8:30AM
- Events: 25 & 26 will swim slowest to fastest in Prelims session.
- Events: 27 & 28 Time Finals swum fastest to slowest.

Saturday

- Events # 29, 30, 31, 32 – 7:30AM
- Events # 37, 38, 39, 40 – 8:00AM
- Events #105, 106 – 12:30PM
- Events #65, 66 – 1:00PM

Sunday

- Events # 45, 46, 47, 48 – 7:30AM
- Events # 57, 58 – 8:15AM
- Events: 57 and 58 Timed Finals swum fastest to slowest.
- Events # 83, 84, 85, 86 – 12:15PM
- Events: 103 and 104 Time Finals swum fastest to slowest.

Awards:

All swimmers entered in an individual event will receive a Swim & Rock 2010 swim cap.

Individual Events:

Medals 1st through 8th place and ribbons 9th through 16th place.

Relays (9-10 Sessions Only):

Ribbons 1st through 8th place for relays.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Rec Center and Sea Devils Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Friday 11-12, 13-14 & Seniors Session
Girls and Boys Prelims on separate courses, Finals on One course**

Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM

Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM

Girls Event #	Event	Boys Event #
1*	13-14 200 Breast	2*
3*	15-Over 200 Breast	4*
5*	11-12 200 Breast	6*
7	13-14 100 Fly	8
9	15-Over 100 Fly	10
11	11-12 100 Fly	12
13*	13-14 200 Free	14*
15*	15-Over 200 Free	16*
17*	11-12 200 Free	18*
19*	13-14 200 IM	20*
21*	15-Over 200 IM	22*
23*	11-12 200 IM	24*
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
25*%\$	13-14 500 Free	26*%\$
27*@\$	11-12 500 Free	28*@\$

* - Positive Check-In event, see Meet Announcement for closing time.

\$ - Swimmers must provide their own timers during Prelims & Finals Sessions.

@ - Timed Finals swum fastest to slowest in Prelims Session.

% - Swum slowest to fastest in Prelims Session. Top 8 finishers in Prelims swim Finals Session.

Saturday 13 & Older Prelims Session

Girls and Boys Prelims on separate courses, Finals on One course

Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM

Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM

Girls Event #	Event	Boys Event #
29*%	13-14 400 IM	30*%
31*%	15-Over 400 IM	32*%
33	13-14 50 Free	34
35	15-Over 50 Free	36
37*	13-14 200 Fly	38*
39*	15-Over 200 Fly	40*
41	13-14 100 Back	42
43	15-Over 100 Back	44

% - Top 8 finishers from Prelims will swim in the Finals Session.

* - Positive Check-In event, see Meet Announcement for closing time.

Saturday 9-10 (Timed Finals) 11 & 12 Prelims Session

Girls and Boys on separate courses

(9&10) Timed Finals & (11&12) Prelims Warm-up: 12:15 - 12:50 PM Events: 1:00 PM

(11&12) Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM

Girls Event #	Event	Boys Event #
59	9-10 200 Medley Relay	60
105*	9-10 200 Free	106*
61	11-12 100 Breast	62
63	9-10 100 Breast	64
65*	11-12 200 Fly	66*
67	9-10 50 Fly	68
69	11-12 50 Free	70
71	9-10 50 Free	72
73	11-12 100 IM	74
75	9-10 100 IM	76
77	11-12 100 Back	78
79	9-10 100 Back	80

* - Positive Check-In event, see Meet Announcement for closing time.

Sunday 13 & Older Timed Finals Session Girls and Boys Separate courses		
Time Finals Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Girls Event #	Event	Boys Event #
45*	15-Over 200 Back	46*
47*	13-14 200 Back	48*
49	15-Over 100 Free	50
51	13-14 100 Free	52
53	15-Over 100 Breast	54
55	13-14 100 Breast	56
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
57*\$@	15-Over 500 Free	58*\$@

* - Positive Check-In event, see Meet Announcement for closing time.
 \$ - Swimmers must provide their own timers during Time Final Session.
 @ - Timed Finals swum fastest to slowest.

Sunday 9-10 & 11-12 Timed Finals Session Girls and Boys on separate courses		
(9&10) Timed Finals & (11&12) Prelims Warm-up: 12:15 - 12:50 PM Events: 1:00 PM		
(11&12) Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
81	9-10 200 Free Relay	82
83*	11-12 200 Back	84*
85*	9-10 200 IM	86*
87	11-12 50 Breast	88
89	9-10 50 Breast	90
91	11-12 100 Free	92
93	9-10 100 Free	94
95	11-12 50 Back	96
97	9-10 50 Back	98
99	11-12 50 Fly	100
101	9-10 100 Fly	102
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
103*@\$	9-10 500 Free	104*@\$

* - Positive Check-In event, see Meet Announcement for closing time.
 @ - Timed Finals swum fastest to slowest.
 \$ - Swimmers must provide their own timers during Timed Finals.